

榮譽會長獻詞 Message from the Honorary President

香港家庭計劃指導會在二零二二至二三年度表現卓越，成績斐然，謹此衷心致賀。

去年，家計會獲香港賽馬會慈善信託基金捐助，與賽馬會流金匯及四間非政府福利機構攜手合作，推行為期三年的「賽馬會『50 展新晴』婦女健康計劃」。這項計劃由跨專業團隊主理，藉着公眾教育及多元化活動，全面提升中年婦女的內在能力，鼓勵她們及早建立健康生活模式，以便迎接人生新旅程，安享健康晚年。計劃內容豐富，費用全免，參與的婦女均獲益良多。

家計會一向十分重視青少年性教育工作，自一九八一年起，每五年進行一次「青少年與性研究」，監察本港青少年在性方面的知識、態度及行為變化趨勢。家計會於去年六月公布「二零二一年青少年與性研究」調查結果，並提出寶貴建議，力求令青少年性教育工作更臻完善。

七十多年來，家計會對促進個人與家庭健康不遺餘力，成果豐碩。我感謝家計會全體員工一直努力不懈，實踐使命。展望未來，我相信家計會必定繼續緊守崗位，精益求精，為香港市民提供更佳的服務。

祝願家計會穩步向前，卓績日新。



榮譽會長李林麗



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Mrs Janet Lee, Honorary President

Congratulations to the Family Planning Association of Hong Kong on its remarkable achievements in 2022-23.

Last year, having received a donation from the Hong Kong Jockey Club Charities Trust, the Association launched the Jockey Club “Shining Journey 50+” Women Wellness Programme in collaboration with the Jockey Club Cadenza Hub and four welfare non-governmental organisations. Managed by a multi-disciplinary team, the three-year programme offers public education and diversified activities with the aim to enhance the intrinsic capacity of middle-aged women in a comprehensive manner. Participants are encouraged to establish healthy lifestyles at an earlier stage to prepare for healthy ageing and a new journey in life. All participating women can greatly benefit from this content-rich, free programme.

The Association always attaches great importance to the development of youth sexuality education. Therefore, the Youth Sexuality Study (YSS) has been conducted every five years since 1981 to monitor the changing trends in local youths’ knowledge, attitudes and behaviours related to sexuality. By releasing the findings of YSS 2021 and making valuable recommendations in June 2022, the Association continued with its endeavours to enhance and promote youth sexuality education.

For more than 70 years, the Association has shown an unwavering commitment to improving the health of individuals and families in Hong Kong. My thanks to all the staff for their continuous and strenuous efforts in fulfilling their mission. Looking forward, I believe the Association will stay committed to better serving the Hong Kong community.

I wish the Association every success in the years to come.

Janet Lee
Honorary President