



BE PRICELESS

Growth Report 2025

成長報告 2025



願景 Vision

所有孩子都在家庭、學校和社群共創的健康根基上茁壯成長。

All children are rooted in a flourishing foundation of health, nurtured by their families, schools and communities.

使命 Mission

我們的使命是促進兒童保護、身心健康、個人成長與同行關係。透過小種子健康教育，並與社區伙伴合作及共同研究，我們致力於培育孩子、青少年和照顧者建立健康行為。

Our mission is to enhance child protection, well-being, personal growth, and supportive relationships. We foster health behaviours of children, youth, and caregivers through SEED Health Education, community partnerships and participatory research.

價值 Values

WE CARE



群體優先

WE before me



心繫社區

Child &
community-centered



卓越成效

Awesome



修復自我

Regenerative



實證為本

Evidence-based

目錄 Contents

機構簡介 About Us

- 02 願景、使命、價值
Vision, Mission & Values
- 04 創辦人的話
Founder's Message
- 05 核心團隊
Core Team

機構焦點 Highlights

- 06 成效概覽
Impact Overview
- 08 季度回顧
Seasonal Highlights
- 10 十年間的發展
Our 10-year Development

小種子教育計劃 SEED Education

- 14 小種子教育
SEED Education
- 16 學習者旅程
Learners' Journey
- 18 幼兒課程
Kindergarteners' Courses
- 24 兒童及青少年課程
Children's & Youths' Courses
- 30 照顧者課程
Caregivers' Courses
- 34 跟進工作坊
Follow-up Workshops
- 36 社區活動
Community Activities
- 38 親子義工隊
Family Volunteer Team
- 40 年度大獎 2025
Annual Award 2025

社區合作 Community Partnerships

- 42 多層次合作關係
Multi-level Partnership
- 43 我們的合作伙伴
Our Partners
- 48 實習生計劃
Internship
- 50 義工
Volunteers
- 52 媒體報道
Media Coverage
- 54 公共衛生教育
Public Health Education

研究計劃 Participatory Research

- 58 研究報告
Research Report
- 60 現況分析
Situational Analysis
- 62 兒童身心社健康成績表
Community Score Card for Children's Health

- 63 財政概覽
Financial Overview
- 64 發展計劃
Action Plan
- 66 我們的贊助伙伴
Our Funding Partners



創辦人的話 Founder's Message

十年前，我創立了 Be Priceless，懷抱著一個願景：提升社會的兒童保護、幸福感、個人成長，並為香港弱勢兒童及照顧者建立安全網。這一顆希望的種子，今天已深深扎根並茁壯成長，發展成一套全面、實證為本的小種子健康行為教育（SEED），推動跨社群合作與參與式研究。

在 2025 年，我們的根基更加穩固，影響力更廣。透過小種子健康行為教育，已有超過 2,400 名兒童與照顧者增強了身體、心理與社交健康。

在大埔火災發生後數日內，我們團隊迅速提供了創傷知情的災後復原培訓與居家照護工具包，協助受影響家庭減低長遠健康與安全風險，將我們在降低災害風險方面的專業轉化為具體的保護行動，守護兒童、家庭與前線工作者的身心健康。

自 2021 年起，小種子健康行為教育與 67 個合作機構攜手，已賦能超過 6,400 名兒童與照顧者，帶來深遠持久的健康轉變。課程後一年內，參加者在生活質素、情緒調節、安全感與歸屬感方面皆持續進步。重要的是，80% 的兒童感到更安全，並更有能力在感到不安時拒絕危險與尋求協助。家庭之間也建立了更開放的溝通、更多優質共處時間與彼此的信任。

在此基礎上，Be Priceless 持續推動以 Compassionate Systems 為核心的系統性轉變，致力鞏固兒童及跨代健康與社會安全網的基石。作為香港教育局《4Rs 精神健康約章》的伙伴機構，我們積極促進跨界別的身心社健康文化，培養共融思維及可持續實踐，從而增強身體、心理及社交層面的堅韌與保護力。我們的專業團隊以社區為本，推動健康、公平及備災能力的持續發展，並透過學術出版、國際論壇及專題分享——包括青年精神健康會議及聯合國教科文組織《全球公民與人類未來》倡議——拓展知識交流與跨界合作的平台。同時，Be Priceless 與世界衛生組織全球可持續應急準備網絡及聯合國教科文組織-CODATA 工具包工作小組緊密協作，推動系統層面的創新與持續改進。我們亦積極開展公共健康教育及媒體倡議，凝聚社會各界的共同責任與行動力量，攜手促進下一代的可持續與共同健康。

邁向下一個十年，我們訂立願景：2035 年前，賦能 50,000 名兒童與照顧者，強化他們的堅韌與身心健康，並期望至少一半的畢業生成為推動社區健康與公平的力量，促進社區安全與共融。值此重要里程碑，我誠邀你出席將於 2026 年 4 月 12 日假香港文化中心舉行，由香港愛樂團演奏經典曲目《魔笛》的十週年慈善音樂會。這場充滿共融與希望的演出將為我們的使命凝聚資源，並與全城的孩子和家庭一同分享古典音樂的快樂。

Ten years ago, I founded Be Priceless with a vision: to enhance child protection, well-being, personal growth, and the safety net for HK's most vulnerable children and caregivers. What began as a seed of hope has flourished into the comprehensive, evidence-based SEED Health Behavioral Education, community-wide partnerships, and participatory research.

In 2025, our roots deepened and our impact broadened. Through SEED Health Behavioural Education, over 2,400 children and caregivers strengthened their mental, physical, and social health.

Within days of the Tai Po fire, our team provided trauma-informed disaster recovery training and home-care toolkits to mitigate long-term risks—translating disaster risk reduction expertise into protection for children, families, and frontline workers.

Since 2021, SEED has empowered **over 6,400 children and caregivers** with 67 partner organisations, driving lasting health improvements. Over 12 months post-course, participants reported better quality of life, emotional regulation, safety, and belonging. Notably, 80% of children felt safer and more able to seek help, while families had stronger communication, trust, and connection.

Building on this momentum, Be Priceless drives compassionate systems change to enhance children and intergenerational foundation of health and safety net. As a partner of the HK Education Bureau's 4Rs Mental Health Charter, we foster multi-sectoral cultures of well-being, shared mindsets, and sustainable practices that enhance mental-physical-social health, resilience and protection. We contribute our expertise in community-centered health, disaster preparedness, and equity through journal publications, speaking engagements—such as the Youth Mental Health Conference and UNESCO's Global Citizenship and Futures of Humanity—and partnerships with the WHO Global Sustainable Preparedness Network and the CO-DATA/UNESCO toolkit working group. We also engage the broader community through public health education and media outreach, promoting shared responsibility and collective action for the sustainable flourishing of future generations.

As we enter our next decade, our goal by 2035 is to empower 50,000 children and caregivers to flourish, with half serving others to strengthen community health and equity. To mark this milestone, we invite you to our 10th Anniversary Charity Concert on April 12, 2026, at the HK Cultural Centre, featuring The Magic Flute by The SAR Philharmonic Orchestra. This inclusive celebration will support our mission and share the joy of classical music with children and families citywide.



梁子杏醫生 Dr. Czarina Leung

Be Priceless 創辦人 Founder of Be Priceless

26-27年度 香港社會服務聯會 兒童及青少年服務專責小組 委任委員
Specialized Committee on Children and Youth Service, Hong Kong Council of Social Service, Co-opted member 26-27

榮獲香港中文大學「傑出醫科校友獎」2024

Honored with CUHK Distinguished Medical Alumni Award 2024

榮獲香港紅十字會「香港人道年獎」2024

Honored with HK Red Cross Hong Kong Humanity Award 2024

核心團隊 Core Team

董事會成員

Board Member

Dr. Czarina Leung

Be Priceless 創辦人
Founder of Be Priceless



Mr. Jason Jia

Eclipse Trading 董事
Director of Eclipse Trading

Ms. Margaret Lo

法國巴黎銀行慈善服務主管
Head of Philanthropy Services,
BNP Paribas



Ms. Winnie Fung

公司業務律師
Corporate Lawyer

專業顧問

Honorary Advisors



Principal Li Kin Man

天主教慈幼會伍少梅中學校長
Principal of Salesians of Don Bosco
Ng Siu Mui Secondary School



Dr. Fan Ning

醫護行者創辦人
Founder of Health in Action

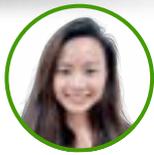


Dr. Peter Pang

仁安醫院整形及美容綜合專科中心總監
Director, Union Hospital Plastic &
Aesthetic Multidisciplinary Centre

團隊成員

Team Member



Rachel Ng

教育經理
Education Manager



Shahira Fatin

青年發展經理
Youth Development Manager



Daphne Lau

營運經理
Operations Manager



Doris Hui

教師
Educator



Bobby Lo

教師
Educator



William Chung

教師
Educator



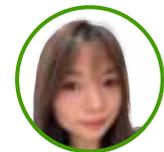
Connie Maa

教師
Educator



Shelly Chutke

教師 (輔導員)
Educator (Counsellor)



Albee Wong

教師
Educator

成效概覽 Impact Overview

(所有數字為2021-2025年的累計數字)
(from 2021-2025 (cumulative))



197

個小種子課程
SEED Courses

小種子課程畢業生健康及健康行為的增長
Improved health & health behavior of SEED Course graduates



1,837

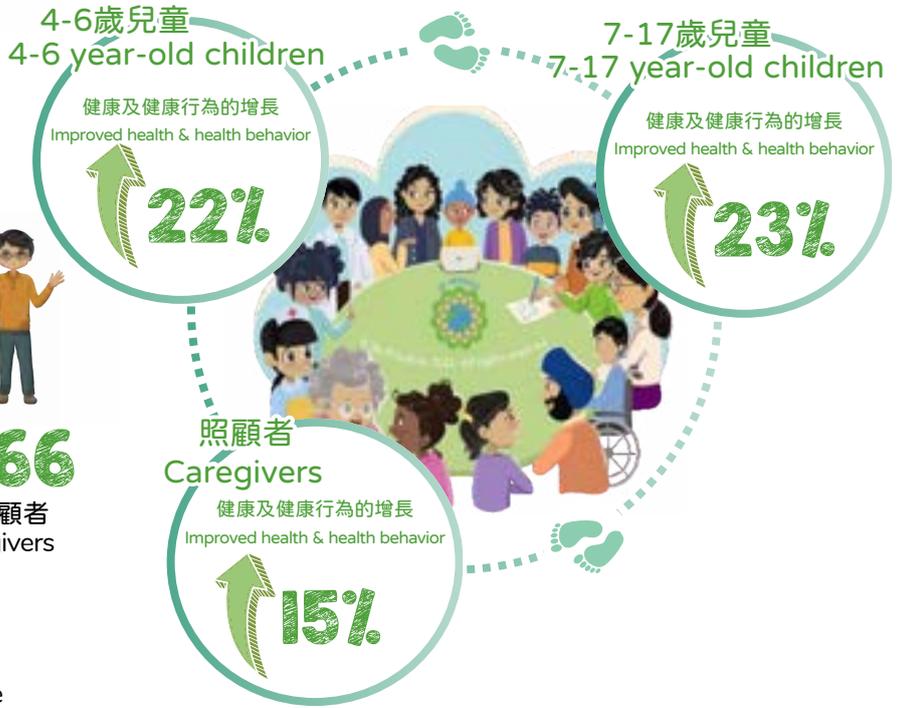
位4-17歲兒童
4-17 year-olds children

1,466

位照顧者
Caregivers

3,303

位課程畢業生完成小種子課程
Course graduates completed the SEED Course



4-6歲兒童
4-6 year-old children

健康及健康行為的增長
Improved health & health behavior

22%

7-17歲兒童
7-17 year-old children

健康及健康行為的增長
Improved health & health behavior

23%

照顧者
Caregivers

健康及健康行為的增長
Improved health & health behavior

15%



85

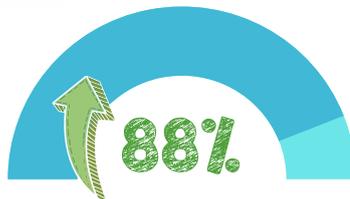
個家庭及社區工作坊
Family-community workshops

參加者健康及健康行為的增長
Improved health & health behavior of participants



3,152

位工作坊參加者
Workshop participants



加強自己的成長、身心健康和安全
support MY growth, well-being and safety



加強我家人的成長、身心健康和安全
support MY FAMILY to strengthen our growth, well-being and safety



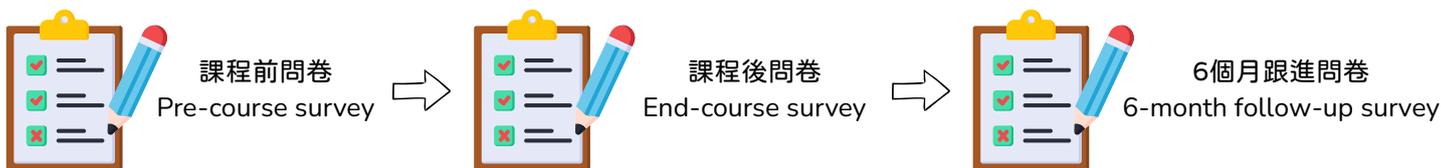
加強我的社區的成長、身心健康和安全
support MY COMMUNITY to strengthen our growth, well-being and safety

成效評估 Impact Evaluation

(數字來自2024年起啟用的第三版問卷)
(Data from version 3 survey launched in 2024)

我們致力於透過嚴謹且實證導向的評估，以了解孩子為本的服務成效。我們的評估框架由多領域專家協作開發，採用國際認可的標準化問卷來衡量健康。我們設立了三份問卷調查，長期追蹤課程畢業生的健康及健康行為的轉變：

We are dedicated to driving child-centered impact through rigorous, evidence-based evaluation. Our methodology was co-created alongside multidisciplinary experts, utilizing validated survey instruments to measure the foundations of health. We track the long-term health and health behaviors of our graduates through a structured series of three surveys, as detailed below:



健康及健康行為的範疇 Areas of health and health behaviors	課程後問卷分數高於課程前問卷的畢業生人數（百分比） Number of graduates with increased end-course score compared to pre-course (percentage)		
	幼稚園課程 ¹ Kindergarteners' Courses ¹ (n = 119)	兒童及青少年課程 ² Children's & Youths' Courses ² (n = 887)	照顧者課程 ³ Caregivers' Courses ³ (n = 604)
與健康相關的生活質素 Health related quality of life	86 (72%)	789 (89%)	435 (72%)
個人成長 Personal growth	74 (62%)	736 (83%)	465 (77%)
身心健康 Well-being	105 (88%)	781 (88%)	519 (86%)
安全 Safety	95 (80%)	807 (91%)	513 (85%)
家庭健康 Family health	62 (52%)	665 (75%)	459 (76%)
社區關係 ⁴ Community connectedness ⁴	/	736 (83%)	435 (72%)



- 119 名 4-6 歲參加者填寫了課程前與課程後問卷 119 4-6 year-old students have completed both the pre-course and end-course survey
- 887 名 7-17 歲參加者填寫了課程前與課程後問卷 887 7-17 year-old students have completed both the pre-course and end-course survey
- 604 名照顧者填寫了課程前與課程後問卷 604 caregivers have completed both the pre-course and end-course survey
- 幼稚園課程的問卷並未涵蓋「社區關係」 The Kindergarteners' Courses' survey did not include the "community connectedness" section

季度回顧 Seasonal Highlights

焦點回顧 Key Highlights



我們參與了聯合國教科文組織 (UNESCO) 開放科學工具箱手冊 —— 《利用開放科學促進危機時期的數據政策制定》的出版工作¹

We contributed as a working group member to the publication of "UNESCO Open Science Toolkit instruments on 'Developing Data Policies for Times of Crisis Facilitated by Open Science'"¹



我們成為了世界衛生組織全球可持續準備網絡 (GSPN) 全球僅約75家之一的合作伙伴

Be Priceless became one of WHO Global Sustainable Preparedness Network's only ~75 global partners



我們在 Frontiers in Public Health 發表了研究論文，結果顯示小種子課程畢業生在健康、幸福感、個人成長及安全方面均有顯著且持續的提升

We published a paper in the Frontiers in Public Health with findings that SEED graduates have strong and sustained improvements in their health, well-being, personal growth, and safety

與香港基督教服務處合作，
推行賽馬會共建健康家庭計劃

Collaborated with HKCS on the Jockey Club S.A.T.H. Project for Healthy Families

參與健康校園論壇暨嘉許禮

Joined the Healthy School Forum cum Commendation Ceremony



一月 - 三月

January to March

首次舉辦戶外「冬季嘉年華」社區家庭日，吸引逾 300 名兒童及照顧者參與
The first outdoor "Winter Carnival" Community Family Day engaged over 300 children and caregivers

參與香港可持續發展目標 (SDG) 高峰會 2025
Participated in the Hong Kong Sustainable Development Goals (SDG) Summit 2025



四月 - 六月
April to June



與生命叢林合辦清潔沙灘活動，提升環保意識並促進社區凝聚力，共有 12 組親子義工參與

Partnered with Life Jungle to hold a beach cleanup, promoting environmental awareness and community cohesion, with 12 parent-child volunteer pairs joining

1. UNESCO (2025). Developing data policies for times of crisis facilitated by Open Science: Factsheet. <https://lnkd.in/e5HMmHXj>.

