



2021
2022
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ANNUAL REPORT

TEEN'S KEY HONG KONG

青躍 - 青少年發展網絡年度報告





Teen's Key Hong Kong is the first recognized young women-led frontline charity committed to helping young women who encounter sexual health crises and problems, including young female sex workers, pregnant teens and young moms – no matter their situation or circumstance – gain access to the information, services, and support they need.

At Teen's Key, we strive to provide a safe space where young women can realize their potential and where they can find keys of their future.

Teen's Key Hong Kong has established since 2011, registered as Hong Kong IRD s88 charitable institution in 2016 (IRD file No.: 91/14605). Teen's Key Hong Kong is a member of the Hong Kong Council of Social Services.

EMPOWER YOUNG WOMEN UNLOCK NEW BEGINNINGS

青躍是香港首間以年輕女性為本的前線慈善機構，致力支援於「性與生育健康及權利」遇上危機及問題的年輕女性及青少女。服務對象包括於性行業內工作、意外懷孕青少女及年輕媽媽。青躍致力於社區上推動全面正向性教育、建立非批判安全空間；提供一站式危機介入、性健康檢查、24/7 熱線、充權工作坊與輔導服務，幫助年輕女性重新探索自我價值，建立人生新一頁。

「青躍 – 青少女發展網絡」於 2011 年正式成立，2016 年註冊成為香港《稅務條例》第 88 條認可的慈善機構(IRD FILE NO.: 91/14605)，亦是香港社會服務聯會的會員機構。

**與年輕女性預防危機 關注性與生育健康
重新探索自我價值 實踐理想**

Teen's Key Frontline Outreach
Regular Nightclub Visits
青躍前線外展隊定期到訪夜總會



Our Journey Together

Message from Bowie Lam
Founder, Executive Director
總幹事林寶儀女士的話

Looking at the past year, Teen's Key and the whole of Hong Kong remained severely challenged by the 2019 Coronavirus epidemic. Even though the epidemic continues to rage, we did not lose sight of our mission. We continued to provide aid to the most vulnerable groups of young women in Hong Kong. In addition, we promoted sexuality and gender education to reach as many young people as possible, preventing future crises.

21/22 is a very special year for Teen's Key. Thanks again to Mr. Tim and Grace Freshwater for their strong support, so that we can open the first Teen's Key - Young Women Development Service Hub in Jordan. The safe space to provide appropriate assistance to young women in need.

綜觀過去一年，青躍和整個香港持續受到2019 新冠肺炎疫情帶來的嚴重挑戰。我們在疫情中堅持信念，為香港遇上嚴峻困難的弱勢年輕女性及青少年提供幫助。青躍亦努力不懈地接觸更多年青人，務求向他們推廣性及性別教育，及早預防危機發生。

21/22 年度對青躍而言是非常特別的一年。再次感謝 Mr. Tim and Grace Freshwater 的大力支持，讓青躍在佐敦區能開設第一個青少年發展網絡服務中心為有需要的年輕女性群體提供適切協助。



In summary, we experienced three major challenges over the past year.

總括而言，青躍在過去一年經歷
三大學習與挑戰：

1

Provide emergency support to young women during the peak of the pandemic and maintain services under manpower shortages.

在疫情高峰期為青躍女生提供緊急支援、在人手短缺情況下維持服務。

2

Support services for unplanned pregnancies are in high demand.

在疫情下意外懷孕支援服務的需求大幅增加。

3

The recession has put more young women & girls in uncertain circumstances.

經濟衰退令更多青少女的生活陷入更嚴峻的困境。



I'm proud of Teen's Key. During the fifth wave of the pandemic, we were able to distribute pandemic kits to more than 200 needy young women, their newborns and families. I wanted to thank the support from all the kind-hearted donors and volunteers so we could provide timely services under limited manpower.

Hong Kong's economy has been severely hit, especially for a group of teenagers with limited job opportunities. Here, I would like to thank all the donors, so that Teen's Key can provide emergency financial assistance in the most difficult cases. This will help them tide over the difficulties.

In addition, to maintain a balance between protecting the health safety among young women users and staff, we developed a series of online broadcasts, group activities.

我為青躍的團隊感到非常驕傲，能為二百多位有需要的年輕女性及其初生嬰兒、家庭派發防疫物資。在此亦要感謝捐助物資的善心人及義工們，讓我們可以在人手短缺期間大力協助。

疫情下，經濟受到嚴重影響，特別是一班基層的青少女，她們的工作機會大大減少。在此要特別感謝各位捐款者，讓青躍能提供緊急經濟援助給最有困難的個案，協助她們渡過難關。

同時，我們亦發揮創意，在疫情最嚴重期間增加網上互動廣播、小組活動等，希望在保障青少女及同事安全之餘，仍能維持服務。

從急升的活動報名人數及參與率中發現，因為「線上互動活動」更能保障服務使用者私隱及身份，所以更能吸引部分邊緣青少女參與其中。我們亦學習到「在家工作模式」有助團隊保持彈性，能更有效面對突發情況，同時亦能節省資源。因此，我們在疫情稍為緩和後仍維持部分同事在家工作，讓同事為工作及身體情況自行安排。



The better privacy protection offered by online activities has also made online activities more appealing to marginalized young women. During and even after the outbreak eased, we allowed staff to work from home. It helps the team to maintain flexibility and to cope with emergencies effectively.

Teen's Key strives to provide services to Hong Kong's most vulnerable girls despite the difficulties.

Teenage girls with unplanned pregnancies had a challenging time accessing services and our hotline calls tripled up under the pandemic. By enlisting youth volunteers, Teen's Key created a comprehensive sexuality education website. We have also trained up a group of sexual health ambassador, hoping to provide correct information to young women in need, and help them obtaining medical services.

Finally, I would like to thank all the directors, colleagues, donors, volunteers, and most importantly, our young women and girls for their support. Without you, Teen's Key cannot continue to grow in this challenging environment!

縱使困難重重，青躍仍能在有限資源下發揮作用，為香港一群最有需要的青少年提供服務。

由於疫情期間意外懷孕的青少年相比以往更難獲得服務，她們無論在生理及情緒上都面對很大困擾，青躍接獲相關緊急支援求助個案更急升三倍。危機介入同時，青躍與青少年義工共同推出一個Sexuality Hub 全面性教育網站，培訓出一群青年性教育大使為有需要的青少年提供正確資訊，協助她們獲取適切的醫療服務。

最後，要再次感謝各位董事、同事、捐款者、義工們，更重要是我們青少年們的支持，讓青躍能繼續在充滿挑戰的環境下成長！



Vision, mission & values

| 青躍使命、理念與核心價值

Vision

We aim at creating a safe environment for all young women to actualise their full potential and to thrive. We hope that all young women, even those in crisis, can be empowered to reconnect with their dreams and aspirations.

Mission

To fill the gap with a focus on addressing young women's sexual and reproductive health, and to provide holistic treatment for young women in crisis.

願景

我們希望能夠為所有年輕女性創建一個安全舒適的環境去讓她們充分發揮潛能，實踐理想。即使處於危機中，我們希望女生也能重新自主探索自己的理想和實踐夢想。

使命

致力協助緩解香港青少年成長期間面對的問題和需要；以非牟利形式促進性別教育及性教育；促進香港的社會和諧及平等。

Values

Integrity

In every interaction with the communities we serve, we act with integrity, transparency and accountability.

