

Jockey Club Shining Together with Cross-Cultural Youth Project

Building Mental-Health Literacy, Strengthening Communities, Empowering Cross-Cultural Youth.

Quarterly Newsletter
September – November 2025



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Message

As we move past the midpoint of this three-year Project, we are encouraged to see early signs of the long-term change we set out to achieve. This quarter, youth leaders from our Train-the-Trainer Programme began organising their own advocacy activities and offering structured peer support. These are promising indicators of the behavioural and leadership development that our model aims to cultivate.

We continued expanding district coverage and cross-sector partnerships, delivering culturally sensitive psychoeducation across Hong Kong. A major milestone this quarter was the launch of Hong Kong's first Randomised Controlled Trial evaluating culturally adapted mental-health education for non-Chinese youth. The evidence generated will help inform future practice, programme design, and policy dialogue.

At the core of our work is a commitment to bridge academic research with practical community delivery, ensuring that frontline activities remain grounded in evidence and closely connected to the lived experiences of non-Chinese youth.

These achievements were made possible through the dedication of our partners, communities, and young people. We hope you enjoy this update on our progress.

Warm regards,

Professor Naubahar SHARIF

Principal Investigator

December 2025



About the Project

The Jockey Club Shining Together with Cross-Cultural Youth Project is a three-year initiative from March 2024 – February 2027 that supports non-Chinese youth aged 15 – 24 through evidence-based mental-health education, skill development, and youth leadership training.

Our approach integrates frontline delivery, research, and sector collaboration to improve wellbeing outcomes at individual, community, and system levels.

Why This Matters for Hong Kong

Hong Kong's ethnically diverse youth often face unique cultural, linguistic, and social pressures, yet mental-health resources are rarely designed for their needs. This Project bridges that gap by developing research-informed, cross-culturally sensitive, and community-driven mental-health programmes.

Our Three-Tier Programme Pillars

We deliver the right level of support at the right moment, ensuring broad reach and deep impact where needed.



Youth-led engagement through our Train-the-Trainer Programme, supported by structured supervision and robust protocols.



Practical capacity-building workshops across three core themes.



Accessible, culturally relevant mental-health knowledge delivered through outreach and digital tools.

Leadership & Advocacy

Long-Term (System Impact): Research evidence informs scalable models, guides NGO and school programme design, and contributes to policy development on inclusive youth mental-health support.

Medium-Term: Youth leaders support peers, mental well-being, and drive stigma reduction.

Long-Term: Emergence of a sustained, youth-led wellbeing ecosystem within cross-cultural communities.

Skills Development

Short-Term: Youth begin applying practical skills in their daily lives.

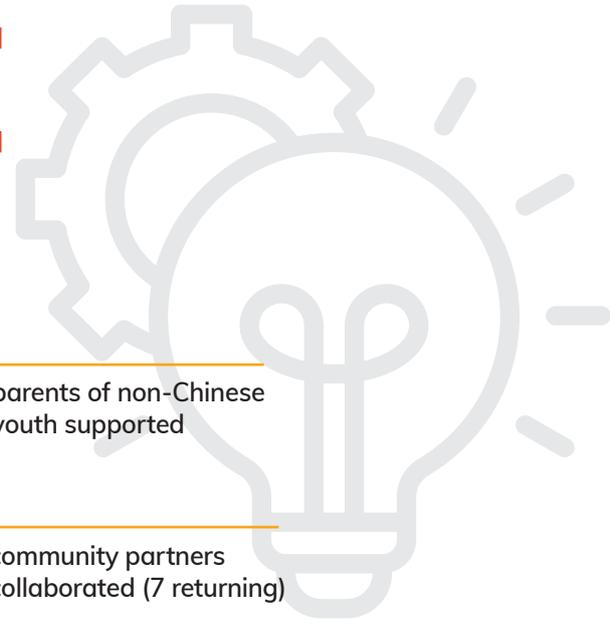
Medium-Term: Improved relationships, stronger resilience, and healthier communication patterns across families and communities.