發表《身心社健康修復練習工具包》，並與香港聖約翰救傷會合辦「從心出發的身心健康修復之旅」講座，協助社區在重大災難後修復健康。
We published the "Mind, Body, and Relational Recovery Toolkit" and hosted the "A Journey of Mental and Physical Well-being from the Heart" seminar with Hong Kong St. John Ambulance Association to assist the community in restoring health following major disasters



首次到訪沙田公立學校，
為有特殊教育需要兒童的照顧者舉辦小種子課程
First SEED Course delivered at Shatin Public School allowed us to connect with caregivers of children with special educational needs (SEN)



十月 - 十二月
October to December

七月 - 九月
July to September

首次到訪頌雅廊進行小種子課程，讓我們與大埔社區建立聯繫

First SEED Course delivered at Praise Along allowed us to connect with the Tai Po community



與香港大學醫學會健康委員會合辦親子健康遊戲日，鼓勵家長和孩子們共同參與以哮喘為主題的健康活動

Co-organized a Parent-child Health Day with the Health Committee of the HKUSU Medical Society, encouraging parents and children to participate together in asthma-themed health activities

與Life to Life Limited合作，透過舉辦桌遊工作坊，有效促進了家庭成員間的互動，加強彼此的情感聯繫與凝聚力

The first collaboration with Life to Life Limited is significant as it enables us to offer a board game workshop, fostering family reunions and strengthening bonds

十年間的發展

2015-2020



開發小種子課程

2021



啟動小種子課程
先導計劃

小種子教育

推行兒童（7至17歲）及照顧者小種子課程先導計劃，旨在提升學習者的生理、心理及社交安全與健康；



跨領域合作

與香港聖公會多元文化外展服務隊及醫護行者合作；



參與式研究

課程設計由研究人員、心理學家、教育工作者及外部評估員共同參與。畢業生透過質性訪談，分享回饋與個人改變的反思，同時進行量化評估，包括以問卷調查衡量知識掌握情況，以及了解參加者的健康與健康行為。



80+ 跨領域專家

8 年時間開發

梁子杏醫生於 2015 年創立了 Be Priceless，靈感來自她在危難情境中參與重建與健康促進的經驗，旨在填補兒童發展中的一項重大缺口——透過培訓與系統改變，促進保護兒童和建立身心健康、個人成長與安全網絡。這套課程的發展源於以下三大基礎：

小種子教育

歷時八年發展而成，目的是提升弱勢兒童的健康質素，為他們建立健康的基礎。課程透過教授學習者在健康、幸福感與安全方面的核心態度（Attitudes）、行為（Behaviors）與能力（Capacities）（簡稱 ABCs），幫助他們全面成長。



跨領域合作

與超過 150 位多元文化背景的兒童與照顧者合作，並結合超過 70 位來自多個領域的專業人士的參與，包括醫學、聯合國減少災害及公共衛生專家、輔導員、社工與教育等。



參與式研究

結合參與式研究方法，訪問了 153 位社區成員，以深入了解兒童在健康與安全方面的需要。



2022



啟動幼兒課程
先導計劃

2023



擴大服務群體，
推動健康公平

1,833 位參加者*

18 個合作伙件*

804 位參加者*

16 位研究對象

小種子教育

為了實現健康平等，小種子教育用心守護那些在身心社健康中面臨較多挑戰的兒童與照顧者。我們分別有 22%、26% 和 43% 的兒童參加者是來自特殊教育需要家庭、多元族裔群體以及低收入家庭；亦有分別 56% 和 65% 的照顧者參加者是來自多元族裔群體及低收入家庭。



跨領域合作

為了回應社區的需要，我們為小種子畢業生與家人展開了長期的支援計劃，透過包括春季家庭日和與天主教慈幼會伍少梅中學合作的暑期工作坊的家庭跟進活動，鼓勵家庭落實健康生活習慣，同時用心經營家庭關係。



參與式研究

「兒童身心社健康成績表」中，我們與孩子及照顧者一起定義甚麼才是真正的身心健康、安全與個人成長，確保這些評估指標真正貼近他們的生活與價值觀。這讓我們的課程評估更具代表性，能同時參考國際專業指標與在地持份者的具體意見。



小種子教育

幼兒（4至6歲）小種子課程在兒童與照顧者小種子課程成功推出後，完成以下行動後以先導計劃推行：



跨領域合作

合作伙件在討論中指出，來自多元族裔的家庭認為我們的服務具影響力，並分享了對支持年幼兒童安全與身心健康的迫切需求。



參與式研究

諮詢 16 位家長、幼兒教育工作者及輔導員，深入了解幼兒的健康需求與相關建議，並將這些洞見融入課程設計之中。



*為2021年起的累計數字

2024

擴展伙伴網絡，
建立社區連結

4,484 位參加者*

33 個合作夥伴*



小種子教育

小種子健康教育很榮幸成為教育局「4Rs 精神健康約章」的 13 個合作夥伴之一，肯定了我們在校園內提升兒童、照顧者及教職員精神健康的貢獻。



跨領域合作

成立親子義工隊，讓小種子畢業生及其家庭成員能將所學轉化為服務社區的力量。透過多元化的義工活動，例如與「北河同行」合作派飯及清潔沙灘，我們在推廣精神健康意識的同時也向社區傳遞關懷。我們支持家庭將知識轉化為行動，把他們的學習成果帶進社區，從基層帶動系統性的改變。



參與式研究

我們正穩步推進各項參與式研究計劃，包括「社區評分卡」以及現況分析研究。同時，我們也積極投入撰寫學術論文，致力將上述研究項目及小種子課程的成效研究發表於學術期刊。

2025



擴大服務基礎

6,455 位參加者*

67 個合作夥伴*

加強特殊教育需要兒童
的支援

3 大類別

為了持續深化對自閉症、注意力不足及視覺障礙兒童與青少年的支援，在「愛心聖誕大行動」的資助下，我們針對神經多元的兒童及其照顧者進行了現況分析。同時，我們增聘了一名專業的特殊教育教師以提供量身定制的服務，並透過學校、非政府組織及社區網絡，為有特殊教育兒童與青少年推展小種子教育課程。



開展青少年小種子課程

80 青少年課程
畢業生

我們於七月試行了全新改良的青少年小種子課程。該課程旨在提升青少年的自主能力，範疇涵蓋：認識青春期快速變化的神經生物學特徵、建立身心社健康習慣、人生規劃，以及帶動社區行善的領導力。同時，我們的7位青少年實習生也參與了改進課程設計，確保內容能更精準地貼近青少年的實際需求。

全面拓展
小種子工作坊

50 小種子工作坊

透過建立廣泛的伙伴關係，我們今年共舉辦了 50 場小種子工作坊，規模超越了過去四年的總和。從畢業生後續跟進、家庭義工隊活動，到災後康復支援及公共衛生講座，這種爆發性的增長不僅反映出我們服務範疇的顯著多元化，也看到我們與社區伙伴的合作越來越緊密。

發表關於小種子
課程成效的期刊文章

6 個月的持續成效

我們於 4 月發表了一份期刊論文，闡述小種子課程的顯著成效。實證結果顯示，課程能顯著並持續地提升兒童的生活質素、身心健康、安全及個人成長。而且，這些正面影響在課程結束後持續至少六個月。對於神經多元及多元族裔兒童，其成效更為顯著與深遠。



籌備電子學習平台

我們正致力於開發一個互動式電子學習平台，為家庭提供一種隨時隨地共同實踐健康行為的互動方式，以促進其長期的健康、幸福感與安全。該平台預計於 2026 年年中正式推出。

Our 10-year Development

2015-2020



Developed SEED Course

2021



Piloted SEED Courses

SEED Education

Children's (7-17 year-old) and Caregivers' SEED Courses were piloted to improve their mental-physical-social safety and well-being.



Community collaboration

Collaborated with HSKKH Outreaching Team for diverse community and Health in Action.



Participatory research

Child-centered evaluation designed with researchers, psychologists, educators, and external evaluators. Learners participated in qualitative interviews, sharing feedback and reflections on personal changes, while quantitative assessments measured knowledge acquisition through multiple-choice questions (MCQs) and surveyed health-related attitudes and behaviors.



2023



Expanded reach to diverse communities

1,833 Participants*

18 Partners*

SEED Education

To strengthen health equity, SEED Health Education prioritizes and tailors for children and caregivers facing high mental-physical-social health risks. Among our child participants, 22%, 26% and 43% are from SEN families, ethnically diverse groups, and low-income families respectively.



Community collaboration

Backed by the community demands, we began long-term support for SEED graduates and families by providing a growing number and scope of follow-up and family workshops, including the Spring Family Day and Summer Flourishing Day with Salesians of Don Bosco Ng Siu Mui Secondary School to encourage families to practice health behaviors while cultivating family relationships.



Participatory research

"Community Score Card for Children's Health" was developed with diverse vulnerable children and caregivers to co-create indicators of children's well-being, safety, and personal growth that align with their views and values. These elements have been integrated into our course evaluation survey, allowing us to assess both internationally validated metrics and those informed by local stakeholders.



80+ Multidisciplinary professionals

8 years of development

Founded by Dr. Czarina Leung in 2015 with experience in building restoration and health in crisis contexts, Be Priceless was developed to fill the critical gap in children's development - training and systems change for child protection, comprehensive well-being, personal growth, and safety net. Our SEED Health Education program was built on:

SEED Education

It was created over 8 years to build health literacy and the foundation of health of vulnerable children by training learners on the attitudes, behaviors, and capacities (ABCs) of health, well-being, and safety.



Community collaboration

150+ multicultural children and caregivers; 70+ professionals and evidence-based frameworks of diverse fields, including medicine, UN disaster risk reduction, public health, and social work, education.



Participatory research

We interviewed 153 community members to understand children's well-being and safety needs.



2022



Piloted the Kindergarten Curriculum

804 Participants*

16 Research participants

SEED Education

Kindergarten (4-6 year-old) SEED Course was developed and piloted after the successful launch of the Children's and Caregivers' SEED Courses and the following:



Community collaboration

Partners shared that ethnically diverse families found our service impactful and shared a critical need for support for younger children's safety and well-being.



Participatory research

We consulted 16 parents, early childhood educators and counselors to understand the needs and ideas for addressing kindergartener's health. We integrated these insights into our course design.



*cumulative statistics from 2021

2024



Extended partnership network

4,484 Participants*

33 Partners*



SEED Education

SEED Health Education was recognized as one of only 13 partners listed on the Education Bureau's "4Rs Mental Health Charter" for our work in enhancing mental health of children, caregivers, and educators within schools.



Community collaboration

Collaborating with SEED graduates and their families, we established the Family Volunteer Team, enabling them to pay forward their learning to serve others in the community. Through various volunteer initiatives including beach cleaning and meal distribution with Pei Ho Counterparts to promote mental health awareness and spread care for the community, we supported families in applying their learning outside the classroom, fostering systems change within the community.



Participatory research

We were steadily advancing our participatory research through the Community Score Card and situational analysis. Our team has also been actively preparing several manuscripts for submission to peer-reviewed academic journals, focusing on these projects and our comprehensive SEED Course impact study.

2025



Scaling-up infrastructure

6,455 Participants*

67 Partners*



Tailored SEED for children with SEN

3 types of SEN

We have been specifically tailoring our support for children and youth with **Autism Spectrum Disorder, Attention Deficit Disorder, and Visual Impairment**. With the support of Operation Santa Claus, we conducted a situational analysis with neurodiverse children and their caregivers, added a new SEN educator to tailor our services, and provided SEED Education in schools, NGOs, and community networks for children and youth with SEN.



Launched the Youth SEED Course

80 graduates

In July, we piloted our revamped Youths' SEED Course to **enhance empowerment** in the areas of understanding their own rapidly changing **adolescent neurobiology, mental-physical-social health routines, life planning, and leadership** in doing good in the community. Our 7 youth interns have also contributed to the improved design of the course to better adapt to youth's needs.



Expanded scope of SEED Workshops

50 SEED Workshops

By building extensive partnerships, we delivered a total of **50 SEED workshops** this year — a figure that exceeded the cumulative total of the previous four years. From graduate follow-up sessions and Family Volunteer Team events to disaster recovery support and public health seminars, this explosive growth reflected the **significant diversification of our services** and our **increasingly close collaboration** with community partners.



Journal publication of Children's lasting SEED Course impact

6 month-long impact

In April, our SEED Course impact research paper was **published in a peer-reviewed journal showing** large effect size and sustained improvements of children's health-related quality of life, well-being, safety, and personal growth after taking the course. Notably, these positive outcomes were sustained for at least six months. Importantly, **the benefit was higher for neurodiverse and ethnically diverse children**.



Developing an e-learning platform

We are developing an **interactive e-learning platform** to offer families an interactive way to practice healthy behaviors together anytime, anywhere to foster their **long-term health, well-being, and safety**. This platform is set to launch in mid-2026.

小種子教育 SEED Education

SEED 代表自我價值 (Self-value)、教育 (Educate)、增強個人能力 (Empower)、和遠離危險 (Protect from Dangers)。這是一個以價值為本、全面強化兒童與照顧者健康的教育課程。

我們透過互動課程、工作坊與行為改變訓練，幫助參加者增強個人成長、身心健康、安全意識和人際關係。課程內容根據不同年齡和語言背景設計，讓學習更貼近每一位社區成員的需要。

小種子不只是一套課程，更是一段屬於社區的學習與轉變旅程。我們連結兒童、照顧者與社區，一同為孩子的健康和平安種下希望的種子，培養一個更有愛、更有力量的未來。

SEED stands for Self-value, Empower, Educate, and Protect from Dangers — a values-based education program designed to strengthen the overall well-being of children and their caregivers.

Through interactive courses, workshops, and behavioral change training, SEED helps individuals improve in personal growth, emotional and physical health, safety, and connection. Tailored to different ages and language backgrounds, the program meets people where they are and empowers them to move forward.

At its heart, SEED is more than a curriculum — it's a community journey of learning, healing, and transformation. By bringing together children, caregivers, and communities, SEED plants the foundation for long-term, shared actions that help every child grow up safe, healthy, and valued.

小種子教育在以下四方面建立健康的態度、行為及能力：
Builds the Attitude, Behaviors, and Capacities (ABCs) in 4 areas of health:



課程特點 Unique Features

- 
 持續而有效的影響：提升兒童、照顧者、家庭及社區的健康
 Strong & sustained impact: enhanced children, caregivers, families, and community health
- 
 以實證為基礎，由超過 80 位跨領域專業人員（包括醫學和心理學）開發
 Evidence-based & developed by 80+ trans-sectoral professionals (including medicine, psychology)
- 
 針對香港弱勢兒童（低收入、特殊教育需要）進行的參與式研究，涉及超過 500 人
 Tailored for HK's vulnerable children (low-income, SEN) with participatory research with over 500 people
- 
 訓練以促進行為改變，全面涵蓋兒童保護、身心社健康，以及減災風險意識
 Training for behavioral change for child protection, mental-physical-social health, and disaster risk reduction

小種子教育提升兒童和照顧者的全面健康，包括：

SEED training builds children and caregivers' comprehensive health through:

- 
 健康素養和行為改變，促進身心社健康
 Health literacy and behavioral change for health of the mind, body, and relationships
- 
 針對兒童在不同成長階段、風險情境與危機中不斷演變的需求，提供長期支援
 Long-term support for children's evolving needs through different developmental stages, risks, and crisis
- 
 透過培訓兒童、青少年、家庭照顧者、外籍家庭傭工、教育工作者、幼兒工作員、社工、醫護人員、非政府組織成員及系統領導者，推動多層次的轉化，以建立共享的文化，保障兒童的健康與安全
 Multi-level empowerment of children, youth, family caregivers, domestic workers, educators, child care workers, social workers, health workers, NGO staff, and systems leaders to share a culture for children's health and safety
- 
 以 Compassionate Systems 為核心的系統性轉變方法以建立兒童在家庭和社區的安全網
 Compassionate systems change approaches to build children's safety net in family and community



學習者旅程 Learners' Journey

小種子教育透過以個人成長、身心健康、安全與同行關係為核心培育兒童與照顧者。透過培養自我覺察、情緒韌性，以及促進身心社健康與安全的行為，我們賦予參加者構建自身安全網的力量。透過內在與人際關係的轉化，參加者不斷蓬勃發展，共同建立一個互助的社群，營造安全且充實的環境。

SEED Education nurtures children and caregivers through a comprehensive approach centered on personal growth, well-being, safety, and relationships. By fostering self-awareness, emotional resilience, and health behaviors for mental-physical-social well-being and safety, as well as the power to build their safety net, participants are empowered with the inner and interpersonal transformation to flourish, adapt, and build a supportive community, cultivating a safe and enriching environment for all.



4-17 歲兒童課程 4-17 Year-olds Children's Course

此為範例時間表；課程安排將依合作伙伴與社區需求調整

Sample schedule; course arrangement adapted to partner and community needs

12小時 12 hours



照顧者課程 Caregivers' Course

8小時 8 hours



小種子課程教材目前已提供 8 種語言版本，

包括：英語、粵語、普通話、尼泊爾語、烏爾都語、印尼語、印地語及他加祿語。

SEED Course materials are currently available in 8 language versions, including:

English, Cantonese, Mandarin, Nepali, Urdu, Bahasa Indonesia, Hindi, and Tagalog.

在完成小種子課程後，學習者的旅程仍將持續，並以長期家庭跟進為核心。這包括以家庭居家實踐來鞏固所學的安全意識、以小種子工作坊維持健康行為、以及加入親子義工隊將知識應用於社區服務。預計於今年第四季度推出的線上學習平台將促進個性化家庭學習，以達成深遠的影響。

The learner's journey continues after participants complete the SEED Course with a focus on long-term family follow-up. This includes family home practices to reinforce safety and concepts learned, SEED Workshops to sustain health behaviors, and the Family Volunteer Team to apply knowledge in community service. Additionally, an e-learning platform launching in Q4 2026 will enhance personalized family learning for lasting impact.



