



ANNUAL REPORT

2023-24 年度報告



What do you love about Teen's Key?

你最愛青躍的什麼？

“

I've found a sense of belonging here and discovered new skills. The staff also provides very positive and educational sexual health knowledge.

我喺度搵到歸屬感，同發掘自己既新技能，同事又好正面咁教育性健康知識。

May (Pseudonym)
Young mother,
Teen's Key Intern

”



Teen's Key Hong Kong Annual Report 2023-24

Published by
Teen's Key – Young Women
Development Network Limited

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Project Manager, RSW

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Finance and
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(Till 3/2024)
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Connie Wong
Counsellor

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Contribution List

Bowie Lam, Zinny Lo, Yanny Pang, Jonnet
Kudera, Carey Choi, Ben Ng, Megan Yik,
Eunice Ho,
Ally Cheung, Phoebe Choi,
Cindy Cheng, Benson Chang

總幹事的話

Message from Executive Director

“

Dear Teen's Key Community,

As we reflect on 2024, I am immensely proud of the dedication of the Teen's Key team. Our commitment to enhancing comprehensive sexuality education and providing crisis support for vulnerable young women and girls remains unwavering. Although we face multiple challenges, our determination to support vulnerable young women and girls remains steadfast. We continue to focus on creating more safe spaces for young women, addressing their needs in sexual and reproductive health and rights. We actively seek collaborations with educational institutions, social service organizations, and influencers to strengthen our impact. This year, we introduced innovative ways to connect with young people, including the new board game "Run for Consent" which was a great success among the community, and built new partnerships with schools and other NGOs.

I would like to express my heartfelt gratitude to all our donors, funders, volunteers, interns, and team members. Your contributions are vital in helping each young woman and girl unlock new beginnings. Together, we are building a brighter future, and I am confident in the positive changes we will continue to make in the lives of those we serve. Thank you for your unwavering support.

在回顧2024年的過程中，我對青躍團隊的敬業精神感到由衷的自豪。我們堅持不懈地增強全面的性教育，並為處於危機中的年輕女性和女童提供支援。儘管面臨著重重挑戰，但我們支持這些年輕女性的決心依然堅定不移。

我們繼續專注於為她們創造更多安全的空間，解決她們在性與生殖健康及權利方面的需求。我們積極尋求與教育機構、社會服務組織和意見領袖的合作，以加強我們的影響力。今年，我們引入了創新的方式來連繫年輕人，包括新推出的益智遊戲「衝衝棋」，這在社區中取得了巨大成功，並與學校和其他非政府組織建立了新的合作關係。

我衷心感謝所有捐助者、資助者、義工、實習生和團隊成員。你們的貢獻對於幫助每一個女孩和年輕女性開啟新的篇章至關重要。我們攜手共建光明的未來，我相信我們將繼續為所服務的人帶來積極的改變。感謝你們的堅定支持。

Sincerely,

Megan Yik 易君璧
Executive Director 總幹事



”

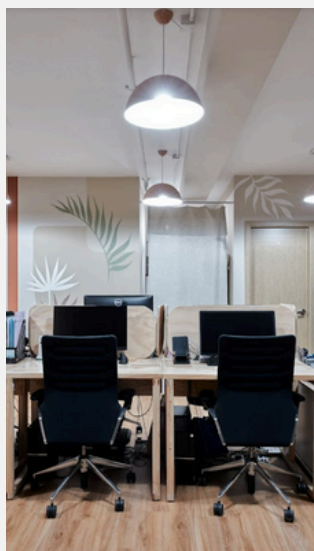
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The Board of Directors 董事局成員

Dr. Ruby Lai, Chair

黎苑姍博士，主席

Vivian Lai, Treasurer

賴翠茵，司庫

Dr. Diana Kwok

郭勤博士

Sze Wing Chung

鍾詩韻

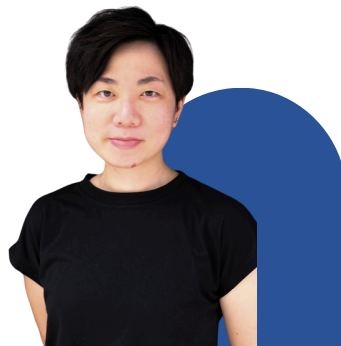
Yan Yi Li

李昕怡

Message from the Board

蛻變 GROWTH

Dr. Ruby Lai 黎苑姍博士
Chair 主席



2024年是青躍的蛻變之年。總幹事和董事會的交替，代表了機構的續存與發展；組織模式的變革，意味著團隊的成長；工作項目的新嘗試，反映了服務的深化和拓展。青躍從基層組織成長為青壯機構，每個階段都靠著團隊成員的同心協力。在此，我代表董事會感謝創辦人Bowie在過去13年間帶領青躍，在香港社會實踐性別平等的價值理念，我們深信新任總幹事Megan與每位團隊成員會繼續堅守信念，以熱忱服務年輕人，讓青少年能擁有在世界安身自立的力量。

The year 2024 marks a period of transformation for Teen's Key. The transition in leadership, including the Executive Director and the Board of Directors, signifies the continuity and development of the organization. The organizational model's reform indicates the team's growth, while new projects reflect the expansion and advancement of our services. Teen's Key has evolved from a grassroots pressure group into a promising organization, with each stage relying on the concerted efforts of its team members. On behalf of the Board of Directors, I would like to extend our gratitude to the founder, Bowie Lam, for leading Teen's Key over the past 13 years and championing the value of gender equality in Hong Kong society. We are confident that the new executive director, Megan Yik, and every team member will continue to uphold these values and serve young people enthusiastically, empowering young girls to find their strength and establish their place in the world.



Vivian Lai 賴翠茵
Treasurer 司庫

回望2024年，青躍迎來新的管治架構，我們新的董事會，成員皆由各界專業人士組成，致力為更多有需要的年輕女性提供支援。我們一同推進各項計劃，創造有影響力的項目，並為我們所服務的青少年創造更安全及包容的環境。我由衷感謝一直見證着青躍成長的您，與我們繼續賦予年輕女性力量，支持她們踏上成長旅途。

As 2024 concludes, Teen's Key Hong Kong celebrates key developments, including appointing new Board of Directors. The organization aims to empower young women and enhance its initiatives. The Board's diverse expertise and commitment will help to create impactful programs and foster an inclusive environment. Thank you for your continued support as we embark on this new chapter.