Respect

Every young woman's story is unique. We honor the dignity, listen to the voices, and respect the decisions of the young women that we serve. We strive to promote gender equality with a participative, open, judgment-free enabling style.

Empowerment

We put our young women first. We work holistically to embrace changes and unleash potential among them so that they can find the keys to their future. We include them when we design services and inspire people to act with kindness, inclusion, care, and empathy.

核心價值

真誠

我們以誠實、公正、真誠的態度和具透明度的方式提供服務。

尊重

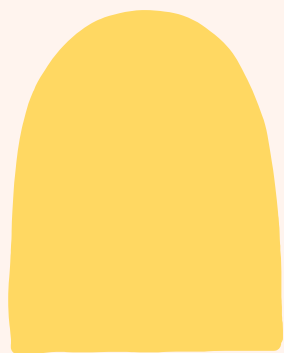
青躍認為每位年輕女性都是獨特的。我們努力聆聽及尊重她們的聲音、尊嚴和決擇，並通過主動、開放、非評判的充權方式向她們提供專業支援，推動性別平等。

充權

我們以服務使用者為先，專注發掘年輕女性的潛能、擁抱生命轉化。我們致力在設計服務時將她們包括在內，更於社區推動充權運動，鼓勵大眾一起以仁愛、包容、關懷和同理心與年輕女性同行，讓年輕女性可以充分發揮自己的潛力，並找到通往未來的鑰匙。

What we do

| 青躍三大服務範疇

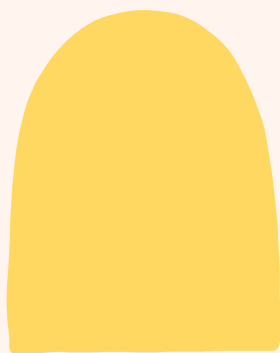


PREVENT & INTERVENE

- Outreach & Crisis intervention services
- 24/7 Emergency Helpline
- Free Anonymous STD Rapid Test
- Comprehensive Sexuality & Consent Education

預防與介入

- 外展與危機介入服務
- 24/7緊急支援熱線
- 免費匿名性病檢查
- 全面正向性與性別教育

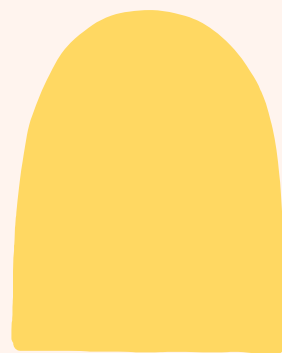


WELCOME & SUPPORT

- Young Women Development Service Hub
- Young Mothers Club
- Peer Educator Internships
- Gender-based Case Followup

全面支援服務

- 青少年發展網絡服務中心
- 年輕媽媽會
- 朋輩輔導支援
- 具性別角度個案支援及跟進



LEARN & INFLUENCE

- Teen Girls Body Movement
- Young Moms Financial Literacy Empowerment
- Education and living grants
- Life & Art Exploration Experiential Learnings

學習與啟發

- 青少年身體律動
- 年輕媽媽理財充權
- 緊急經濟支援
- 職涯及藝術探索

Teen's Key "I'M OKAY?" exhibition
& girls' story sharing sessions

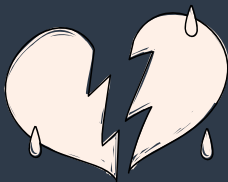
青躍 "I'M OKAY" 藝術展
及青躍女生成長個案及故事分享會



Challenges encountered by young women

| 青躍受助年輕女性背景

Limited social capital & family support, poverty on relationship
缺乏社會資本、家庭支援



Financial desperation & debts inherited by family
基層背景
經濟拮据, 家庭負債



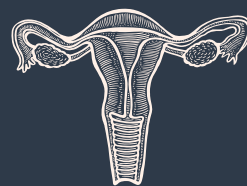
Social stigma, under mental & emotional distress
於社會污名下
心理精神困擾



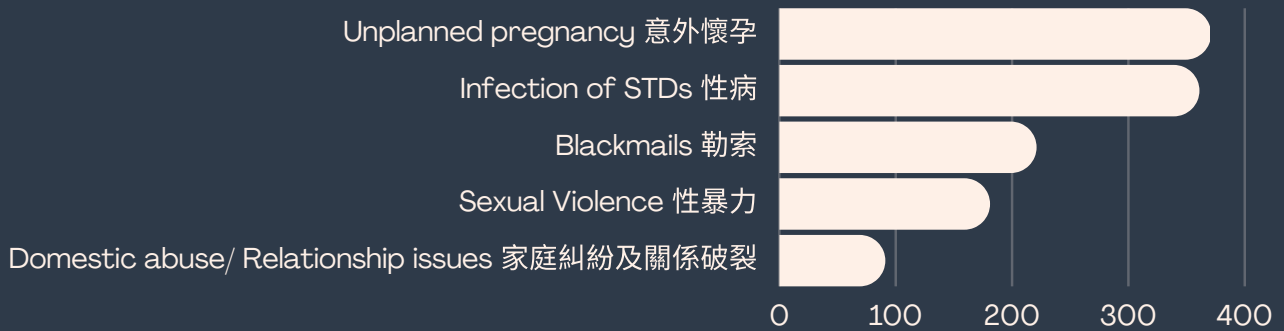
Gender inequality and gender stereotyping in daily life
於日常生活中受到
性別不平等對待



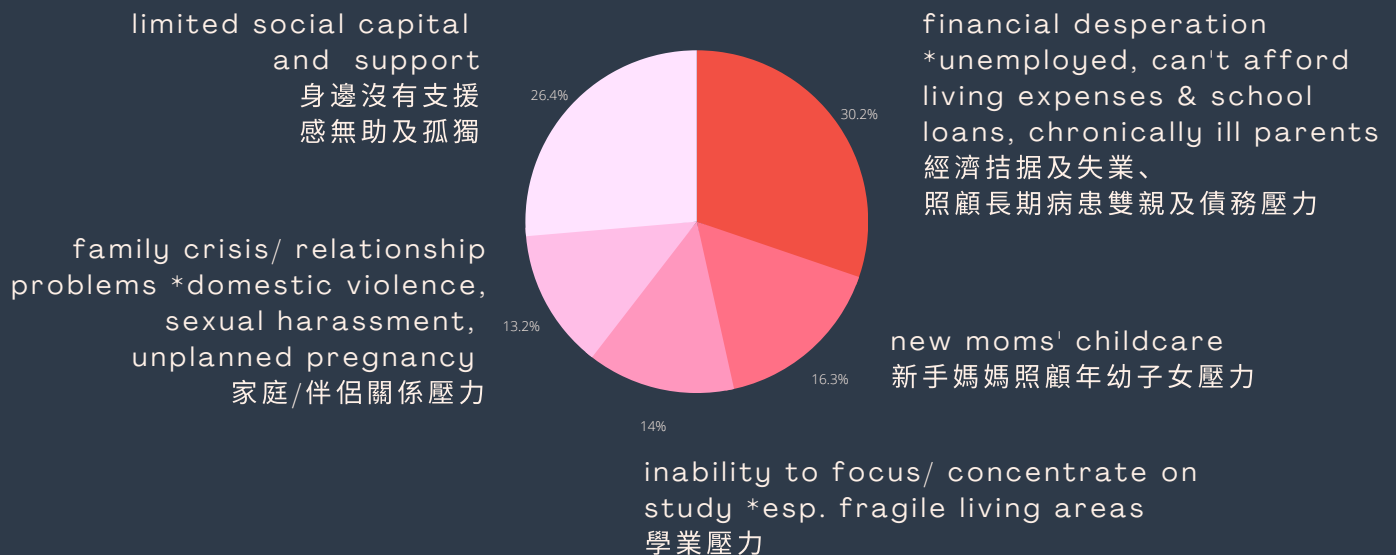
Lack of effective sexual reproductive health & right education
缺乏「性與生育健康與權利」教育