家庭 Families



家庭居家實踐 Family Home Practices

- 練習安全行動
- 回顧在小種子課程中學到的健康行為
- Practicing safety actions
- Revisiting health behavior learn in the SEED Courses



小種子工作坊 SEED Workshops

- 持續並強化學習者及其家庭成員的健康行為
- 課程後跟進問卷
- Sustain and reinforce health behaviors of learners and their family members
- Post-course long-term follow-up survey



親子義工隊 Family Volunteer Team

- 將小種子課程所學應用於社區服務
- 強化家庭關係
- Applying practices from the SEED Courses to community services
- Strengthening family relationships



啟動電子學習平台（2026 第四季） Launch e-learning platform (Q4 2026)

- 透過個人化與家庭共同學習，強化健康、幸福感、安全與連結，以強調學習者投入的深度，達致長遠的影響
- Emphasize the depth of learners' engagement for long-term impact via personalized and family co-learning to reinforce health, well-being, safety, and connection

幼兒課程

Kindergarteners' Courses

4-6歲兒童服務總覽 4-6 Year-olds Children Empowered



透過互動活動，培養年幼學習者的生活技能，強化個人成長、身心健康、安全和同行關係。

Promote personal growth, well-being, safety, and positive relationships in young learners through engaging activities that develop essential life skills.



96

位 4-6 歲兒童完成小種子課程

4-6 year-old children completed the SEED Course



9

個小種子課程

Courses provided



性別 Gender



女性 Female
33(34%)



男性 Male
63 (66%)



健康公平狀況 Health Equity



53%
有特殊教育需要
have SEN



23%
生活在貧窮中*
live in poverty*



11%
來自多元族裔社群
from ethnically
diverse groups

*家庭每月收入低於貧窮線

*monthly household income below the poverty line

學習者成效 Impact on Learners



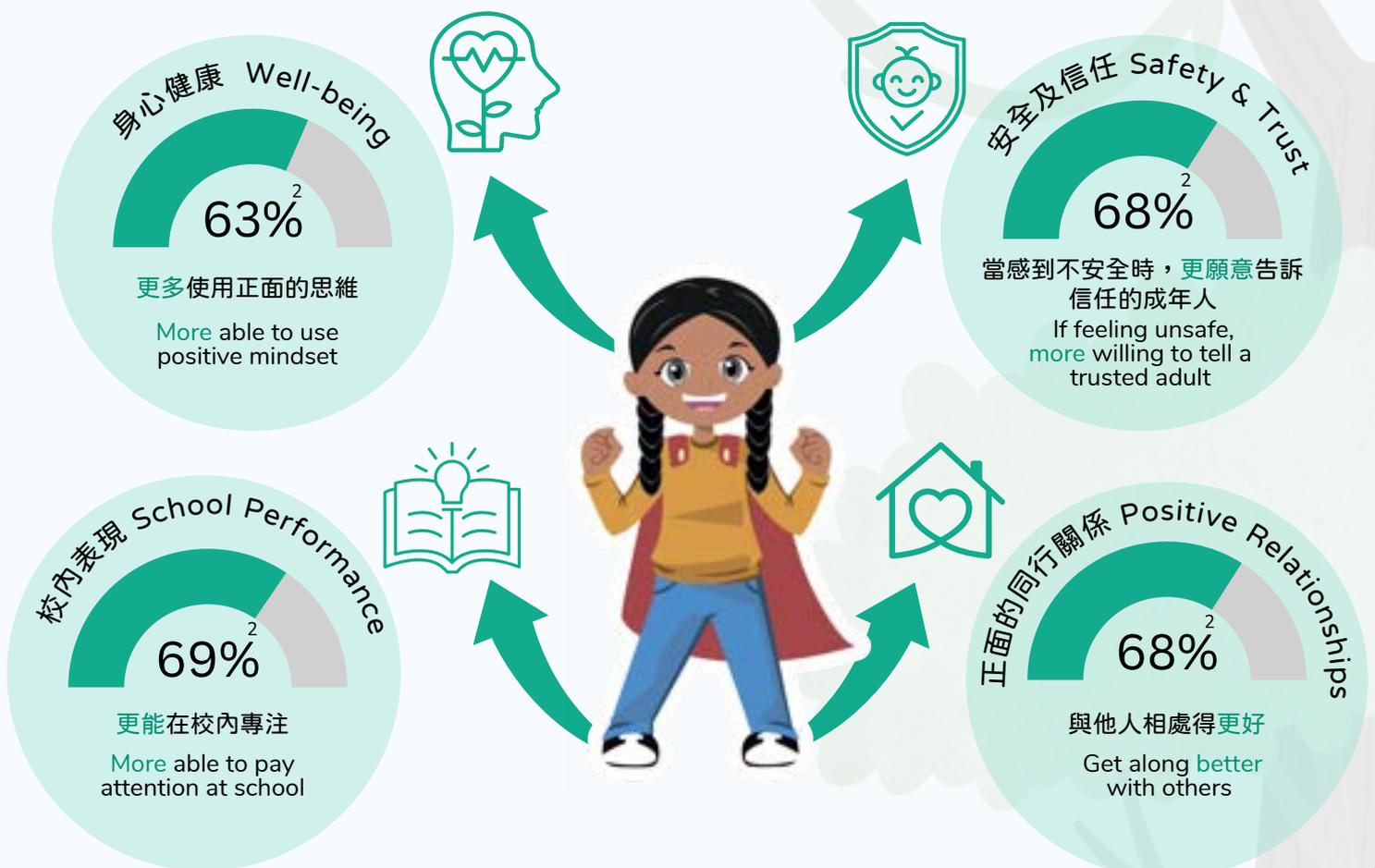
改善了健康及健康行為、 情緒調節、身心健康和安全

Improved health and health behavior, emotional regulation, well-being, and safety



↑ 22%

健康及健康行為指數的增長
Better overall health & health behavioral score



1: t 檢定對比參加者參與小種子課程前後自我評估的健康及健康行為分數，p值 ≤ 0.05
2: 96 名 4-6 歲參加者填寫了課程前與課程後問卷

1: t-test comparing scores before and after SEED Course, p-value ≤ 0.05
2: 96 4-6 year-olds students have completed both the pre-course and end-course surveys

幼兒課程

Kindergarteners' Courses

課程回顧 Course Highlights

自我成長

Self-Growth



培養我們內在的超能力來選擇健康行為
Building our inner superpowers to
choose healthy behaviors



學會欣賞自己
Learn to appreciate ourselves



我是無價和無限的！
I am priceless and limitless!

身心健康

Well-Being



認識不同情緒，建立自我照顧的基礎
Learn different emotions for the
foundation of self-care



學習調節情緒
Practice to regulate our emotions



培養專注與平靜以面對挑戰
Cultivate focus and calm
to face challenges





同行關係 Relationships



透過合作培養團隊精神與互助行為
Learn together through cooperation,
fostering teamwork and mutual support



學習支持他人，增進人際健康
Learn cooperation and support to
strengthen social health



練習建立新連結，促進社交適應力
Practice making new connections
to enhance social adaptability

安全 Safety



學會拒絕不安全行為，保護自己
Learn to say "no" to unsafe
behaviors and protect ourselves



了解我們的權利
Know more about our rights



探索如何衡量風險
Learn to assess our risks



練習應對危險，提升安全意識與應對能力
Practice responding to dangers to enhance
safety awareness and response skills



透過戲劇活動練習降低風險
Practice how to
protect ourselves



幼兒課程

Kindergarteners' Courses



兒童及照顧者分享 Children's & Caregivers' Sharing



自我成長的重要 Improved Growth

「孩子上課後更清楚有甚麼事情是屬於自己的控制圈，也懂得分辨事情的輕重，從而更輕鬆處理如何做下一步。看到兒子透過課堂很快就有所成長，有真實的知識無論是大人和小朋友都能更輕鬆處理發生的事情。」

"Since starting the lessons, my son has a much clearer understanding of what lies within his circle of control. He's learned how to prioritize tasks, which makes it so much easier for him to decide on his next steps. Seeing him grow so quickly through these classes is wonderful; it proves that when both adults and children are equipped with practical knowledge, we can handle whatever happens with much less stress."



身心健康的改善 Improved Well-being

「這呼吸法是我第一次接觸，我認為它好的元素不單是深呼吸，還要用動作，這樣可以再提升幫我的孩子控制情緒。當他還要專注協調手部動作，能夠讓他分散注意力，冷靜下來。」

"The breathing technique was my first experience, and I believe its benefits go beyond just deep breathing; it also involves movement, which further helps my child control his emotions. When he focuses on coordinating his hand movements, it allows him to divert his attention and calm down."

更親密的親子關係 Improved Relationships

「家長們一定要保持樂觀，給自己和孩子足夠的信心，多關心他們和為他們尋找更多好的資源。我們家長來學怎樣照顧好孩子，也能和其他家長互動，看到孩子開心的同時也希望幫助到他們。」



"Parents must remain optimistic, providing themselves and their children with sufficient confidence while caring for them and seeking out more good resources. As parents, we learn how to take good care of our children and interact with other parents, hoping to help them while also seeing our children happy."





成長旅程圖畫 Journey Maps



在小種子課程中，孩子們不只是學習知識，更經歷了一場成長旅程。他們描繪出自己的「成長旅程圖畫」，每一幅圖畫都是一個故事。透過這段旅程，孩子們認識了自我價值，培養了健康的行為與態度。

In the SEED Course, children do more than acquire knowledge — they go through a transformative journey of growth. Through drawing their own "Journey Maps", each child reflects on their personal experiences. Along the way, they begin to understand their self-worth and develop positive, lasting behaviors and attitudes that support their health, safety, and well-being.



兒童及青少年課程

Children's & Youths' Courses

7-17歲兒童及青少年服務總覽

7-11 Year-olds Children & Youth Empowered



增強自我價值、堅韌、解難能力、情緒調節以提升身體、心理及社交上的安全及健康。
Develop emotional regulation, problem-solving skills and resilience to improve mental, physical and social health and safety.



398

位 7-17 歲兒童及青少年
完成小種子課程

7-17 year-old children and youth
completed the SEED Course



25

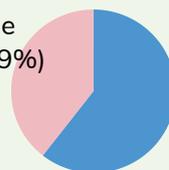
個小種子課程
Courses provided



性別 Gender



女性 Female
157 (39%)



男性 Male
241 (61%)



健康公平狀況 Health Equity



32%
有特殊教育需要
have SEN



53%
生活在貧窮中*
live in poverty*



15%
來自多元族裔社群
from ethnically
diverse groups

*家庭每月收入低於貧窮線

*monthly household income below the poverty line

學習者成效 Impact on Learners



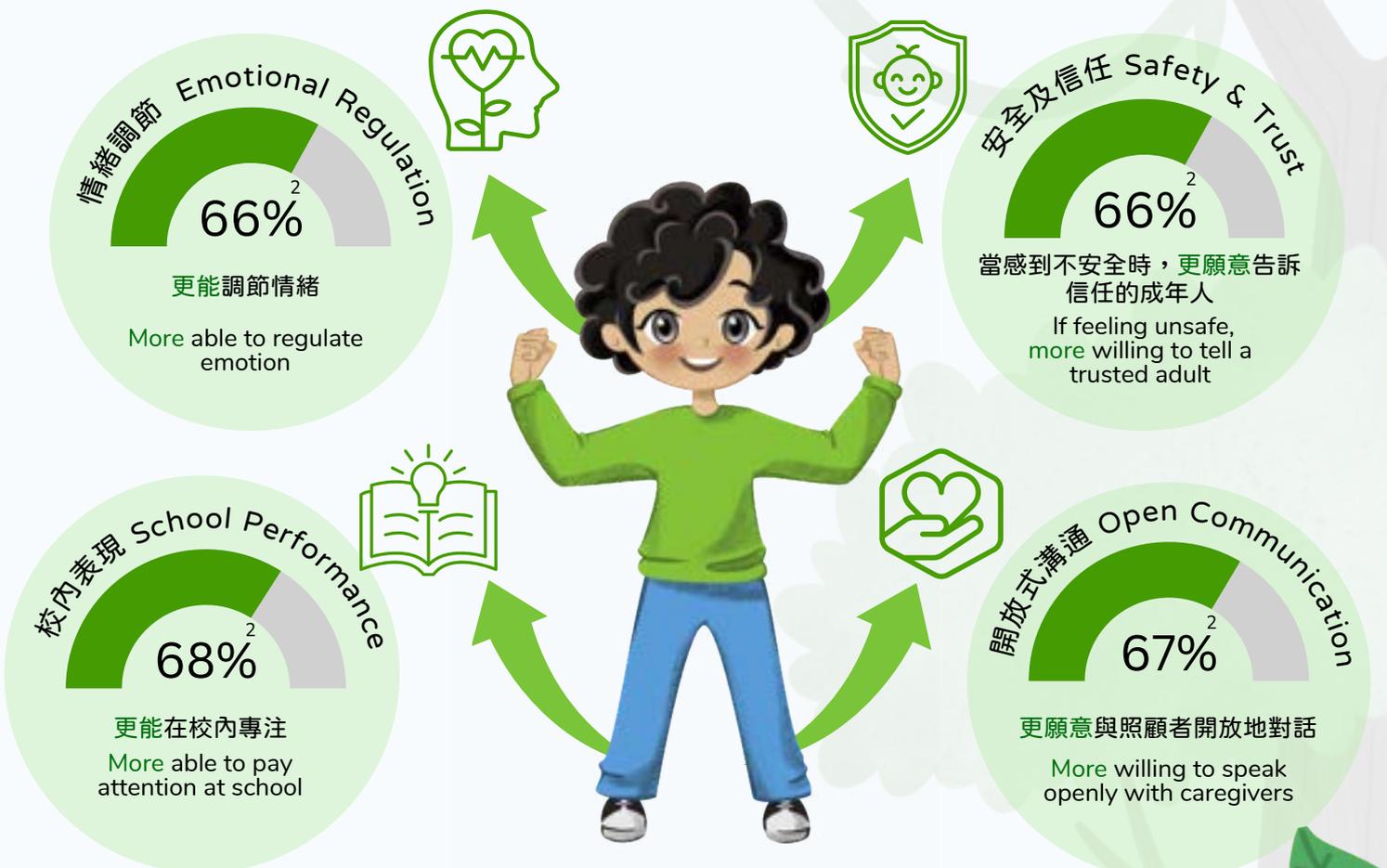
改善了健康及健康行為、 情緒調節、身心健康和安全

Improved health and health behavior, emotional regulation, well-being, and safety



↑ 20%

健康及健康行為指數的增長
Better overall health & health behavioral score



1: t 檢定對比參加者參與小種子課程前後自我評估的健康及健康行為分數，p 值 ≤ 0.05

2: 398 名 7-17 歲參加者填寫了課程前問卷與課程後問卷

1: t-test comparing scores before and after SEED Course, p value ≤ 0.05

2: 398 7-17 year old students have completed pre-course and end-of-course surveys

兒童及青少年課程

Children's & Youths' Courses

課程回顧

Course Highlights



自我成長

Self-Growth



培養成長型思維，提升學習與適應力
Cultivate a growth mindset to enhance learning and adaptability



我們為自己的成長旅程感到自豪
We are proud of our growth journey



發掘內在力量，培養健康行為的超能力
Discover inner strength and build superpowers for healthy behaviors

身心健康

Well-Being



學習科學方法，提升情緒調節能力
Learn science-based strategies to strengthen emotional regulation



認識情緒，繼而調節情緒
Identify emotions and regulate them



一起練習幫助我們平靜情緒的方法
Practice techniques to help us stay calm





同行關係 Relationships



透過互助與分享，促進健康人際關係
Support each other and share knowledge
to foster healthy relationships



學會傾聽和尊重他人的意見
We listen and respect different views



在遊戲中培養合作與團隊精神
Build cooperation and
teamwork through play

安全 Safety



練習幫助我們遠離危險的行動
Practice actions to stay safe from danger



這些是我們的權利！
These are our rights!



建立安全意識，學會保護自己
Learn to strengthen safety
awareness and learn self-
protection



學習準備應急包，提升健康與安全行為
Learn to prepare Go Bag to promote health
and safety behaviors



練習如何衡量風險
Practice to assess our risks

兒童及青少年課程

Children's & Youths' Courses



兒童、青少年及照顧者分享

Children's, Youths' & Caregivers' Sharing



自我成長的重要 Improved Growth

「我認為一些明顯的改變是自我意識和她的自信心，在某種程度上我們更加注意到這一點。她開始認識到自己的價值。」

"I think some of the noticeable changes are self-awareness and she's been confident, which comes to a level where we notice it more. She is beginning to realize her own self-worth."



身心健康的改善 Improved Well-being

「上課程前，我未能好好調節自己的情緒，就會將負能量帶給身邊的人。上完課程後，我會調節自己的情緒，讓自己慢慢冷靜下來。」

"Before taking the course, I couldn't manage my emotions well and would bring negative energy to those around me. After completing the course, I now regulate my emotions and allow myself to calm down gradually."

更安全的孩子 Improved Safety

孩子：「當遇到大問題或三大暴力行為時，我在課程中學會了使用防備應復傘和求助熱線。」

照顧者：「昨天正正有一個例子，我外出處理事情，適逢兩個小時後會下雨，孩子打電話跟我說外面打雷，是一個危險的地方，要及早回家去到安全的地方。」

Child: "When facing big problems or incidents of violence against children, I learned to use the PPRR umbrella and seek help from hotlines in the course."

Caregiver: "Yesterday, there was a specific example. I was out handling some matters, and it happened that it would rain two hours later. My child called me to say that there was thunder outside and it was a dangerous place, so I should return home early to a safe location."



