

JANUARY - MARCH
一月至三月

保護兒童 照顧精神健康 PROTECT CHILDREN FROM HARM & ENHANCE MENTAL WELLBEING

APRIL - JUNE
四月至六月



以藝術、運動提升兒童心理韌性

我們匯聚25間非牟利機構、足球學校及本地學校舉辦大型嘉年華，吸引近1,500名兒童、家長及社區人士參與。透過藝術創作與足球活動，讓孩子學習社交情緒技能，培養抗逆力，亦加強親子互動。當中的「毅力100足球邀請賽」更讓小朋友在球場上展現自信與團隊精神，體驗合作的力量。這次活動不僅凝聚社區，更成功提升公眾對兒童精神健康的關注，推動社會共同支持兒童的心理韌性與快樂成長。

Building Children's Mental Resilience through Arts and Sports

We brought together 25 non-profit organisations, football schools and local schools to host a large-scale carnival, engaging nearly 1,500 children, parents and community members. Through art and football activities, children built social-emotional skills, resilience and stronger parent-child bonds. The Mastering the GOAL FOR ART Tournament highlighted children's confidence, teamwork and the power of collaboration. The event united the community and raised awareness of children's mental health and joyful growth.



「守護兒童服務」擴大兒童保護網

我們持續擴展「守護兒童服務」，為非牟利機構、活動及教育中心、大專院校等提供守護兒童工作坊，以及度身制定安全政策指引，以提升兒童服務前線人員的保護意識，建立清晰的保護政策及舉報渠道。在2025年，我們已支援117間機構、近800名業界人士，直接惠及近四萬名兒童。我們亦透過政策倡議、機構培訓及公眾教育推動「守護兒童文化」，為《強制舉報虐待兒童條例》的落實奠定基礎，讓兒童在安全的環境下成長。

Expanding the Child Protection Network through Child Safeguarding Service

We continued to expand the Child Safeguarding Service by delivering safeguarding workshops and tailored safety guidelines for non-profit organisations, activity and education centres, and tertiary institutions to strengthen frontline safeguarding awareness and establish reporting mechanisms. We have supported 117 organisations, nearly 800 professionals and directly reached nearly 40,000 children. Through policy advocacy, training and public education, we are building a "child safeguarding culture" and laying the groundwork for the Mandatory Reporting of Child Abuse Ordinance.



「童踢同樂」以足球支援兒童精神健康

9歲的諾諾因性格活潑率直，經常被誤解為「難以管教」，在學校被標籤為「問題學生」，亦令親子關係一度緊張。參加計劃後，他開始透過運動學習情緒表達、溝通技巧和自我管理。教練的陪伴，讓他在安全的氛圍中成長。現在他不僅融入同學群體，更獲邀加入校隊，親子溝通更融洽。這段蛻變印證，只要有合適的支援，每個孩子都能自信成長。現時計劃已服務超過740名家長及兒童，成功擴展至全港32間小學，並持續在深水埗及天水圍社區推行，讓更多兒童受惠。

Play to Thrive Programme: Supporting Children's Mental Health through Football

9-year-old Lok was once misunderstood as "difficult to manage" and labelled a "problem student" at school due to his outspoken nature, which strained his relationship with his parents. After joining our sport programme, he developed emotional expression, communication and self-management in a safe and supportive environment. He is now well integrated with peers, invited to join the school team, and enjoying improved communication at home. This transformation shows that with the right support, every child can grow with confidence. We have served over 740 parents and children, reached 32 primary schools across Hong Kong, including Sham Shui Po and Tin Shui Wai.



「旗動愛心為兒童」賣旗日 以兒童力量推動改變

賣旗日吸引接近2,000名義工熱心參與，其中不少是兒童。他們以行動展示了「兒童力量」如何貢獻社會，讓孩子以行動守護孩子。兒童不僅是受保護的一群，更能透過參與公益，成為守護其他兒童的一份子。感謝一眾企業、機構和善長的支持，所需得善款全數用於支援本地有需要兒童及其精神健康，攜手創出更燦爛的未來。

Flags for Children's Tomorrows Flag Day: Driving Change with Children's Power

The Flag Day engaged about 2,000 volunteers, many of whom were children. They showed how children's power can drive social change—children protecting children. Through public participation, children are not only protected but also empowered to protect others.