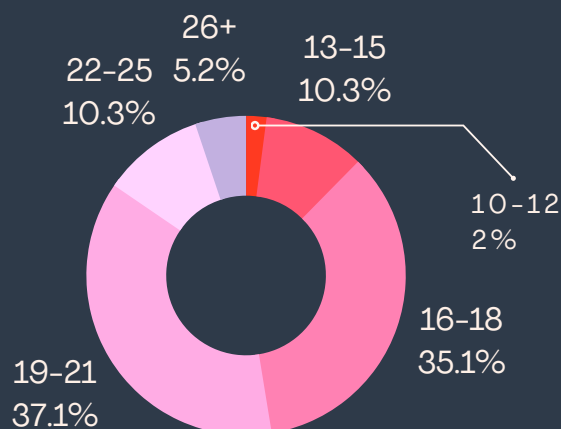
Reasons for seeking help 年輕女性求助原因



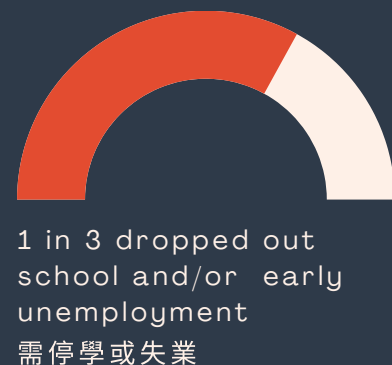
Anxiety & stress causes 年輕女性情緒壓力



Age spectrum 年輕女性求助年齡分佈



School qualification 年輕女性學歷及在職狀況





The background image shows a residential area with several buildings, some with corrugated metal roofs, and a large number of banana plants in the foreground. A tall utility pole stands in the center. The sky is overcast and grey.

Anti-pandemic Care Pack Distribution 派發青躍抗疫包

During the fifth wave pandemic, we collected many anti-epidemic items donated from warm-hearted people and corporations. Our frontline team managed distribution to 200+ young women living across 18 districts. On behalf of the young women & young mom families, we would like to thank all volunteers and donors' support!

在第五波疫情期間，青躍收集熱心人士和組織捐贈的抗疫物品。前線團隊走進18區派發物資包予200多位有需要的年輕女性。感謝所有義工和捐助者支持！

Direct services for local young women

| 服務成效

1,600

Sexual reproductive health & Gender identity enquiries via online & Sexualityhub.HK

名青少年向青躍直接查詢或於新建立的網上性與性別教育資源庫瀏覽有關性與生殖健康及性別意識問題

- Sexualityhub.hk is an online sex education platform co-created by our young sex education ambassadors, social workers and academics.
我們相信年輕人的參與是推動全面性教育的重要一環。青躍致力培訓青年性教育大使，並聯同性教育團隊合作撰寫出「SexualityHub HK」網上教育平台。
- 'Consent relationship', 'Gender-identity', 'Unplanned Pregnancy' are the most popular topics among the teen's groups.
「戀愛衝突」、「性別認同」、「意外懷孕體驗」為學生常問題目。

1,279

High-risk Cases Intervention with Free Immediate Anonymous STD testing

高危個案緊急危機介入及跟進
並提供免費即時匿名性病檢查

- Cases including unplanned pregnancy, infection of sexually transmitted diseases, blackmails, sexual violence and family financial desparation.
個案包括意外懷孕、性病、勒索、性暴力、家庭糾紛及經濟困窘。

79%

of those we served are self-referred or by friends and young women groups
服務使用者是自行或經友人代為求助

- Over 500 young women reached help-seeking requests via 24/7 hotline directly. Besides, referrals often come from schools, hospitals, social work institutions, churches and police.

超過500名年輕女性直接致電青躍24/7熱線求助。同時，學校、醫院、社會服務機構、教會、警方轉介個案到青躍接受服務亦有上升趨勢。



1/4

of those experienced crises have joined our post-crisis development scheme
年輕女性正過渡危機並接受生涯發展支援

- More than 300 young women & girls are engaged via Teen's Key series of life exploration scheme. Topics include sex, gender, self-awareness, financial literacy and vocational training.

通過一系列自我價值及社區、職涯探索活動當中的反思，青躍正為3百多位年輕女性提升面對危機的應變力，為未來及早做出健康和明智的決定。

40+

young women are trained as peer educators to support hidden high-risk cases in the haze
年輕女性正培訓成為朋輩輔導大使支援更多隱形高危個案

- Peer educators are committed to 18 intensive sessions at Teen's Key - Young Women Development Service Hub in Jordan. In the programs, participants improved self-esteem, resilience, and self-management and enjoyed new exploration elements from the programs.

年輕女性於青躍-青少女發展服務中心參與為期18個月的朋輩輔導大使計劃，目標為培訓年輕女性成為新領袖，參與課程後她們均表示於探索新技能、抗疫力及自我管理方面有顯著進步。

Change and Growth

Heather, 18

成長與改變

With money being such a big concern for people in Hong Kong, especially some of our young women who are from less privileged backgrounds, the income they receive from compensated dating is able to help them pay off family debts, move out of subdivided housing, and also gain more disposable income to have a better quality of life for their families.

在香港，金錢是許多人最關心的一個問題，尤其是對於我們背景是基層家庭出生的女生們。Heather來自一個草根家庭，她透過網絡搜尋到可透過交友平台約客出來見面賺錢。她心想這是一個很快的方法賺錢償還家中債務，減輕家人經濟負擔。與Heather認識久了，她願意分享她心中想法：「一開始會約出來食飯，之後有時會上房。我亦知道有網友會賣內衣或裸照賺錢。我明白在一般人或自己眼中，這絕非一份光鮮亮麗卻是很具爭議的工作，但它帶來的收入對我來說是很可觀的，可以大大減輕我與父母生活上的經濟負擔，亦是一份最快幫助我們脫離債務、搬離劏房，獲得更好生活質素的工作。我知道這是有危機的，我會小心點。」

Heather came from a grassroot family, she has to work in the sex industry to help relieve some of the financial burdens at home and repay debts owed. Working in the sex industry is surely not a conventional job, it is also not a glamorous one, but the income it brings sure can help relieve some of the financial burdens our girls are carrying.

