

HONG KONG TAOIST ASSOCIATION TANG HIN MEMORIAL SECONDARY SCHOOL
UNIT/SUBJECT: PARENT EDUCATION
ANNUAL PROGRAMME REPORT (2024- 2025)

1. CURRENT YEAR OBJECTIVES

1	Understanding of Adolescent Development
2	Promotion of Healthy, Happy and Balanced Development of Adolescents
3	Promotion of Parents' Physical and Psychological Well-being
4	Fostering Home-school Co-operation and Communication

2. IMPLEMENTATION PLAN Report

Objective 1: Understanding of Adolescent Development

Targets	Strategies / Tasks	Success Criteria	Evaluation
1.1. Help parents understand the unique characteristics and needs of adolescents. 1.2. Appreciate the traditional parenting wisdom of Chinese culture.	Parent Education Seminar	80% of parents demonstrate their understanding of the unique characteristics and needs of adolescents. 80% of parents demonstrate a good understanding of the traditional parenting wisdom of Chinese culture. - The number of parents attendance is more than 100.	Parent Education seminar on Chinese Cultural Wisdom in Child-Education The seminar titled "Chinese Cultural Wisdom in Child-Education" was held on January 4, 2025, attracting 70 parents. A total of 58 questionnaires were collected after the lecture, with 57 of them expressing positive feedback. Parents found the seminar helpful in understanding the different developmental stages of adolescents. By integrating traditional Chinese cultural wisdom into modern parenting practices, the lecture provided valuable insights that boosted parents' confidence in fulfilling their child-rearing responsibilities. Overall, the lecture was highly appreciated for its practical and culturally rooted advice, enabling parents to better support their children's growth.
1.3. Help parents acquire the knowledge of the key developmental tasks of adolescence and the skills to support the completion of these tasks 1.4. Help parents acquire the ideas for family fun to maintain positive relationships with adolescents	Parent-child reading sharing sessions and seminars on the knowledge of the key developmental tasks of adolescence.	80% of parents understand the scope and processes of adolescent development. 80% of parents will be able to apply knowledge of adolescent development to set reasonable expectations on their adolescent children. 80% of parents acquire appropriate strategies to facilitate the development and well-being of adolescent.	Parent Education Book Sharing on Setting Boundaries for Teens The book-sharing event titled "Setting Boundaries for Teens" was held on February 22, 2025. It was attended by 70 parents. A total of 64 questionnaires were collected, with 55 of them providing positive feedback. The majority of parents felt that the lecture significantly boosted their confidence in dealing with their children's attitudes and behavioral issues. The session not only highlighted the importance of setting boundaries but also provided practical techniques for doing so. Parents learned how to establish clear limits for their adolescents' behavior, set up a pact outlining these boundaries, and define the consequences of breaking them. The sharing section also covered effective methods for enforcing these rules. Overall, the event was highly beneficial, equipping parents with the tools they need to guide their teenagers in a constructive and supportive manner.

Objective 2: Promotion of Healthy, Happy and Balanced Development of Adolescents

Targets	Strategies / Tasks	Success Criteria	Evaluation
2.1. Help parents understand early mental health symptoms in adolescence and the different levels of severity of symptoms. 2.2. Help parents gain an enhanced awareness of issues including school refusal, self-harm behaviours and substance misuse. 2.3. Help parents acquire the skills on how to support their adolescent children and learn to seek help without fear of stigmatization.	• Healing Journey Parent Workshop • Seminar by experience psychiatrist	• 80% of parents gain awareness of early signs of mental illness in adolescent children for early intervention • More parents start to read books relevant to mental illness in adolescent	• Parent Education on Early Adolescent Mental Health Issues and Early Intervention Support The parent education seminar titled "Understanding Early Adolescent Mental Health Issues and Early Intervention Support" was held on March 15, 2025. It was attended by 70 parents, and a total of 56 questionnaires were collected. All 56 questionnaires provided positive feedback, indicating the high value of the seminar. The lecture focused on helping parents recognize the early signs of mental health issues in adolescents. It also increased their awareness and understanding of common problems such as truancy, self-harm, and substance abuse. Parents appreciated the practical guidance provided on how to address these issues effectively. By equipping them with the knowledge and tools to identify and intervene early, the lecture empowered parents to better support their children's mental well-being. Overall, the event was highly beneficial and well received by the attendees.
2.4. Parents can improve their children's screen time habits by setting designated hours for electronic device use, prohibiting device use in bedrooms during bedtime, and promoting regular breaks from screens.	• Parent-child reading sharing sessions and seminars on healthy use of Internet, electronic devices and social media. • 當子女機不離手	• 80% of parents are able to set limits on screen time and social media usage. • 80% of parents understand the common stress faced by adolescents. • 80% of parents are aware of the feeling of frustration and anger to child's disobedience. Instead of reacting to their own feelings by scolding the child, they can calmly talk with her children.	• Parent Education Book Sharing on Healthy Internet Use for Adolescents The book-sharing section titled "How to Ensure Healthy Internet Use for Adolescents" was held on April 12, 2025. It was attended by 50 parents, and a total of 42 questionnaires were collected. Remarkably, all 42 questionnaires provided positive feedback. Parents unanimously agreed that the sharing section significantly enhanced their confidence in managing their children's smartphone and social media usage. They also learned how to become savvy internet users themselves. The sharing section covered both the benefits and drawbacks of the internet, as well as the various reasons why it can be addictive. By providing practical insights and strategies, the event empowered parents to better guide their teenagers in navigating the digital world safely and responsibly. Overall, the sharing section was highly effective in equipping parents with the knowledge and tools needed to support their children's healthy internet habits.

