保護兒童 提升心理健康 PROTECT CHILDREN FROM HARM & ENHANCE MENTAL WELLBEING



藝力足球嘉年華

兒童精神健康十分重要,我們在地區舉辦大型嘉 年華,與20多個合作機構,透過舞台表演、藝 術及運動攤位遊戲和足球邀請賽,推廣兒童精神 健康相關的知識。藉着體育和藝術活動,讓來自 300多個家庭約2,000人次,從中認識有關兒童 成長和社交情緒技能的相關知識。

Mastering GOAL FOR ART Carnival

We hosted a community carnival to promote children's mental well-being with support from 20 partnering NGOs, using stage performance, art, games, sports activities and a football tournament. By engaging over 300 families with about 2,000 children and caretakers in diverse activities, we aimed to cultivate understanding of child development and social-emotional skills, providing an enriching platform for children and caregivers.



「表達繹我心」計劃支援兒童心理健康

我們與香港大學合作,把表達藝術和社交情緒學 習結合,透過視覺藝術、音樂、講故事等多元化 元素,讓兒童在嶄新的藝術體驗小組中學習調節 情緒及表達感受,培養孩子以正向心態面對生活 挑戰,發展他們的社交情感能力及心理健康。

Healing Heart and Mind - Improve children's mental well-being through arts

We collaborated with HKU to integrate expressive arts and social emotional learning through visual arts, music, and storytelling. This allows children to learn to regulate their emotions and express feelings in innovative art experience groups, cultivating a positive mindset in children to face life's challenges and developing their social-emotional competencies and mental well-being.

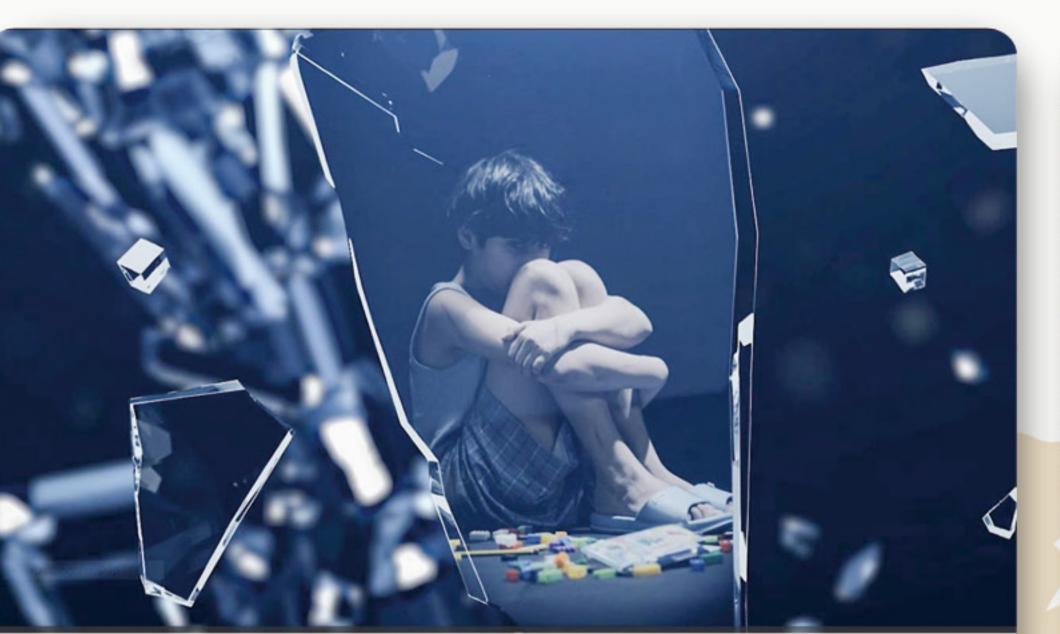


「童感同行」計劃助學生學習

五年級的阿喬性格有些急躁,有時與同學相處時 不太會控制情緒。「童感同行」計劃將社交情緒 學習融合在常規課堂中,透過悉心設計的活動讓 小學生學習社交情緒技巧,提升健康素養,促進 社交情感成長。阿喬從課程中認識到自己的情緒 需要,逐漸學會與別人相處的技巧。