Awareness

Immediate: Youth gain foundational understanding of emotions, stress, and coping options.

Short-Term: Increased openness to help-seeking and reduced stigma in classrooms and peer groups.

QUARTER AT A GLANCE



Key Highlights

982 non-Chinese youth trained

24 parents of non-Chinese youth supported

28 capacity-building workshops completed

14 community partners collaborated (7 returning)

19 self-guided learning videos available

9 outreach touchpoints, engaging university and community settings

Who We Served



Secondary and international school non-Chinese students



University and tertiary non-Chinese students



Parents and caregivers



Community and religious organizations



Educators, youth workers, and social workers

This diversity reflects our commitment to equitable and culturally responsive support for non-Chinese youth across Hong Kong.

What These Numbers Tell Us

Engagement across schools, NGOs, universities, community and religious organisations demonstrates strong sector demand. The mix of new and returning partners signals both trust and relevance, reinforcing the Project's role as a reliable provider of evidence-based psychoeducation in Hong Kong.

EMPOWERING YOUTH WELL-BEING ACROSS HONG KONG

Thematic Workshop Outcomes

1. Mental-Health Literacy & Emotional Wellbeing

90%+ satisfaction was recorded for workshops in this theme.
(Mental Health First Aid: 90%, Mindfulness: 91%)

89% of participants reported increased understanding and practical application of core mental-health skills, including:

- identifying emotions and stress responses
- recognising common stress triggers
- understanding the mind-body connection
- applying grounding and mindfulness techniques in daily situations

“I liked being able to practice mindfulness through the eating activity, it will be helpful for me to use in the future.”

Participant of “Mindful Eating” workshop at the HKUST



“...I have learnt such valuable aspects, for example, how to properly communicate, how to empathize and how to actively understand and listen to your loved ones; and how to connect with them without ignoring my own feelings.”



Participant of “Interpersonal Relationships & Conflicts Management Workshop” at Sikh Temple

2. Communication & Interpersonal Relationships

85% satisfaction was recorded for communication-focused workshops.

81% of participants reported increased confidence and ability to apply interpersonal skills, such as:

- expressing thoughts and emotions more clearly
- listening with empathy
- using strategies to manage interpersonal conflict
- building more constructive and supportive relationships with peers and teachers

Overall Feedback

985 total participants rated our workshops an average of:

4.37/5 (87% positive)

Schools and organisations interested in bringing these workshops to their students are welcome to contact us to explore collaboration.



3. Family Relationships & Parent Engagement

88%

 satisfaction was recorded for family wellbeing & relationships-themed workshops.

89% of parents and youth indicated improvements in family communication and relational skills, including:

- communicating more clearly across cultural or generational differences
- expressing emotions in safer, healthier ways
- demonstrating greater empathy and understanding within the household

“...The workshop is very useful... By learning four items such as observations, feelings, needs and request, I can express myself without starting an argument...”

Participant of “Familial Relationships Workshop for Parents” at the Vine Church



“I enjoyed sharing and getting to know people through the wheel of life. I was able to explore many aspects of my life more deeply.”

Participant of “Goal Setting” workshop from Delia Memorial School (Glee Path)



4. Personal Growth, Goal Setting & Workplace Readiness

84%

 satisfaction was recorded for goal-setting workshops.

77% of participants reported enhanced skills in personal planning and future decision-making, including:

- identifying meaningful personal goals
- maintaining motivation toward academic or career pathways
- applying strategies to navigate academic, social, or workplace transition

Collectively, these capacity-building efforts strengthen the wellbeing, resilience, and long-term development of non-Chinese youth.