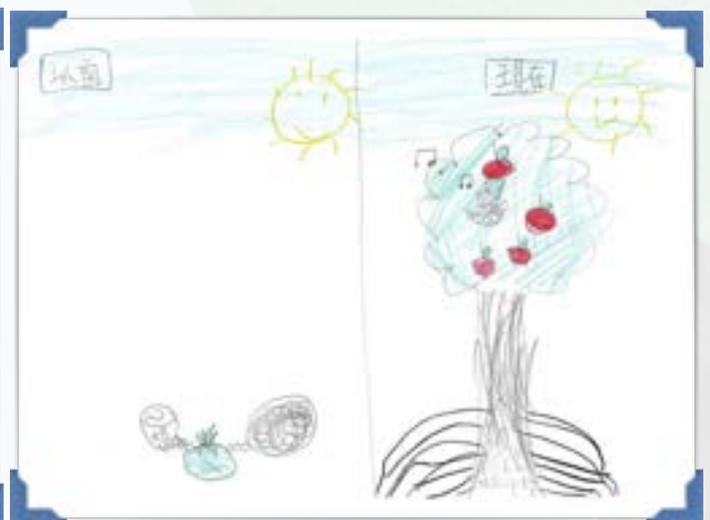
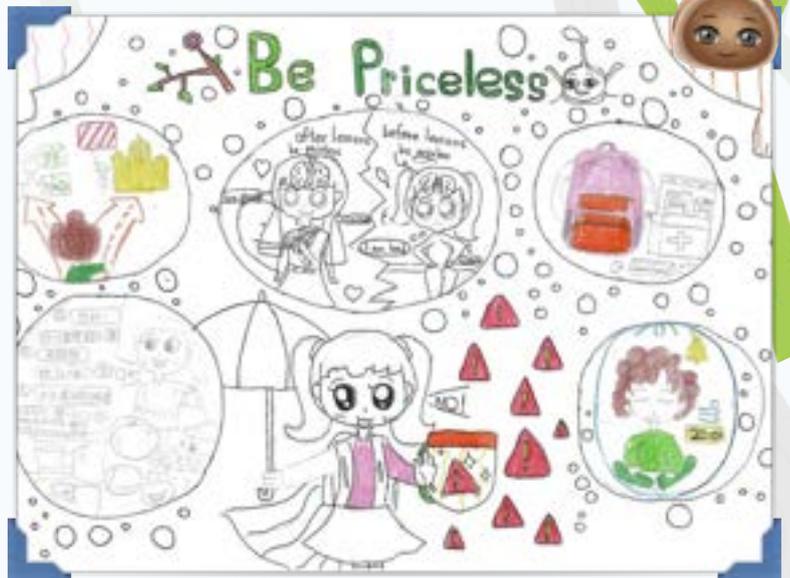
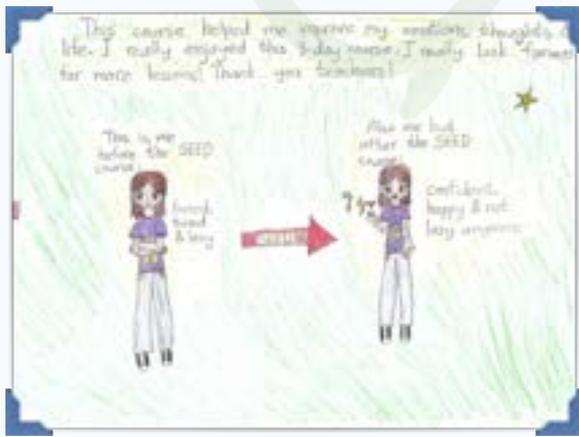


成長旅程圖畫 Journey Maps



在小種子課程中，孩子們不只是學習知識，更經歷了一場成長旅程。他們描繪出自己的「成長旅程圖畫」，每一幅圖畫都是一個故事。透過這段旅程，孩子們認識了自我價值，培養了健康的行為與態度。

In the SEED Course, children do more than acquire knowledge — they go through a transformative journey of growth. Through drawing their own "Journey Maps", each child reflects on their personal experience. Along the way, they begin to understand their self-worth and develop positive, lasting behaviors and attitudes that support their health, safety, and well-being.



照顧者課程

Caregivers' Courses

服務總覽

Caregivers Empowered



透過自我照顧與與孩子建立堅固而充滿愛的連結，提升個人成長、身心健康、安全與人際關係，並培養態度、行為與能力（ABC），成為兒童生命中值得信任的成人。

Enhance personal growth, well-being, safety, and relationships through self-care and a strong, loving connection with children, and develop the Attitude, Behavior, and Capacity (ABC) to become a trusted adult in children's lives.



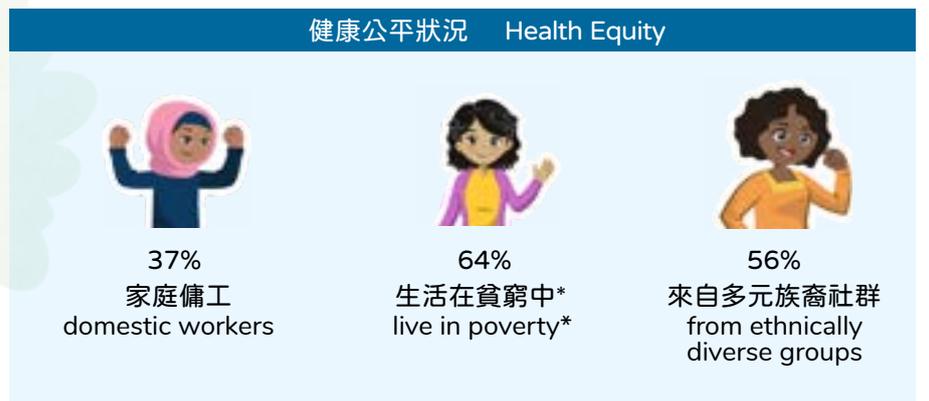
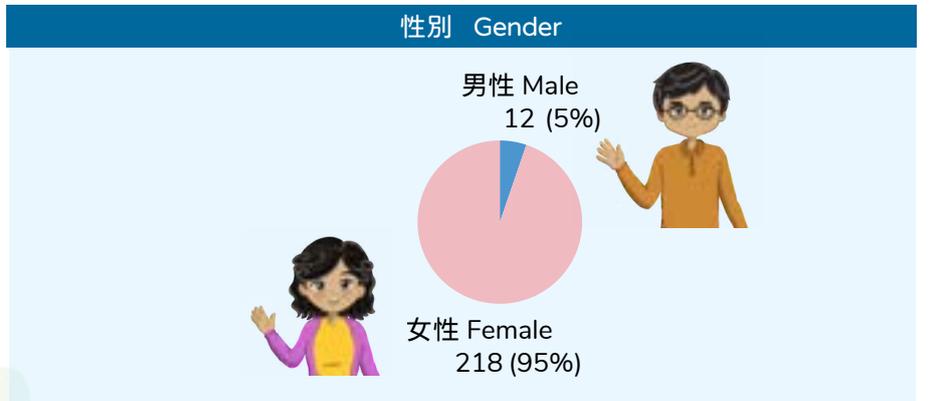
230

位照顧者完成小種子課程
Caregivers completed the SEED Course



16

個小種子課程
Courses provided



*家庭每月收入低於貧窮線
*monthly household income below the poverty line

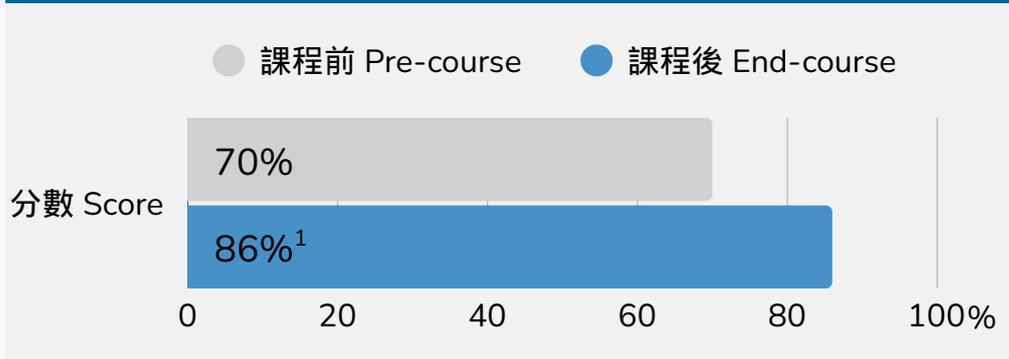


學習者成效

Impact on Learners

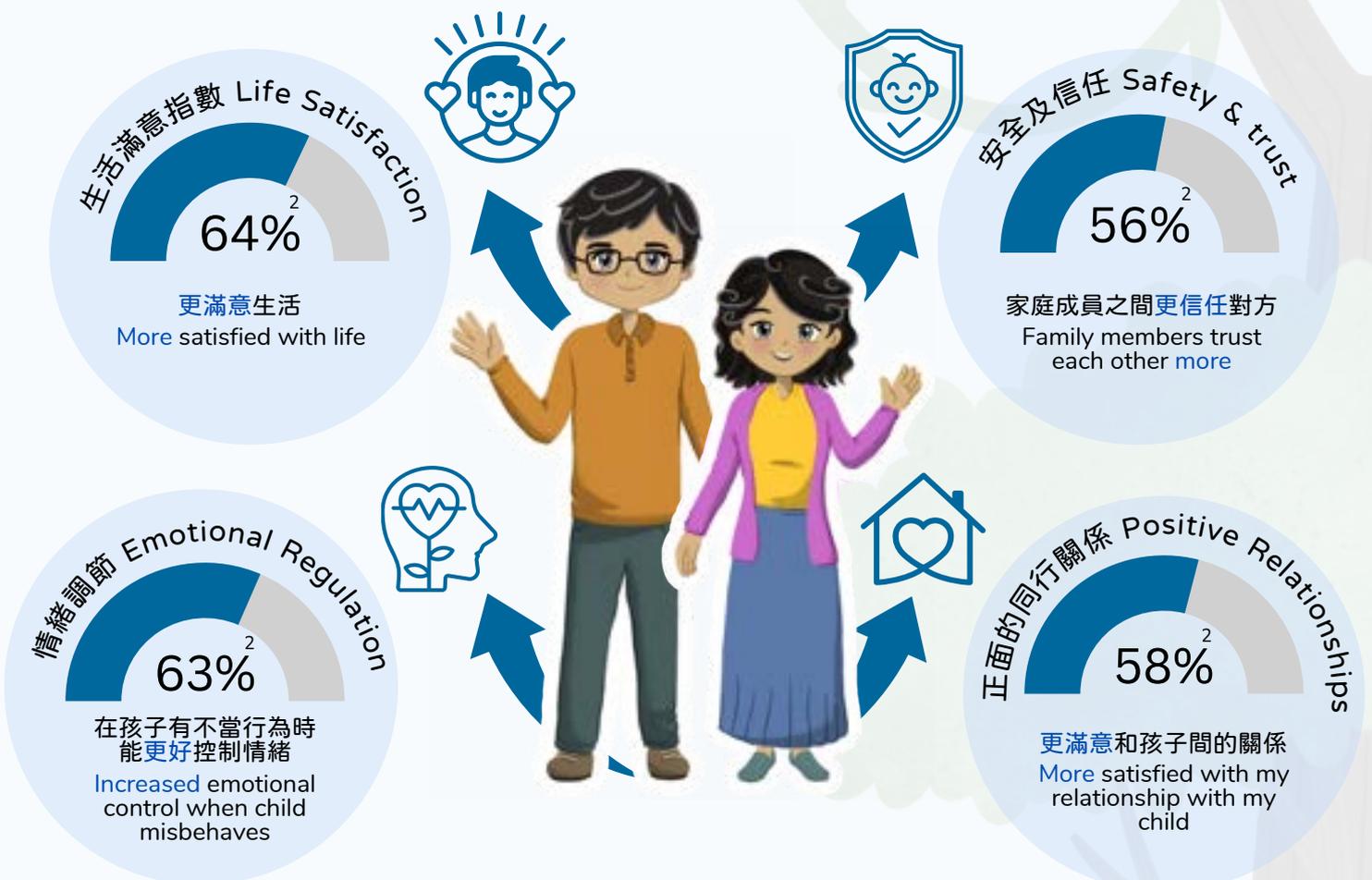
改善了健康及健康行為、 情緒調節、身心健康和安全

Improved health and health behavior, emotional regulation, well-being, and safety



↑ 16%

健康及健康行為指數的增長
Better overall health & health behavioral score



1: t 檢定對比參加者參與小種子課程前後自我評估的健康及健康行為分數，p 值 ≤ 0.05

2: 230 名照顧者填寫了課程前問卷與課程後問卷

1: t-test comparing scores before and after SEED Course, p value ≤ 0.05

2: 230 caregivers have completed both the pre-course and end-of-course surveys

照顧者課程

Caregivers' Courses

課程回顧

Course Highlights

自我成長

Self-Growth



培養健康習慣，讓潛能茁壯成長
Nurture healthy habits so potential grows strong



建立自我關愛，促進心理健康
Grow through self-compassion to support mental health

身心健康

Well-Being



探索調節情緒的方法
Learn how to regulate our emotions



以同理心回應情緒，建立韌性
Learn to recognize and compassionately respond to emotions to build resilience

同行關係

Relationships



以神經科學為基礎，
幫助孩子健康成長與學習
Neuroscience-based ways to helping our children grow and learn healthily



一起來練習共鳴溝通
We practice resonant communication



安全

Safety



制定我們的安全計劃，以降低心理、
身體與人際關係上的風險
Building our safety plans to reduce mental-physical-relational risks



練習如何衡量風險
Practice to assess our risks

照顧者分享

Caregivers' Sharing



「以前會被情緒主導，想控制孩子，這樣做就不是『園丁思維』，現在會先冷靜自己。課程令我意識到每個人有不同的情緒時都有不同的需要，有時可能會在孩子需要休息時不停管教，所以要因應情況作出處理。」

"I used to be driven by emotions and wanted to control my child, which is not aligned with the 'gardener mindset'. Now, I first calm myself down. The course made me understand that everyone has different emotional needs at different times. Sometimes, I might discipline my child even when they need a break, so I need to adjust my approach based on the situation."

「透過小種子課程，我學到了了解孩子感受的技巧。我能將書本的知識用於生活當中，而對於孩子來說，這是我們同行關係中的橋樑。另外，接納孩子的大腦仍然處於發展狀態，不用介懷孩子無心的說話。」

"Through the SEED Course, I learned the skills to understand my child's feelings. I can apply the knowledge from the books to real life, which serves as a bridge in our relationship. Additionally, I accept that my child's brain is still developing and don't take their careless words to heart."



「小種子課程讓我有更開放的心態，在每個情境中，我需要對周圍的環境保持更警覺、更專注和更觀察。」

"The Caregivers' SEED Course gives me a more open mindset that in every situation, you need to be more alert, attentive and more observant to your environments and surroundings."

「完成課程後，我學會了有些事情不會太執著。孩子有自己的成長過程，現在可能有些事情未學會，如果家長過於執著未必對孩子的成長有幫助，還會影響與他的關係。其實去接受他的成長過程，讓他自然健康地成長就可以。」

"After completing the course, I learned that some things should not be insisted on. Children have their own growth processes, and if parents are too obsessed with what the children haven't learned yet, it may not help their development and could even affect our relationship. It is important to accept their growth journey and allow them to grow naturally and healthily."



跟進工作坊

Follow-up Workshops

服務總覽

Children & Caregivers Empowered

透過跟進工作坊，照顧者和孩子能在持續的支持下延續個人成長與情緒健康的旅程，穩固並深化在核心課程中所獲得的正向改變，進一步促進兒童、照顧者及社區的長期身心健康。

Through follow-up workshops, caregivers and children can continue their journey of personal growth and emotional well-being with ongoing support. These workshops help reinforce and deepen the positive changes gained from the SEED Course, further promoting the long-term well-being of children, caregivers, and their communities.



10 個小種子跟進工作坊
SEED Follow-up Workshops



373 位參加者完成小種子跟進工作坊
participants completed SEED
Follow-up Workshops

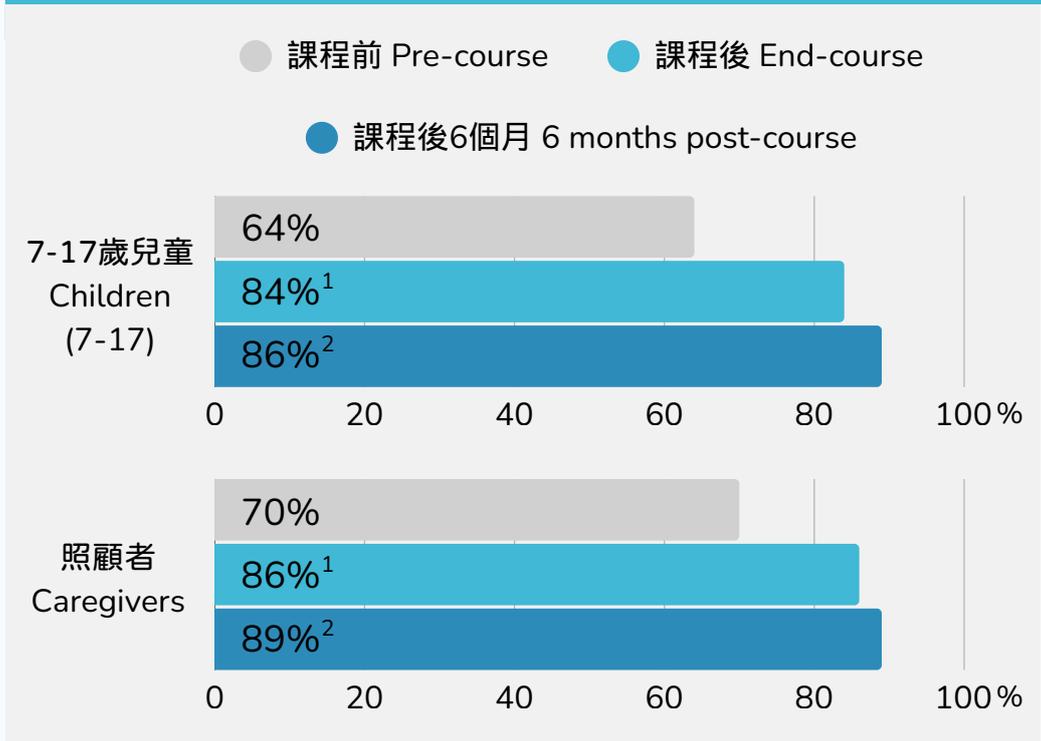




學習者成效 Impact on Learners

長期改善健康及健康行為、情緒調節、身心健康和安全

Long-term improvement in health and health behavior, emotional regulation, well-being, and safety



健康及健康行為指數的6個月增長
Better overall health & health behavioral score over 6 months

↑ 22%

↑ 19%



1: t 檢定對比參加者參與小種子課程前後自我評估的健康及健康行為分數, p 值 ≤ 0.05
 2: t 檢定對比參加者參與小種子課程前與6個月後自我評估的健康及健康行為分數, p 值 ≤ 0.05
 3: 137 名 7-17 歲參加者填寫了課程前問卷, 課程後問卷及課程後跟進問卷
 4: 19 名照顧者填寫了課程前問卷, 課程後問卷及課程後跟進問卷

社區活動

Community Activities

社區活動旨在深化和加強家庭及社區的身心健康、安全和互相聯繫的態度、行為和能力。透過多樣化的活動，我們致力於提升家庭和社區的整體幸福感，促進與其他家庭及社區成員之間的互動與聯繫。

Community activities enhance the well-being, safety, and connections of families by strengthening attitudes, behaviors, and capabilities. Through diverse activities, we aim to improve family wellness and encourage community interaction.