We are grateful to the generous corporations, organisations and donors. All funds raised will support children in need and their mental wellbeing, towards a brighter future.



「童感同行」將社交情緒學習融入常規課

計劃透過24節課堂與「社交情緒學習週」於小學推行，讓360名學生在遊戲與互動中，掌握五大社交情緒技能。課堂中，小五學生阿正學會了冷靜思考與負責任決策，勇敢向同學道歉，重建友誼；另一位學生阿儀則掌握了自我管理技巧，懂得在行動前顧及他人的感受。這些轉變讓兒童的校園生活變得更快樂、更融洽。感謝你的支持，讓課本以外的成長學習走進日常課堂，為學童奠定社交情緒能力的基石，提升心理健康及抗逆力。

iSEL: Integrating Social-emotional Learning into Classrooms

Through 24 lessons and a Social and Emotional Learning Week in primary schools, the programme enabled 360 students to develop five core social-emotional skills through games and interactive learning.

Ching, a Primary 5 student, learned calm thinking and decision-making in our programme. He courageously apologised to a classmate and rebuilt their friendship, while another student, Chi, developed self-management skills and learned to consider others' feelings before acting. These changes led to a better school experience. Thank you for supporting learning beyond textbooks in daily classrooms and strengthening children's social-emotional competence, mental health and resilience.



「表達我心」助兒童表達內心

8歲的Cara因父母要照顧年幼弟妹，常感到被忽略，作為大姐的壓力與矛盾亦難以抒發。在「表達我心」藝術創作課中，她透過繪畫與創作抒發情感，逐步學會以正向思維面對不快，以溫和方式表達及紓解情緒。她的作品更獲父母讚賞，讓她重新感受到被看見與被愛，重拾童真與自信。因為有你同行，孩子得以找到表達自我的出口，學懂理解自己、接納自己，勇敢地迎接成長中的挑戰。

Healing Heart and Mind: Helping Children Express Their Inner Voice

8-year-old Cara often felt overlooked while her parents cared for her younger siblings, finding it hard to express the pressure and emotional conflict she experienced as the eldest child. Through the Healing Heart and Mind art creation classes, she learned to express her emotions through drawing and creative work, gradually developing positive thinking and gentle ways to release her feelings. When her parents praised her artwork, she felt seen and loved again, regaining her confidence and childlike joy. With your support, children can find safe ways to express themselves, learn to understand and accept who they are, and face the challenges of growing up with courage.

JULY - SEPTEMBER
七月至九月

凝聚各界力量 與兒童並肩同行 UNITED TO SUPPORT CHILDREN

OCTOBER - DECEMBER
十月至十二月



Generation Hope國際交流團 青年力量推動氣候倡議

六位青年氣候大使站上國際舞台，參與「曼谷氣候行動週」，向各國領袖及決策者分享由香港青年自主研發的應對氣候變化方案。他們從生活入手，提議在社區種植防蚊植物，並舉辦工作坊製作植物精油，向公眾講解氣候變化、蚊蟲與公共衛生的關係。團隊更計劃將精油派發予長者，讓青年倡議惠及社區。旅程中，青年氣候大使與各國青年代表交流環保項目的經驗與挑戰，擴闊視野。他們不僅展示香港青年的創意與行動力，更深刻體會自身聲音能推動社會，並成為推動氣候公義的重要力量。

Generation Hope International Exchange: Youth Power Driving Climate Advocacy

6 Youth Climate Ambassadors took to the international stage at Bangkok Climate Action Week, sharing climate solutions independently developed by Hong Kong youth with global leaders and decision-makers.

Rooted in everyday life, their proposals included planting mosquito-repellent plants in communities and organising essential oil workshops to raise public awareness of the connection between climate change, mosquito-borne risks and public health. The team also suggested distributing the oils to the elderly, ensuring youth-led advocacy benefits the wider community.

