



## Community Youth Club Declaration on Healthy Living

- A. We are determined to develop positive **personal** values:
- We exercise regularly to maintain a healthy body and mind.
  - We love physical exercise, and are ready to do household and heavy manual work regardless of whether it is considered as a man's or woman's job.
  - We eat wisely. We treasure and promote heritage and arts.
  - We believe that we are worthy fellows. We aim beyond academic achievement, which is only one of the indicators of our ability.
  - We work hard in pursuit of knowledge, but give equal emphasis to all-round development in other domains of ethics, intellect, physique, social skills and aesthetics.
  - We are optimistic and take things easy. We are self-assertive and look at life, our ability and background positively. We take every opportunity we have now and set the path for our future.
  - We are keen to attain all-round development. We develop our interests, potentials and unique abilities. We explore and promote our strengths and good traits.
  - We work hard and give our best at all times. We are brave but not reckless, modest but not humble.
  - We are eager to equip ourselves for future challenges. We work conscientiously and do not crave for overnight success.
  - We strive for enhancement step by step. We make everyday count.
  - We learn to discern right from wrong. We value justice, sympathy and integrity.
  - We appreciate diversity and accept it with an open mind. We allow no envy, anger or resentment into our hearts.
  - We live a grateful life. We feel obliged to our parents, society and nature.
  - We cherish harmony and peace, and understand that we are part of nature. We deeply appreciate the beauty of every living creature and respect the uniqueness of every species.
  - We explore the meaning of life and develop a set of positive values and beliefs in pursuit of a meaningful life.
- B. We are determined to develop positive **family** values:
- We believe that healthy development begins with a happy family.
  - We understand that some families may have their own difficulties, but believe in the power of personal efforts in shaping a happy life.
  - We cherish what we have in smooth times and believe in our ability to sail through adversity.
  - We know how to be considerate and sympathetic towards our family members.
  - We believe that understanding, love and forgiveness are the best remedy for broken family relationship.
  - We are ready to serve and devote ourselves to family commitments. We make devotion and forgiveness central to building a happy family.
  - We believe that commitment is crucial to closer family ties, and pledge to be committed to our family.
  - We pledge to develop a healthy character and help other family members to do the same, as we

believe that they are essential to a healthy family.

- We know that a family may not be perfect but believe that a happy family is built on affection, understanding and commitment.
- We learn to respect marriage as a life-long covenant of whole-hearted devotion.

C. We are determined **on a social level** to develop a healthy society, nation and culture and positive values towards the world and the universe:

- We believe that humans are different from other animals in that we are rational and have conscience and justice. We pledge to be a person of integrity.
- We believe that human conscience, reason and justice should guide the way a society, nation, culture and the international community work. This is how human civilisation develops and advances.
- We believe that the more fortunate have a duty to help the less advantaged. This is true to all individuals, families, communities, societies and nations.
- We believe that we come not to be served but to serve. This is true to all individuals, families, communities, societies, nations and races.
- We believe that every individual, family, community, society, nation and race has its own role and should perform its own duty every day.
- We believe that the pursuit of knowledge, wealth and excellence is only part of the process of life. We aim at broader goals and strive for mutual improvement and service, richer civilisation and common good.
- We know that material affluence and achievements are important to a person, family, community, society, nation and race, but insist that they should be acquired through proper means.
- We firmly believe that the value of life is not measured by wealth, but by our contribution, devotion and commitment to our family, community, society, nation, race and the world community.
- We guard against selfishness, dishonesty, exploitation and greed which are big enemies to personal growth, family cohesion and social, national, racial and international stability and development.
- We recognise the merit of a simple lifestyle and our obligation to achieve sustainability for our future generations through optimal utilisation of resources.
- We firmly believe that generosity, compassion and mutual support are the cornerstone of a civilised society.
- We should have a proper understanding of our relationship and interaction with people, friends and other social groupings including communities, societies, nations, cultures, races and the world and universe.
- We strive to go beyond academic and material achievements and make continuous efforts to position ourselves properly in a world of wider horizons.
- We are committed to promoting human civilisation and common good with drive and determination.