

# 青年服務

## Youth Services



### 服務方向

青年服務的3個服務單位去年繼續以學校為本、社區為本和項目為本的策略，提供機會促進年輕人的潛能發展和社區參與，成績令人鼓舞。

### Service Orientation

Last year, 3 units of the Youth Services continued to employ school-based, community-based and project-based strategies to facilitate young peoples' self-exploration and social participation. Encouragingly, we got a very satisfactory result.

### 服務摘要

#### Y-Concept 獨立起「義」承傳創作計劃

賽馬會跳躍青年坊於去年獲青年事務委員會贊助舉辦的「Y-Concept 獨立起『義』承傳創作計劃」，榮獲青年事務委員會頒發「優秀青年活動嘉許計劃」獎項。計劃協助青年獨立樂隊圓夢，將他們的自創歌曲灌錄成專輯；而樂隊成員則擔任義務音樂導師，免費教授基層兒童及青少年學習音樂，回饋社會。

#### 出版《至「正」一課：喜樂的藝術——至「正」校園文化推廣計劃》教材套

本會青年服務的工作重點之一是向青少年推廣正面價值觀，而正向心理學所強調的「強項品格」，正好協助青年走在「From what is wrong to what is strong」的道路上。本會 YOU CAN——潛能發展中心自2012年成立而來，開創以視覺藝術和戲劇手法為主的路線，鼓勵青少年以探索模式學習。其中獲優質教育基金資助的「喜樂的藝術——至『正』校園文化推廣計劃」，就是結合正向心理學的強項特質概念及戲劇藝術手法，在中學舉行學生活動、老師培訓及家長教育等。過去兩年，計劃已一共服務了12間中學。計劃於今年2月圓滿結束，本會特意出版《至「正」一課：喜樂的藝術——至「正」校園文化推廣計劃》教材套，結集活動理念、手法和同工實踐的心路歷程，希望透過閱讀他們的經驗分享，和讀者一同累積推行青少年正向心理教育的實踐智慧。



▲ 「Y-Concept 獨立起『義』承傳創作計劃」榮獲青年事務委員會頒發「優秀青年活動嘉許計劃」獎項。  
'Y-Concept Project' was awarded 'Outstanding Youth Activity Commendation Scheme' by the Commission on Youth.

### Service Highlights

#### Y-Concept Project

Jockey Club Youth Leap was funded by the Commission on Youth to launch 'Y-Concept Project' to support young people to produce an album of their self-composing songs. In return, the young people taught deprived children and teens music knowledge. This meaningful project eventually was awarded the 'Outstanding Youth Activity Commendation Scheme' by the Commission on Youth.

#### Resource kit of 'Stay Positive – Positive Psychology Education through Expressive Art'

To encourage young people build up positive values is one of the work focuses of our Youth Services. This is in line with the strength-based orientation of positive psychology. Since 2012, our YOU CAN – potential exploration unit has started to employ visual art and interactive drama to facilitate young people's self-exploration. A project named 'Stay Positive – Positive Psychology Education through Expressive Art', supported by the Quality Education Fund, was launched to deliver positive psychology education in secondary schools that targeted students, parents and teachers. This 2-year project served 12 secondary schools in total. At the end of the project, a resource kit with the rationale of integrating art in positive psychology education was published in order to consolidate our practice wisdom.



- ▲ 我們的成果——《至「正」一課》。  
Our achievement – a resource kit of integrating art in positive psychology education was published.
- ◀ 學生享受繪畫的樂趣。  
Students enjoyed art jamming together.



## 成立「正能量青年同學會」

「正能量青年選舉」今年已經踏入第四屆，累積得獎的青年人已經超過百位。今屆的「正能量青年選舉」繼續以「熱愛生活·活出喜樂」為主題，並參照正向心理學的概念作為評審準則，發掘積極生活的青年人。為了維繫正能量青年進一步發展潛能，我們今年正式成立「正能量同學會」，希望讓這群青年人繼續保持連繫和貢獻社會。「正能量同學會」的籌委於「第四屆正能量青年選舉頒獎禮」以別出心裁的默劇向觀眾宣揚正能量的訊息，並分享選舉對他們的成長和改變。我們希望「正能量同學會」日後可以感染更多青年人以正向生活態度達至喜樂人生。



## Forming a 'Positive Youth Alumni'

'Positive Youth Election' has been launched for 4 years and over 100 students were awarded. 'Have a Joyful Life' was chosen as a yearly theme again while positive psychology concepts were employed as key election criterion. In order to maximise the impact of 'Positive Youth' to the community, 'Positive Youth Alumni' was formed in this year, which is a platform for awarded young people to make affiliation and contribution to the community. In this year's prize presentation ceremony, several youth representatives of the organising committee used mime art to share to audiences their personal growth and change after the election. We hope the alumni can further foster young people to stay positive and in turn to attain a joyful life.