She gained relatively more from this work, but at the same time, she also gave away a lot. Due to the nature of their job, she has to hide a lot from her friends and family and it really limits her social life. When she is facing hardships and struggles, there are not many people she can talk to without facing judgments due to the stigma related to the nature of her job.

She has also experienced trauma from working in the sex industry. One of her past clients forced her to have sex with him by threatening to spread her nudes across the social media app Telegram. She was terrified and felt alone, and was too ashamed to seek help.

值得一想是，Heather 付出了什麼？基於她的工作性質很具爭議，她選擇了向家人及朋友隱藏她的工作身份及行蹤。基於社會對她工作性質上的負面印象，當她面對困難時，她感到掙扎並害怕與別人交談傾訴。受限的社交生活使她於疫情下遇到多次情緒及抑鬱困擾。

她亦因在性行業工作而曾受到創傷。她過去的一位客戶威脅她要在社交平台 Telegram 上傳播她的裸照，從而強迫她與他發生性關係。她感到害怕和孤獨，並羞於尋求幫助。





Safe spaces for sharing vulnerabilities are the key to connecting, nurturing, loving and empowering marginalized young women and girls includes pregnant teens, young mothers, and young female sex workers in Hong Kong.

擁有讓任何人分享脆弱一面的安全空間是結連、培育和年輕女性和女孩充權的關鍵，我們的服務對象包括本地意外懷孕少女、年輕母親和年輕女性性工作者。

Thankfully, she found Teen's Key online and sought help from us. Our frontline team was able to arrange immediate STD tests for her and escort her to the hospital for a complete medical checkup, and managed to find her legal consultation.

Teen's Key is able to bridge her with people that have similar backgrounds to allow them to talk to people who share their experience, and people who can truly understand their struggles.

Although this connection might not seem significant, our girls have told us that this is one of the best services Teen's Key is able to provide, as it is very hard for them to casually talk about their struggles of being a part time girlfriend without facing judgements from people.

From the various activities organized by Teen's Key, such as money story sharing and joining body movement classes, she also gained a few new reflections and learned something new from the friends she made at Teen's Key. Being able to have a safe space to let out some thoughts they have in mind is already an incredible boost for their overall wellbeing, and boost their self-esteem in the self-empowering journey.

慶幸的是，她於網上認識了青躍，並主動向我們尋求支援。青躍前線團隊立即為她安排性病檢測，並護送她到醫院進行全面體檢，也設法為她找到了法律諮詢。

我們看見Heather這一年於青躍一步一步的脫變，重新建立群體生活。青躍於佐敦的青少女發展服務中心連結了擁有與她相似背景的人，盼望她能夠結識更多在自己圈子裏的過來人及朋友，理解她的掙扎並與她一起分擔及重新探索新里程。

雖然這種連結及平台在他人眼中看起來並不特別，但是青躍女生曾告訴我們這是青躍所提供最好的服務中之一。「我終於找到了這一個非批判的環境可以讓我盡訴心中的煩惱，這就是青躍。在這裡大家都會互相對尊重，平等相處。」

在青躍各種活動中，例如「我的金錢故事」或「身體律動課程」中，我們盼望18個月的生涯探索計劃讓女生重新認識自我價值，提供空間反思及引導，盼望女生於群體相處所接觸到不同的生命故事身上彼此發掘長處，過程也能促進她們建立自主生活。

Sexuality & consent education

| 全面正向性與性別教育

Unlock the mystery of sex

打破「性與生育健康+權利」禁忌

Not only focus on safe sexual behaviors, we also include positive aspects of sexuality, topics such as body understanding, love and relationships based on mutual respect, consent, and equality. With our 10 years of frontline social service experience among the youth community, we are able to offer up-to-date curriculums to cater to the growing demands from schools & other NGOs.

青躍致力於本地學校及年輕群體推動全面正向性教育，設計意外懷孕體驗遊戲(實體/網上版)，激發學生對個人價值觀的反思、建立開明及尊重多元價值觀，改善年青人的性與生育健康知識，辨識高危行為。

Gender identity & Body image

性別認同、
自我形象、
多元性傾向

Intimacy boundary & Consent relations

戀愛關係、
身體親密界線、
性同意

Sexual health & Crisis trends

網上交友、
年輕懷孕與性暴力、
性病及愛滋病



Personalized education program for schools & communities with various formats including in-person school program, online, stimulation game, focused group, camp and etc.

為配合學校和社區的迫切需要，青躍樂意與伙伴商討合適題材，並提供個性化到校、線上、模擬遊戲、小組等模式進行全面性教育課堂。

Dear Body,

Gender awareness
培養性別意識

Thank you for insis
always being so honest
might not be ready to he
~~can't~~ accept

Thank you

Ability to view society from the perspective of gender roles and understand how this has affected women's needs in comparison to the needs of men. To develop gender awareness, self-reflection is the first step.

性別意識是個體自覺地從性別的角度，去觀察和認識社會政治、經濟、文化等環境，對其所進行性別分析與性別規劃。培養性別意識，自我覺察是第一步。

如何得到性同意/共識？ How do you get consent?

討論、給予或拒絕性行為的意願，是基於性的對話，是伴隨或性伴侶之間持續的對話，而非性行為的單一時刻。
Sexual consent is an ongoing discussion and sexual preferences may change over time. Discussing sexual consent can start with the following considerations:

Review and discuss the expectations and sexual preferences with your partner(s). For example, the ways, place, time and the boundaries of having sex.

Explore the ways of having sex that you feel safe and comfortable with, like whether to film, how to share the footage, and whether you know your partner to share their sexual experiences with others.

Respect your partner's expectations and understand their reasons.

Check your mental state, and physical reactions during sexual activities.

留意一些
性同意的暗示。
You provide
statement to
get consent.



SCMP feature
南華早報報導

Teen's Key - A space to discuss sex
on Contraception Day

甚麼是性同意/共識？ What is sexual consent?

性同意/共識是建基於以下四大原則：
Sexual consent is based on
the following four principles:



雙方同意

對於一切滿足性慾的行為，不論是觸摸、親吻、撫摸、口交、陰道交或肛交，均須得到雙方同意。

Mutual consent

All activities that intend to satisfy sexual desires, for instance making out, caressing, oral, vaginal and anal sex, should be mutually consented.

自願協議

性行為是基於自願協議，當中不應牽涉任何威脅或強逼。不論任何時候，關於性行為的協議都可被撤銷。例如，雙方進行性行為前答應了某要求，但其中一方在過程中感到不舒服，他/她都有權拒絕該要求，或立刻停止性行為。

Voluntary agreement

Sexual activities should be based on voluntary agreement, whereas no coercion or threats should be involved. In the meantime, the agreement can be revoked anytime. You can reject your partner's request if you feel uncomfortable during sex, even if an agreement was made in advance.

明確表達

每次進行性行為時均須得到對方明確的同意，例如言語上清楚地表達「好」或「可以」。若不肯正對方的意願，或覺得存有疑慮或不明確的態度時，則停止親密行為，先了解大家的界線和感受，才決定是否繼續。

Clear expression

Clear expression of consent is needed whenever having sexual activities. Clear verbal expressions of 'okay' and 'no problem' is an example of sexual consent. If you are unsure about someone's wishes, or have doubts about whether he/ she is willing to have sex, you should stop and understand their boundaries and feelings before deciding whether to carry on.