Established in 2011, Teen's Key Hong Kong is the first recognized young women-led charitable institution under S88 of the IRD (#91/14605), we are also a member of the Hong Kong Council of Social Services. Our mission is to fill the gap with a focus on addressing young women's sexual and reproductive health, and to provide holistic treatment for them, taking them from crisis to better lives.

MISSION

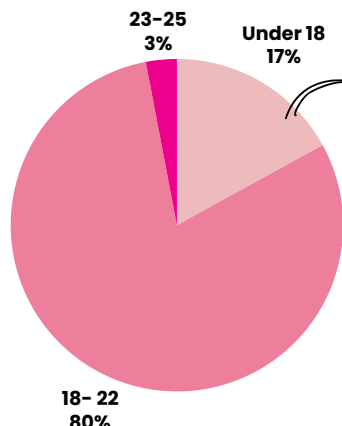
Empower Young Women Unlock New Beginnings

宗旨

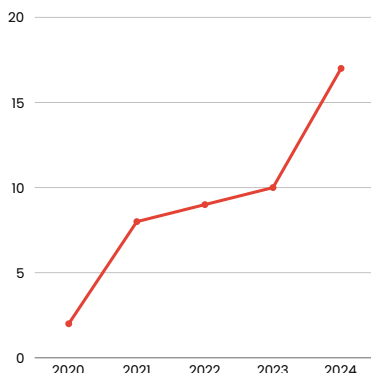
「青躍 – 青少年發展網絡」於 2011 年正式成立，是香港首間以年輕女性為本的前線慈善機構，2016 年註冊成為香港《稅務條例》第 88 條認可慈善機構 (IRD FILE NO.: 91/14605)，亦是香港社會服務聯會的會員機構。青躍致力協助緩解香港青少年成長期間面對的問題和需要；以非牟利形式促進性別教育及性教育；促進香港的社會和諧及平等。

BENEFICIARIES SNAPSHOTS

服務使用者概況



**Vulnerable young women
Service User Age**
弱勢年輕女性服務使用者年齡
分佈



**Concerning trend on increasing
underage high risk cases**
未成年的高危青少年個案的上升趨勢令人關注



**Beneficiaries never received
HIV or Sexual Health Test**
受助人從未接受過愛滋病毒或性健康檢查

People

10816

Service users
服務使用者

8060

Vulnerable
young women
弱勢年輕女性

12

Staffs
職員

50

Volunteers
義工

5

Board members
董事

26

Young Women
Leaders
年輕女性領袖

30

**Schools and Youth Institutions
Partnerships for Sexuality Education**
學校及青少年機構合作性健康教育



6

**Professional trainings for
medical professionals, teachers
and social workers**

為醫務人員、老師及社工提供專業培訓



SCAN ME



LEARN MORE

Scan to watch the video about vulnerable young women's needs in Hong Kong
掃描下方二維碼觀看香港弱勢年輕女性需要相關的影片

WHAT'S NEW?

新動向

2

WELLBEING FIRST

1

WELCOME NEW TEAM MEMBERS!



今年，我們的後勤和前線團隊都分別迎來一位**新員工**，包括財務及行政主任吳家亮及外展項目幹事（註冊社工）蔡凱霖，二人對於工作皆抱有期盼。吳家亮期望可以精簡日常工作，以便團隊集中精力於前線服務之上。蔡凱霖則冀通過外展與危機介入服務，創造一個不論任何性別，所有人都可以自由地隨心而活，並且沒有剝削和傷害的世界。

This year, our teams welcomed two new members: Ben Ng, our new Financial and Administration Officer, will enhance processes and reporting, easing back-office tasks for frontline staff. Phoebe Choi (RSW), our new Project Officer, enhancing our Outreach and Crisis Services with her expertise and passion. Her dedication to promoting freedom and safety strengthens our mission for a more secure and supportive community.



許多基層青少年在面對困難時，其判斷及解難能力會顯著受其身心狀況影響，而很多基層青少年都沒有機會關注自己。感謝 lululemon 「Here to Be grant」贊助，讓我們能夠開展了一系列有關**精神健康**的活動－《活出自在的自己》。讓年輕女性能夠探索自我價值，發掘生命更多可能性。

There are many grassroots young women's decision-making and problem-solving abilities that are significantly affected by their mental and physical well-being when facing difficulties. Unfortunately, many of these young women lack opportunities to focus on their own self-care.

Thanks to the support of the Lululemon "Here to Be grant", we were able to launch a series of mental health focused activities - "Empowering Myself". Through activities, young women can explore their self-worth and discover new possibilities in life.

3

GROWING TOGETHER!

每月月尾，我們都會舉辦「每月一聚」，讓一眾有相近經歷的年輕女生共聚一個晚上。在晚餐會中，年輕女生不單是參加者，也肩負起籌備聚會的重責，由設計菜單、採購，乃至烹調美食，她們都參與其中。「每月一聚」不僅是她們互相交流，擴展人際網絡的機會，也是支持彼此和共同成長的珍貴時刻。

At the end of each month, we hold a fellowship dinner for young women with shared experiences. It's a chance for them to come together and participate in all aspects - from menu planning to cooking. These evenings are not just social gatherings, but valuable opportunities for the young women to connect, expand their networks, and support one another's growth.



UPGRADED FOR

4

PRIVACY

「輔導樹洞」- 我們的輔導專用房乃是我們服務不可或缺的一部分。大門的隔音效果現已加強，確保一切談話內容保密。

The "tree-hole" counseling space is essential to our counseling services. We upgraded the facility to keep all conversations confidential, to ensure that young women can talk to counselors in a safe space.

5

NEW GOVERNANCE

由2024年1月起，我們的管治架構迎來革新。創辦人林寶儀小姐擔任總幹事十三年，決定卸下職責，轉任策略顧問，並由易君璧小姐接任總幹事。與此同時，董事會亦迎來新面孔。在新的領導層帶領下，我們盼望日後將走得更遠，為更多有需要的年輕女性提供適切支援。

In January 2024, our organization underwent a significant governance transformation. After serving as Executive Director for 13 years, founder Ms. Bowie Lam transitioned to Strategic advisory role, and Ms. Megan Yik took on the role of Executive Director. Additionally, our Board of Directors was refreshed. With new leadership, we expanded our reach and provided greater support to young women in need.