◀ 正能量青年分享選舉對他們成長的影響和改變。  
Youth representatives shared their personal growth and change after the election.

正能量同學會  
Positive Youth Alumni

## 伙伴合作

### 「動感 90 後」計劃

本會臻善軒繼續獲香港賽馬會社區資助計劃贊助，由 2014 年 4 月至 2017 年 3 月於寶達邨持續推行「動感 90 後」計劃，協助青少年成長及發展個人潛能。計劃主要涵蓋表演藝術、視覺藝術及運動訓練。參與計劃的青少年會接受為期 12 個月的技能訓練，團隊活動及義工訓練，並以所學技能服務社區。計劃旨在拓展年青人的生活經驗，帶動他們參與社會活動，避免過份沉迷於網絡世界。同時，透過義工服務讓社區人士多認識青少年的潛能及正面特質，並給予青少年更多的鼓勵及支持。為擴展計劃成效，我們亦邀請區內的香港聖公會何明華會督中學及兒童之家參與合作，讓青少年增加發展個人潛能的學習機會。

▶ 「動感 90 後」計劃的籃球隊青少年協助派發飯盒子深水埗露宿者。  
Basketball members of 'Youngsters in Motion' Project helped distribute dinner boxes for Sham Shui Po homeless people.



## Partnership Projects

### 'Youngsters in Motion' Project

'Youngsters in Motion' Project at Po Tat Estate continued to have support from the Hong Kong Jockey Club Community Project Grant to render another 3-year service until 2017. The project aims to develop youngsters' potential and widen their life exposure by means of performance art, visual art, sports and community service. Youngsters joining this project went through 12-month skill training, social activity and volunteer training. Through volunteer services, the community members could understand youngsters' abilities and potential, and give positive feedback to them. This year, HKSKH Bishop Hall Secondary School and a small group home were invited to join this project to increase the learning opportunity for their youngsters and develop their personal potential.

## 展望

來年，本會青年服務在青年人的正向發展、成長輔導、生涯規劃及社會參與各方面將加強對外的協作，期望對青年人引發更多的社會影響。

## Outlook

Looking forward, in order to make stronger social impact to the youth population, our Youth Services will strengthen the collaboration with cross-sector stakeholders in areas of youth positive development, youth counselling, life and career planning as well as social participation.





## 2014-2015 服務統計 (截至 2015 年 3 月 31 日)

### Service Statistics (as at 31<sup>st</sup> March, 2015)

#### 學校社會工作部 School Social Work Unit

學生總人數 Student population	5,375
處理個案數目 No. of cases handled	505
諮詢總數 No. of consultations	3,164
小組活動節數 No. of group / programme sessions	369
個案面談節數 No. of case interviews	3,413

#### 賽馬會跳躍青年坊 Jockey Club Youth Leap

會員類別 Types of Members	14 歲以下兒童 Children members aged 14 or below	868
	15-24 歲青少年 Youth members aged 15 to 24	511
	25 歲以上青年 Youth members aged 25 or above	15
	家庭會員 Parent Members	139
核心及發展活動 總節數 Sessions of Core and Development Programmes	指導及輔導小組 / 活動 Guidance and counselling groups and activities	1,125
	輔導面談 No. of case interviews	7,385
	支援性活動予弱勢青少年 Supportive programmes for young people in disadvantaged circumstances	302
	社群化活動 Socialisation programmes	482
	社會責任培育活動 Development of social responsibility and competence programmes	934

#### 臻善軒 Cherish House

#### 寶達「動感 90 後」香港賽馬會社區資助計劃 Youngsters in Motion The Hong Kong Jockey Club Community Project Grant

受訓年青人數目 No. of youngsters trained	153
親子活動節數 No. of parent-child programme sessions	28
創意活動節數 No. of creativity programme sessions	891
社會服務節數 No. of community service sessions	94
社區表演活動節數 No. of community performance sessions	12

#### YOU CAN—潛能發展中心 YOU CAN – potential exploration unit

會員總數 No. of members	480
活動節數 No. of programme sessions	2,948
「共創成長路賽馬會社區青少年培育計劃」活動節數 No. of programme sessions of 'PATHS to Adulthood – a Jockey Club Youth Enhancement Scheme for Community'	248
優質教育基金「喜樂的藝術—至『正』校園文化推廣計劃」活動節數 No. of programme sessions of 'Stay Positive – Positive Psychology Education through Expressive Art Project'	61