拒絕的權力

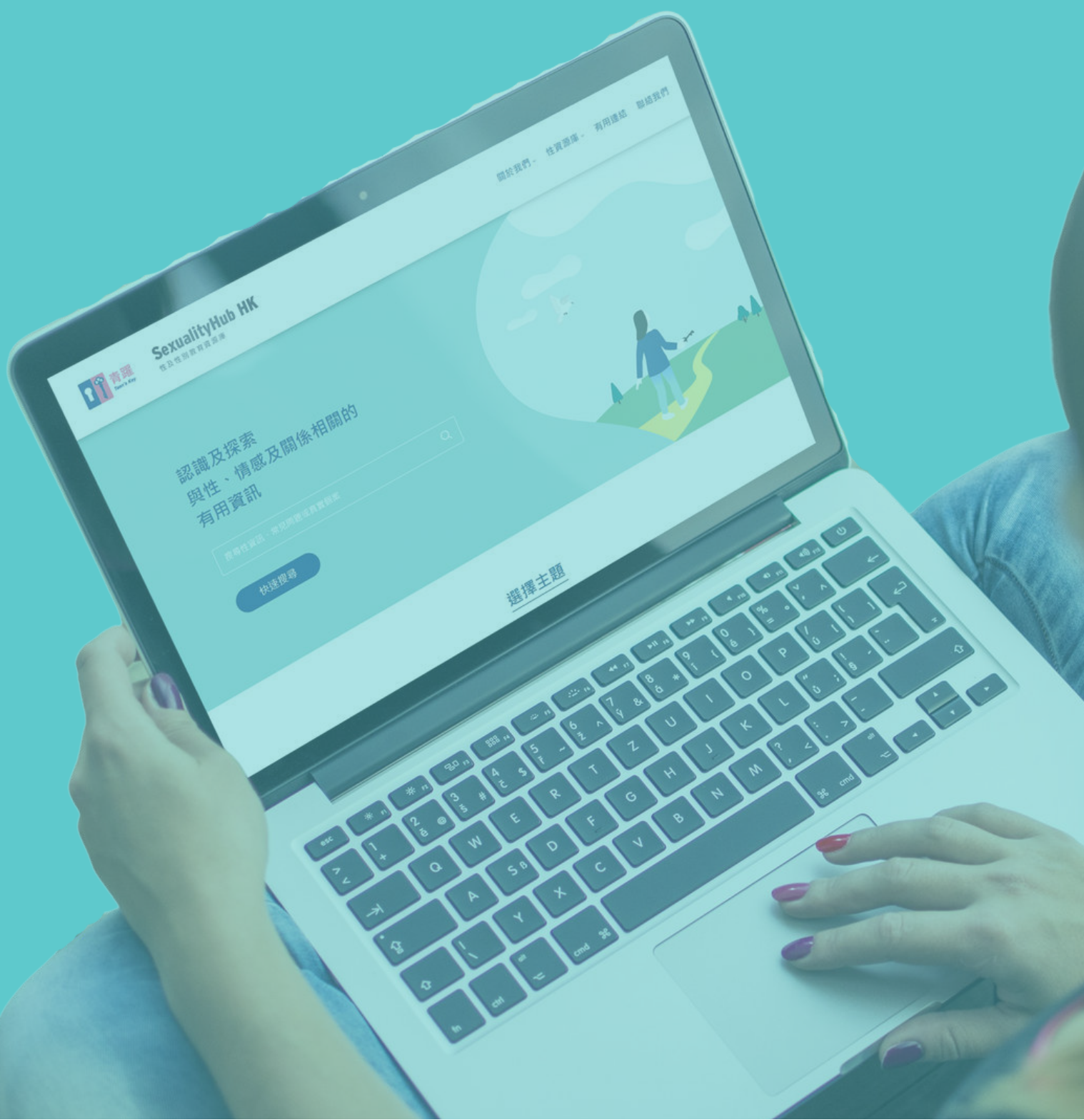
不論任何時間，任何一方皆有權拒絕發生親密行為，例如在性行為期間感到不舒服時，可要求立刻停止。無論身處任何關係（包括婚姻、情侶和性伴侶關係），任何人均有權拒絕滿足對方的性要求。

The right to say no

Anyone has the right to say 'no' to sex regardless of the timing, relationship status and occasions. You have the right to say 'no', especially when you experience discomfort during sex. No matter you are single, married or currently in a relationship, you held no responsibility for every sexual request raised by your partner.



Teen's Key - SexualityHub HK
funded by EMpower Foundation
由EMpower基金會贊助「青躍- 網上性與性別教育資源庫」
<https://sexualityhub.hk/>
**Currently available in Traditional Chinese*



Feel Love, Talk Love, Make Love
Teen's Key Sex Education Exhibition
「有商有量有愛做」- 青躍與後生仔女性教育大使
聯同社工、教授團隊共同策劃
首個性教育展覽

Sexual content is everywhere online, so it's better for us to receive evidence-based content than to take what's online for granted. In response to the World Contraception Day, we had over 100+ teens and young couples visited the "Feel Love, Talk Love, Make Love: Sex Education Exhibition" hosted by Teen's Key at our service hub, to walk through the comprehensive sexuality education journey in our judgement-free safe space.

我們相信全面性教育不侷限與傳授性健康的知識，面對瞬息萬變的社會狀況，培養個人反思和溝通協商的能力尤關重要。我們希望在SexualityHub HK及展覽中讓青少年與大眾上一課性教育堂，一起思考如何作出負責任及尊重他人的行為，共同推廣全民性教育。

More than a mom

Wendy, 20

她不只是個媽媽

Getting unplanned pregnant at a young age is not easy. Wendy was afraid and unsure about what steps to take in the future. When she found out she was pregnant, she had a big fight with her parents, and had a difficult talk with her boyfriend at the time who struggled to understand her situation. With a pregnant belly and a kid soon after, she went through all the passive-aggressive comments from friends and relatives, silent stares from strangers on the streets, long dreadful sighs and silences from those who she thought were her closest. She was a diligent student who had clear goals and dreams, but soon had to give it all up due to the extra stress and responsibility as a mother.

年紀輕輕未婚懷孕絕對不是一件容易面對的事。Wendy很徬徨，不知道如何部署將來的計劃。當她發現自己意外懷孕時，她與父母大吵了一架。亦因為男友不理解她的狀況而在溝通方面遇到重重困難。挺着大肚子之後再有了孩子，她聽遍了來自朋友及親戚們的冷言冷語，亦受到街上陌生人的各種凝望及注視。那些她認為是最親近的人也傳來陣陣可怕的長嘆和沉默。她曾是一個勤奮的學生，有著明確的目標和夢想，但由於要擔起母親的重任，她很快就不得不放棄了這一切。

She eventually decided to conceive the baby. Her husband thinks that as a woman, she has to stay home all day to take care of the baby, and it is unnecessary for her to spend any leisure time outside. Unwilling to settle with her husband's standards, she reached out to Teen's Key and sought help.