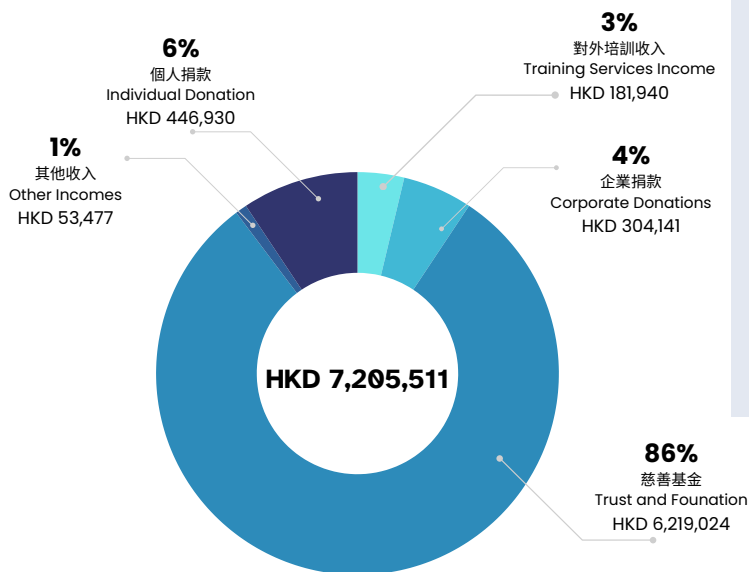


FINANCIAL HIGHLIGHTS

財務概況

*For Year ended 31 March 2024

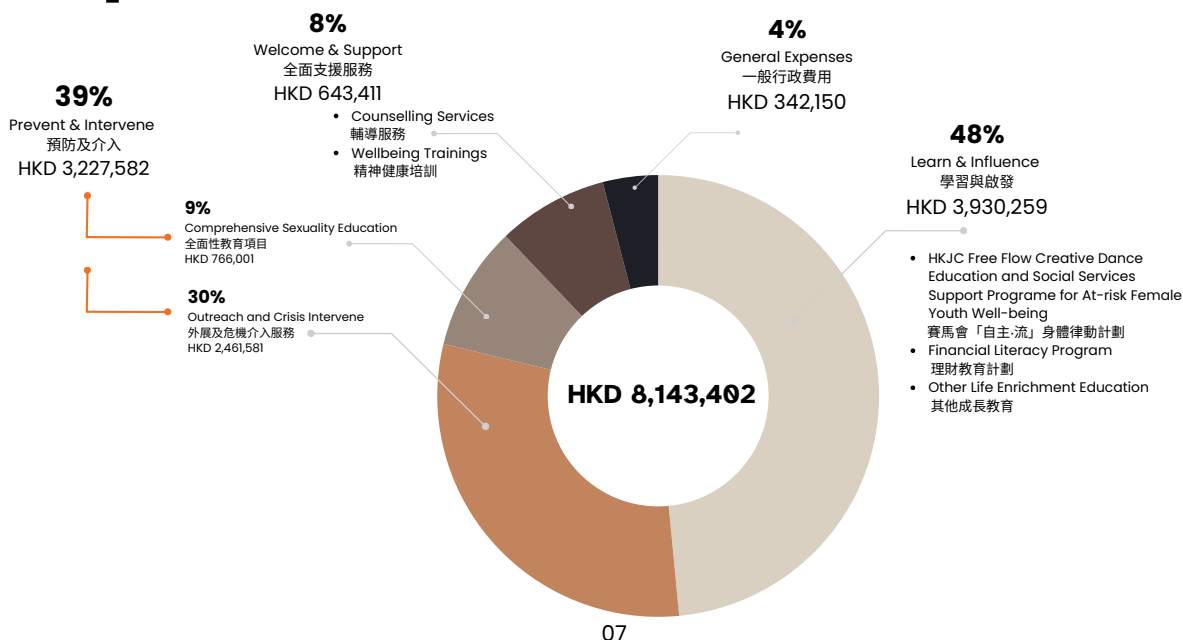
Income 收入



In the fiscal year 2023, Teen's Key Hong Kong reported a total income of HKD 7.2 million, an 8% decrease from the previous year's revenue of HKD 7.8 million. This decline was primarily due to the reduction in pandemic-related urgent funding and one-off government subsidies. Total expenditure increased by 14% to HKD 8.14 million, driven by higher costs for services, staff development, and long-service payments. Most of the funds raised were used to support the operation of Teen's Key office and allocated directly for frontline programs.

於2023財政年度，青躍的總收入為720萬港元，較上一年度的780萬港元下降8%。這主要是由於疫情相關的緊急撥款和一次性政府補貼減少所致。該年度的總支出增加14%至814萬港元，主要是由於服務、員工發展和長期服務金支出增加。我們所籌集到的善款主要用於支持青躍辦事處的運營，並會直接用於前線項目。

Expenses 支出







"I often felt that I was not good enough,
Teen's Key helped me understand that I don't
have to do it alone."

by Jo
Crisis Support Service user

我成日覺得自己好差，
係青躍令我明白到唔一定係孤軍作戰。



PATHWAY TO SAFE SPACE

通往安全之路

我們相信所有年輕女性都擁有無限的潛力，不論她們的背景如何。因此，我們採取了**賦權**為中心的工作方針。透過增加年輕女性的選擇，擴闊她們從未想像過的無數機會 - 從事業層面到家庭，甚或親密關係。這種能自由地做出策略性、明智決定的能力，將會極大地改善著她們現在和未來的景況。青躍希望通過給予她們適當的工具，讓這些本來處於弱勢的年輕女性能真正自主地塑造自己的未來。

We believe in the potential and power of young women, regardless of their background. By taking an **empowerment-focused** approach, we expand their choices, opening up opportunities they may have never imagined - from careers to family, and personal relationships. This freedom to make strategic, informed has a profound impact on their current and prospects. decisions greatly impact their current and future prospects. By equipping them with the right tools, we are changing the lives of vulnerable young women, and empowering them to shape their own futures with true autonomy.