Through exchanges with youth representatives worldwide, the Ambassadors broadened their perspectives. They demonstrated Hong Kong youth's creativity, action and ability to drive social change and climate justice.



「從心所有」拓展至八間幼稚園 助家長建立正向管教

Apple與阿卓育有一名四歲兒子。他們成為父母後，發現自己童年被打罵的經歷正影響與兒子的相處方式，於是參加「從心所有」學習正向管教。課程中，他們學會「先處理心情、後處理事情」及「冰山理論」等工具，並利用繪本與兒子建立共同的情緒語言。隨著溝通方式轉變，三人的互動變得更溫暖、互相尊重。二人形容自己是兒子的「同行者」，在尊重與理解中一同成長。計劃現已擴展至八間幼稚園，向家長及學童推廣非暴力溝通，有效協助家長建立更安全、關愛的成長環境，以減低虐兒風險。

Heart to Heart: Expands to Eight Kindergartens, Supporting Positive Parenting

Apple and Cheuk, parents of a 4-year-old son, realised that their childhood experiences of punitive discipline were shaping their parenting, and joined the Heart to Heart Parent-Child Programme to learn positive parenting approaches. They learned to address emotions before behaviour, applied the Iceberg Theory, and used picture books to build a shared emotional language with their son. As communication improved, family relationships became warmer and more respectful. They now see themselves as their son's "companions", growing together through mutual respect and understanding.

The programme expanded to 8 kindergartens, promoting non-violent communication among parents and children. The programme is effective in supporting families in building safer, more nurturing environments and lowering the risk of child abuse.



「兒童保護論壇」匯各界迎《強制舉報虐待兒童條例》

我們在《條例》實施百日前舉辦了「兒童保護論壇」，吸引近150位教育及兒童服務界人士，共同探討如何在新法例下守護兒童，為香港保護兒童工作邁出重要一步。論壇涵蓋機構角色與責任、法律挑戰及防止虐待支援等議題，不僅協助各界為新法例作好準備，更推動建立敏銳、警覺的預防文化，確保每個孩子都能安全成長。

Child Protection Conference: Preparing for the Mandatory Reporting of Child Abuse Ordinance

We held the Child Protection Conference 100 days before the Ordinance came into effect, bringing together nearly 150 professionals from the education and child services sectors to prepare for its implementation. The forum explored how to safeguard children under the new legislation, covering organisational roles and responsibilities, legal challenges, and support for preventing sexual abuse. By strengthening understanding and readiness across sectors, the conference helped foster a vigilant, prevention-focused culture, ensuring every child can grow up safely.



兒童視角出發 調查報告揭示機構安全文化需加強

《香港兒童的聲音：對機構安全與友善環境的期望》調查報告由兒童主筆設計，訪問了587名9至17歲兒童。結果顯示半數受訪者在活動機構中找不到值得信賴的職員，近三分之一認為自己的意見未被重視，反映現時服務兒童機構的「守護兒童」文化薄弱。報告建議設兒童友善舉報渠道及清晰守則，並促請政府適時檢討《強制舉報虐待兒童條例》，將責任擴至所有接觸兒童的職位，以擴大安全網。

Listening to Children: Survey Highlights the Need for Stronger Safety Culture

The report "Children's Views on Safety Within Organisations in Hong Kong" was designed with children's participation and surveyed 587 children aged 9 to 17. The findings show that half of the respondents could not identify a trusted staff member in activity organisations, and nearly one-third felt their views were not valued, reflecting the current weakness in the child safeguarding culture among child-facing organisations. The report recommends establishing child-friendly reporting channels and clear safeguarding guidelines and urges the government to review the Mandatory Reporting of Child Abuse Ordinance in due course by extending responsibilities to all roles in contact with children, strengthening the overall safety net.