11 個社區活動
community activities



732 位社區成員參加社區活動
community members participated
in the community activities



三水同鄉會劉本章學校 - 家長資訊日
SSNA Lau Pun Cheung School -
Parents' Information Day

20 個家庭
Families

2025.01



冬季嘉年華
Winter Carnival **200** 個家庭
Families

2025.03



香港基督教服務處 - 家庭日
Hong Kong Christian Service -
Family Workshop

7 個家庭
Families

2025.04

循道愛華村服務中心工作坊
Methodist Epworth Village
Community Centre Workshop **6** 個家庭
Families

2025.05



桌遊工作坊
Family Boardgame
Workshop **7** 個家庭
Families

2025.06

安泰軒身心健康工作坊
The Wellness Centre
Well-being Training **6** 個家庭
Families

2025.08



三水同鄉會劉本章學校 - 家庭日
SSNA Lau Pun Cheung School -
Family Day **15** 個家庭
Families

2025.10



親子健康遊戲日
Family Health Day **23** 個家庭
Families



環保工作坊
Upcycling workshop **6** 個家庭
Families

2025.12



迪士尼樂園家庭同樂日
HK Disneyland
Family Fun Trip **25** 個家庭
Families



鄰舍輔導會 TOUCH 冬季家庭日
NAAC TOUCH
Winter Family Day **11** 個家庭
Families

迪士尼樂園家庭同樂日 HK Disneyland Family Fun Trip

我們與香港迪士尼樂園合作，共同為家庭共創有意義的資源，支持他們在健康與行為教育的旅程中成長。小種子畢業生及其家人享受了珍貴的親子時光，同時參與了「發現小確幸」家庭小任務。家庭以「感恩」為主題遊歷樂園，在不同時間及地點拍攝三張照片，並以簡短文字分享感受。這些活動強化了小種子課程中的元素——包括感恩練習——讓家庭在歡樂中共同見證成長。

We are delighted to collaborate with Hong Kong Disneyland in co-creating meaningful resources that support families in their journey of health and behavior education. SEED graduates and their families enjoyed precious parent-child time while participating in the “Discover Gratitude” family mini task. Families explored the park with gratitude and shared reflections by taking photos at different times and locations. This gratitude practice, reinforcing elements of the SEED Course, allowed families to joyfully witness their growth together.



親子健康遊戲日 Family Health Day

我們與香港大學醫學會健康委員會的學生合辦「親子健康遊戲日」，共同為家庭共創有意義的資源。活動不僅讓家長和孩子獲得更多有關哮喘的知識，增進了對健康的理解，參加者亦透過各種互動遊戲加強了親子之間的聯繫。這次合作讓家庭能夠在以科學支持的工具參與體驗活動，促進健康教育與親子關係的共同成長。

We collaborated with the medical students from the Health Committee of the University of Hong Kong Medical Society for a Family Health Day in co-creating meaningful resources for families. This event provided parents and children with valuable knowledge about asthma while also engaging them in interactive games that strengthened parent-child bonds. Through this collaborative effort, families were empowered with science-based tools and experiences that support both health education and relationship building.

親子義工隊

Family Volunteer Team

2024 年成立的親子義工隊發展蓬勃，今年共組織了 10 場義工活動，服務超過 1,000 名社區成員。各個家庭成員熱情參與，將小種子課程的知識和技能融入社區服務中，創建更具包容性的社區。這些活動同時增強了家庭聯繫和社會凝聚力，讓每個人感受到互助的力量。

The Family Volunteer Team established in 2024 is flourishing vibrantly. In 2025, we have organized 10 activities that served over 1,000 community members. Families actively participated, integrating skills from the SEED Course into their service, enhancing the community's inclusivity and cohesion.



與社福機構同行 Supporting the NGO community

- 多元族裔春季家庭日
- 長幼同樂日
- Ethnically Diverse Family Workshop
- Cross-generation Fun Day

親子義工隊成員健康及健康行為的增長 Improved health & health behavior of family volunteers



83 個家庭
Families



129 位成年義工隊成員
Adult volunteers



107 位兒童義工隊成員
Child volunteers



10 個義工活動
Volunteer activities



互相聯繫 Connecting with each other

- 親子義工隊聯歡會
- Family Volunteer Celebration Party



帶動社區互動 Fostering community engagement

- 冬季嘉年華
- 親子健康遊戲日
- Winter Carnival
- Family Health Day



傳遞關愛 Sharing love and kindness

- 敬師日打氣包工作坊
- 世界兒童日禮物包工作坊
- Teachers' Day Toolkit Packing Workshop
- Children's Day Toolkit Packing Workshop



關懷社區、愛護環境 Care for community & environment

- 「北河同行」派飯活動
- 清潔海灘活動
- 環保工作坊
- Meal Distribution with Pei Ho Counterparts
- Beach Cleaning
- Upcycling Workshop



能把從小種子課程中所學到的知識，實踐應用來服務社區

Put the skills that learned from SEED Courses into practice to serve the community

能把從小種子課程中所學到的知識，加強社區的成長、身心健康和安全

Help enhance the growth, well-being and safety of the community

1: 共有 143 名參加者完成了調查，所有問題的最高分為 5 分，且所有問題的得分均為 4 分或以上

1: A total of 143 participants completed the survey. All questions were rated on a 5-point scale, with every question receiving a score of 4 or above

「北河同行」派飯活動 Meal Distribution with Pei Ho Counterparts



2025年3月25日，我們的親子義工隊走進深水埗，將關愛化作行動，分組為長者送上熱騰騰的飯盒。除了能幫助社會上有需要的人，這更是個寶貴的機會，讓親子義工走進社區，深入了解自己居住的城市，並學會與不同背景的市民交流接觸。

On March 25, 2025, our Parent-Child Volunteer Team brought their warmth to Sham Shui Po, distributing hot meals to the elderly in small groups. Beyond helping those in need, this was a meaningful opportunity for our family volunteers to deepen their understanding of their city and connect with people from all walks of life.



清潔海灘活動 Beach Clean Workshop

2025年4月27日，我們一同前往南丫島進行海灘清潔活動。無論大人還是孩子，每個人都盡一己之力保護自然環境。這份對家園的愛護，正是為了給下一代共創一個更美好、更安全的成長空間。

On April 27, 2025, we headed to the beaches of Lamma Island for a cleanup. Both adults and children joined hands to protect our environment and cherish our home, working together to create a better and safer future for the next generation.



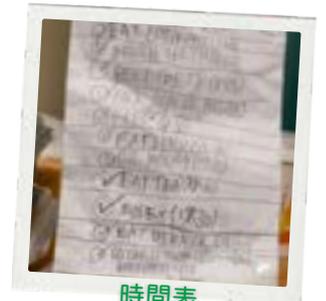
年度大獎 2025 Annual Award 2025



完整故事
Full Stories

「小種子年度大獎」旨在表揚一群在旅程中學以致用、回饋社區的畢業生。透過得獎者的分享，我們見證了小種子課程如何賦予家庭力量，為不同世代的家庭成員帶來深刻的正面轉變。我們衷心感謝香港半島酒店連續三年鼎力支持，贊助多項豐富獎品，與我們攜手傳遞關懷。

The "SEED Annual Award" honors graduates who have applied their learning to give back to the community. Through the winners' stories, we witness how SEED Education empowers families and brings profound, positive transformation across different generations. We express our deepest gratitude to the Peninsula Hong Kong for their steadfast support over the past three years, generously sponsoring an array of prizes to help us spread care across the community.



時間表
Schedule

“



孩子 Child :

學懂自我照顧、培養危機意識

Learning to self-care and develop risk awareness

「現在我學懂為自己訂立目標，還會幫自己規劃時間表；現在我每次去到公園或酒店，會先看看門口的地圖，知道出入口位置，原來這樣是可以保護自己的！」

"I have learned to set goals, manage my own schedule, and even check maps in public places to stay safe. I now feel more capable of protecting myself!"



父母 Parents :

建立人際關係、提升自我價值

Building relationships and self-value

「小朋友以前參加活動時都喜歡孤立自己，做自己喜歡做的事；但現在他會多了嘗試參與，學懂享受分享和合作的樂趣。課程不單關顧到小朋友的身心健康，更能提升他們的價值。」

"He used to isolate himself, but now he actively participates and enjoys teamwork. This program not only supports well-being — it truly enhances a child's self-worth."



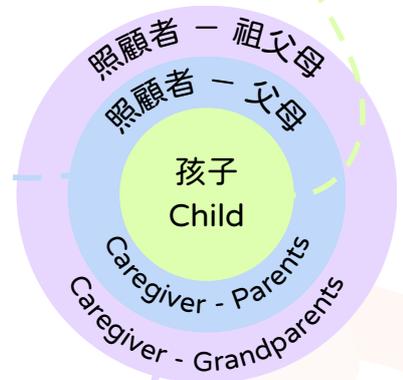
祖父母 Grandparents :

放下執著、彼此尊重

Set aside differences with mutual respect

「以前小朋友對很多事都很執著，覺得每個人都要有一樣的想法；現在他知道每個人都不同的，要去學習接納每個人的不同，彼此尊重。」

"He used to be quite stubborn and expected everyone to think the same way he did. Now, he is learning to embrace and respect individual differences."



特別鳴謝禮品贊助
Special appreciation to prize sponsor



得獎者的小種子旅程 Winner's SEED Journey

由「小種子課程」出發，我們將健康知識轉化為家庭習慣。得獎者的故事正反映了這顆種子如何萌芽成長，透過跨代實踐，守護家庭成員。讓我們一同見證得獎者的成長足跡。

The SEED Course transforms health knowledge into family habits. Our winners' stories embody this growth, witnessing how healthy living spans generations. Join us in witnessing the footprints of our winners' growth.



2025年11月 November 2025



家人與孩子擔任親子義工，參與10週年紀念音樂影片的拍攝，用影像向社區傳遞愛與正能量

Families and children joined as parent-child volunteers in our 10th-anniversary music video-filming, sharing love and positivity with the community through every scene

2025年7月 July 2025



孩子參與小種子課程，學習如何保護自己的健康與安全，並建立自我價值

Through the SEED Course, the child learn to protect his health and safety while building self-value

2025年12月 December 2025



憑著真摯且具啟發性的分享，孩子與家人深刻展現了成長的力量，最終奪得年度大獎

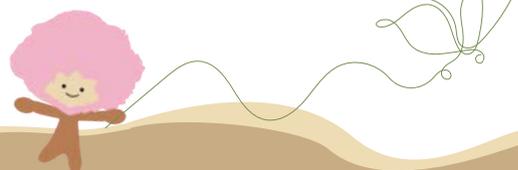
With a heartfelt and profound story that showcased the true power of personal growth, this family stood out to win this year's Annual Award

2025年10月 October 2025



一家人齊集迪士尼樂園家庭同樂日，在歡笑聲中凝聚彼此，創造珍貴的家庭回憶

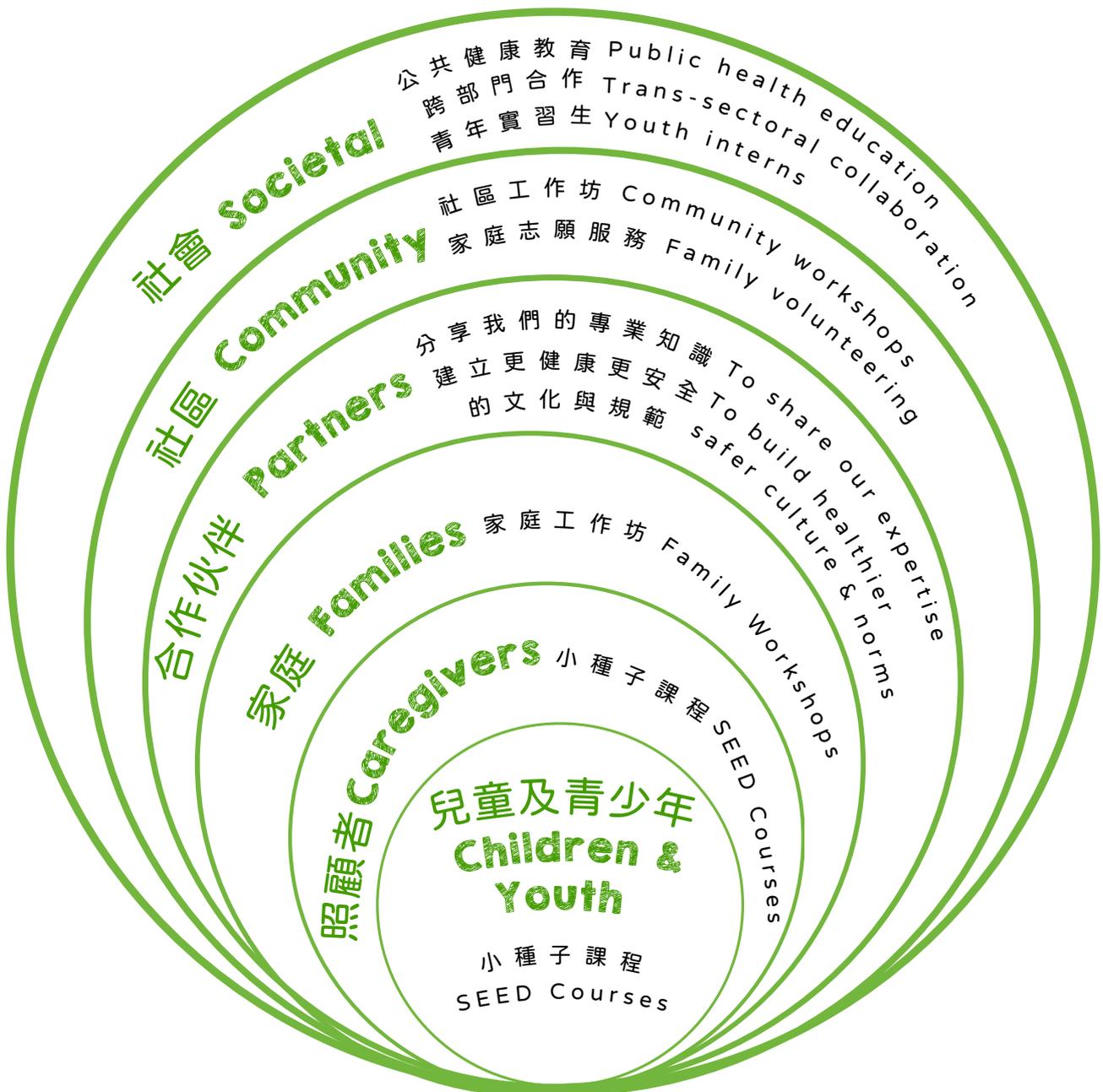
The family participated in the Disneyland Family Fun Day, bonding through laughter and created precious memories



多層次合作關係 Multi-level Partnership

小種子教育旨在培育一個富有同理心和互相支持的社區。我們相信全方位介入至關重要，故此我們積極與家庭、合作伙伴和社區合作建立支援網絡。透過小種子教育，我們匯聚了多元的參與者，培養歸屬感，並共同承擔守護兒童與家庭健康與安全的責任。我們深耕於推動關懷體制的工作，致力於系統性變革，確保我們的下一代能在身心健康與受保護的環境中成長，並在不同的生活境遇與人生階段中，都能擁有完善的支持安全網。我們的計劃強調了家庭與社區在創造滋養且安全環境中的關鍵作用，讓孩子們能夠茁壯成長。

SEED is designed to cultivate a compassionate and supportive community. We believe that a holistic approach is essential, which is why we actively collaborate with families, partners, and the broader community to establish networks of support. Through SEED Education, we bring together diverse participants, fostering a sense of belonging and shared responsibility for the health and safety of children and families. We are deeply committed to cultivating compassionate systems change, ensuring our younger generations grow up with well-being, protection, and a supportive safety net that sustains them across diverse life conditions and stages. Our programs emphasize the crucial role that families and the community play in creating a nurturing and safe environment where children can thrive.