1 PREVENT & INTERVENE 預防及介入

Embrace youth to take responsibility and enable them to make informed decisions.

培育年輕人作出明智而健康的抉擇，學會承擔責任。



2 WELCOME & SUPPORT 全面支援服務

Let the most vulnerable groups feel secure, free from bias, and being seen.

讓最弱勢的女性社群感受安全、遠離批判與偏見、能被看見。



3 LEARN & INFLUENCE 學習與啟發

Empowering women to unlock new beginnings.

鼓勵年輕女性重新探索自我價值，開展人生新一頁。

Prevent

Embrace youth to take responsibility and enable them to make informed decisions.

培育年輕人做出健康而明智的選擇，讓他們能夠做出自己的決策並承擔責任。



今年青躍的性教育工作有突破性的進展，除了恆常的青年性教育課程，我們的團隊創作了一套桌遊，內容有關性健康、關係及性同意的議題。鑑於以往很多老師或社工跟我們反映沒有工具，或不懂怎樣與青少年開展與性有關的討論。我們希望透過這副桌遊，可以用一個輕鬆有趣的方式，讓教育人員能與青少年正面討論有關性的議題。

This year, Teen's Key has made groundbreaking progress in our sexuality education effort. Alongside our regular youth education programs, our team has developed a unique, one-of-a-kind board game covering topics such as sexual health, relationships, and sexual consent. Many teachers and social workers have previously expressed a lack of tools or uncertainty in engaging young women in these discussions. We created this board game to provide an easy and fun way for educators and service providers to have positive dialogues with young people on these important issues.



LEARN MORE

Scan to watch video about the board game



LEARN MORE

Scan to learn more about our sexuality education hub.

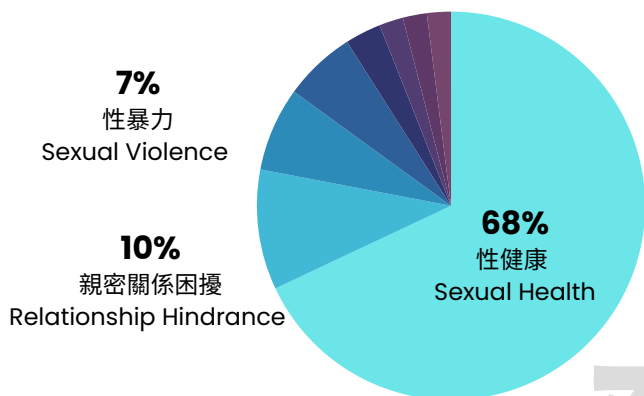
81

Comprehensive Sexuality Education Workshop
全面性教育工作坊

2,673

No. of Youth Benefited
2,673名本地青少年受惠

青少年危機個案求助比例 Crisis Intervention for Vulnerable Young Women and Girls



其他包括 Others:

- 6% 意外懷孕 Unintended Pregnancy
- 3% 情緒困擾 Emotional Distress
- 2% 恐嚇威脅 Blackmail
- 2% 虐待 Abuse
- 2% 其他 Others

被忽略的需要

The Unseen Needs

88% 求助於我們的高危青少年，從未接觸過其他社會服務。這是因為她們在社會上經歷了太多創傷，十分害怕別人知道自己的身份，所以即使遇到危險，也不敢主動尋求幫助。我們知道她們非常需要：

1. 信任
2. 接納
3. 認同

正是這些價值，得以讓青躍與這些弱勢的年輕女性建立深厚聯繫，在她們最黑暗的時刻給予所需的支援。

88% of the high-risk young women seek help from us have never accessed to other social services before, due to the trauma they've experienced and fear of revealing their identity. As a result, even when in danger, they hesitate to seek help.

We understand that these young women urgently need trust, acceptance, and recognition. These core values enable Teen's Key to form connections with vulnerable young women and provide the necessary support during their darkest times.

Eunice Ho
助理外展經理,
Assistant Outreach Manager



Intervene

We engaged the disengaged vulnerable young women and girls.
我們積極接觸邊緣的弱勢年輕女性和女孩。

Our Outreach Team proactively engages young women and girls in the sex industry, offering timely support that addresses both safety and health concerns.

我們的外展團隊主動接觸身處性產業中的年輕女性和女孩，提供適時的支援，從安全到健康全方位協助她們。

120

Outreach Hours
外展時數

8,060

Vulnerable Young Women
弱勢年輕女性

322

Free and Anonymous STI
and HIV Testing
免費匿名性病及愛滋病檢查

75

Young Women Crisis Support
年輕女性危機支援



LEARN MORE

Read our guide about how to support "Part-time girl friends" [here](#).
閱讀我們有關支援「兼職女友」的出版。



Her Story

20歲的青青由社區家庭中心社工轉介給青躍。由於原生家庭的問題，青青將性交易當成情緒發洩的途徑，一次又一次的不安全性行為令跟進社工非常擔心她的健康。

透過轉介，青躍的危機介入團隊為青青提供性病檢查及性知識教育。同時，亦透過輔導服務處理她的深層次需要。現在她的情況已比較穩定，青躍正在為她尋求資助以進修資訊科技。

Through a referral, Teen's Key provided Chingching with timely and essential support, including STI screening, sexual health education, and counseling to address her deeper needs. With our help, Chingching's situation has now stabilized.

Looking ahead, Teen's Key is actively seeking financial assistance to support Chingching in pursuing Information Technology training. Continued education and training will ensure that Chingching continues to aim for a brighter future, building on the progress she has already made.



Scan to donate for young women like Chingching

捐款支持更多像青青這樣的女生



“

好記得有一個求助青少年，在終止懷孕手術後，醫院要求有人接她，以確保她安全。由於她不敢告訴任何人，她在網上找到我們的熱線，希望我能接她回家。我有好深的體會，青少年因為種種原因要一個人去面對意外的發生，沒有任何人可以傾訴，亦沒有任何幫助，身心都承受很大的壓力。青躍可以給予的，就是提供具同理心的支援，讓她們不是一個人。

I will never forget the young woman who reached out to us after undergoing a pregnancy termination procedure. The hospital required someone to pick her up, but she was too afraid to tell anyone. Through our helpline, she hoped we could bring her home. This experience gave me deep insight into the plight of these vulnerable youth – forced to face unexpected crises alone, without anyone to confide in or receive support from. It is precisely in these moments that the critical role of Teen's Key becomes clear, as we provide compassionate assistance when these young women have nobody and nowhere to turn to.

