

Caring Orientation Info Pack

迎新關愛資訊包 – For new students 新生篇

Together, we create 讓我們共同建立

★ **YOUR
SAFE
SPACE**



**Where everyone feels respected and included
一個尊重與接納的安全空間**

#yOURsafespaceEdu
#CaringOrientation2026

Starting your university journey, stepping into orientation? 展開大學旅程，踏入迎新？

**This info pack share simple tips
to help you:**
此資訊包提供簡單貼士以助你：



Honour healthy boundaries
建立健康界線



Embrace diversity
擁抱多元



Look out for one another
彼此關顧

1. Honour Healthy Boundaries

建立健康界線



You don't have to "fit in" at the cost of your comfort and safety.
Unwanted dares, personal questions, or drinking games?
You have the right to choose.

你不需要為了「融入」而犧牲自己的舒適感和安全。面對不想接受的鬥
大膽挑戰、觸及私人生活的提問，或者要飲酒的遊戲？
你有權作出選擇。

2.

Harassment: Know the Facts

騷擾：認清事實



"It's not harassment if it's a joke."

“只是開個玩笑，不算騷擾。”



MYTH

迷思

事實

FACT



If it's unwelcomed and makes someone offended, humiliated or intimidated, it matters.

Harassment can be a single incident, may occur unintentionally, and between anyone.

若行為不受歡迎並令人感到冒犯、侮辱及威嚇，就是問題。

騷擾可以是一次性、無意中作出，並發生在任何人之間。

3. You Are Not Alone: Help-Seeking

你並不孤單：尋求協助



Friends & Family
家人與朋友



Staff
教職員



Hotline
熱線電話



Security Support
保安支援

Counselling Services
學生事務處輔導服務

Equal Opportunities
Matters
平等機會事務

You Are Not Alone: Help-Seeking

If something feels wrong, talk to someone you trust or reach out to the University for support. Your wellbeing is important.

你並不孤單：尋求協助

如果事情讓你感到不對勁，與信任的人傾談，或向大學尋求支援。你的身心健康是重要的。

Equal Opportunities and Disability Access Officer

平等機會及關注殘疾平等主任

Tel: 2948 6012



Counselling Services

學生事務處輔導服務

Tel: 2948 6245

Security Control Centre (24 hours)

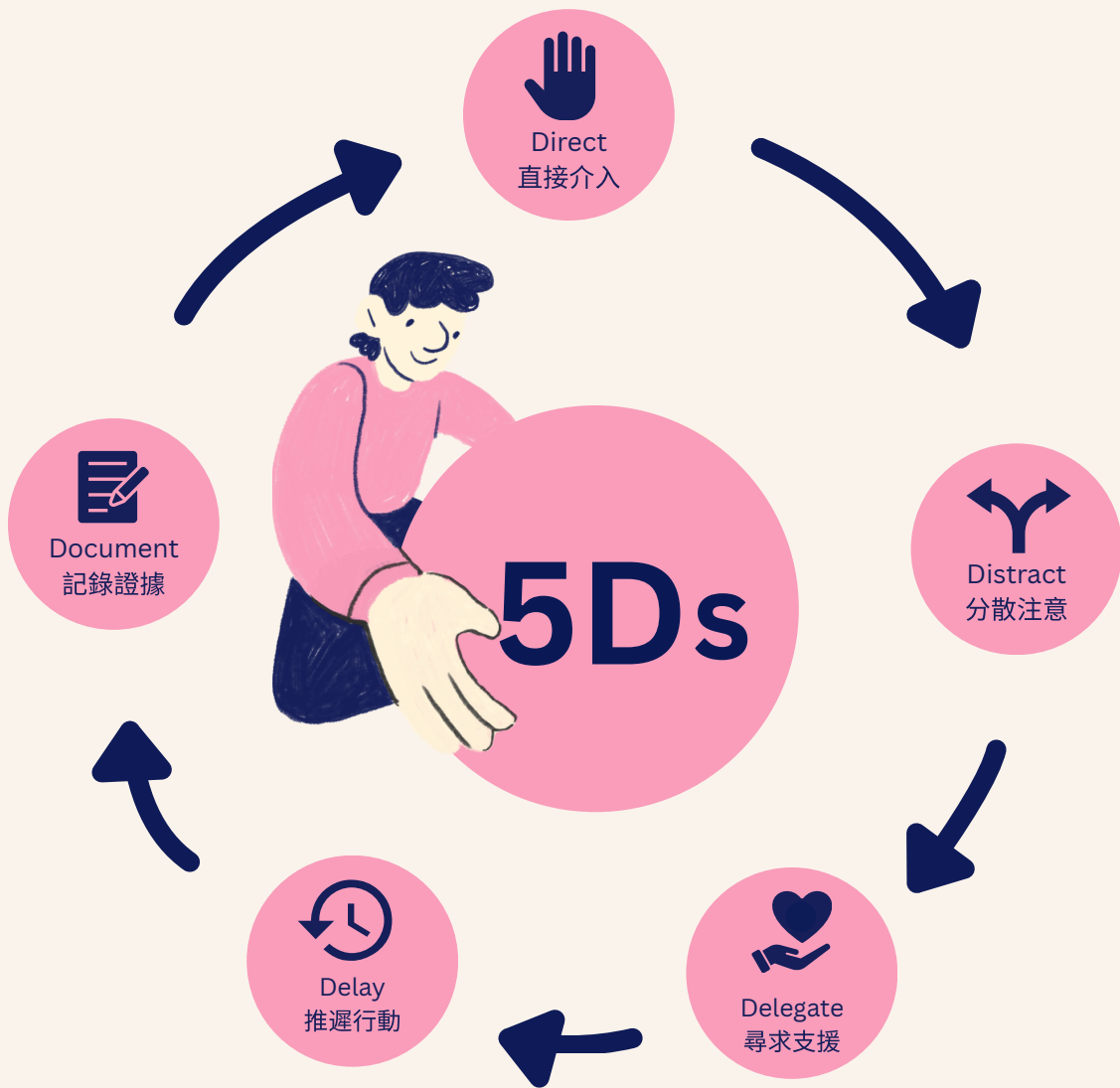
保安控制室 (24小時)

Tel: 2948 8000



4. “5Ds Active Bystander” Intervention Strategy

●「5D積極旁觀者」介入策略



See something inappropriate?

You can help safely by being an Active Bystander. Try the 5Ds strategy:

目睹令你感到不恰當的情況？

你可成為積極旁觀者，嘗試以5D策略安全地提供協助：

**Direct (直接介入) . Distract (分散注意) . Delegate (尋求支援) .
Delay (推遲行動) . Document (記錄證據)**