YOUTH-LED COMMUNITY IMPACT

Peer-Support in Action: What Our Youth Leaders Did

Youth Reflections: What Went Well

TtT youth demonstrated:



confidence applying
non-judgemental listening



deeper empathy and
cross-cultural understanding



meaningful behaviour
change



emerging leadership roles
within their peer networks

These engagements signal the early formation of a bottom-up, culturally sensitive youth support system, helping normalise open conversations on mental health within ethnically diverse communities.

This quarter, trained youth leaders moved beyond the classroom to lead their own advocacy efforts in schools and community settings.

28 youth-led advocacy
events completed

779 community members
reached

Youth facilitators conducted in-person talks, interactive booths, and small-group activities at local secondary schools, community centres and religious organisations.

“Now whenever my friends say they are anxious, I listen to them thoroughly and then I provide my opinion... if I can't help them I know who I can speak to, like a school social worker.”

Participant of TtT
program in Batch 1



Youth Leader Spotlight - Impact Story

Teacher Spotlight: Empowering Student Leaders

“It is far more convincing when alumni share their real-life experiences within their own cultural context. After the event conducted by the trained ambassadors, students show a much higher awareness of mental health and understand that there are multiple ways to seek help, both within the school and through external support services.”



Mr. Max Wong
Head of Counselling & Committee,
Islamic Kasim Tuet Memorial College

For Mr. Max Wong, the project was a vital solution for a government-aided school seeking professional, culturally relevant mental health resources without financial barriers. He witnessed a remarkable evolution in his students, who transitioned from passive learners to confident leaders capable of designing game booths and delivering lectures. Mr. Wong emphasizes that the relatability of alumni sharing real-life experiences made the message far more convincing than standard lectures, effectively fostering a school culture where students feel empowered to seek help and support one another.

From Participants to Peer Leaders

Our Train-the-Trainer (TtT) youth leaders continued applying their skills by leading advocacy activities and offering structured peer support within their communities.

Peer-Support Highlights

- 50 peer-support sessions provided
- Youth supported friends, classmates, peers, and in some cases family members
- Issues addressed included academic stress, interpersonal conflict, family tensions, and work-related concerns
- All sessions followed project protocols and risk-management procedures



Examples of completed youth-led advocacy events included:

Culture, Identity & Exam Stress

Examining how cultural expectations and academic pressure intersect, and when and how to seek support during exam periods

Mindfulness & Self-Care

Introducing practical, low-barrier mindfulness and self-care activities that youth can apply at school, at home, or with peers

Building Resilience in Cross-Cultural Contexts

Exploring healthy vs. unhealthy resilience, and learning how culture, identity, and community shape coping and adaptability

Anxiety & Stress Management

Understanding what anxiety looks like, how to recognise early signs, and simple strategies to manage stress in daily life

Youth Leader Spotlight: The Shift to Active Listening

"This program bridged theory and practice, transforming my active listening skills to better support others. Analyzing cultural stigmas broadened my perspective on mental health factors. I now feel empathetic and fully equipped to advocate for awareness, educate peers, and lead destigmatizing conversations within my community."



Zahad Khadija
Trained Youth Leader,
Islamic Kasim Tuet
Memorial College

Zahad Khadija, an alumna of Islamic Kasim Tuet Memorial College, joined the programme to decode the meaning of "peer advocacy" but left with a profound shift in mindset. She moved from simply giving advice to mastering the critical skill of active listening, realizing that her previous approach often left peers feeling unheard. Motivated to break the cultural stigma around mental health in his community, Zahad returned to her school to lead workshops on academic pressure and co-founded the "Voices Unheard" online platform. Her journey proves that with the right training, youth can become the most effective support system for their peers.

Join the Next Cohort — Register Now

Recruitment for our next cohort is now open, with programme dates scheduled for January – February 2026.

If you would like to nominate youth leaders, or if you are a young person wishing to take part yourself, please contact us or scan the QR code to register!



RESEARCH INSIGHTS

Integrating Research and Outreach: A Continuous Feedback Cycle

Hong Kong lacks empirical evidence on culturally adapted mental-health interventions for ethnically diverse youth.