三水同鄉會劉本章學校
Sam Shui Natives Association
Lau Pun Cheung School



BE PRICELESS

我們和三水同鄉會劉本章學校自 2025 年 3 月起開始合作，為有特殊教育需要的兒童及其照顧者提供小種子課程。我們持續為學校社群提供以情緒健康、家庭堅韌性與安全為核心的教育支援，見證了學校的兒童及其家庭在自信、親子溝通及整體身心社健康上的明顯成長。透過一系列互動式的工作坊、小組活動及情境演練，課程不僅提升了學生的自信心與學習動機，也增強了家長對有特殊教育需要兒童的認識和應對能力，進一步促進親子之間的溝通與連結。

Since March 2025, we have been collaborating with Sam Shui Natives Association Lau Pun Cheung School to provide the SEED Course for children with SEN and their caregivers. We continue to support the school community with education initiatives centered on emotional well-being, family resilience, and safety. Through this partnership, we have witnessed significant growth in the children and their families — in self-confidence, parent-child communication, and overall physical, mental, and social health. Through a series of interactive workshops, group activities, and situational role-plays, the course has not only bolstered students' self-esteem and motivation to learn but has also enhanced parents' understanding and management of SEN requirements, further strengthening the communication and bond within these families.



完整訪問
Full Interview

我覺得小種子課程是一個很有系統性的設計，內容充實又很有實踐性。四節課堂涵蓋了很多內容，從學生的需要、孩子的腦部發展、思維模式，以及如何理解他們的行為並用適合的方法正面教育學生。課程還強調家長照顧好自己的身心健康，用方法減低危機和損害，以致整個家庭變得健康安全。清晰的課程概念，配合課程材料和海報，讓家長可再次溫習。另外，這個課程讓家長回顧小朋友的成長經歷，重新感受照顧孩子的過程，也能體驗一下孩子的角度，藉此加強家長的同理心，或者在思維上幫他們培育孩子。

"Actually, the SEED Course itself is very well-designed, systematic, rich in content and highly practical. The four sessions cover a lot of material, from understanding student needs and children's brain development to their thinking patterns. How to interpret their behavior and choose the right strategy to educate them. Also, parents also need to care for their own well-being and learn methods to reduce risks and harm, so that the family is safe and healthy. I find the course concepts very clear, complemented by various materials in the course, like resource packs and posters. These resources give parents the chance to relearn and review. I think a great part of the course is that it allows parents to revisit their child's growing journey; they can re-experience what it's like to care for and accompany a child, and they also get to experience things from a child's perspective, thereby enhancing parents' empathy or equip them with the right mindset."



陳姑娘
駐校社工
Ms. Chan
Social Worker





天主教慈幼會伍少梅中學
Salesians of Don Bosco Ng Siu Mui Secondary School



BE PRICELESS

自 2022 年起，我們與天主教慈幼會伍少梅中學展開了深度合作，一起推動小種子教育，至今已踏入第五年。我們為中一學生提供系統化課程，幫助他們在情緒管理、自我保護、安全與同理心等方面成長。同時，也邀請照顧者參與，透過家校合作，把學習延伸到家庭，打造更支持孩子的成長環境。完成課程的學生還有機會成為我們的青年實習生，把所學回饋社區，從學習者成長為貢獻者。這樣的合作不只提升個人與家庭的能力，也為學校建立起健康、安全、有系統意識的文化。我們共同推動一個具系統意識的校本健康教育模式，為學校、家庭與社區種下持續轉變的種子。

Since 2022, we've partnered closely with Salesians of Don Bosco Ng Siu Mui Secondary School to bring the SEED Education to life. Now in our fifth year, this collaboration supports Form 1 students in developing emotional awareness, self-protection, safety, and empathy. Caregivers are engaged alongside students, strengthening the connection between school and home, and creating a more supportive environment for growth. Graduates of the program can become Youth Interns, turning what they've learned into action and giving back to their communities. This multi-level partnership — spanning students, families, and the school — is planting seeds of systemic change.

Together, we're building a culture of health, safety, and compassion, where the schools, families and communities can truly flourish.



小種子課程
SEED Course



4

個小種子課程
SEED Courses

2

個小種子跟進工作坊
Follow-up Workshops



家長之夜
Parents' Night



272

個學生
Students



跟進工作坊
Follow-up Workshop

健康及健康行為的增長 Improved health & health behavior



1: 270 名參加者填寫了課程前與課程後問卷

*t 檢定對比參加者參與小種子課程前後自我評估的健康及健康行為分數，p 值 ≤ 0.05

1: 270 students have completed both the pre-course and end-course survey

*t-test comparing scores before and after SEED Course, p-value ≤ 0.05



成為青年實習生
Become youth intern

小種子教育計畫透過多層次的伙伴關係來賦予兒童力量，創造成長與發展的機會。母晨奕帆（King）於2022年參加我們的小種子課程，他分享了小種子課程以及 Be Priceless 的實習生計劃如何對他的成長旅程產生積極影響，展現了我們計劃所提供的轉變經歷和社區支持的重要角色。

SEED Education empowers children through multi-layered partnerships, creating opportunities for growth and development. In 2022, King participated in our SEED Course and shared how the program and his internship with Be Priceless positively impacted his journey of growth, highlighting the crucial role of the transformative experiences and community support provided by our program.

參加小種子課程

Participated in the SEED Course

「在參加小種子課程之前，我感到迷失且不確定自己的方向。我缺乏信心，難以表達我的想法。小種子課程教會了我領導和溝通方面的基本技能。我學會了擁抱自己的聲音，並發現了一個支持我成長的社群。這次轉變的經歷點燃了我對社會變革的熱情，為我未來的努力奠定了基礎。」

"Before joining the SEED course, I felt lost and unsure of my path. I lacked confidence and struggled to articulate my ideas. The SEED Course taught me essential skills in leadership and communication. I learned to embrace my voice and discovered a supportive community that encouraged my growth. This transformative experience ignited a passion for social change within me, setting the stage for my future endeavors."



成為青年實習生

Became a youth intern

「在青少年實習生的旅程，我全身心投入到挑戰我能力和擴展我視野的實踐項目中。我學到了團隊合作、適應能力和堅韌的重要性。從組織活動到進行研究都讓我體會到責任心和主動的重要性。我變得更加自信，並準備好迎接更大的挑戰。」

"For my journey as a youth intern, I immersed myself in hands-on projects that challenged my abilities and expanded my horizons. I learned the importance of teamwork, adaptability, and resilience. From organizing events to conducting research, the internship taught me valuable lessons about responsibility and initiative. I emerged more confident and ready to tackle bigger challenges."



成為論壇青年代表

Became a forum youth representative

「在小種子教育計劃和 Be Priceless 的支持下，我感到有能力參加聯合國貿易和發展會青年論壇。這次機會使我能夠分享我對全球議題的見解，並與志同道合的人士建立聯繫。從小種子教育和我的實習中獲得的技能極為珍貴，使我能夠自信地展示我的想法。」

"With the support of the SEED program and Be Priceless, I felt empowered to participate in the United Nations Conference on Trade and Development (UNCTAD) Youth Forum. This opportunity allowed me to share my insights on global issues and connect with like-minded individuals. The skills I gained from SEED and my internship were invaluable, enabling me to present my ideas confidently."



作為首間合作學校及專業顧問，學校五年來與 Be Priceless 並肩同行。我們深信，除了與學生建立連結，與專業教學團隊的深度協作更是推動系統性改變的關鍵。為此，我們邀請了校長與老師分享這種多層次的伙伴關係，如何共同灌溉並見證學生的茁壯成長。

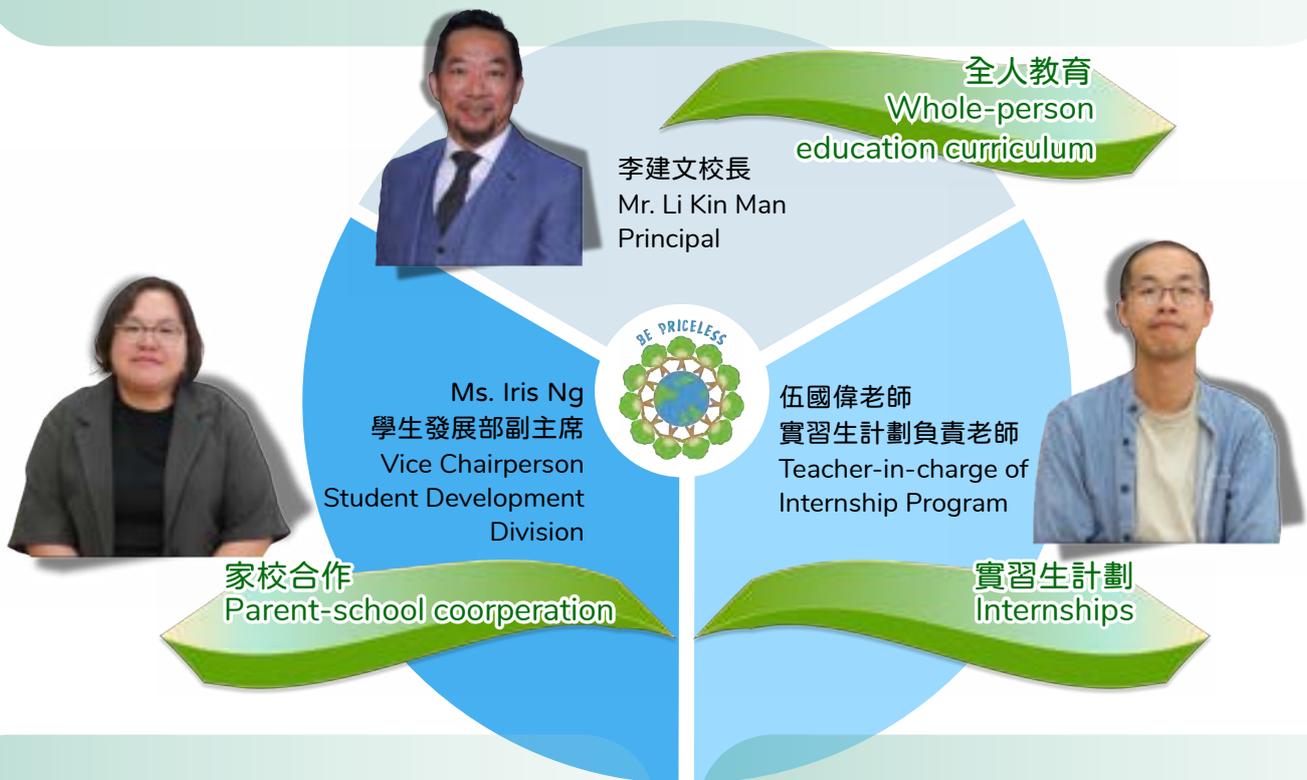
As our inaugural partner school and professional consultant, the school has walked alongside Be Priceless for five years. We firmly believe that beyond engaging with students, deep collaboration with professional teaching teams is the key to driving systemic change. To this end, we have invited the principal and teachers to share how this multi-layered partnership has collectively nurtured and witnessed the flourishing growth of their students.

「課程的內容提供了一個獨特但是不可或缺的框架，當中包括賦予能力，裝備自己去應對挑戰，以及對自我價值的強調。這些結合在一起，便成了一個非常出色和獨特的全人教育課程框架。」

"The content of the programme provides a very unique but very essential framework, including the empowerment, equip themselves on handling challenges and dangers, and also emphasis on self-worth, all putting together to become a very outstanding and unique framework for the whole-person education curriculum."



完整訪問
Full Interview



「導師們教授完課堂後會鼓勵同學回家與家人分享，給予家長一個正面的教育，也是一個價值觀的建立，是促進我們家校合作很關鍵的一個地方。同學接受的小種子課程能夠散播到家庭，正是一個放射性的影響，讓整個社區都會關注和重視這件事情。」

"Tutors encourage students to share what they learnt with their families after lessons, providing a positive education for parents, which also builds a solid set of values. And is a key determinant in promoting parent-school collaboration. The SEED Course received by students can be spread to their families, it showcases a radiating impact, drawing the community's attention to focus on this issue."



完整訪問
Full Interview

「Be Priceless 十分強調身心健康和潛能發展，所以對於同學們在工作上正向的價值觀和態度，我相信會有一定程度的提升。透過本次實習計劃，了解 Be Priceless 的運作如何與身心健康有更大的聯繫，也能令他們將來在升學和就業時更注重這方面的影響。」

"Since Be Priceless focuses on well-being and potential development, so regarding students' positive attitude and core values development, I believe to a large extent there will be improvements. Students can understand the operation of Be Priceless and how well-being has a significant relationship with their pursuit of higher education and employment."



完整訪問
Full Interview

實習生計劃 Internship

實習生能夠從實習中累積跨界合作的團隊經驗，同時建立包括社交媒體參與、小種子教育的發展與協調及成效評估等技能。今年，我們培訓了來自香港大學及嶺南大學六個學院的八位實習生，以及來自天主教慈幼會伍少梅中學的兩位青年實習生。

Interns gain hands-on experience in teamwork across multiple disciplines and acquire skills in social media engagement, SEED Education development, coordination, operation, impact assessment, and more. This year, we trained 8 interns from 6 faculties from The University of Hong Kong and Lingnan University, along with 2 youth interns from Salesians of Don Bosco Ng Siu Mui Secondary School.

院校 School	主修 Major	實習生姓名 Name
香港大學 The University of Hong Kong	內外全科醫學士 Bachelor of Medicine and Bachelor of Surgery	Yoki Chui
	藥劑學學士 Bachelor of Pharmacy	Carmen Ng Justin Mak
	文理學士 Bachelor of Arts and Sciences	Stephanie Wai
	學位教師教育文憑 Postgraduate Diploma in Education	Elaine Cheung
	社會科學碩士（非營利組織管理） Master of Social Sciences in Nonprofit Management	Lin Zhi Xiao Lu Bing Yan
嶺南大學 Lingnan University	社會科學學士（政府與國際事務學） Bachelor of Social Sciences (Honours) (Government and International Affairs)	Anson Leung
天主教慈幼會伍少梅中學 Salesians of Don Bosco Ng Siu Mui Secondary School		Mo Sen Yik Fan Damien Vian Khiatani



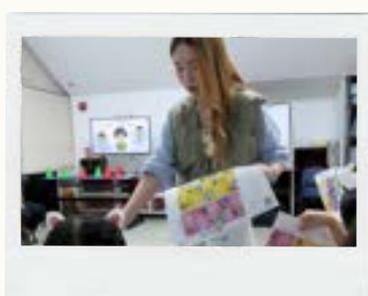
Yoki Chui

內外全科醫學士

Bachelor of Medicine and Bachelor of Surgery

「在整個經歷中，我參與了各種各樣的工作，例如協助小種子課程的運作、影片剪輯、社群媒體內容開發和進度報告撰寫等。這些看似簡單的任務首先讓我掌握了可以在未來工作中進一步應用的通用工作技能，其次，也讓我對慈善組織所需的組織性準備工作有了新的認識。」

"Throughout the experience, I have engaged in a variety of work such as assisting the SEED Course operation, video editing, social media content development, and progress report development, etc. These seemingly straightforward tasks have firstly instilled me with the generic work skills that can be further applied in my future workplace and secondly, have given me some new insights into the organized preparation work required from an NGO."





實習生的旅程
Full Stories



Justin Mak

藥劑學學士
Bachelor of Pharmacy

「最讓我深受感動的是 Be Priceless 的核心價值觀——他們對於兒童安全與身心健康的重視，體現在每一個項目與互動之中。看到這樣的價值觀與我產生共鳴，激發了我以更多的同理心與使命感去面對自己的工作。除了提升專業與社交技能，更令我深受鼓舞的是，能看到這麼多人為一個我也深深關注的目標而努力。我由衷感謝 Be Priceless 的每一位成員，他們給予我無比的愛與支持，讓我感受到溫暖與力量。」

"What resonated with me the most was Be Priceless' core values - their dedication to fostering the safety and well-being of children was evident in every single aspect of their initiatives and interactions. Witnessing this alignment of values inspired me to approach my own work with greater empathy and purpose. Beyond improving technical and social skills, it was very inspiring to see so many people work towards a cause that I am personally passionate about, and I am eternally grateful to all the wonderful individuals at Be Priceless that showed me love and support."



Damien Vian Khiatani

天主教慈幼會伍少梅中學
Salesians of Don Bosco Ng Siu Mui Secondary School

「Be Priceless 教會我認識自我價值，而我認為這是很少有機構會特別著重的一點。我相信這是一件非常珍貴的事。如果不了解自己的價值，很容易產生一些不易察覺的問題。例如，在我是青少年的時候，我常常在設定目標方面感到迷惘。我不知道自己想做什麼，也對未來沒有太多信心。但在 Be Priceless 工作之後，我學到了很多。我覺得這段經歷真的讓人成長，不只是因為遇到了一群很棒的人，更因為這個機構所傳遞的理念和教育，讓我整個人有了不一樣的轉變。」

"Be Priceless teaches us about self-worth, and I think not many organizations do that. I believe this is something truly valuable. If you don't understand your own worth, it can lead to many subtle problems. For example, as a teenager, I struggled a lot with setting goals. I didn't know what I wanted to do in life, and I wasn't very positive about the outcome. But after working at Be Priceless, I've learned so much. I feel that Be Priceless really changes you as a person—not only because of the people involved, but also because of what it aims to teach."



義工 Volunteers

義工的支持對於我們實現促進行為改變，並改善家庭和社區的成長、身心健康及安全的使命至關重要。有賴義工的支持，我們更有能力為社會帶來正面及長期的改變。只要同心協力，我們定能連結社區，為各位社區成員充權。你的參與確實會帶來正面的改變！

Support from volunteers is crucial in achieving our mission of fostering behavioral changes that promote growth, well-being, and safety for families and the community. Volunteers play a vital role in making a positive impact and helping us create lasting change. Together, we can empower individuals and strengthen communities. Your involvement can truly make a difference!