”

Carey Choi
Education Manager
教育經理



READ THE NEWS

「疫下意外懷孕求助急升3倍 青躍教育
男女應「雙重防護」避孕」



Welcome

Let the most vulnerable groups feel secure, free from bias, and be seen.

讓最弱勢的群體感受安全，無偏見，能被看見。



自己身體原來可以咁靚

It's rare that I get the chance to participate in activities that I normally wouldn't have the opportunity to join.

好開心可以放低小朋友、專心上堂

好難得可以參加到原本無機會參加既活動。

Learning that I cannot find healing outside, but within.

剛開始參加計劃係疫情開始，慢慢先可以透過個計劃建立自己。

I'm so happy for the child-care support and focus on my lessons.

I never realized how beautiful my own body could be.

When I first joined the program, it was at the start of the pandemic. Slowly, I was able to use the program to build myself up.

學習到療癒不是在外在，是在自己。

Voice from Our Girls 女生們的心聲

Support

Many young women and girls do not have access to well-being education. However, we noticed how mental health impacts these young women's lives. Therefore, Teen's Key has supported these young women's well-being and mental health since the pandemic.

不少年輕女性和女孩都缺乏照顧自己健康的資源，但這卻大大影響著她們的健康及未來的人生。因此，青躍在疫情期間便開始加大力度致力為她們提供身心健康支援。

“

一位20歲患有躁鬱症的女生個案跟我分享：

「如果我10歲時，有人願意聆聽我的感受和想法，或者我當時就不會嘗試去自殺。」

現今社會有很多影響青少年精神健康的獨特因素，例如對身材外表的批評、情感關係的困擾、與性有關的創傷等。同時，受著家庭及社交圈子影響，很多時候她們難以看到出路，認為只有現時唯一的選擇。青躍的輔導服務提供了一個安全及非批判的環境，讓她們有能力作出轉變及擴闊其對選擇的認知。

"If someone had listened to my feelings and thoughts when I was 10, I might not have attempted suicide then" shared by a 20-year-old woman case with bipolar disorder.

Nowadays, our world presents unique factors that impact the mental health of young women, such as body image criticisms, relationship challenges, and sexual related trauma. Influenced by their environment, they may see limited options and believe their current situation is the only choice. Teen's Key's counseling services empower them to make transformative changes and broaden their awareness of possibilities.

”

Yanny Pang
Counsellor 輔導員



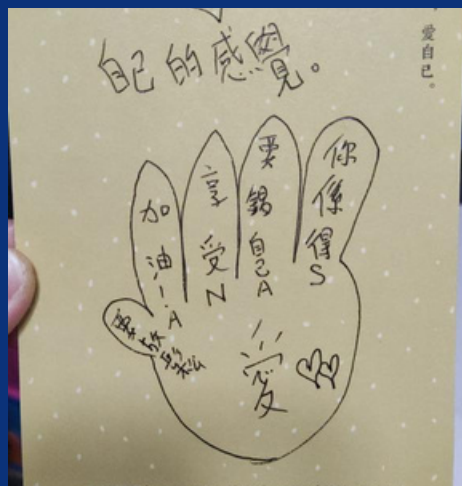
292

Hours of Counselling
輔導時數

194

Young Women learn about
wellbeing practice

年輕女性學習
如何照顧自己的精神健康



60

Young Mothers' Club
active member
年輕媽媽會成員

23

Critical cases handled
危機個案支援





NEW
BEGINNINGS

@TEEN

KEY TO STRIVE 奮力前行



Learn and Influence 學習與啟發

Empowering young women to unlock new beginnings.

鼓勵年輕女性重新探索自我價值，建立人生新一頁。



年輕媽媽會領袖

Young Mothers' Club Leaders

6

Young mothers underwent in 13 comprehensive trainings, and confidently took the lead in activities such as Mental Health Education, Community events, and gender stereotypes education.

年輕媽媽參與了13節培訓課程，主導了心理健康教育、社區活動和性別教育等活動。通過全面培訓，她們不僅提升了自身能力，也積極回饋社區，成為具有自主能力和影響力的個體。

目標群組青少年實習

Young women in Internship

20

The young women we have identified and invited through our Outreach Program completed peer education training and joined Teen's Key 1-month intensive work experience. This program provided them with job readiness skills and boosted their confidence in the work settings.

在外展計劃中邀請的年輕女性完成了朋輩教育培訓，並加入青躍進行為期1個月的工作實習。通過這項計劃，她們增強了自我管理和溝通技巧，並獲得實戰經驗，建立了職業規劃和對未來的期許。

SCAN ME



[Scan to Read our Young Mother Financial Literacy Handbook](#)

[閱讀我們的年輕媽媽理財教育手冊](#)

Ally Cheung

Project Manager, RSW
項目經理，註冊社工



Her Journey with Teen's Key

Katy's life has not been an easy one.

Growing up in a family marked by conflicts and mental health struggles, she found herself working in a nightclub, while battling her depression. Determined to break free from this cycle and build a brighter future, Katy joined Teen's Key's Internship Program.



"The most unforgettable experience was actually a failure." Katy shared.

"However, I quickly realized that to succeed in any job strong communication skills and teamwork are essential." Katy shared. ***"I knew I had to step up, learn, and grow, I've always believed that I can do better next time."***

Through the internship, Katy did not only acquire invaluable job readiness skills, but also discovered the confidence to chase her dreams and unlock new beginnings.

"I'm thrilled I conquered my fear of the workplace and interviews," she said, her face lighting up with a smile.