「CHILL能力」越南交流團 提升學生社交情緒技能

我們與教育機構合辦「CHILL能力培訓課程」，服務近6,400名兒童，並於12月帶領27位本地中學生到越南胡志明市交流。五天的交流團以社交情緒學習為設計理念，透過市區考察、農村體驗、參觀戰事遺蹟、到訪兒童院舍，以及團隊合作活動，讓學生在旅程中提升自我覺察、人際關係和社會意識等社交情緒技能。參加者於交流團後表示，在活動中獲得啟發，深刻反思幸福的本質與建立方法。

CHILL Project Vietnam Exchange Tour: Strengthening Students' Social-emotional Skills

In collaboration with education partners, we delivered the CHILL Project, successfully served nearly 6,400 children, and led 27 local secondary school students on an exchange trip to Ho Chi Minh City, Vietnam, in December.

Designed around social-emotional learning, the 5-day programme combined urban exploration, rural experiences, visits to war relic sites and children's homes, as well as team-building activities. Through the journey, students enhanced self-awareness, interpersonal skills and social responsibility. Participants shared that the experience inspired deep reflection on the meaning of happiness and how it can be cultivated.



大埔火災緊急援助 長遠支援兒童心理健康

大火令兒童失去日常生活及學習所需，我們迅速向受災學生發放緊急物資及現金援助，讓他們繼續學業，藉恢復日常而重建安全感。為長遠支援心理健康，我們與香港樹仁大學開設心理支援熱線，為全港受影響兒童及家長提供情緒支援。一名姊姊求助指妹妹因目睹火災而出現焦慮、失眠及尿床等症狀，我們已即時提供初步輔導並安排跟進評估及心理輔導。我們亦擴展「表達我心」計劃，與學校合作以表達藝術陪伴孩子抒發感受、重建安全感。感謝你的支持，我們已支援近900名兒童在災後重拾希望。

Emergency Relief and Long-term Mental Health Support for Children after Tai Po Fire

The fire deprived children of their routines and learning essentials. We swiftly provided emergency supplies and cash assistance to affected students, helping them continue their education and regain security through the restored routines. To provide long-term mental health support, we launched a psychological support hotline with Hong Kong Shue Yan University for affected children and parents across Hong Kong. One sister sought help for her younger sibling, who experienced anxiety, insomnia, and bed-wetting after witnessing the fire. We offered immediate initial counselling and arranged follow-up support. We also expanded the Healing Heart and Mind programme, using expressive arts in schools to help children process emotions. Thanks to your support, we have assisted nearly 900 children in rebuilding hope.

JANUARY - MARCH 一月至三月



Credit: Delil Souleiman / Save the Children

8歲的Amal和家人因敘利亞難民營附近的戰火，再一次被逼逃離家園。救助兒童會為Amal一家送上日常生活的必需品，讓他們在臨時搭建的帳篷裏，保有溫暖和重建安全感。Amal期盼著有一天，能與朋友重逢，重返熟悉的家園。

Amal, 8, and her family were forced to flee for the second time due to fighting near their refugee camp in Syria. Save the Children provided them with essential kits and supplies, so they could stay warm and dry in their new tent. Amal dreams of the day she is reunited with her friends and can return home.



Credit: Maheder Halleelassie / Save the Children

10年前，埃塞俄比亞索馬里地區爆發衝突，Halima一家被逼逃離家園。他們無法得到醫療服務和接種疫苗，令她的孩子不幸死於麻疹。隨著戰亂平息，Halima一家重返家鄉，並迎來雙胞胎Hasan和Hussein的出生。在救助兒童會支援的醫療中心，雙胞胎順利接種所需疫苗，獲得疾病防護。

10 years ago, conflict in the Somali region of Ethiopia forced Halima's family to flee. They had no access to healthcare or vaccines, and her child died from measles. When fighting ended, they returned home and welcomed twins Hasan and Hussein. At a Save the Children supported health centre, they were vaccinated, protecting them from disease.



