

For Immediate Release

4th KELY Social Circus Competition

(Hong Kong - 17 March 2018) KELY Support Group (KELY) organises our 4th Social Circus Competition today. This year, we are delighted to have nearly 120 contestants and more than 150 participants with us. This is the fourth year since 2014 KELY has organised the annual competition, striving to provide a platform for students to exchange knowledge and perfect their social circus skills. Through learning circus arts from patient and caring trainers, participating in competitions, and practising with peers, we hope to develop young people's capacity and the skills they have acquired through our 'Get Positive!' social circus programme, including confidence, peer support, and cooperation.

The competition adds in an unprecedented 'Juggle and Mingle' session, where participants from different schools will be invited to form teams on the spot and design short performances with their creativity. In the process, young people can work with like-minded individuals and expand their networks. This year, the Battle session has also groundbreakingly opened to all youth participating in our programme, giving young learners a chance to step on the "battlefield" and experience the fun.

The smooth running of our competition relies on much efforts from young volunteers who were previous participants of our social circus training. From developing an idea to devising a plan and even designing the materials, these volunteers work with much drive and positivity. Seeing the growth of these young people is one of the greatest achievements of our 'Get Positive!' stress management programme.

The Social Circus Competition stems from KELY's 'Get Positive!' Programme. Funded by **The Community Chest of Hong Kong**, our 'Get Positive!' stress management programme offers local schools a range of opportunities to support young people under pressure and help students learn positive thinking techniques. The Social Circus Training component of the programme delivers resilience, peer support and social circus skills in schools while the Juggling Circle enables participants to continue to develop their confidence and life skills in the community.

"With the ever increasing pressures that our young people in Hong Kong experience, we are grateful for opportunities to introduce fun and positive ways to help reduce and manage stressors they may face. Where resources and easy access for mental health support are still limited today, we hope to continue offer more preventative skills and tools for our young people to stay resilient and healthy," Sky Siu, Executive Director of KELY Support Group said.

Teacher-in-charge from ECF Saint Too Canaan College (one of the participating schools) gave positive comments towards the programme. *"We are happy that this programme gave students a learning platform outside classrooms, contributing to a diversified school life. Students are able to improve their confidence, resilience, and communication skills, as well as learn to listen to instructions."* Previous 'Get Positive!' participant Josie expressed that she learnt about the importance of cooperation, therefore tried to motivate her teammates and bring her team together despite difficulties. From this, Josie felt their teamwork and communication skills improved a lot. Her team won the Best Team Spirit Award and was the Champion in the team category in the 3rd KELY Social Circus Competition.

Data from the Narcotics Division shows that in the first 3 quarters of 2017, the 2 main causes for drug use for young people under 21 were peer influence (54.8%) and relief of pressure/depression (49.4%). Improving mental health well-being of young people and

developing peer support strategies therefore are of utmost importance. Hazel, a previous programme participant, expressed that through learning circus arts, she has found herself a new hobby and a new way to reduce stress. It also brought her satisfaction when she performed in the community and was able to spread joy to others. KELY was delighted to have worked with over 7,000 young people in 43 different schools in this programme in 2017, and will continue to build youth's stress management and resilience skills through positive youth development.

Officiating guests

Ir Ko Chi-wai, Gary, Vice Chairman, Admissions, Budgets and Allocations Committee, The Community Chest of Hong Kong

Ms. Alice Leung, Assistant Principal, Yan Chai Hospital Law Chan Chor Si College

Ms. Sky Siu, Executive Director, KELY Support Group

4th KELY Social Circus Competition

Date: 17 March 2018 (Saturday)

Time: 12pm to 4pm

Venue: School Hall, Yan Chai Hospital Law Chan Chor Si College,
No. 10 Kai Lai Road, Kowloon Bay

Photo album at <https://goo.gl/dXxVvW>

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About KELY Support Group

KELY Support Group (KELY) is a non-government funded bilingual organisation which provides support to youth between the ages of 14 and 24 in Hong Kong from Chinese-speaking, Ethnic Minority and English-speaking backgrounds.

Our mission is to empower young people to reach their full potential.

Our programmes and services range from resistance and harm reduction around drug and alcohol misuse to positive youth development for vulnerable and disadvantaged youth. With a priority to understand young people's perspectives, we equip them with key life skills and resilience as they face various challenges growing up in Hong Kong.

KELY's 3 Core Services:

- Prevention Education & Harm Reduction
- Positive Youth Development
- Advocacy

kely.org