She joined our Young Mothers Club and met a lot of other young moms who could share their experience as a young parent, to help lessen the burden on child care. She also became one of the leaders at our Young Mothers Club to help spread messages related to unexpected pregnancies from her own personal experience. She hoped to erase the stigma related to this topic, and let people know that young moms can also be powerful influences in society and make changes. So far, she has joined sharings in different law firms and corporations to share more about a different side of the society. Through the sharings, she hopes that more people can reach out to support in any way possible, because small acts count, and will eventually turn into a big force for change.

她最終決定懷上這個孩子。她的伴侶認為，作為一個媽媽，她應該整天留在家裏照顧孩子，沒有必要於休閒時間中在外面消遣。由於她不甘僅僅滿足於丈夫的標準，她向青躍尋求支援。

她加入了我們的 Young Mothers Club，認識了很多其他年輕媽媽。她們互相交流自己身為年前媽媽的經驗，以減輕大家照顧孩子的負擔。Wendy 亦成為了 Young Mothers Club 的領袖之一，以自己的親身經歷幫助傳播與意外懷孕有關的信息。她希望消除與這個話題相關的固有既定印象，並讓人知道年輕媽媽也可以在社會上有影響力，作出改變。現時她已經參加過很多青躍在各種公司舉辦的分享會，去分享更多關於社會的不同側面。通過分享會，她希望更多人能够以任何他們能力範圍內的方式伸出援手，因為小行動也能積累成一股大力量，作出有意義的大改變。



Young women development service hub

| 青躍- 青少女發展服務中心

The Hub officially launched in November last year helping more young women experiencing sexual health crisis in the haze. Teen's Key envisions Hong Kong as a safe space for all young women and a place where the young women can find keys of their future and 'Unlock New Beginnings'.

青躍 Service Hub 於去年11月正式投入服務，給予本地被邊緣的年輕女性一個舒緩困境的非批判安全空間，一同重新探索自我價值、充分發揮潛能、實踐理想。服務中心更以 'Unlock New Beginnings' 為主題 – 寓意攜手起動、開啟新里程，幫助年輕女性建立人生新一頁。

Indicator 指標	Project 活動	Outcome 成效
Health 年輕女性健康 及獲得保健服務	• Free anonymous STD testings 免費匿名性病檢查 • Free Chinese medicine consultation 中醫義診服務	• Access to basic health services 獲得基本醫療服務 • Improve young women maternal health 改善年輕女性健康狀況
Education 年輕女性享有 並接受教育的機會	• Peer educator internship scheme 朋輩輔導培訓 • Young mothers financial literacy program 年輕媽媽理財教育	• Greater economic independence for young women, increased ability to negotiate safe sex 提高年輕女性經濟自主及增強協商安全性行為的能力
Household management & decision-making 年輕女性家庭管理和決策議價能力	• Gender identity & sexuality education 性別意識、全面性教育充權課程 • Living grants & scholarships 緊急經濟補助支援	• Greater control over their fertility and participate more in public life 對生育有更多掌控權並能接受更多教育及社交活動



Hong Kong Exchange 'Money Journey'
Financial Literacy Empowerment
& Jockey Club 'FreeFlow'
Body Movement Project
香港交易所「錢程」年輕媽媽理財教育充權計劃
及賽馬會「自主·流」身體律動計劃



See the Unseen

Becky, 24

看見面具下的她

The struggles faced by our girls are sometimes not as simple as it seems. Becky is in her mid-twenties, she is already a homeowner in Hong Kong, in this city which is infamous for its high housing prices. She lives in a brand new apartment in a brand new building with her mother, who she also takes care of. At such a young age, she had already achieved what most people can only dream of. However, the sad truth is that reality is often not as simple as we see.

青躍女生面臨的困難往往不像看起來那麼簡單。Becky二十多歲已經是一位業主。在香港這個以高樓價聞名的城市裏，這項成就確實十分出色。她和媽媽兩人住在一所全新的單位內，她也負起了照顧母親的責任。她年紀輕輕已實現了大多數人的夢想，然而可悲的現實是，現實往往不如表面看來這麼簡單。

She earns her living by working as a part time girlfriend, and this mentally demanding job really took a toll on her mental health. What is a sign of anomaly to us is merely just another norm, another day in the week for her. Growing up in a single family, her mother is all she has, she is the only person who she can truly rely on. Her mother is a single mom who raised her on her own. Which is why she dedicates so much of her time working, wanting to provide as much as she can for her mother and to take care of her, like what her mother did for her when she was little.

She did try and get a more conventional 9-5 office job, which earned her less money but was still sufficient to support her daily life. For a period of time, she also got into a steady relationship with a man who had planned to marry her and settle down. However, due to her history of working as a part time girlfriend, she struggled to open up about her past as she feared that her partner would not be able to accept her as she is. Eventually, she broke up with him after convincing herself that she does not deserve true love.

她靠做兼職女友為生，而這份對心理狀況要求極高的工作確實對她的心理健康造成了影響。對我們來說並不尋常的日常，對她來說只是另一種常態。對於在單親家庭長大的她，母親就是她的全部，她唯一可以真正依賴的人。她的母親是一位單親媽媽，獨自撫養她成人。這就是為什麼她奉獻了這麼多的時間去工作，想盡可能照顧她母親和給她提供更好的生活環境，報答媽媽多年來對她的照顧。

她確實試過找一份更傳統的朝九晚五辦公室工作，雖然賺的錢較少，但仍足以支持她的日常生活。有一段時間，她還與一名男子建立了穩定的關係。該男子亦有了和她結婚並定居下來的打算。然而，基於她身為兼職女友的過往，她擔心伴侶不能接受她的過去而不知如何坦白自己的過去的身分。最終，她說服了自己不值得擁有真愛後，她與他分手了。



She found Teen's Key online and reached out for help. We were able to provide a safe space for her to open up for the first time in a long time, and share all her struggles with us. After a thorough assessment of her situation, we invited her to join some of our events, to help her meet more people with similar backgrounds. After joining our autumn outdoor camping event, she told us that it has been a long time since she enjoyed sunshine with friends in daylight, as she works at night and has to hide her identity from a lot of people. Being able to talk to someone with similar backgrounds who truly understands her really helped her process what she has been going through, and learn to navigate life onwards.

We never forced her to quit her job as a part time girlfriend immediately, or set a strict path for her to follow. Instead, we just encouraged her to share with us her goals for the future, and we provided her with the help and opportunities she needed to fulfill it, as we believe that every young woman is capable of empowering herself and can unlock their full potential.

她在網上找到了青躍並向我們尋求協助。我們提供了一個安全的空間給她，讓她終於可以向人敞開心扉，與我們分享她的所有掙扎。在對她的情況進行全面評估後，我們邀請了她參加青躍的生涯探索計劃，希望能協助她重拾群體生活，建立更闊的社交圈子，發掘潛能。在參加了我們的秋季戶外露營活動後，她告訴我們因為她大多在晚上工作又需向很多人隱藏身分，她已經很久沒有在白天和朋友們一起享受陽光了。能夠與有相類背景、真正理解她的人交談，很大程度地幫助到她梳理她所經歷事情，再而重新出發。

我們從未強迫她立即辭去兼職女友的工作，或為她設定一條嚴格的道路。相反，我們只是鼓勵她與我們分享她對未來的目標，讓青躍為她提供所需要的幫助和機會去實現它。因為我們相信每個年輕女性都有能力增強自己的能力，釋放她們所有的潛力。



SAFE SPACE FOR YOUNG WOMEN TO THRIVE

Creating a wider, more compassionate community allows our young women and girls to cultivate confidence, grow into their potential and discover the keys to their future.