ISEL programme helped students learn socialemotional skills

Kiu, a Primary 5 student, had been short-tempered and sometimes struggled to manage his emotions when interacting with classmates. The iSEL programme integrated social-emotional learning into the regular curriculum, using well-designed activities to enhance students' social-emotional skills, mental well-being, and promote social-emotional growth. Through the programme, Kiu learned to understand his emotional needs and develop interpersonal skills.



The Sound of Violence短片喚起公眾關注兒童

我們推出The Sound of Violence短片,於部分 嘉禾院線播放,藉以喚起公眾對兒童保護的關 注。這部短片由獲獎導演卓亦謙執導及演員黃梓 樂演出,冀帶出虐兒的社會議題,並鼓勵公眾舉 報懷疑個案,為兒童創造更安全的成長環境。

The Sound of Violence raises public awareness on child protection

'The Sound of Violence' was screened at selected Golden Harvest cinemas, to raise public awareness of child protection. Directed by award-winning filmmaker Nick Cheuk and supported by actor Sean Wong, the film aims to highlight the issue of child abuse in society and encourage the public to report suspected cases, fostering a safer environment for children.



提升家庭關愛 保護兒童免受傷害

親子溝通曾令作為母親的阿蘭感到苦惱,阿蘭透 過參與「從心所育」計劃,學到正向管教技巧, 能夠更好地聆聽及處理子女的情緒,建立更和諧 的家庭生活。你的支持讓我們得以持續為照顧者 和兒童提供服務,讓兒童在一個充滿愛與非暴力 的環境中成長。

Fostering family care and protecting children from

Parent-child communication often caused distress for Lan as a mother. She learned positive parenting skills and became better equipped to listen to and manage her children's emotions through our Heart-to-Heart programme. Your support has allowed us to provide services to caretakers and children, allowing children to grow up in a loving, non-violent environment.



提升守護兒童技能及文化

我們的守護兒童服務吸引了歷來最多兒童機構的 參與,為超過150間機構提供了培訓、政策制定 服務和工作坊支援。我們的工作坊涵蓋了更多與 守護兒童相關的主題,包括機構內部通告系統的 挑戰和機構的兒童安全文化,並推出了「碩士生 守護兒童培訓」,為準備進入社福界和教育界從 事兒童工作的專業人士提供關鍵的守護兒童技

Enhancing child safeguarding skills and culture

Our Child Safeguarding service worked with a record number of child-facing organisations in 2024, supporting over 150 organisations with our trainings, policy development services, and workshops. We expanded our workshop topics to address the challenges of internal reporting systems and organisational child-safety cultures, and launched "Child Safeguarding for Master's Students" training, offering critical child-safety skills to professionals preparing to enter child-facing roles across the social welfare and educational sectors.

一月-三月

四月一六月

JULY - SEPTEMBER 七月一九月

OCTOBER - DECEMBER 十月一十二月

與弱勢兒童並肩同行 SUPPORT THE MOST VULNERABLE CHILDREN



「童踢同樂」計劃

八歲的柏賢熱愛參與「童踢同樂」計劃。透過計 劃,柏賢學會了溝通技巧、衝突管理,並與同伴 建立了友誼。計劃不僅提升了柏賢的社交情緒技 能,家長組更定期舉辦足球活動,分享正向管教 子女的訊息,建立同儕支援網絡。有賴你的支 持,我們得以在觀塘、深水埗及天水圍推展這個 計劃,讓更多孩子受惠。

Play to Thrive programme

8 -year-old Pak Yin enthusiastically participates in the Play to Thrive programme. Through our programme, he has learned communication skills, conflict management, and built friendships with his peers. The programme not only enhances his social-emotional skills, but the parent group as a peer support network also shares positive parenting advice and organises football activities. Thanks to your support, we have expanded this initiative to Kwun Tong, Sham Shui Po and Tin Shui Wai, reaching more children.