Credit: Save the Children

37歲的Ma在緬甸曼德勒僅五個月的兩層新居，卻在一場7.7級強烈地震中被摧毀，一家人瞬間失去家園和所有財物。一家七口，包括10個月大的兒子及行動不便的母親，只能擠身於簡陋的臨時帳篷中生活，經常受風雨侵襲。面對這場突變，Ma身心承受巨大壓力，一度感到徬徨。後來，她從受災的鄰居口中認識到救助兒童會，我們向Ma和家人派發衛生用品包，提供及時而實在的援助，解決他們最迫切的需要。

Ma, 37, had lived in her two-storey home in Mandalay, Myanmar, for only five months when it was destroyed by a powerful 7.7-magnitude earthquake, leaving her family without a home or belongings. The family of seven, including her 10-month-old son and her mother with limited mobility, had to live together in a temporary tarpaulin tent that provided little protection from strong wind and rain. Facing this sudden upheaval, Ma felt overwhelmed and deeply depressed. After learning about Save the Children from a neighbour who was also affected by the earthquake, we provided Ma and her family with hygiene kit, offering timely and practical support.

APRIL - JUNE 四月至六月



Credit: Save the Children

12歲的Amir和家人住在加沙的一個帳篷裏。他的父親是一位勤奮務實的農民，卻因一場空襲喪生。這場突如其來的攻擊，無論是在經濟上，還是心理上，都讓這個家庭承受沉重打擊。Amir來到救助兒童會的兒童友善空間，並得到心理支援，開始治療創傷。

Amir, 12, lives with his family in a tent in Gaza. His father was a hard-working farmer who was killed in an airstrike that targeted their house. The incident had a great toll on the family, both financially and emotionally. Amir visited our child-friendly space, where he received help and support so he could have a space to start healing.



Credit: Save the Children

5歲的嘟嘟來自中國成都武侯區，就讀當地一所大型公營幼稚園，因專注力不足過動症(ADHD)，他在遵守校規、情緒表達和行為管理上均面對不少挑戰，影響了他和同學的相處。

在救助兒童會的共融早期教育項目支援下，幼稚園為嘟嘟建立了由老師、特殊教育專家、醫療專業人員和家長組成的支援網絡，陪伴他一步步適應校園生活，透過功能行為分析及個人化學習計劃，讓他在充滿被理解的環境中愉快學習和健康成長。

Dudu, 5, is a student at a large public kindergarten in Wuhou District, Chengdu, China. Due to attention deficit hyperactivity disorder (ADHD), he faces challenges in adapting to school rules, managing behaviour and expressing emotions, which has affected his social relationships.

With support from Save the Children's inclusive early childhood education programme, the kindergarten established a support network for him, involving teachers, special education specialists, healthcare professionals and parents. Through Functional Behaviour Analysis and an Individualised Education Plan, Dudu is gradually adapting to school life, learning and growing in an understanding and supportive environment.



Credit: Save the Children

Angeline居住在菲律賓馬尼拉塔吉格市，當地人口稠密，公共兒童發展評估和治療服務有限，家長要面對漫長的輪候時間和高昂的治療費用。Angeline意識到5歲的女兒Zane有行為問題，經老師的轉介下，Zane加入救助兒童會的「ABLE」計劃，接受首次評估後，確診為自閉症。透過適當的治療，她現在學會獨立行動，不再害怕外出，更願意與人互動。

參加計劃後，Angeline獲得家長支援及經濟協助，她為女兒的進步感到欣慰，並期望更多家庭能及早獲得所需支援。

Angeline lives in Taguig City, Metro Manila, a densely populated area with limited access to public developmental assessment and therapy services for children. Parents often face long waiting times and high treatment costs. When Angeline noticed early signs of behavioural issues in her 5-year-old daughter, Zane, a teacher referred them to Project ABLE of Save the Children, where Zane received her first assessment and was diagnosed with autism with medium to high support needs. With appropriate therapy, she has learned to climb stairs independently, take rides without fear and interact more confidently with others.

Through the programme, Angeline received parenting support and, encouraged by her daughter's progress, hopes more families can access timely support for their children's development.

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

JULY - SEPTEMBER 七月至九月



Credit: Gopal Singh Nepali / Save the Children in Nepal

一場突如其來的水災在尼泊爾引發多處山泥傾瀉，堵塞了中一學生Samiksha上學的道路，並損毀了她家中的牛棚和菜園。水災亦破壞了附近的環境，加上家中缺乏學習資源，令Samiksha的學習進度一度受阻。

救助兒童會透過香港特別行政區政府賑災基金，為Samiksha及其他受影響的兒童提供筆記簿、畫冊、飯盒和水樽等學習用品。Samiksha的爺爺亦表示，這些支援能幫助孩子在困境中繼續學習。

A sudden flood in Nepal caused landslides that blocked the route to school for Samiksha, a Year 7 student, and damaged her family's cowshed and vegetable garden. The flooding also disrupted the surrounding environment, and with limited learning resources at home, Samiksha struggled to continue her learning.