創建一個更廣泛、更富有同理心的社區可以讓年輕女性和青少年培養自信、發掘她們的潛力，實踐理想。

Financial highlights

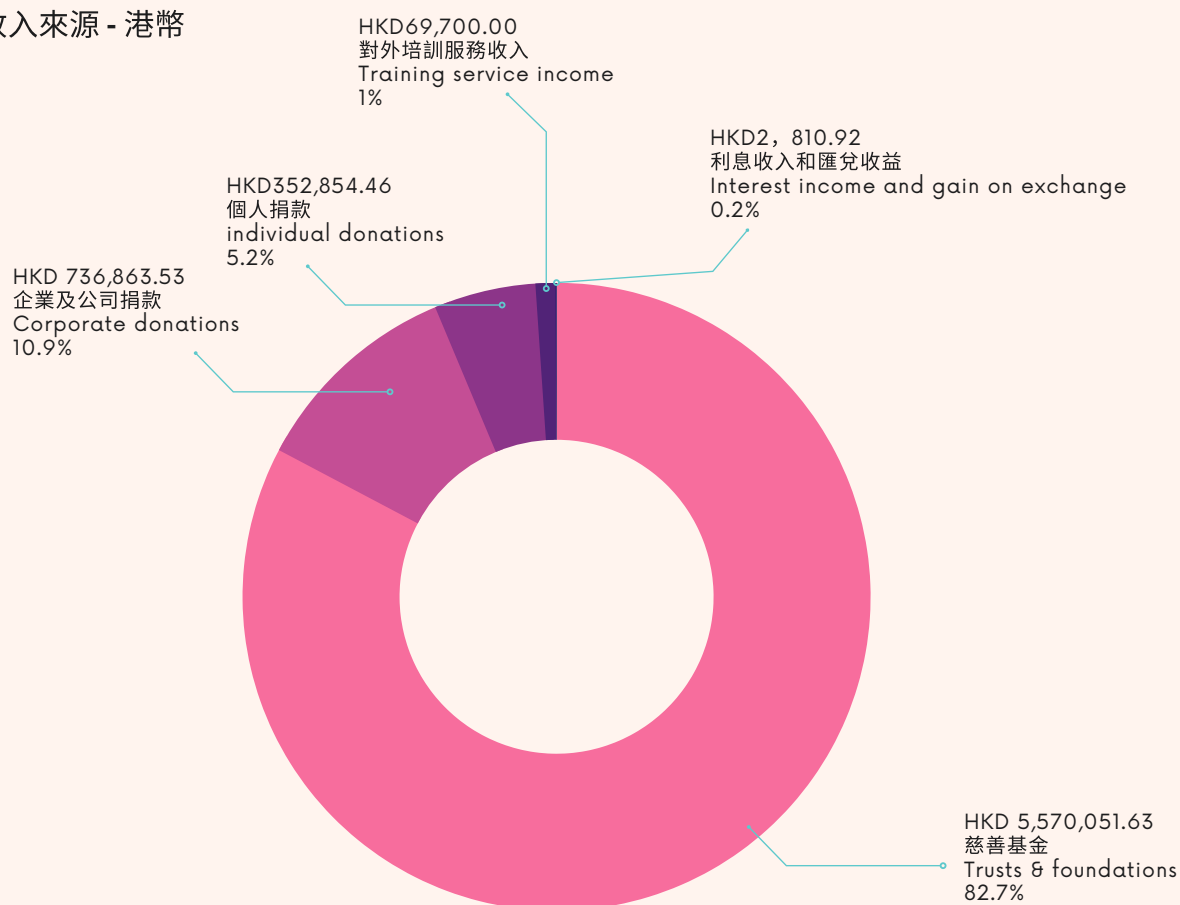
| 財務摘要

- Despite the continued uncertainties and challenges due to the ongoing COVID pandemic, Teen's Key maintained our financial stability to support our service needs and continue the organization capacity and infrastructure.
- Our total income in 2021/22 is \$6.73M, an increase of 25% over last year.
- Total expenditures of 2021/22 was 6.69millions, which is 78% or \$2.9M higher than the previous year.
- Of this increase, \$2.2M was driven by the project expenses and the related staff salary, due to several new services launched and special COVID-19 support project, mostly covered by desingnated fundings.
- Other increase included IT licensing and website revamp, MPF for staff and new service hub renovation.
- Teen's Key relies extensively on Trusts and Foundation donation. In order to strengthen the organization's sustainability, we aim to increase our income diversity in 2023.
- 縱然仍然留到疫情及經濟不穩性的負面影響，青躍的財務狀況仍然穩健，讓我們能繼續服務及發展。
- 青躍21/22 年度的總收入為673萬港元，較去年增長25%。
- 總支出為669萬港元，比上年度多出290萬港元，即 78%。
- 當中包括約220萬港元為新增的項目支出及疫情相關特別支援項目費用及其人力資源，大部分由不同的慈善基金支持。
- 其餘增長包括約軟件及網站更新；職員強職金及新服務中心的裝修費用。
- 青躍大部分的收入來源為慈善信托基金，我們期待在2023年提升機構收入更多樣化，讓機構在未來能穩健持續發展。

Remarks:
Financial Highlights for the Year Ended
31 March 2022
財務摘要截至2022年3月31日止財政年度