Generation Hope培育青年推動改變

議上,有機會向全球持份者表達年輕人的意見 Generation Hope計劃亦透過戶外歷奇及工作 坊, 啟發200位中學生反思氣候正義。兒童是未 來的領袖,藉鼓勵他們的參與,使他們的聲音和 行動能夠推動真正的變革。

Generation Hope empowers youth to drive change

Our 14 youth climate ambassadors had the opportunity to voice the concerns of young people to global stakeholders at the United Nations Environment Assembly. The Generation Hope programme also inspired 200 secondary school students to engage with climate justice through outdoor adventures and workshops. Children are the leaders of the future, and by encouraging their involvement, their voices and actions can catalyse real change.



友里活動中心開幕

「友里活動中心」在深水埗麗閣邨啟用,繼續支 援低收入的家庭和社區。全賴有你的支持,中心 不只為兒童提供安全的活動場所,更關注他們的 心理健康。兒童可參與各類遊戲和社交學習,有 自我表達機會,促進心理健康發展。中心培養青 少年的韌性和適應力,協助他們應對生活挑戰, 健康快樂成長。

Opening of Save the Children Centre

The Save the Children Centre opened in Lai Kok Estate, Shamshuipo, continuing to support the community with a higher poverty rate. Thanks for your support, the centre provided a safe space for children's activities and focused on their mental health. Children engaged in games, social learning, and self-expression, promoting their mental well-being. The centre also cultivated resilience and adaptability in teenagers, helping them navigate life's challenges and thrive.



施政報告的建議及回應

我們定期檢視與兒童有關的政策。《強制舉報虐兒條 例》三讀通過標誌香港兒童保護里程碑。我們建議加 快強制舉報者指南起草進度,並支援兒童面向的機構 中推行內部守護兒童政策。此外,我們強調將社交情 緒學習納入學校課程的重要性;並建議加強青少年社 區參與,以便在制定政策時考慮他們的意見。

Policy Address recommendations and response

We regularly review policies related to children. The passing of the Mandatory Reporting of Child Abuse Bill is a milestone in Hong Kong's child protection efforts. We recommend speeding up the drafting of the mandatory reporting guidelines and supporting the implementation of child safeguarding policies in child-facing organisations. Additionally, we emphasise incorporating social-emotional learning in school curricula and enhancing youth community engagement to consider their perspectives.



香港救助兒童會15周年慶典

為慶祝在香港成立15週年,我們舉辦了相片展 覽,讓公眾了解機構在香港及全球為兒童創造改 變的工作;亦舉辦「救助兒童獎」表揚香港多位 無名英雄為兒童的付出,透過得獎者的動人故事 與經歷,啟發更多人關愛兒童,為兒童的未來帶 來希望。

Save the Children Hong Kong celebrates our 15th anniversary

To celebrate 15 years of our work in Hong Kong, we organised a public photo exhibition that showcased our work in creating positive impact for children both in Hong Kong and globally. We also held the "Children's Champion Award" to recognise unsung heroes in Hong Kong. The awardees' stories of their efforts to change children's lives aimed to inspire people to care for children and bring hope to their future.



中學生東京交流團

深度交流活動,藉此提升他們的社交情緒技能 培養領導能力及自我認同,並提升對兒童權利的 關注。我們舉辦成果分享會,讓學生分享見聞與 反思,與各界見證在個人成長上的顯著進步。活 動不僅為學生創造難忘回憶,更促進了青年參與 及賦權。

Tokyo exchange tour for secondary students

We led students from 26 different secondary schools on an in-depth cultural exchange trip to Tokyo, which enhanced their social-emotional skills, cultivated their leadership and self-awareness and raised their awareness of children's rights. We organised a sharing session to allow students to reflect on their experiences, and stakeholders witnessed their remarkable personal growth. The exchange not only created unforgettable memories for the students, but also promoted youth participation and empowerment.