Katy的人生並非一帆風順。她在一個充滿衝突和精神健康挑戰的家庭中長大。她最終找到了在夜總會工作的出路，但卻也飽受抑鬱的困擾。然而，Katy決心擺脫這一循環，為自己開創更好的未來。她參加了青躍的實習項目。

她向我們分享：「**最難忘的經歷其實來自一次失敗。**」

「但我學到了大部分工作都需要溝通技巧和團隊合作。
我知道自己需要不斷學習和提升，我相信下次我一定能做得更好。」

通過這次實習，Katy獲得了寶貴的就業技能，更重要的是，她找到了堅定自己追夢的信心。

「我很高興自己克服了對職場和面試的恐懼。」她微笑地說。

Unlocking Empowerment

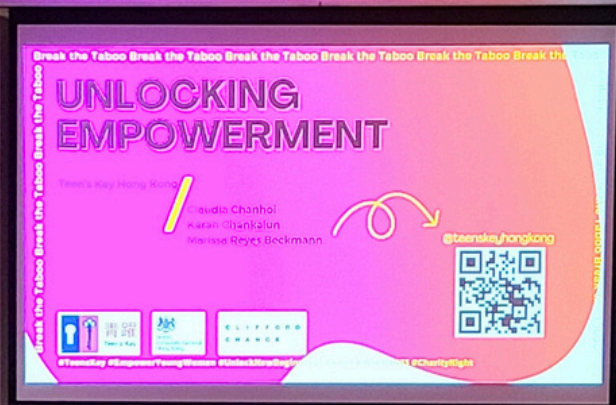
by Cindy Cheng

Breaking the Taboo 青躍慈善夜



On September 4, 2023, World Sexual Health Day was commemorated with a transformative event aimed at raising awareness about sexual well-being and breaking taboos surrounding women's sexual health, focusing this year on the theme of consent.

為紀念世界性健康日，青躍於2023年9月4日舉辦了青躍慈善夜，活動主題為「性同意」，活動旨在打破對性健康的禁忌，並提高大眾對女性性健康的認知。



SCAN ME



WATCH MORE

Scan to watch the video of
more exciting moments.

觀看更多精彩時刻



Sponsored by the British Consulate-General Hong Kong and Clifford Chance, the gathering fostered a supportive space for Teen's Key girls to share their personal stories of resilience, and for individuals of all genders to come together for sharing, learning, and networking.

More than 100 guests immersed themselves in thought-provoking artworks by illustration artist and TED speaker Claudia Chanhui, neon artist and Teen's Key ambassador Karen Chankalun, and graphic designer and photographer Marissa Reyes Beckmann, that explored the struggles of young women with sexual taboos and gender equality.

於英國駐香港總領事館和高偉紳律師行的贊助下，此聚會為青躍年輕媽媽大使提供了一個讓她們可以自在地分享個人故事的空間，同時亦為不同性別人士創造了交流、學習和聯繫的機會。過百名來賓聚首一堂，除了一起探討年輕女性於性及性別平等所面對的掙扎，亦不忘欣賞插畫藝術家及TED演講者 Claudia Chanhui、霓虹藝術家及青躍大使 Karen Chankalun、以及平面設計師及攝影師 Marissa Reyes Beckmann 的藝術作品。



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慶祝收成 擁抱自然

HARVESTING JOY

An Immersive Celebration of Nature and Community

By Cindy Cheng

繼2022年首屆「慈善農藝秋收祭」大獲成功後，青躍再次與「二澳農作社」攜手合作，於2023年10月28日至29日在大嶼山舉辦第二屆「二澳 X 青躍慈善農藝秋收祭」。本屆秋收祭以感官體驗為主題，旨在啟發繁忙的都市人放慢生活節奏、重新連結五感及於大自然的美景中進行自我反思。本屆匯聚超過30個合作單位，並吸引超過二百人次參與一系列以自然為靈感的身體教育活動，包括互動式農藝工作坊、田園採摘體驗、身心療癒放鬆課程。參加者透過品嚐由露營界野炊達人DAVID LAI精心製作的「農場到餐桌」菜單，慶祝本地農作豐收及享受新鮮的本地食材。

Following the success of the inaugural Charity Autumn Harvest Festival in 2022, Teen's Key once again joined forces with Yi O Agricultural Cooperation to host the 2nd Yi O x Teen's Key Charity Autumn Harvest Festival, held on Lantau Island from October 28-29, 2023. Centered around sensory experiences, the Festival sought to inspire urbanites to slow down the pace of life, reconnect with their five senses, and engage in self-reflection amidst the splendor of nature.

The Festival brought together over 30 partners to present and welcome more than 200 attendees to partake in a series of unique body education activities inspired by nature, from interactive agricultural workshops, hands-on harvest tours, and mindful relaxation sessions. Attendees celebrated local agriculture by devouring the farm-to-table menu featuring authentic local ingredients curated by outdoor cooking expert DAVID LAI.



READ THE NEWS

[Scan to read about the reporting article of the event.](#)
閱讀活動相關的報導

策劃伙伴
Organizers



青躍
Teen's Key

在地生活
Local Life

在地社區
農作社基金會
LOCAL COMMUNITY



青躍女生培訓企劃贊助
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IMPOSSIBLE™

昂公坪
NGONG PING 360



\$50,000
we've raised for Teen's Key

THANK YOU!



香港街馬 2023慈善跑

By Cindy Cheng



為慶祝青躍年輕女性發展服務中心的兩週年生日，響應聯合國婦女署的#OrangeTheWorld運動，青躍很榮幸參加了2023年11月25日的“香港街馬2023”。作為此次慈善跑的主要受益者，青躍與「嘉里建設呈獻香港街馬2023」合作，倡導性別平等和所有女性及女孩的賦權。

In celebration of Teen's Key's 2nd anniversary and aligned with the UN Women's #OrangeTheWorld movement, our young women proudly participated in the "Hong Kong Streetathon 2023" on November 25th, 2023. As a key beneficiary, we collaborated with "Kerry properties presents Hong Kong Streetathon 2023" to advocate for gender equality and empowerment.



It takes a village to uplift the life of vulnerable young women, we are deeply grateful for our partners.