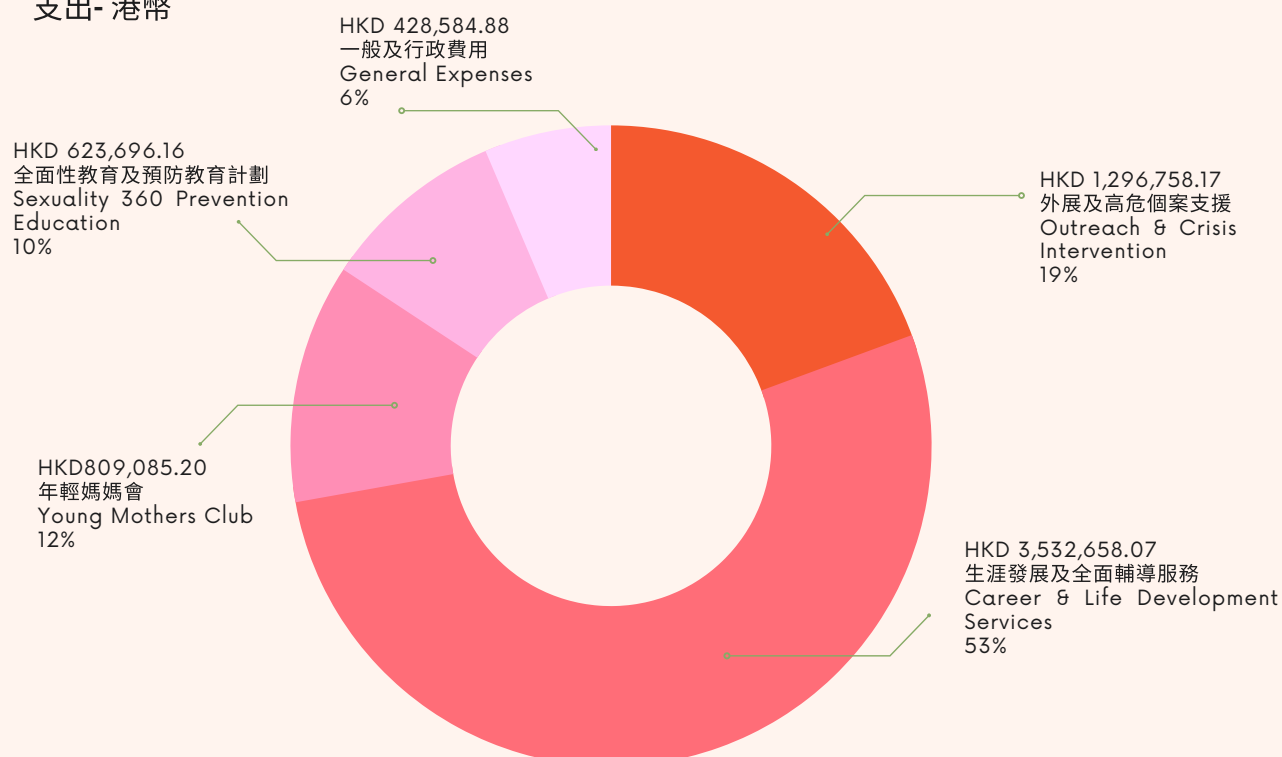
INCOME - HKD

收入來源 - 港幣



EXPENSES - HKD

支出 - 港幣



Acknowledge-ments

|鳴謝

Listed in no particular order 排名不分先後

KEY FUNDERS 主要贊助

EMPOWER FOUNDATION
KADOORIE CHARITABLE FOUNDATION SERVICES LIMITED
MANAN TRUST
THE GLOBAL FUND FOR CHILDREN
THE HONG KONG JOCKEY CLUB CHARITIES TRUST
THE ROBERT H.N. HO FAMILY FOUNDATION HONG KONG

CORPORATIONS & ORGANIZATIONS 團體/公司

A.M. COMPANY LIMITED
3 WELLS WATCH INDUSTRIES LTD
AMERICAN CLUB
BAYER HEALTHCARE LIMITED
BRECON LTD
CHARITABLE CHOICE LIMITED
FIRST SENTIER INVESTORS (HONG KONG) LIMITED
THE YEH FAMILY PHILANTHROPY (YFP) LIMITED
THIRD BRIDGE (US) INC
TIM & TIM LIMITED
UK ONLINE GIVING FOUNDATION
VOLTRA LIMITED

IN-KIND SERVICES AND DONATIONSS 服務及用品捐贈

ALICE + OLIVIA	MORETEA
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CACAO HK	OLIVIA
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LUCY CHOI	THE PENINSULA HONG KONG
LUÜNA NATURALS	柴犬商店

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CHAN TSZ WAI	KITTY TSE	SZE LAI MANG
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CHONG TIN NI	LEE TSU WANG JOSEPH	VENUS MA
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CHUN YAN POON	LO KIN SUN	WASSIM
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ELIN	WOOD ANTHONY	WINGWAH TSANG
ELSA MA	FU JONATHA	WINNIE SO
FLORA CHAN	TIMOTHY GEORGE FRESHWATER	WONG MING CHUNG
GLORIA TANG	LO WING YEE	WONG ON YIN
GRACE	MANDY CHEUNG	YANG CHEN
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HOI YAN	MINGYUE WANG	YUK
JAMIE LAU	MOK KA KI	ZOIE CHUNG
JASON	OI SHAN	
JAY CHONG	OLIVE SIN	
JENNIFER	OLIVIA	

Team members

| 青躍團隊

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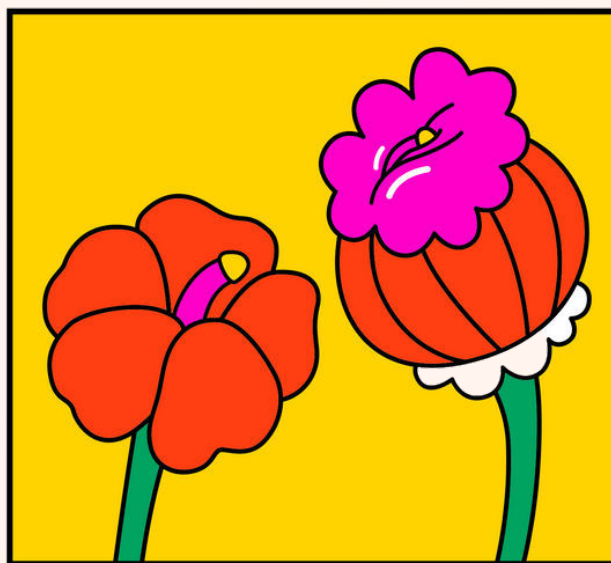
行政助理 | 陳珊珊

2023 onwards

| 展望新一年

Although women's rights have become an extensive discussion worldwide, however, we deem that certain marginalized groups of women are nevertheless in a deficit of seeking help in our societies. To support gender equality, Teen's Key initiates the #UnlockNewBeginnings movement to invite you all in participating!

儘管女性權益在近年有被廣泛討論，但我們認為一些比較弱勢的女性群體依然求助無門。故此，青躍現正發起 #UnlockNewBeginnings 運動！誠邀各位響應呼籲，一同提升大眾對弱勢青少年的關注，促進年輕女性自主生活、推動性別平等！



UNLOCK THE NEW BEGINNINGS

@TeensKeyHongKong @brainXeyes



Purchase Limited Charity Tee
購買青躍限量慈善T恤
<https://teenskey.org/en/shop/>

- Young Women Fellowship
開設年輕女性專屬專業輔導及互助小組
- Internship opportunities
為香港低收入邊緣年輕女性提供實習機會
- Sexuality education with Tech
強化網上教室增強全面性教育
廣泛性及教育質素

Yi O x Teen's Key GOOD GIRL
Charity Autumn Harvest Empowerment Festival
二澳x青躍GOOD GIRL 首屆慈善農藝秋收祭





Empowerment means nothing when there's no personal transformation among our young women & girls.

Let's believe in the possibilities of life, jump out of the framework set for you by others and carve out your own destiny. The young women at Teen's Key are persevering to rebuild their life journeys in the midst of adversity, send them a message of encouragement and support!

就讓我們相信生命的可能性，跳出別人為你設定的框架，雕刻出屬於自己的樣貌與生命。大家看看，青躍女生正在困境中重新建立她們的生涯學習旅程，給予鼓勵的說話支持一下她們好嗎？

We thank you for your continued support to Teen's Key. Join hands to contribute to gender equality and empowerment of young women in Hong Kong.

感謝您與青躍同行，攜手為香港性別平等及年輕女性充權作出貢獻。



Make a donation and support our work
捐款並支持我們的工作
<https://teenskey.org/en/donate/>

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