

計劃名稱	內容簡介	講者	
<p>香港賽馬會社區資助計劃: 耆菁跨代愛生命服務</p>	<p>以多元化的活動體驗及透過長青兩代交流，共同關注及強化心理健康。</p> <p>i) 青年大使培訓 (六節) 認識情緒、壓力管理、情緒病、預防自殺和自傷行為； 學習聆聽技巧及提升對長者的認識。</p> <p>ii) 跨代工作坊 (四節) 為長者策劃義工服務，促進跨代關懷。</p> <p>iii) 畢業日 分享計劃成果和經驗，向同學、老師及家長宣揚心理健康和防止自殺的資訊。</p>	<p>撒瑪利亞會</p>	
<p>Hong Kong Jockey Club Community Project Grant: Ageing Well with Youth Intergenerational Programme</p>	<p>The programme aims to enhance the mental well-being of youth and the elderly through intergenerational support. It serves to raise mental awareness and mental health literacy for The Youth Ambassadors, and to equip them with practical knowledge through the training in providing emotional support and constructive ways to cope with emotional difficulties.</p> <p>i) Youth Ambassadors Training Six training workshops with a specific topic discussed in each session. Topics include understanding emotions; stress management; mental disorders; suicide and self-harming actions; active listening skills and understanding of the emotional needs of elderly-at-risk.</p>	<p>The Samaritans</p>	

	<p>ii) Intergenerational Workshop Youth Ambassadors would implement a further four workshops, aiming to bring in positive and youthful energy from these youngsters through sharing, caring and enjoyable recreation activities for the elderly.</p> <p>iii) Graduation Day Youth Ambassadors would execute the final “Graduation Day” to spread the messages of Suicide Prevention and Mental Well-being to their fellow schoolmates, teachers and parents.</p>		
<p>校本心理精神提升計劃</p>	<p>讓校園內各持份者攜手合作，預防青少年自殺和改善精神健康。</p> <p>i) 青年大使培訓 (六節) 帶領青年認識情緒，學習表達和聆聽，並於校園宣揚情緒健康。</p> <p>ii) 心理健康教育 裝備家長和教師為青年提供有效情緒支援。</p> <p>iii) 校本危機處理顧問服務 當校方察覺青年有自殺或自我傷害的傾向時，本會專家及義工將為學校提供危機處理的建議方案。</p>	<p>撒瑪利亞會</p>	

<p>School-based Mental Health Enhancement Programme</p>	<p>The programme aims to engage all stakeholders in the campus to join hands to achieve suicide prevention of the youths and betterment of mental well-being of them. It serves to increase awareness and acceptance of the importance of mental well-being and suicide prevention, and build strong peer-support and empowering youngsters to alleviate mental distress in their peers.</p> <p>i) Youth Ambassador Training Six training workshops including stress management; emotions and mental disorders; suicide and self-harming actions, active listening skills. To equip students with practical knowledge on provision of mental support to their peers and coping with emotional difficulties.</p> <p>ii) Mental Well-being Education for Teachers and Parents Enhance their mental well-being knowledge on topics including emotions, mental disorders, stress, enabling them to provide emotional support to prevent youth suicide.</p> <p>iii) School-based Consultation on Demand Advices are tailored according to needs of individual schools with regards to students' self-harm behaviours and suicidal thoughts.</p>	<p>The Samaritans</p>	
<p>明愛容圃中心-成癮及香港戒毒服務</p>	<p>簡介本地戒毒服務，及中心透過社區支援、創新科技和醫社合作支援服務使用者。另介紹學生實地學習之機會和交流與學校老師的協作。</p>	<p>明愛容圃中心 劉嘉玲姑娘</p>	<ul style="list-style-type: none"> • 聯絡 / 登記資料連結 https://forms.gle/7QqEGp6Hzd1coayn6

		陳漪軒姑娘	
Caritas HUGS Center-Addiction and Rehabilitation Service in Hong Kong	Introduce local drug rehabilitation services and highlight how the center supports service users through community support, innovative technology, and medical-social collaboration. Additionally, showcase the opportunities for students to engage in field learning and collaborations that could be done with teachers.	Caritas HUGS Center Ms. Lau Ka Ling Ms. Chan Yee Hin	<ul style="list-style-type: none"> 附件 (若需要) 明愛容圃中心-實地考察服務簡介.pptx (16,950 KB)
預防家暴知多啲	<p>Care 關注家庭暴力議題</p> <p>Action 別莫視家暴，要勇於求助</p> <p>Response 適切應對暴力行為</p> <p>End of violence 停止暴力，以善意溝通建立關係</p> <p>對象：中四至中六學生</p> <p>課堂內 戀愛溝通工作坊 預防家暴 A4 folder 設計比賽</p> <p>課後 預防家暴展覽</p>	和諧之家 林少敏女士	www.harmonyhousehk.org

和諧家庭同樂日
和諧之家中心單位參觀及預防家暴教育講座

Know More to
Prevent and
Reduce Domestic
Violence

Care
Enhancement on the awareness of the family violence
issue
Action
Don't Ignore the family violence, be brave to seek help
Response
Take appropriate actions to response to family violence
End of violence
Stop the violence by compassionate communication

Target: S4-S6 students

Within Lessons

talk on preventing of domestic violence /
dating violence
A4 folder design competition for promotion of
family harmony

