

## Primary Programme

The health-based drug prevention programmes offered by Life Education Activity Programme (LEAP) are endorsed by the Hong Kong SAR Government's Education Bureau, the Narcotics Division of the Security Bureau and the Tobacco Control Office of the Department of Health. Adopting a positive approach, LEAP's sequential programmes help students learn about their bodies and the effects of drugs. Through different activities and role play, students build up their problem-solving and social-resistance skills, which in turn, help them establish a healthy lifestyle and avoid drugs.

LEAP's primary programmes focus on four main areas: body knowledge, food and nutrition, drug education and social skills development. The programmes are theme-based and sequential, designed to help children become critical thinkers so that in face of drug temptations, they can refuse confidently and make safe and responsible choices for themselves.

In addition, our extension programmes "Cyber Safe", "Cyber Smart" and "Positive Me" are designed to equip students with resilience skills to deal with the challenges they may encounter in the cyber world and body image issues.

## Mode of Delivery

Our Primary Programme is delivered to schools in specially designed mobile classrooms known as Life Education Centres (LECs). Each LEC is equipped with state-of-the-art technology including audiovisual aids, illuminated body systems, and a "talking brain"—to provide a relaxed environment for students to learn, and to participate in discussions and role play.

LEAP is the first drug prevention education organisation in Hong Kong to introduce Augmented Reality (AR) and Kinect technologies to teaching. This allows students to take part in specially designed educational activities integrated with LEAP's programme for a fun, innovative digital learning experience. And LEAP's mascots - Harold the Giraffe and Holly the Horse also help strengthen the health messages delivered to the students. The programmes can be delivered in Cantonese and English.

## Partnership with Schools

In partnership with many English-speaking schools over the years, LEAP has continued to update its programmes to accommodate various curricula. Its aim is to strengthen messages that build up the importance of a healthy lifestyle with appropriate skills and strategies.

LEAP's programmes integrate well with the International Baccalaureate Primary Year's Programme of Inquiry. In addition, the programmes develop and enhance the learner's profile; empowering students to become fulfilled and contributing adults.

Every student receives a booklet and teachers receive a CD-ROM to conduct follow-up sessions to reinforce knowledge on physiology, nutrition, drugs and the building up of skills.

For any school that is interested, LEAP would be pleased to conduct a pre-visit meeting with teachers to discuss how the LEAP curriculum can best integrate into their individual subjects.



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## Kindergarten Programme

### Treehouse Playdate

Happy Healthy Harold shares with everyone what he does each day to stay clean and healthy. He also invites students to his treehouse for a playdate. Students will learn the importance of good hygiene especially proper hand-washing and tooth-brushing.

### Chimp's Party

As students go through Harold's photo album, they learn how the brain helps one grow and learn new things. The class then follows Harold to Chimp's birthday party where they explore the importance of a balanced diet.



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### Year One: Healthy Heroes

Harold works together with three Healthy Heroes – Oxyman, Extinguisher and Amigogirl, to complete different health missions. Students complete different tasks as they assist the heroes along the way.

Topics include:

- Function of the lungs
- Elements of healthy living
- Sources of pollution
- Skills to make friends



### Year Two: Nutrition Ignition

Students are invited to meet Zelda DaCheese, the curious alien, who travels with Harold to learn about food and its path through the digestive system.

Topics include:

- Digestive system
- Balanced diet
- Food promotion strategies and choice of snacks
- Safe use of medicine



### Year Three: Body Systems Go

Agent Jack invites students to participate in a special training to become professional "Health Agents". The class will visit the rainforest, science lab and the pharmacy to complete special missions.

Topics include:

- Circulatory system
- The role of pharmacists and proper use of medicine
- Importance of acceptance and respect in friendships



### Year Four: Head Start

Dr Wacko is determined to create an innovative new drug. His first task is to research about the body and how drugs affect its normal function. The story proceeds with conflicts and bullying among the assistants.

Topics include:

- Nervous system
- Effects of medical/non-medical drugs and their alternatives
- Types of bullying
- Strategies to stop bullying
- Role of an upstander



### Year Five: Tobacco Truths

Master Zhihui sends Chase on a mission to explore the issue of smoking. Chase travels to different corners of Hong Kong to discover the effects of smoking on health, family, environment as well as society.

Topics include:

- Physical effects of tobacco use (including e-cigarettes)
- Second and third-hand smoke
- Global issues such as deforestation and poverty
- Peer pressure and refusal skills



### Year Six: Voice My Choice

Students are introduced to Peter, a Year 6 student, who faces stress in school and at home. Through role play and discussions, they brainstorm positive coping strategies to help Peter. Harmful consequences of drug use will also be explored.

Topics include:

- Effects of alcohol/psychotropic drugs
- Sources and signs of stress
- Resilience skills



## Additional Programme (Upper Primary)

### Cyber Safe

- Digital footprints
- Online privacy
- Risks of photo sharing, social-networking and viruses



### Cyber Smart

- Consequences of internet overuse
- Cyber-bullying: definition, consequences and strategies to help the victim



### Positive Me

- Factors that influence body image (i.e. media, family, friends)
- Discover positive attributes and promote healthy self-image