With the support from the HKSAR Government Disaster Relief Fund, Save the Children provided Samiksha and other affected children with an Education Kit, including notebooks, drawing books, a lunch box and a water bottle. Her grandfather shared that the support helps children continue learning during difficult times.



Credit: Save the Children El Salvador

12歲的Genesis來自薩爾瓦多。透過參與救助兒童會舉辦的研習營，她第一次認識到自身權利，並逐漸建立自信。現在的她能運用自己的影響力，積極為他人爭取權益，並為社區的兒童發聲。她說：「長大後，我想成為醫生、化學家，以及致力於婦女和女孩爭取權益的專家。」

Genesis, 12, is from El Salvador. She participated in workshops run by Save the Children that taught her about her rights and helped grow her self-confidence.

She's now using her voice to advocate for others and represents children in their community. She says, "When I grow up, I want to be a physician, a chemist, and a specialist in women's and girls' rights."



Credit: Save the Children

13歲的Bang居住在越南廣治省，近年來頻繁出現的極端天氣，如熱浪、暴雨、水浸和空氣污染，經常影響他的學習和日常生活。救助兒童會把氣候教育活動帶到校園，舉行學習活動和實地考察。Bang加入的氣候變化小組設立了環保角落，以提升學生環保意識。Bang透過一系列的活動逐漸認識到氣候變化議題，並在家中與學校身體力行保護環境，參與環保議題辯論及種植樹木，期望能帶動社區變得環保和潔淨，更多學生能一同守護地球。

Bang, 13, lives in Quảng Trị, Vietnam, where extreme weather such as heatwaves, heavy rain, flooding and air pollution has become increasingly frequent, often disrupting her schooling and daily life.

When Save the Children introduced climate education through learning activities and field trips, Bang joined a Climate Change Club, where a green corner was created to raise awareness among students. Through these activities, she began to understand the impact of climate change and took action at home and school - joining debates and planting trees. Bang hopes her efforts will help build a greener, cleaner community and inspire more students to protect the planet together.

OCTOBER - DECEMBER 十月至十二月



Credit: Sacha Myers / Save the Children

6歲的Artem在烏克蘭的一所地下防空洞學校上課，儘管戰火持續，他仍能接受教育，與同伴一起學習，在戰火中享受童年，維持屬於孩子的日常。

為了支援當地兒童能夠繼續學習，救助兒童會為Artem和他的同學們提供了平板電腦及學習用品，包括書包、鉛筆和書籍。

Artem, 6, attends an underground bunker school in Ukraine, where he can receive an education despite the ongoing war. There, he and his friends can be children amidst the chaos of conflict.

So they can keep learning, Save the Children provided Artem and his classmates with tablets and school kits, including a backpack, pencils and books.



Credit: Save the Children

剛果民主共和國的衝突，導致3歲的Francine和她的家人流離失所。救助兒童會與合作夥伴攜手為這些家庭提供支援，為Francine的母親提供了一些小雞，以及飼養所需的用品，包括雞舍、飼料和獸醫服務，協助他們獲得基本食物來源，同時增加收入。

Conflict displaced Francine, 3, and her family in the Democratic Republic of Congo. Save the Children is working with our partners to support families like hers.

We gave Francine's mother chickens, along with the supplies to keep them healthy, including a coop, chicken feed and access to a veterinarian. They now have food and income.



Credit: Gaelle Meheut / Save the Children Vanuatu

感謝你支持救助兒童會。讓我們繼續攜手努力，為所有兒童建立一個讓他們得以生存、學習，並免受遭受虐待、疏忽和剝削的環境。

Thank you for supporting Save the Children. Together, we're creating a world in which all children survive, have the chance to learn, and are protected from abuse, neglect and exploitation.