After class

Exhibitions on prevention of domestic violence
Family Fun Day for promotion of family

Harmony

Centre visit / assist in promotional events in the
community or services

Harmony
House
Limited
Susanna
Lam

www.harmonyhousehk.org

i-GESS 跨代共學 5Cs 班	<p>該計劃提供了一個平台，讓中學和大學的年輕人通過培訓和共同創造活動與老年人建立聯繫。中學生受邀參與由長者與大學生共同設計的跨代活動。我們旨在拓寬學生的視野，促進不同年齡段的參與者相互學習，從而增進不同年齡段的人之間的相互理解和尊重。該計劃還有助於學校教師採用和嵌入實際互動作為一種策略，以加強學生在各個學校科目中的學習。</p>	香港浸會大學社會科學院 練晨曦女士	https://hkbu.questionpro.com/igess
Inter-Generational Engagement in Secondary Schools	<p>This program provides a platform to connect young people in secondary school and universities to connect with older people via training and co-creation activities. Secondary school students are invited to participate in intergenerational activities co-designed by older people and university students. We aim to broaden the horizons of students and facilitate participants from different generations learn from each other, thus enhancing mutual understanding and respect among people of different ages. This program also facilitates school teachers to adopt and embed intergenerational interactions as a strategy to enhance student learning in various school subjects.</p>	Faculty of Social Sciences, Hong Kong Baptist University Ms. Olivia C. Lian	https://hkbu.questionpro.com/igess
中學生促進口腔健康計劃	<p>「TEENS 健腔獎勵計劃」是衛生署口腔健康教育事務科為全港中學設計的中學生促進口腔健康計劃。這計劃致力增加學生的口腔健康知識，提升學生的領導才能，並且促進他們的個人成長。在計劃推行</p>	衛生署口腔健康教育事務科	https://www.toothclub.gov.hk/chi/teens.html

<p>TEENS Teeth Award Scheme (2023-24)</p>	<p>方面，口腔健康教育事務科會負責提供全面的訓練及資源。全港的中學均獲邀請參與這計劃，我們希望與學校攜手合作，為學生帶來裨益，更為學校締造「健腔校園文化」。</p> <p>Oral Health Education Division (OHED) conducts training courses to equip students to become "Peer Leaders" with leadership skills.</p> <p>All courses are taught online and completed by students themselves. After completing the course, Peer Leaders can lead other students to promote oral health in the school.</p> <p>Target: All secondary school students and mainly conducted in Cantonese</p>	<p>周文謙醫生</p> <p>Oral Health Education Division Department of Health Dr Chau Man Him Alex</p>	<p>https://www.toothclub.gov.hk/en/teens.html</p>
<p>Teen 使行動</p>	<p>透過互動學習活動及親身接觸，加深青少年對精神健康及精神疾病的認識，從而支持精神病患者，消除歧視、增加社會共融。</p> <p>全校參與：一系列為教職員、非教職員、家長、學生的精神健康教育及推廣活動，鼓勵全校積極參與，協助學校建立重視精神健康的校園。</p> <p>校本為主：讓學校選擇所需要的教育活動主題及舉辦的日期，並提供資助及相關物資以協助進行校本教育。</p>	<p>葵涌醫院 Teen 使行動 鄧灝文先生</p>	<p>https://www.instagram.com/mindset_healthinmind/</p>

多元化：除了教育講座外，本計劃亦提供教育小組、義工訓練及協助舉辦精神健康週，以多方面活動讓學生體驗精神健康的重要。

持續性：本計劃為參與學校提供兩年制精神健康教育服務，並為畢業學校繼續延伸支援，使重視精神健康教育的校園文化得以建立及持續。

- 課堂內
 - 講座 (學生、老師、家長)
- 課後
 - 精神健康大使訓練
 - 精神健康週
 - 義工服務
 - 探訪醫院

Health-in-Mind
("HIM")
Programme

Health-in-Mind ("HIM") Programme aims to empower secondary-level students as mental health advocates to promote mental health to fellow students, their families, and the public at large through interactive activities and experiential personal development training.

Kwai
Chung
Hospital
Mr Kester
Tang

https://www.instagram.com/mindset_healthinmind/

公共衛生夥伴計
劃

「公共衛生夥伴計劃」邀請具備健康促進知識和技能的中大學生，成為修讀健康管理及社會關懷科中學生的導師，為他們在香港中學文憑試的實地學習作好準備。每所學校由 2 名導師輔導，通常每周或每兩周在參加者的學校或中大會面 1 次。

期間：每年 9 月初至明年年初

香港中文
大學賽馬
會公共衛
生及基層
醫療學院
翁家俊博
士

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13667188>

報名：填寫在線報名表，並申請截止日期後約兩周透過電子郵件通知獲選學校。

Public Health
Buddies project

Public Health Buddies Project engages CUHK students who have health promotion knowledge and skill to become the mentor of local secondary school students who are studying Health Management and Social Care to prepare for their field study in HKDSE
Each school will be coached by 2 mentors and meet usually 1 every week or fortnight at participants' school or CUHK.

Duration: Early September each year to the beginning of next year

Enrollment: complete the online registration form and offering informed by email about 2 weeks after application deadline

JC School
of Public
Health and
Primary
Care,
CUHK
Dr. Tony
Yung

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13667188>