Save the Children 救助兒童會



6歲的Yaira住在秘魯一個經常發生洪水的村莊,讓她非常害怕。救助兒童會透過持續支援和創新產品,幫助像Yaira這樣的兒童改善心理健康。「Panchito」作爲可擁抱的背包,當Yaira感到焦慮時,可以緊緊抱著背包安撫情緒。她說這能讓她在憂心忡忡時感覺好些。

Yaira, 6, lives in a village in Peru that regularly floods, and makes her very scared. Save the Children is helping children like Yaira with their mental wellbeing, and has developed innovative ways to provide ongoing support. "Panchito" the huggable backpack, helps Yaira as something she can squeeze when she's feeling anxious. She says it helps her feel better when she's worried.

FEBRUARY 二月



11歲的Cihan有聽力障礙,與家人住在土耳其。不幸的是,他們在2023年的地震中失去了家園,這使得他的母親經濟拮据,無法負擔他所需的人工耳蝸。在救助兒童會安排下,Cihan成功植入新的人工耳蝸。現在,他的溝通能力今非昔比,並喜歡和兄弟姐妹一起玩耍。

Cihan, 11, who has a hearing impairment, lives with his family in Türkiye. Sadly, they lost their home in the 2023 earthquakes, which left his mother struggling financially and unable to buy him the cochlear implants he needed. Save the Children arranged to have Cihan's new cochlear implants fitted. Now, he is communicating better than ever, and loves playing with his siblings.



13歲的Chimau與家人住在贊比亞一個農場,但生活受到旱災重創,食物匱乏。Chimau每天只吃一頓飯,這讓她感到非常疲憊和虛弱,無法上學。救助兒童會為Chimau一家提供營養均衡的膳食,幫助他們渡過旱災。現在,Chimau已經恢復上學,學習她最喜歡的英文科。

Chimau, 13, lives on a farm with her family in Zambia, but drought has hit them hard, and food is scarce. Chimau was only eating one meal a day, which left her feeling too tired and weak to go to school. Save the Children supplied Chimau's family with nutritious food to help them get through the drought. Now, Chimau is back studying and enjoying her favourite subject, English.



12歲的Atika最喜歡在村子的社區花園裡消磨時間。她住在印尼的東松巴縣,氣候變化嚴重影響她的社區。現在,救助兒童會已經為這個村莊增設了新的供水設施,派發了耐寒的種子,並通過農業教育幫助村民提高應對氣候變化的能力。Atika樂於親手栽種,將所學到的知識付諸於實踐!

Atika, 12, loves spending time in her village's community garden. She lives in East Sumba, Indonesia where climate change was badly affecting her community. Now, Save the Children has set up a new water supply, delivered hardy seeds and helped the village become more resilient in the face of climate change through agricultural education. Atika enjoys putting what she learned into practice and getting her hands dirty!





在加沙的混亂和炮擊中,一個寶貴的新生命誕生了。Lana是第一個在救助兒童會婦產科出生的嬰兒。Lana和她的母親Tima在整個生產過程中得到了支援,並在出生後的幾天內接受了後續醫療護理。Tima為Lana的到來而興奮,同時亦擔憂女兒的未來。

Amidst the dangers and bombardment in Gaza, a precious new life started. Lana was the first baby born in Save the Children's maternity unit. Lana and her mother Tima received support throughout the birth and follow-up medical care in her first few days of life. Tima is excited but worried about what the future holds for her tiny daughter.



17歲的朗源因嚴重的聽力障礙和中度智力障礙,在學校受到霸凌。在中國內地展開融合教育工作已有十年的救助兒童會,根據朗源對體育的熱愛,幫助他制定教育計劃。朗源在特殊奧運會中贏得了多面獎牌後,現在以自身的經驗激勵他人擁抱多元,倡議包容。

Langyuan, 17, was bullied at school due to his severe hearing impairment and moderate intellectual disability. Save the Children has been working in inclusive education in China for a decade, and helped to craft an education plan around Langyuan's passion for sports. Langyuan has gone on to win multiple at the Special Olympics, and now inspires others to embrace diversity and advocate for inclusion.

