

EMPOWERING CHILDREN TO MAKE SAFE AND HEALTHY CHOICES!



WHO WE ARE

Life Education Activity Programme (LEAP) was established in 1994 as a registered charity in Hong Kong. Our mission is to help prevent substance abuse by providing internationally recognized health-based drug prevention programmes to kindergarten, primary, secondary and special needs students. We also offer a parent programme to empower parents to nurture a healthy and drug-free family. We work closely with schools, teachers, parents, and other organisations to raise community awareness on the importance of establishing a healthy and drug-free lifestyle.



APPRECIATE YOUR BODY

Children should be taught the magnificence of the human body and be motivated to take care of it by living a healthy, drug-free lifestyle.

BE INFORMED

By equipping children with health and drug knowledge, we empower them to make healthy and informed life choices.

OUR GUIDING PRINCIPLES

SHOW RESPECT

The importance of respect and empathy must be reinforced so children can develop and maintain positive and respectful relationships with others.

CELEBRATE UNIQUENESS

We believe that every child is unique, and our goal is to help them appreciate the uniqueness of themselves and of others.

WHAT TEACHERS SAY

"The content is age appropriate and the mode of delivery is interactive and reaches all types of learners."

American International School

"Good balance of student listening, contribution, interaction and group work to enhance their engagement and learning."

Beacon Hill School

"It helps raise awareness of the negative effects of smoking through a wide range of engaging activities."

ELCHK Lutheran Academy

"Excellent behaviour management. Passionate and engaging. Brilliant rapport with the children"

Kellett School

"It consolidates our current unit on body systems and our personal, social and physical education (PSPE)."

Japanese International School

"It gives them skills to be an upstander and educates them about safe use of medicine."

SWCS YMCA HK Christian School



LEAP IS ENDORSED BY:

The Education Bureau
The Narcotics Division of the Security Bureau
The Tobacco and Alcohol Control Office of the Department of Health



INTERACTIVE
LEAP lessons are filled with interactive and hands-on activities, role-plays, discussions and games



SPECIALLY TRAINED EDUCATORS
LEAP educators are professionally trained to deliver programme knowledge and build rapport in a safe learning environment



TECHNOLOGY
LEAP classrooms are equipped with Augmented Reality (AR) and Kinect technologies

FINDINGS

Over 99% of teachers who attended the LEAP programme agreed that the programme strengthened students' knowledge, skills and helped them to establish a healthy lifestyle

FOLLOW-UP RESOURCES

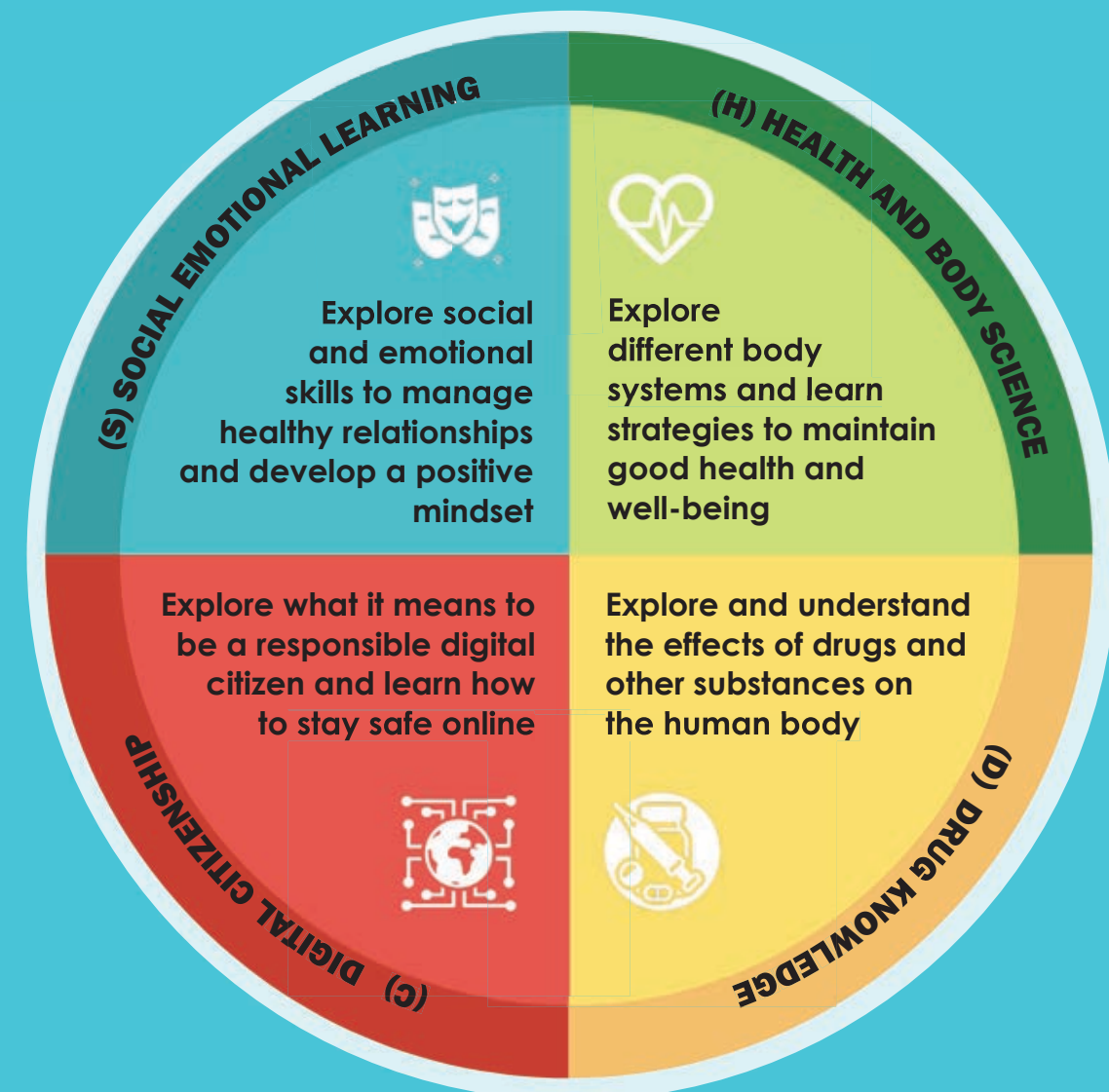
Each student receives a booklet for conducting follow-up work to reinforce health messages