完整故事
Full Stories



報名表
Sign-up Form

特別鳴謝 Appreciation List

- | | |
|------------------------|---------------------------|
| Alan Ho | KK Chu |
| Alanna Jia | Korliss Ho Yan Cheung |
| Aashka Tibrewal | Kristy Tam |
| Annie Liu | Lavanya Chutke |
| Anson Leung | Liu Ying Kwan |
| Bing Yan Lu | Lo Wing Sum |
| Chan Pui Lei Shelly | Macy Chui |
| Cheuk Wing Ki Isabelle | Michelle Chow |
| Choi Hiu Ying | Mila Lai |
| Christine Cheung | Nychole Kwan |
| Chu Hoi Fung Ansel | Regina Chow |
| Chu Hoi Tung Scarlett | Rex Cheung |
| Cindy Lam (Xinyi Lin) | Shirelle Lee |
| Damien Vian Khiatani | Stephanie Lau |
| David Ho | Stephanie Wai |
| Elaine Cheung | Stephanie Yeung |
| Gordon Siu | Wong Ching Hei Geoffrey |
| Gurung Yana | Wong Yuen Ching |
| Harry SY | Xena Pierriette Del Valle |
| Hui Chi Wai | Yoki Chui |
| Jimmy Wong | Zachary Yuan |
| Judy Ho | ZhiXiao Lin |
| Justin Chan | 翟展顯 |
| Justin Fung | 劉彥彤 |
| King Mo Sen Yik Fan | 鄧綽媛 |



服務分享 Service Highlights



▲ Alan Ho, Judy Ho
(由左至右) (From left to right)



完整故事
Full Stories



Alan Ho

「我剛好在網上看見 Be Priceless 在招募協調員，我本身是做培訓工作，我希望我的小專業能夠幫助到這個慈善團體，而在 Be Priceless 我能看到自己的價值。我覺得本身的課程設計，第一內容方面很豐富，第二是非常有層次的教導，由淺到深地灌輸，小朋友就能更容易去學習和記得，以及有機會讓他們實踐他學到的東西，例如五指山呼吸法對我自己來說都有幫助。」

"I coincidentally saw Be Priceless recruiting facilitators on their website. I used to conduct professional training, so I hope my little expertise can help this NGO, and I can see my value at Be Priceless. I find the curriculum design very impressive—the content is rich and structured with a clear, step-by-step approach that makes it easy for children to learn and retain. It also provides practical opportunities for them to apply what they've learned. For instance, even I personally find the in-and-out breathing technique very helpful."

Judy Ho

「我覺得很開心，見到我們未來的主人翁通過這個課程學會怎樣去控制自己的情緒。你們的課程本身都有教導他們自己的價值，即『我是無價和無限』，小朋友自己也會明白自己是很重要的，亦有很多潛能可以發揮。我覺得這都是十分重要的，學懂尊重別人和包容，同時都要保護自己。我認為這些都是作為家長很想小朋友學懂的基本價值。我都希望我可以用自己小小的力量做協調員，幫助到 Be Priceless，幫助到小朋友，幫助到家長。每人出一點力就可以有所改變。」

"It brings me such joy to see our future leaders learn how to manage their emotions through this curriculum. Your program teaches them their self-value — the idea that 'I am priceless and limitless' — helping children understand that they are important and full of potential. I believe these lessons are vital: learning to respect and embrace others while also knowing how to protect oneself. These are the fundamental values every parent hopes their child will acquire. I truly hope to contribute my skills as a coordinator to support Be Priceless, the children, and their parents. If everyone contributes a little, we can create meaningful change."

媒體報道 Media Coverage

我們衷心感謝今年各個媒體平台提供的機會，使我們能夠分享 Be Priceless 的願景和使命。透過這些活動，社區得以感受到我們在保障兒童身心健康方面持續的承諾和正能量。這些媒體報導在提高意識和動員對我們計劃的支持方面發揮了至關重要的作用，進一步推動我們服務弱勢兒童和照顧者的使命。

We would like to express our gratitude for the opportunities provided by various media platforms this year, allowing us to share the vision and mission of Be Priceless. Through these engagements, the community has been inspired to feel our enduring commitment and positive energy in safeguarding children's physical and mental well-being. This media coverage has played a crucial role in raising awareness and mobilizing support for our initiatives, furthering our mission to serve vulnerable children and caregivers.



星島頭條
Sing Tao Daily



完整報導
Full Story



Hong Kong Global Goals Council



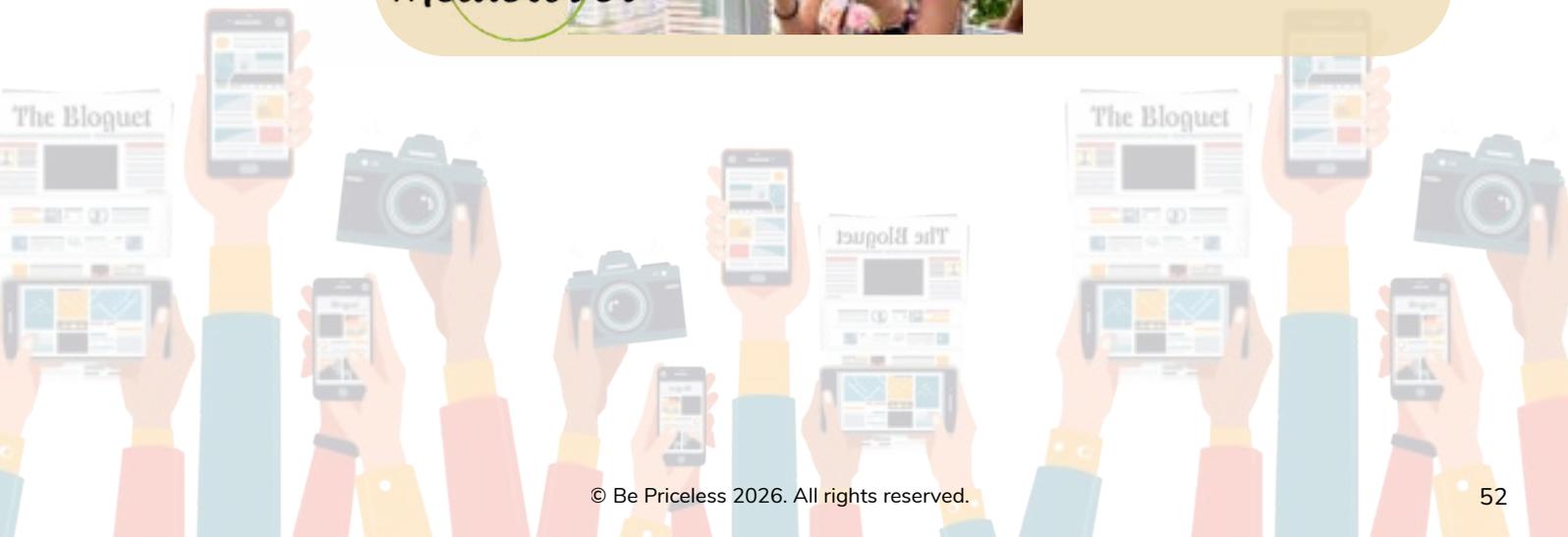
完整報導
Full Story



聊·癒 (香港中文大學醫學生服務團隊)
Mediclover (CUHK Medical students service organisation)



完整報導
Full Story





《中大校友》
CUHK Alumni Magazine



完整報導
Full Story



香港電台
RTHK



▲ 《精靈一點》“Healthpedia”



完整報導
Full Story



▲ 香江暖流 - 《埋嚟介紹返》



完整報導
Full Story



▲ 《繽紛旅程》“Colourful Journey”



完整報導
Full Story



無綫電視
TVB



▲ 《流行都市》“Big City Shop”



完整報導
Full Story



公共衛生教育 Public Health Education

我們的使命是透過各種渠道提供易於接觸且適用的公共衛生教育，促進建立一個更健康、更安全、更包容的社區。我們重視透過傳播涵蓋態度、行為和能力，及實用和有效的教育策略以促進健康公平。這些策略旨在保護兒童和弱勢社群免受暴力、精神健康問題和其他挑戰的影響，同時使他們能夠充分發揮潛力來促進自己的身心健康。

Our mission is to foster a healthier, safer, and more inclusive community by providing accessible and adaptable public health education through various channels. Our focus lies in promoting health equity by disseminating practical and effective strategies encompassing Attitude, Behavior, and Capacity (ABCs). These strategies aim to safeguard children and vulnerable individuals from violence, mental health issues, and other challenges, while empowering them to reach their full potential for well-being.

2024 年 12 月 December 2024

擔任聯合國教科文組織《世界公民與人類未來研討會2024》演講嘉賓

Guest Speaker at the UNESCO Seminar 2024: "Global Citizenship and the Futures of Humanity Seminar"

梁醫生於上述研討會分享了她參與編撰聯合國教科文組織與國際科學理事會數據委員會《制定危機時期的數據政策》工具包的經驗，並深入探討科學數據在推進聯合國永續發展目標（SDGs）中扮演的關鍵角色。她亦參與了聯合國教科文組織（UNESCO）開放科學工具箱手冊——《利用開放科學促進危機時期的數據政策制定》的出版工作。

Dr. Leung shared her contributions to the UNESCO-CODATA toolkit, Developing Data Policies for Times of Crisis, and discussed the vital role of scientific data in advancing the United Nations Sustainable Development Goals. She also acted as a working group member for the "UNESCO Open Science Toolkit instruments on 'Developing Data Policies for Times of Crisis Facilitated by Open Science'".



2025 年 2 月 February 2025

擔任《2025 香港可持續發展目標峰會》演講嘉賓

Guest Speaker at the HK SDG Summit 2025



梁醫生於峰會分享《彌合香港兒童的健康公平差距》，強調普及健康教育能有效提升弱勢兒童的健康福祉，促進社會整體的健康公平。

At the summit, Dr. Leung presented "Bridging the Health Equity Gap in Children in Hong Kong," highlighting how health education can effectively enhance the well-being of underprivileged children and promote overall health equity in society.

2025 年 4 月 April 2025
與青躍合作舉辦育兒工作坊

Hosted parenting workshop in collaboration with Teen's Key Hong Kong



我們與青躍合作，舉辦專為母親而設的支援工作坊。在工作坊中，梁醫生分享了共鳴溝通和促進親子關係的技巧，讓她們能夠好好照顧自己，繼而支持孩子的健康成長。

In partnership with Teen's Key, we delivered a workshop dedicated to empowering mothers through relational health. Dr. Leung provided expert insights into empathetic communication, highlighting that caregiver self-care is the foundation for supporting a child's long-term health and growth.

2025 年 7 月 July 2025

於香港保護兒童會「守護兒童身心成長」多專業合作研討會分享

Speaker at the HKSPC "Safeguarding Children's Physical and Mental Development"
Multi-disciplinary Collaboration Seminar

在研討會中，梁醫生深入探討了促進兒童身心健康與堅韌的策略，讓業界同工能在專業服務中全方位關顧兒童的成長需要。

Dr. Leung offered an in-depth exploration of strategies to promote children's physical and mental well-being and resilience in the seminar. Her insights aimed to empower fellow professionals to provide holistic care for children's developmental needs within their professional practice.



2025 年 11 月 November 2025

擔任元朗區幼稚園校長會周年大會主講嘉賓

Keynote Speaker at the Yuen Long Kindergarten Principals' Association Annual Conference



梁醫生擔任大會主講嘉賓，以《健康家庭與孩子教育》為主題，向照顧者及教育工作者分享如何透過教育來促進家庭成員的健康。

Dr. Leung is honored to serve as the keynote speaker for the conference. In her presentation, "Healthy Families and Children's Education", she shared insights with caregivers and educators on how to promote family well-being through education.

2025 年 11 月 November 2025

為靈實醫院管理人員提供關懷系統訓練

Compassionate systems training for managers at the Haven of Hope Hospital

在靈實醫院舉辦的《Compassionate Systems Change：心理健康與危機應對》講座中，梁醫生分享了醫療系統領導者應如何培養並運用「系統思考」來應對危機。

During a session at Haven of Hope Hospital, Dr. Leung explored the theme of "Compassionate Systems Change for Mental Health and Crisis Preparedness", illustrating how leadership within the medical system can leverage systems thinking for effective crisis management.



2025 年 12 月 December 2025

與香港大學醫學生分享如何建立醫者韌性

Sharing on "Building Resilience as a Doctor" with HKU MBBS students



梁醫生獲邀到訪香港大學，透過互動練習與深度討論，引導醫學生探索並建立作為醫生的心理韌性，為未來的醫療生涯奠定心理素質基礎。

Dr. Leung was invited to The University of Hong Kong to facilitate interactive exercises and in-depth discussions, guiding medical students in exploring and building professional resilience to lay a strong psychological foundation for their future medical careers.

2025 年 12 月 December 2025

於家庭暴力地區聯絡小組作服務分享

Service introduction at the District Liaison Group on Family Violence

在沙田區家庭暴力地區聯絡小組會議上，梁醫生應社會福利署保護家庭兒童服務課（沙田）的邀請，向多位負責兒童保護的專業代表分享 Be Priceless 的工作如何有效保護兒童，降低孩子面對暴力的風險。

At the Sha Tin District Liaison Group on Family Violence meeting, Dr. Leung was invited by the Family and Child Protective Services Unit (Sha Tin) of Social Welfare Department to share with various child protection professionals how the work of Be Priceless effectively protects children and reduces their risk of encountering violence.



2025 年 12 月 December 2025

於大埔火災後啟動創傷知情的災後復原支援

Launched the trauma-informed disaster recovery support after the Tai Po fire

在社區面臨重大危機後，我們隨即啟動「創傷後支援計劃」，串聯跨界別機構建立支援網絡。透過舉辦專題工作坊、心理分享會及發佈身心修復工具包，我們為受影響人士提供分層支援，協助其平復情緒衝擊並重建心理韌性。

In response to the major community crisis, we immediately launched a 'Post-Trauma Support Campaign,' coordinating a cross-sector network to provide comprehensive assistance. Through specialized workshops, psychological sharing sessions, and the release of wellness recovery toolkits, we offer tiered support to help those affected stabilize their emotions and rebuild psychological resilience.

「擁抱自己，分享力量」工作坊 "Embrace Yourself, Share Your Strength" Workshop



我們與所有受火災影響的人們同行。自事件發生後的頭幾天起，我們便開始舉辦具科學實證的災後復原環節，旨在陪伴大家療癒身心，並降低長期創傷的風險。

Standing in solidarity with the people affected by the fire, since the first few days of the event, we began facilitating evidence-based disaster recovery sessions to support healing and mitigating the risks of long-term trauma.

與聖約翰救傷隊合作舉辦《從心出發的身心健康修復之旅》分享會

Co-organized a sharing session in collaboration with St. John Ambulance

梁醫生主持了一場危機復原工作坊，引導參與者進行修復練習，協助他們重建安全感，關注身心靈與社交健康，並強化社區連結。

Dr. Leung facilitated a crisis recovery workshop that guided participants in restorative practices, rebuilding a sense of safety, care for mental-physical-social health, and community connection.



推出身心社健康修復練習工具包

Launched the Mind, Body, and Relational Recovery Toolkit

為支援社群應對重大危機後的創傷，我們推出了以上工具包，透過專業練習協助兒童及照顧者安定神經系統並接納情緒。我們致力引導受影響成員在身體、心理與關係中重建安全感，以支持與陪伴，守護每段恢復之路。

To support community recovery after major crises, we launched a holistic toolkit featuring evidence-based exercises to help children and caregivers regulate their nervous systems and process emotions. We are dedicated to helping members rebuild safety across physical, psychological, and social dimensions, providing professional support and companionship essential for every journey toward healing.



研究報告 Research Report



我們的研究報告於 **Frontiers in Public Health** 發表了！
 Our research report has been published in **Frontiers in Public Health**!

在 2025 年，我們很榮幸於 **Frontiers in Public Health** 發表了一篇期刊論文，當中詳述了小種子健康行為教育對於兒童的影響力。這項研究基於 2021 年至 2024 年間收集自 526 名兒童的數據，提供了強而有力的證據，證明小種子課程能顯著提升兒童的身心健康與安全。

In 2025, we were proud to publish a peer-reviewed journal article in **Frontiers in Public Health** detailing the transformative impact of our SEED Health Behavioral Education. Drawing on data from 526 children collected between 2021 and 2024, our research provides robust evidence that the SEED program significantly improves children's well-being and safety.