弱勢年輕女性的生活的改善需要整個社會的齊心合力，我們在此衷心感謝我們的合作夥伴。

無忘初衷

Upholding Values

創辦人與現任總幹事的回顧與展望

**Reflections and Aspirations from
the Founder and the New Executive Director**

By Zinny Lo

自青躍於2011年成立以來，與無數年輕女性同行，經歷一次又一次蛻變。今年，迎來重大革新－創辦人林寶儀小姐（Bowie）卸下總幹事一職，轉為策略顧問，交棒予在前線服務十二年的易君璧小姐（Megan）。交棒之際，二人難得覓得空檔，回首一路走來遇上的種種挑戰，也不忘立足當下，展望未來。

Since Teen's Key was established in 2011, we have walked alongside countless young women, undergoing various transformations. This year marks a significant change – founder Bowie has stepped down as Executive Director, transitioning to a strategic advisor role and passing the baton to Megan, who has served on the front lines for 12 years. At the time of the handover, the two took a moment to reflect on the challenges they faced along the way while also looking forward to the future.



昔日，青躍的規模遠不及目前。有五年時間，斗室中就只有Bowie和Megan為着一羣高危青少年打拼。當年，二人窩在鼠患嚴重的太子辦公室工作至通宵達旦；如今，位於佐敦的服務中心窗明几淨，卻叫那段日子更見難忘。Bowie笑言：「都係咁做，唔知點解都做到」。

二人皆認為，領導層的變動是珍貴機遇。Bowie強調：「**我將永遠支持青躍。**」日後，她期望團隊和自己有更多空間學習和成長。Megan確信，過去的前線經驗就是前行的基石。即使世事常變，挑戰不斷，只要「無忘初衷」，也就無礙團隊一往無前。

Megan所說的「**初衷**」，是指青躍一直因應社會和社羣變化調整服務，精益求精。這份堅持，不論外在環境變遷抑或內部崗位變化，一直不改。

青躍成立之時，主要服務在性行業工作的高危青少年。歷年來，二人都留意到社羣變化甚大。過去活躍於夜總會和網上討論區的年輕女性，轉為於網上各種羣組和社交平台出沒，其身分界線亦不如過往明確。故此，團隊於近年開始與大專院校和青少年服務單位合作，提供有關性與生殖健康的工作坊和性健康檢查，希望可以接觸到更多有需要的高危青少年。

另一邊廂，機構的服務範疇日益拓展，尤其是輔導服務和全面性教育工作。隨着輔導員加入前線團隊，不單為個案工作帶來新視野，亦可更深入地處理青少年個案。至於全面性教育工作，亦逐漸得到各界認可。



GROWING TOGETHER, MOVING FORWARD

共同成長 一往無前

In the past, Teen's Key was nowhere near the scale it is today. For five years, it was just Bowie and Megan working tirelessly for a group of vulnerable young women in a cramped office. They spent nights working in a mouse-infested space in Prince Edward; now, in their bright and clean Service Hub in Jordan, those days feel even more memorable. Bowie laughs, saying, "We did what we had to do, and somehow we made it work."

Both believe that this leadership transition is a valuable opportunity. Bowie emphasizes, "**I will always support Teen's Key.**" She hopes that both the team and she will have more space to learn and grow. Megan is confident that her frontline experience lays the groundwork for moving forward. Even with constant changes and challenges, as long as we "stay committed to our values," nothing will stop the team from moving ahead.

Always Striving for Excellence

When Megan talks about "**staying committed to our values**," she refers to Teen's Key's dedication to adapting its services based on social and community changes, always striving for improvement. This dedication remains steadfast, regardless of external changes or internal role shifts.

Initially, Teen's Key focused on supporting vulnerable young women in the sex industry. Over the years, they have noticed significant changes in the community. Young women who used to appear in nightclubs and online forums now engage in various online groups and social media platforms. Therefore, the team has started collaborating with colleges and youth service centres to offer workshops on sexual and reproductive health and provide STI testing, aiming to reach more young women in need.

Additionally, the organization's scope of services is gradually expanding, especially in counseling and comprehensive sex education. With a counselor joining the frontline team, our new colleague not only brings fresh perspectives to casework but also enables us to address the needs of young women more thoroughly. Comprehensive sex education is gradually gaining recognition.

「以往十幾年，我們同事都是跌跌碰碰地從前線和個案經驗裏學習。」Bowie說。二人喜見團隊對社羣的認識日益增長，彼此建立互信關係，工作亦愈發有系統。Bowie感謝一班思想開明和勇於創新的支持者同行多年，讓團隊可以放眼更廣闊的未來，「現在的挑戰就是如何令更多人認識青躍工作的重要性和羣體的需要，使更多人捐款和支持我們的工作。」Megan坦言，目前資源緊絀，團隊正面對莫大挑戰。縱然如此，她深信前線同事將一如以往，砥礪前行：「**因為有挑戰，我們才可以想到新的出路。**」

"For over a decade, we have learned by navigating challenges based on frontline experiences," Bowie shares. They are pleased to see the team's growing the understanding of the community and the trust they have built with each other. Their work is also becoming more systematic. Bowie expresses gratitude for their open-minded and innovative supporters who have been with them over the years, enabling the team to look toward a broader future. "The current challenge is how to raise awareness about the importance of Teen's Key's work and the needs of the community so that more people will donate and support us." Megan admits that the team is facing significant challenges due to scarce resources. Nevertheless, she firmly believes that frontline staff will continue to hone their "sensitivity" to uphold Teen's Key's mission. "Because of challenges, we can find new paths," she adds.

"Our goal has been, and always been the same: How to better support young women and girls in need" Megan concludes.



「我們的目標從來都是一個，
就是怎樣可以更好地支援青少女。」

Megan如是說

THANK YOU!

to all Board of Trustee, Partners and Volunteers

感謝所有董事及義工們的服務

Teen's Key thrives thanks to committed partners and passionate volunteers who contribute their energy and expertise. From our Board's strategic guidance to volunteers' tireless program work, every contribution fuels our comprehensive, life-changing support.