Our research strategy creates a feedback loop between data, programme refinement, and community delivery, strengthening both frontline practice and long-term system planning.



What Youth Told Us: Early Insights

Among youth who completed our baseline surveys, many shared that they are experiencing stress or feeling overwhelmed. Their most common sources of pressure include school or work demands, concerns about the future, family conflicts, relationship difficulties, financial strain, and challenges around career decisions.

These voices highlight why creating safe, inclusive, and culturally grounded spaces remains central to our work. Their feedback continues to shape our workshop content, youth leadership pathways, and community engagement efforts this year.

Research Activity: Randomised Controlled Trial (RCT)

The Project's Randomised Controlled Trial (RCT) is Hong Kong's first study evaluating the outcomes of culturally adapted psychoeducation for non-Chinese youth.

The study examines outcomes related to mental-health literacy, coping behaviours, communication, help-seeking intentions, and peer-support confidence, generating insights directly relevant to youth needs in multilingual and cross-cultural contexts.



Sharing Our Knowledge Beyond the Project

Our team is also contributing to the wider conversation on youth and mental health. Recent research includes:

1 A paper manuscript, **'Life as an ethnic minority (EM) university student: Comparing mental health challenges among local and international EM students in Hong Kong'** currently under review in British Educational Research Journal.

2 A completed draft paper, **'Mental Health, Political Trust, and Ethnic Experience Among Minority Youth in Hong Kong'**, aiming to submit to a high-impact, peer-reviewed international journal

3 An ongoing paper, **'Healing minds, building trust: mental health and youth trust in AI development'**, accepted by American Society for Public Administration 2026 Annual Conference

These studies help place the experiences of non-Chinese youth in Hong Kong on the global map — and ensure that insights from our community contribute to wider learning and policy thinking.



DIGITAL LEARNING ECOSYSTEM

Strengthening Access Through a Comprehensive Digital Learning Ecosystem

These digital resources complement in-person activities and ensure continuous access to high-quality, culturally adapted mental-health education.

Website & Learning Portal

Hosted under one unified platform, the Project Website provides public-facing programme information, resource materials, and updates, while the Learning Portal, embedded within the site, offers a structured environment for self-paced, evidence-informed learning.



Visit Our Website Here:
<https://jcst.ust.hk/>

Animated Educational Video Series (4 Modules)

The Project provides a full suite of animated videos designed to enhance understanding, build practical skills, and support behavioural change.

Module
1

Emotional Awareness & Mental-Health Basics

Foundational concepts on emotions, stress, and everyday coping.

Module
2

Communication & Interpersonal Skills

Active listening, conflict resolution, maintaining healthy communication

Module
3

Identity, Belonging & Cross-Cultural Adjustment

Navigating cultural differences, belonging, value conflicts, and lived experiences of non-Chinese youth.

Module
4

Help-Seeking & Peer Support

Recognising concerns, supporting peers safely, and understanding community resources.



Module 1.1: Understanding Mental Health
42 views · 2 months ago



Module 1.2: Common Stressors for Youth
23 views · 2 months ago



Module 1.3: Recognizing Mental Health Disorders
23 views · 2 months ago



Module 1.4: Supporting Mental Health Well being
48 views · 2 months ago



Module 2.1: What is Emotional Intelligence
6 views · 1 month ago



Module 2.2: Emotions
4 views · 1 month ago



Module 2.3: Self-Awareness and Self-Regulation
3 views · 1 month ago



Video 2.4: Motivation
3 views · 1 month ago

The digital ecosystem has become a core part of how youth engage with the Project's content. Participants can revisit topics through the video modules and learning portal after workshops, deepening understanding, reinforcing key concepts, and supporting early behavioural change.

Over the longer term, the digital suite serves as a scalable and culturally inclusive resource that strengthens sector readiness. It supports equitable access across districts, provides reusable training tools for educators and frontline workers.



Team Members

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