研究方法 Approach

對象 Target	526 位 6-17歲兒童 526 children aged 6-17
有特殊教育需要兒童 Children with SEN	24%

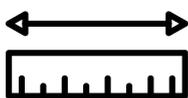


研究對象
Participant

族裔 Ethnicity	%	族裔 Ethnicity	%
華裔 Chinese	79%	印尼裔 Indonesian	1%
巴基斯坦裔 Pakistani	12%	菲律賓裔 Filipino	1%
印度裔 Indian	3%	馬來西亞裔 Malaysian	1%
尼泊爾裔 Nepalese	2%	其他 Others	1%



量度工具
Tools

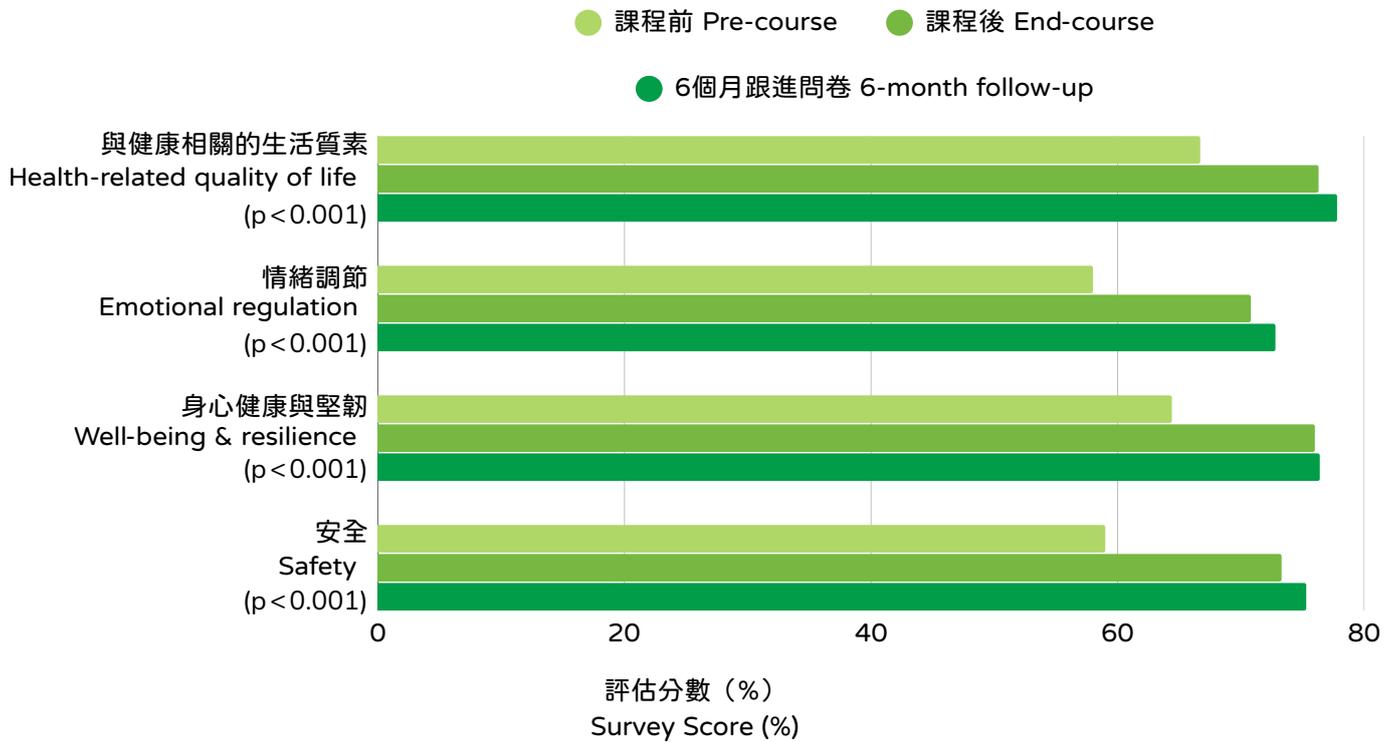


量度指標
Measures

與健康相關的生活質素 Health-related quality of life	身心健康與堅韌 Well-being & resilience
情緒調節 Emotional regulation	安全 Safety

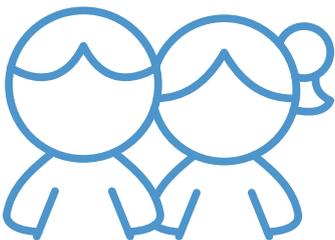
結果 Results

在參與課程後，全部四項成效指標都有顯著提升，且這些正面轉變在六個月後依然維持。
All four measures showed significant improvements after intervention which persisted for 6 months.



在這四項評估指標中，我們觀察到以下組別的兒童成長最為顯著。這證明了小種子課程是推動健康公平的強大工具，確保每一位兒童，不論其背景或需求，都能獲得所需的支援，感到安全與健康。

In all four outcome measures, we observed the most significant growth among children in the following groups. This demonstrates that the SEED Course is a powerful tool for health equity, ensuring that every child—regardless of their background or needs—has the support they need to feel safe and well.



年紀較小
Younger age



特殊教育需要
SEN



多元族裔
Ethnically diverse

小種子課程有助提升兒童身心健康和安全，
同時促進香港的健康公平和共融。

SEED improves children's well-being and safety,
while promoting health equity and inclusivity in Hong Kong.



掃描 QR Code 閱讀完整研究報告
Scan the QR code to read the full study

現況分析 Situational Analysis

自 2021 年起，小種子課程匯聚跨界智慧——包括多元族裔群體、外籍家庭傭工及照顧者——共同為兒童編織出社區的安全網。透過持續舉辦焦點小組，我們確保課程能與時俱進，滿足香港青少年在心理及社交方面的真實需求。2025 年，我們進一步深化這項承諾，將研究對象擴展至有特殊教育需要的家庭。透過聆聽他們的親身經歷，我們將獨到的見解融入最新的課程內容中，為兒童及其照顧者提供專門支援，幫助他們共同成長，共創美好未來。

Since 2021, the SEED Course has been a living curriculum, shaped by the "collective wisdom" of diverse stakeholders — including ethnically diverse groups, domestic workers, and care service providers. These continuous focus groups ensure our program evolves to meet the real-world mental and social needs of Hong Kong's youth. In 2025, we deepened this commitment by expanding our research to families with SEN. By listening to their lived experiences, we have integrated unique insights into our latest course content, providing specialized support for both children with SEN and their caregivers to help them flourish together.

研究方法 Approach



研究對象
Participant

參加者身份 Participant identity	比例 Proportion
照顧者 Caregivers	79%
兒童 Children	12%
照顧服務提供者 Care service providers	3%



訪談組別
Focus groups

外籍家庭傭工
Migrant domestic workers

多元族裔照顧者與兒童
Ethnically diverse
caregivers & children

尋求庇護的照顧者與兒童
Asylum seeker
caregivers & children

華裔照顧者與兒童
Chinese caregivers & children

難民照顧者與兒童
Refugee caregivers & children

有特殊教育需要的兒童及其照顧者
(2025 年新增)
Children with SEN & their caregivers
(NEW in 2025)

訪談節錄

Interview excerpts

由於研究仍處於深入調查與數據分析階段，完整版的現況分析報告將於稍後正式發佈。為了讓社會各界先行了解受訪家庭的真實心聲，以下特別摘錄了 2025 年焦點小組訪談中的部分關鍵對話，旨在呈現特殊教育需要家庭在現行制度下所面臨的即時挑戰與訴求。

As the study is currently in the stages of in-depth investigation and rigorous data analysis, the full version of the Situational Analysis will be officially released at a later date. To provide stakeholders and the public with an early understanding of the authentic voices of the participating families, we have specially curated the following excerpts of key dialogues from the 2025 focus group interviews. These highlights aim to illustrate the immediate challenges and pressing demands faced by families with SEN within the current systemic framework.

研究結果 Findings	照顧者面談 Caregivers' interview	兒童面談 Children's interview
<p>有特殊學習需要的學生面臨巨大的同儕壓力或社交操弄</p> <p>Students with SEN face great peer pressure or manipulation</p>	<p>「其他同學會話：『如果你唔咁樣做，我就唔同你做朋友喇。』班同學會識得捉住佢最緊張個樣嘢，嚟要脅佢去做一啲事。」</p> <p>"Other classmates will say... 'If you don't do this, I won't be your friend anymore.' They know how to seize on the things he cares about most to pressure him into doing what they want."</p>	<p>「但我……但我都係會照做。如果我拒絕人哋迫我做嘅嘢，佢哋可能真係會報復我。」</p> <p>"But I... I still do it. If I refuse to do what they're forcing me to do, they might actually retaliate."</p>
<p>有特殊學習需要的學生面臨人身安全風險</p> <p>Students with SEN face physical safety risks</p>	<p>「過馬路嗰陣，安唔安全已經顧唔到咁多……好多時啲小朋友周圍跑，隔離啲人就會問：『呢個係邊個家長嘅小朋友？』而好多時，呢啲都係 SEN 嘅小朋友。」</p> <p>"When crossing the road, you're already past the point of being able to handle whether it's safe or not... many times the children are just running around, and others will ask, 'Whose child is this?' More often than not, it's an SEN child."</p>	<p>「（即係你朋友覺得好容易跌親，係咪呀？）或者係滑倒。（佢通常幾時會突然跌親？）俾舊石頭絆親。」</p> <p>"(So your friend thinks they fall down very easily, right?) Or maybe they slip. (When do they suddenly fall?) They get tripped up by a stone."</p>
<p>有特殊學習需要的學生更傾向於透過感官遊戲來學習</p> <p>Students with SEN prefers sensational games to learn</p>	<p>「我以前帶過小朋友去一個中心……佢哋會畀個熒幕小朋友睇，嗰 ABCD 入面揀一個答案。跟住小朋友就要拍掣，個掣仲會有閃燈提示你拍 A 定拍 B，好似玩遊戲咁幾好玩。拍完之後，小朋友仲會有嘢食做獎勵。」</p> <p>"I once took my child to a center... they gave the kid a screen and had them choose an answer from A, B, C, or D. Then the child would hit a button—the buttons even had flashing lights to prompt them to hit A or B. It was quite fun, right? And after they finished, the child would get some food as a reward."</p>	<p>「（如果玩一啲要有身體動作嘅遊戲，佢哋想唔想玩？譬如『1, 2, 3 紅綠燈』呢類鍾唔鍾意玩？）可以呀，想玩。」</p> <p>"(If we play games involving physical movement, would they want to join? For example, do they like playing '123 Red Light, Green Light?') Yes, they do."</p>

兒童身心社健康成績表

Community Score Card for Children's Health

自 2021 年起，我們與不同背景的社群成員合作，共同研發了這份「兒童身心社健康成績表」。透過在五年間諮詢 183 名兒童及 133 位照顧者，我們確立了 10 項核心主題——其中包括風險意識與情緒調節——讓我們從使用者的視角定義了何謂「身心健康」與「安全」。研究結果讓我們整理出一份雙語問卷，為學校及社福機構提供了一個衡量全面健康的本地框架，讓他們能以兒童為本的視角，評估兒童與青少年的成長與發展。

Since 2021, we have collaborated with diverse community members to develop a "Community Score Card for Children's Health". By diversely consulting 183 children and 133 caregivers across Hong Kong over 5 years, we identified 10 core themes, including risk awareness and emotional regulation that define well-being and safety from the users' perspective. The resulting bilingual survey provides HK localized metrics for comprehensive health that schools and NGOs can use to assess a young person's progress through a truly child-centered lens.

研究方法 Approach



研究對象
Participant

參加者身份 Participant identity	人數 Count
照顧者 Caregivers	133
6-17歲兒童 Children aged 6-17	183



研究方式
Methods



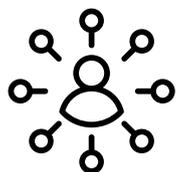
參與者建議指標
Participants suggest indicators



投票選出最佳指標
Vote for the best indicator



分析數據，
整合不同組別的最佳指標
Analyze and synthesize best indicators across groups



焦點領域
Domains

身心健康
Well-being

安全
Safety

個人成長
Personal Growth

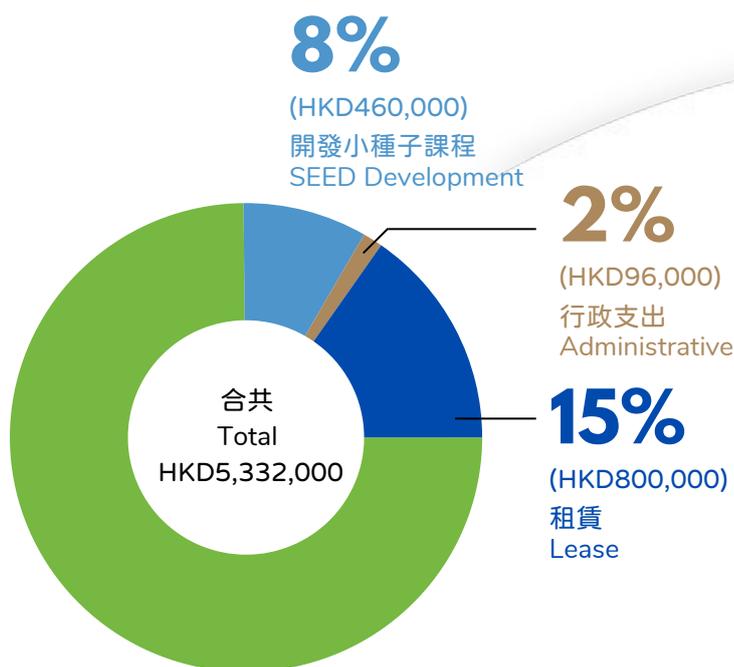
完整的「兒童身心社健康成績表」將會在短期內公開發佈。
我們鼓勵學校和機構使用這份「兒童身心社健康成績表」，
來了解孩子在身心健康、安全及個人成長方面的發展！

The complete "Community Score Card for Children's Health" will be released to the public shortly.
School and organizations are advised to use the "Community Score Card for Children's Health"
to measure a child's well-being, safety, and personal growth!

財政概覽 Financial Overview

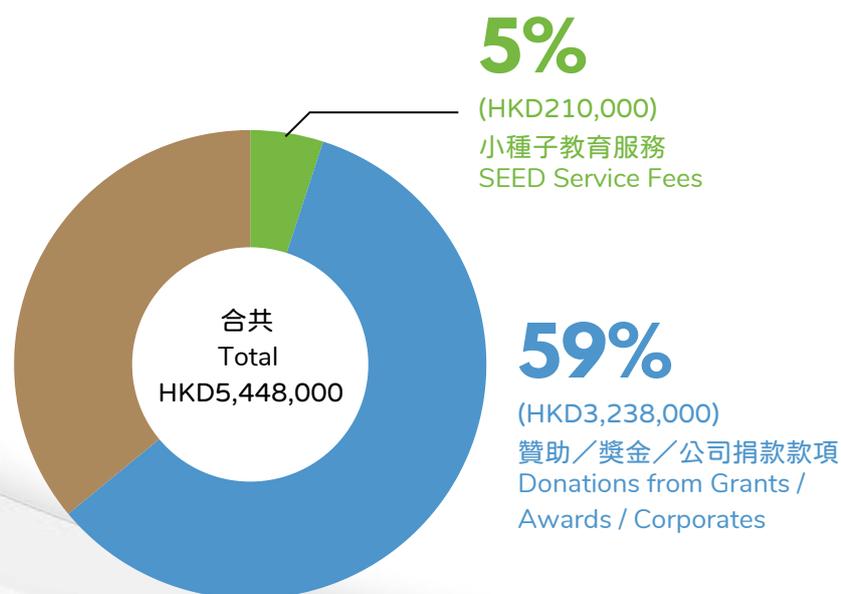
2025 年度支出 Expenses in 2025

75%
(HKD3,976,000)
小種子教育服務支出
SEED Educational Service



2025年度收入 Revenue in 2025

36%
(HKD2,000,000)
董事捐款
Directors' Donations



資金：成效 (01/2025 至 12/2025)

Recourses : Impact (01/2025 to 12/2025)

小種子課程及工作坊總參與人數 Number of participants of SEED Courses and Workshops	2,493
每個參加者平均每個小時培訓所需成本 Cost per participant per hour of training	HKD472

發展計劃 Action Plan

在2035年，Be Priceless 將會為 50,000 名兒童及照顧者提供服務
By 2035, Be Priceless will empower 50,000 children and caregivers

01.

促進健康與成長：雙重賦權予兒童與照顧者

Promoting Health and Growth: Empowering Children and Caregivers



80% 兒童和 60% 照顧者有更好的健康及健康行為；此外，課程畢業生在健康及健康行為上的改善成效能持續 3 年以上

- 個人成長
- 身心健康
- 安全
- 同行關係

80% of children and 60% of caregivers have better health & health behavior, sustaining health and health behavioral improvements of course graduates for 3+ years

- personal growth
- well-being
- safety
- relationships



02.

推動健康公平：聚焦弱勢社群的參與

Advancing Health Equity: Reaching Underserved Communities



為增強健康公平，70% 參與者來自弱勢社群

在香港，小種子教育將會服務：
每 9 個多元族裔兒童中的 1 個兒童
每 13 個有特殊學習需要的兒童中的 1 個兒童
每 27 個生活在貧窮中的兒童的 1 個兒童

70% participants are from high risk groups to promote health equity

Across Hong Kong, SEED will empower:
1 in 9 ethnically diverse children
1 in 13 children with SEN
1 in 27 children living in poverty



03.

建立安全意識：提升風險準備能力

Building Disaster Risk Preparedness



70% 小種子畢業生擁有更高的風險意識及準備，包括使用安全計劃

70% SEED graduates have increased multi-hazard risk awareness and preparedness, including using a safety plan



04.

擴大社區影響：合作、參與與產業應用

Expanding Community Impact: Collaboration, Engagement, and Industry Innovation



- 150 個非牟利機構及學校的合作伙伴
- 50 個義工大使
- 50% 以上的小種子畢業生服務社區
- 6 個或以上的產業應用小種子教育

- 150 school and non-profit partners
- 50 ambassadors
- ≥ 50% SEED graduates serve the community
- ≥ 6 sectors apply SEED for systems change



我們的贊助伙伴 Our Funding Partners

感謝所有贊助伙伴的支持，讓我們能透過小種子教育接觸更多兒童和照顧者。這份支持不只是資源上的幫助，更是在社區中種下希望的種子。我們一起幫助兒童培養健康習慣與安全意識，也讓照顧者獲得所需的知識與力量，共同在社區中茁壯成長，建立更關懷與互助的環境。

We are deeply grateful for our funding partners' support. Together, we empowered even more children and caregivers through SEED Education. This support goes beyond resources — it plants seeds of hope in the community. Together, we're helping children build healthy habits and safety awareness, while empowering caregivers to grow alongside them. It's about creating a caring, thriving community for all.

排名不分先後 in no particular order

Rusy and Purviz Shroff
Charitable Foundation





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Your PRICELESS gift for children to be well and safe

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100% of your donation is used to provide SEED Education to vulnerable children and families



PayMe



ID: support@bepriceless.org



FPS



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Bank Transfer

滙豐銀行轉賬：
741-129373-838

HSBC bank transfer:
741-129373-838

如欲申請收據，請到以下網址填寫申請表格。

To request a receipt, please fill out the application form at the following website.

www.bepriceless.org/donate

Be Priceless 是按本港稅務條例第88條獲豁免繳稅之慈善團體 — 檔案號碼 91/16752
Be Priceless is a charitable institution in Hong Kong since 2021 (IR File No.: 91/16752)



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