童心攜手共建將來 TOGETHER WE'RE BUILDING FUTURES

ULY



25歲的Pakou與她的五個孩子住在老撾農村。缺乏自信的她一直在為孩子的健康和丈夫的問題而苦惱。我們為她和其他年輕母親提供早期兒童教養、溝通技巧和理財知識方面的培訓,並支持她們創業。現在,她很自豪能夠透過出售自製食品來養家糊口。

Pakou, 25, lives in rural Laos with her five children, has struggled with self-confidence, her children's health, and her husband. We empowers Pakou and other young mothers by training them on early childhood care, communication skills, and financial literacy, and supporting them to start up small businesses. Now, Pakou is proud to support her family by selling homemade food.

七月 AUGUST

17歲的Fiza住在巴基斯坦的一個鄉村。她的父母認為確保她安全的最佳方法是把她嫁出去。救助兒童會致力於說服Fiza的父母取消訂婚,並讓Fiza接受教育。如今,Fiza已成為學習指導員,幫助其他面臨早婚風險的年輕女孩擁有更光明的未來。

Fiza, 17, lives in a rural village in Pakistan. Her parents thought the best way to ensure her safety and security was to marry her off. Save the Children worked tirelessly to convince Fiza's parents to cancel the engagement, and to allow Fiza to pursue her education instead. Now, Fiza has become a learning facilitator, empowering other young girls at risk of early marriage with a brighter future.

SEPTEMBER



8歲的Marko與母親一起逃離烏克蘭戰爭,目前住在羅馬尼亞。所有的動盪都意味著他錯過了學習進度,因此他的媽媽把他帶到當地的救助兒童會中心。在這裡Marko上了補習班,也會玩耍和交朋友,幫助他在新的城市安頓下來。

Marko, 8, fled the war in Ukraine with his mother and now lives in Romania. All the upheaval meant he missed some school, so his mum enrolled him in their local Save the Children Hub. Here, Marko has taken catch-up classes and spent time playing and making friends, which has helped him settle into a new city.

九月 OCTOBER



11歲的Tariq很喜歡妹妹Hana,當她生病時,他總是非常擔心。救助兒童會在敘利亞的合作夥伴探訪了這個家庭,發現Hana營養不良,並為她提供持續的治療。現在,她健康狀況大大改善,Tariq也很喜歡和妹妹一起玩和逗她笑。

Tariq, 11, loves his baby sister Hana and was really worried when she got sick. Save the Children's partner in Syria visited the family and discovered Hana had malnutrition and has provided her with ongoing treatment. Now, she is much better, and Tariq enjoys playing with his sister and making her smile.

NOVEMBER



Ugyen和他的兩個孩子住在不丹農村。他不識字,對育兒和正向管教感到困難。他過去常常命令孩子為他做事,責罵他們。在參加救助兒童會的正向管教計劃後,Ugyen學會如何用愛和同理心來養育子女,並已看到他們的行為得到了很大改善。

Ugyen lives in rural Bhutan with his two children. He is illiterate and expressed his challenges with childcare and positive discipline. He used to order his children to do things for him and use harsh words to them. After attending Save the Children's positive parenting programme, Ugyen has learned how to parent his children with love and compassion, and has seen many positive changes in their behaviour.

DECEMBER



今年因我們攜手支持,全世界的兒童能快樂、健康、學習、活潑、充滿希望和安全。感謝你支持救助兒童會,在每一天、世界每一角落幫助兒童創造未來。

This year, children across the world were happy, healthy, learning, active, hopeful, and safe because we came together to support them. Thank you for supporting Save the Children and helping build children's futures, in every part of the world, every day of the year.

*個別姓名為化名,以保護其身份。Some names have been changed to protect identities.