STUDENT CENTRED
LEAP's age appropriate programmes are highly student focused with student centred themes



PROGRAMME STRANDS



Examples of topics covered across our programmes:

H	D	C	S
Body systems (e.g. digestive, circulatory, nervous, respiratory)	Medicine safety	Online privacy	Friendships
	Medical and non-medical drug differences	Photo sharing	Bullying
Nutrition	Tobacco, alcohol and illicit drugs	Social networking	Peer pressure and Refusal skills
Balanced diet		Internet overuse	
Personal hygiene		Reliability	Stress management and Resilience skills
	Physical, social and emotional consequences of drug use	Cyberbullying	
		Viruses and scams	Positive self-talk and Body image

CORE PROGRAMME

CORE PROGRAMME AGES 3 TO 5 (45 MINS)



H

TREEHOUSE PLAYDATE

Harold leads students on a playdate to discover the importance of physical activity, hand-washing and dental hygiene. Students are also given an introduction to proper cleaning tools.



H

CHIMP'S PARTY

Harold brings out his magic photo album to help students learn about growth, the role of the brain and the five senses. Students are also invited to Chimp's birthday party where they explore the importance of a balanced diet.

CORE PROGRAMME AGES 5 TO 8 (1 HR)



H D S

HEALTHY HEROES

Students join Harold and his superhero friends on their missions to explore elements of healthy living, pollution, body parts, and qualities of a good friend. Students find out how friends can care for and support each other.



H D S

HEAD START

Students learn to make informed decisions by helping Dr. Wacko and his assistants explore common drugs and its effects on the nervous system. Help the assistants solve a bullying conflict by learning how to be an upstander.



H D

NUTRITION IGNITION

Embark on a journey to the planet Cheesatron. Students learn about a balanced diet and strategies to choose healthy snacks. Harold and alien Zelda will take students on a tour to explore the digestive system to discover how food is processed.



H D S

TOBACCO TRUTHS

Students join Chase to investigate the issue of smoking, including a detailed look at the respiratory system, cigarette ingredients as well as social consequences of smoking. Help Chase deal with peer pressure and practise refusal skills.



H D S

BODY SYSTEMS GO

Agent Jack recruits the students on a health mission to learn the skills and strategies required to build healthy relationships, as well as to discover the function of the circulatory system, and myths about drugs and medicines.



H D S

VOICE MY CHOICE

Students learn all about stress and explore positive coping strategies to build resilience. Students will also take a closer look at the physical and social consequences of using alcohol and other illicit drugs.

HOW DOES IT WORK?

Our CORE PROGRAMME can be offered in one of the following venues. All of our classrooms are equipped with cutting-edge Augmented Reality (AR) and Kinect teaching technologies.

Pop Up Classroom

Portable teaching equipment is set up in school classrooms to create an exciting and unique learning environment to simulate the LEC experience. It is suitable for schools that cannot accommodate the mobile classroom.

Mobile Classroom (LEC)

Our mobile classrooms can be towed and parked at the school for a minimum of 3 days or roughly nine Core Programme classes (maximum capacity of around 30 persons per class).

Static Centre

Located at the LEAP office at Lai Yiu Estate, Kwai Chung, the Static Centre is a more spacious version of the LEC. Equipped with the same facilities, it is suitable for schools that cannot accommodate the mobile classroom.

FITTING IN

IB Primary Years Programme (PYP)

- Science and Personal, Social and Physical Education (PSPE)
- Units of Inquiry (e.g. Who We Are, How the World Works)
- IB Learner Profile, Approaches to Learning (ATL), and Attitudes

English National Curriculum

- Personal, Social, Health and Economic (PSHE) Education
- Science and Computing

International Primary Curriculum (IPC)

- Science, Physical Education, Society and Computing
- Personal Goals: Resilience, Communication, Respect

Hong Kong Local Curriculum

- Science and General Studies
- Moral and Civic Education

American Curriculum

- CDC National Health Education Standards (NHES)
- Next Generation Science Standards (NGSS)

Australian Curriculum

- Personal Development, Health and Physical Education (PDHPE)

Canadian Curriculum

- Health & Life Skills (Wellness Choices)

EXTENSION PROGRAMME



CYBER SAFE C

Learn to evaluate the reliability of the information online, potential risks in photo sharing and social networking, as well as the dangers of meeting online friends.



CYBER SMART C

Explore the consequences of internet overuse, the dangers of internet scams and investigate different types of cyberbullying — its definition, consequences and strategies to help the victim.



POSITIVE ME C S

Explore factors that influence body image (i.e. media, advertisements, family and friends). Empower students to discover their positive attributes and appreciate their inner qualities to promote a healthy self image.

PROGRAMME DETAILS

Target: ages 8 to 11

Duration: 1 hour

Venue: school classrooms

Note:
The Extension Programme does not require the use of AR and Kinect teaching technologies.