

Hong Kong Taoist Association Tang Hin Memorial Secondary School
One-off Grant for Mental Health of Parents and Students
Report on the Use of the Grant
2023-2024

Brief Description of the Activities

The Six A's of Positive Parenting – Accountability and Authority

Mrs. Ling was invited to explain the 6A Moral training, and more than 60 parents participated. This improved the interaction and relationship between parents and adolescent children. Improved mental health of parents was observed.

Support activities - 【The Six A's of Positive Parenting】 Parent Practical Workshop

Three follow-up workshops were held, with approximately ten parents participating in each workshop to discuss, learn, and practice skills while interacting with their children. In order to understand and apply principles in The Six A's of Positive Parenting.

Objectives

To improve the relationship between parents and adolescent children.
 To learn emotional management skills and the correct way to care for their children.
 To learn how to communicate with teenagers.
 To be aware of some common misunderstandings.

Date : Talk:6/1/2024(Saturday) 10:00am - 12:00nn
 Follow-up workshops:9/4/2024、16/4/2024、23/4/2024(Tuesday)
 10:30am - 12:30pm (3 sessions)

Time: --

Venue: PTA Room and Lecture Theatre

Target Student (level and number of participants): Talk:100 parents.
Follow-up workshop:15parents.

Student Outcomes/ Evaluation Results

Through parent questionnaires, we learned that most participating parents understood and paid more attention to the mental health of their children. They felt supported and encouraged by the school. After this activity, they felt it was easier to let go and accept and understand their children's behavioral and psychological changes with a more open heart. They hoped that the school will organize more similar activities in the future to alleviate the pressure and difficulties they face in educating their children.

Actual Expenses: \$4900 + \$2625 * 3=12775

Area (iii): Providing training programmes or activities to equip parents with the knowledge and skills related to mental health

Essential Learning Experiences

(Please put a ✓ in the appropriate box(es); more than one option can be selected)

- Intellectual Development (closely linked with curriculum)
- Values Education
- Physical and Aesthetic Development
- Community Service
- Career-related Experiences

Submit the following documents

- Activity photos