青躍在香港的發展歸功於一群敬業的合作夥伴和熱情的義工，他們貢獻自己的精力和專長。無論是領導我們戰略方向的董事會成員，還是不辭辛勞在前線執行計劃的義工，每一份努力都推動我們提供全面而富有生命力的服務。

我們深深感謝這個支持我們的夥伴和義工網絡。他們的奉獻維繫著我們的使命，推動我們不斷前進，確保我們能持續成為香港弱勢青少年的堅實支柱。



Parallel 51





「與青躍和女孩們共同探索，這是一次難忘的互相學習經歷。我們感受到自己被看見和聽見。參與這段共同的冒險，令我們感到無比興奮，它激發了我們對共同抗逆力的發現，並為女孩們描繪出一片充滿無限可能的光明未來。」
- 工作坊合作伙伴 Enid.scents

"It was an unforgettable co-learning experience, as we felt seen and heard. Being on this shared adventure with Teen's Key and the girls fills us with immense excitement, fueling our discovery of shared resilience and painting a future brightening with possibilities. " - Workshop Partner Enid.scents

2025 Onwards

展望新一年

Teen's Key will mobilize resources to support vulnerable young women in a systematic approach. Come talk to us if you are interested to support or collaborate!

青躍將以系統化的方式調配資源，以支援弱勢年輕女性。如果您有興趣提供支持或合作，歡迎隨時與我們聯絡！



Emergency Grant 緊急援助基金

Emergency financial aid for critical needs like food, emergency accommodation, and medical care for vulnerable young women; connecting them to mental health services and professionals; and offering a comprehensive family support, including childcare resources for young mothers.

我們的緊急財務援助涵蓋年輕弱勢女性的關鍵需求，如食品、住房和醫療。我們還會將她們轉介至必要的心理健康服務，並提供全面的家庭支援，例如為年輕母親提供托兒資源。

Bursary for Young Women 年輕女性助學金

This bursary serves as a positive incentive and encouragement for young women who need further support for their next steps. The bursary empowers the young women in the community to transform their lives from crisis to better lives.

作為一個正面的激勵和鼓勵，我們為需要進一步支援的年輕女性提供助學金，以協助她們邁向更美好的未來。這項助學金將有助緩解社區內年輕女性的生活費用壓力，使她們能夠專心投入未來的發展和培育。

Knowledge Sharing 知識共享

Recognizing the value of cross-sector collaboration, we aim to work with more organizations and share our expertise in gender and sex education and address the challenges faced by unseen and marginalized young women. Our goal is to raise awareness and generate widespread support for this pivotal cause.

我們深深明白多方合作的重要性。我們今年將會與更多團體合作，分享我們在性別教育及弱勢青少年群體的處境，希望讓到她們得到更多關注。

Care in ACTION

Discover how you can make a meaningful impact through volunteering, charity events, and inspiring lunch-and-learn sessions. If you're interested in collaborating for positive change, come talk to us! We'd love to work together.

歡迎您與青躍合作參與義工服務、公益活動或午餐交流會。如果您感興趣，歡迎隨時來與我們聊聊！

Donation is the most direct way to support Teens' Key mission and vulnerable young women and girls community. We also invite you to consider becoming a monthly donor. Other ideas are welcome. Get in touch!

捐助是最直接支持青躍使命和照顧弱勢年輕女性群體的方式。你也可以考慮定期捐款，或在你的生日或人生重要時刻為我們進行募捐活動。我們隨時歡迎您與我們聯繫，共同探討合作的可能性。

Visit our e-shop today to find perfect gifts for loved ones, staff, or even a treat for yourself! Every purchase supports our mission, so shop with purpose and make a difference. Don't miss out - find your next favorite item!

發現隱藏的寶藏，支持一個值得支持的事業 - 今天就來我們的公益商店逛逛吧！為您摯愛的人，為您的員工或是為自己挑選獨一無二的禮物。

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善行永續

幫助弱勢少女
翻開人生新篇章

無數的故事證明，青躍為許多青少年提供了全面的支援、安全的環境以及技能培訓。這幫助了那些身陷艱難處境和危機的女孩們擺脫重重挑戰，踏上全新的人生道路。有了您的支持，我們將能夠觸及更多有需要的年輕女性，協助她們克服重重障礙。

The countless stories have proven that Teen's Key Hong Kong has provided comprehensive support, a safe environment, and skills training to help many young girls. This has enabled those in dire circumstances and crises to break free from their challenges and embark on a new beginning.

**THE
IMPACT
OF**
Giving

Teen's Key need funds to operate through limited revenue sources. Your donation helps meet the full revenue needed to operate our services. It is so meaningful and transformational for us and enriches Teen's Key vision and drive us better day by day.

青躍需要資金來維持營運，但我們的收入來源卻相當有限。您的慷慨捐贈，正正能夠幫助我們維持各項服務。您的捐助對我們的意義重大，它不僅協助我們實踐青躍的願景，更是推動我們不斷進步。

Donation protects important parts of Teen's Key services including:

- Core Service funding gaps
- Services Development and expansion
- Staff Professional Development
- Maintain and enhance facilities

您的慷慨捐贈將會支持青躍最重要的工作，包括:

1. 核心服務資金缺口
2. 服務擴展及新服務研發
3. 員工的專業發展
4. 維護和提升設施

“我覺得危機少女在香港是支援不足的一羣。在支持青躍這段時間也會看到她們很有創意和很貼地地用很多方法來幫助這班危機少女。

Crisis girls in Hong Kong seem to lack sufficient support. However, in the time I've supported Teen's Key, I've seen their creative and grassroots-oriented approach to help this vulnerable group through a variety of methods.



Olivia Chan 陳婉榆
Monthly Donor 月捐計劃支持者
Volunteer 義工



ACKNOWLEDGEMENTS

鳴謝

Listed in no particular order 排名不分先後

THANK YOU!

We can make a safe space for young women in Hong Kong because of you. You are a part of the Teen's Key community. Your generosity has enabled us to provide a welcoming and nurturing environment for the young women we serve. Thank you again for your trust, we are deeply grateful for your partnership and look forward to continuing this important work by your side.

感謝您的支持，讓我們得以在香港為年輕女性創造一個安全的空間。謝謝您成為青躍的一份子，您的慷慨解囊使我們得以為年輕女性提供一個溫暖和鼓勵成長的環境。我們衷心感謝您的信任，並期待繼續與您並肩，支援香港的年輕女性。

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Tim & Tim Limited

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Teen's Key Hong Kong

青躍 - 青少年發展網絡

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