



30 years of walking with youth  
協青30而立 伴青年同行

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October 2022

Dear friends

Youth Outreach (YO) is dedicated to helping at-risk youth grow into responsible members of our community! The at-risk youth YO approached usually are in various danger such as facing family and school problems, bullying, peer relationship and mental health issues, etc. We believe each youngster has their unique talents, as long as a suitable environment and opportunity are provided, they can grow up healthily and unleash their potential to contribute to the society.

I would like to introduce to all of you a youngster called “Gai Yuk”. Gai Yuk is a resident of Transitional Housing for Young Probationers and High-Risk Youth. It provides one-year supportive training programme for young people aged 15 to 21 with an aim to improve their relationship with family and performance at school or work through personal and family counselling services, group therapy and social, emotional management and financial management skills training.

Sincerely

Carlos Chung

Translated by Jonathan Ho

香港西灣河聖十字徑2號

2 Holy Cross Path, Sai Wan Ho, Hong Kong

電話/Tel : (852) 2384 3531 傳真/Fax : (852) 2804 8622

網址/Website : <http://www.yo.org.hk> 電郵/E-mail : [yoenquiry@yo.org.hk](mailto:yoenquiry@yo.org.hk)

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October 2022

Dear Friends

“I finally got a job!”

From dropping out of school to being unemployed to finding her first job to getting recognition at work, 19-year-old Gai Yuk had a drastic change in her life.

Gai Yuk’s parents were divorced when she was young and her grandparents took care of her followed by her aunt. Her aunt has a number of kids but still took care of Gai Yuk quite well by giving her more than enough food and clothes. As Gai Yuk had grown under a big family environment but her aunt’s roof. She naturally started to compare herself to others and not keen to express her actual feelings. Her father then helped Gai Yuk apply for residence in Hong Kong. When she was in secondary one, she officially lived with her grandparents and uncle’s family.

When she first arrived Hong Kong, she was curious to the new living environment but at the same time felt worried and fear as a lot of things were different from she expected. When she was in secondary one, she was being bullied for various reasons such as her accent and incapability to adapt to the new environment. After going through a disturbed semester, Gai Yuk transferred to another secondary school but the situation had not improved which the continued bullying behavior made her even more timid and isolated. Although she was being loved by her grandparents at home, she worried that one day they would pass away and leave her and therefore did not share much of her feelings and experience with them. Under a long emotional suppression with lack of support, Gai Yuk had more quarrels with her grandparents and even hurting her grandma. Gai Yuk’s emotional state had become more unstable and eventually diagnosed with depression.

Gai Yuk’s past traumatic experience made her afraid of stepping into the society after she graduated from secondary school. She chose to stay home for a long time and did not go study nor find a job but became addicted to online games. She felt hopeless in the reality world, losing momentum in life and even thought to end her and family’s lives together. Luckily, with referral from social worker, Gai Yuk was arranged to be admitted to Transitional Housing for Young Probationers and High-Risk Youth.

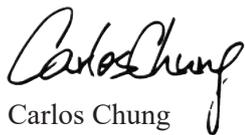
When Gai Yuk first arrived, she felt resisted and thought social life would make her being bullied again. In view of Gai Yuk's needs, social workers worked with her to formulate goals including self-care, emotional management and to find a job, etc. Gai Yuk finally took courage to start a new life at the dormitory. In the past she was the favorite child of her grandparents and did not need to handle any household chores, but after receiving a series of residential training she gradually learned different household chore skills and shared house chores with family. She took the initiative to buy sanitizing goods to clean places and even proactively took care of her grandma who got sick with COVID, which is a noticeable and significant improvement.

Gai Yuk's was an introverted and shy person who did not actively meet new people and her lack of confidence could be seen in daily lives. Gai Yuk has talent in drawing but she always denies having such talent as she did not get any awards before. Her dormmates saw her beautiful drawings by coincidence one time and asked her to draw them a painting of self-portrait, cartoon and their favorite animals. Under continuous recognition and encouragement, Gai Yuk finally saw her potential. Besides, through counselling and different residential trainings, Gai Yuk gradually learned how to express her own feelings and improved her social skills by proactively talking with other dormmates. One night she even joined them for board games and had a friendly relationship with them. She started to enjoy dormitory life and felt the acceptance, freeness and success in social life.

For work, Gai Yuk interviewed various jobs such as clerk, warehouse assistant and cashier but failed all interviews and lost the courage of finding jobs thus denying herself again. Therefore, social worker taught her different interview skills coupled with mock interview to increase her confidence and recommended her to interview for a position in the 7-11 store at Youth Outreach. Apart from having a successful interview, she also gained satisfaction from her job and also being recognized by the store manager who increased her salary for recognizing her job performance.

Gai Yuk now proactively prepares for post-dormitory life, hoping to utilize the life skills and social skills she learned from Transitional Housing for Young Probationers and High-Risk Youth, let go of her past and walk her own path confidently.

Sincerely

  
Carlos Chung

  
Translated by Jonathan Ho