Objective 3: Promotion of Parents' Physical and Psychological Well-being

Targets	Strategies / Tasks	Success Criteria	Evaluation
3.1 Appreciate traditional Chinese culture	PTA Chinese Culture Fun Day	80% of parents agree that they have regular exercise with adolescents can serve as valuable 'family time' for parents, so as to maintain healthy parent-child relationship.	As the highlight event of Chinese Culture Week, our School's Chinese Culture Day was held successfully on 8th December 2024 (Sunday) with the warm participation by more than 200 people. After Speeches by Principal Mr Wong Shun Tak, HKTA Tang Hin Memorial Secondary School, and Mr Yuen Ching Chor, Chairman of Gentle and Tranquil Tai Chi Chuan Association, the ceremony of exchanging souvenir was held. This was followed by Upstage Traditional Chinese Costume Show, Downstage Tai Chi Group Practice & Performance, and then Upstage Mini-Concert by our School Guzheng Band, consecutively. Various Interactive booths featuring different aspects of Chinese Culture in the Hall were extremely popular among parents, teachers, students and guests alike. These included Chinese Pitch-Pot Game, Shadow Puppet booth, Chinese Mask Painting, and Intangible Cultural Heritage of Traditional Chinese Paper-Cutting, as well as other booth games. They started simultaneously as the Tai Chi Show Downstage. From observation, all participants enjoyed the activities.
3.3 Help parents understand the changing nature of the parent-child relationship during adolescence. 3.4 Help parents understand the importance of effective communication and acquire the relevant skills in facilitating and supporting a healthy and positive family environment. 3.5 Equip parents with strategies and skills to manage parent-child conflicts in difficult situations (e.g. problematic internet use)	Parent-child reading sharing sessions and seminars on parent-child relationship.	80% of parents recognize and understand the significance of parental well-being on adolescent development. 80% of parents learn effective stress management and self-care strategies that facilitate self-compassion and enhance parental well-being. 80% of parents acquire appropriate strategies for effective communication within the family.	Parent Education : Stress Reduction workshop was held on 10th May, 2025 The workshop successfully achieved its objectives, with 100% of participants agreeing that it: Enhanced their ability to support their children's mental health, and boosted their confidence in providing such support. The session was well-received due to its interactive format and the hands-on craft activity (creating personalized dried flower hooks), which encouraged engagement and self-expression.

Objective 4: Fostering Home-school Co-operation and Communication

Targets	Strategies / Tasks	Success Criteria	Evaluation
4.1 Help parents understand the concepts and skills of supporting adolescents in life planning and career development. 4.2 Help parents understand the processes of career and life planning and how to make use of the opportunities to connect with their adolescent children. 4.3 Help parents develop appropriate strategies to facilitate life planning of their adolescent children through building a positive and supportive environment.	• How to discuss career planning with your children?	• 80% of parents agree that they are empowered to support adolescents' life planning and career development.	• Parent Education on Career Planning with Adolescents The seminar titled "Career Planning with Adolescents" was held on January 4, 2025. It attracted 111 parents, showing a high level of interest in the topic. A total of 90 questionnaires were collected after the seminar, and 79 of them had positive feedback. The majority of parents found the seminar very helpful in understanding career development theories and the psychological needs of adolescents. The lecture also provided practical methods for effective communication with teenagers, which is crucial for guiding them in making decisions about further education and career paths. Overall, the lecture was well-received and considered beneficial for parents in supporting their children's career planning journey. • Another Career Seminar was held on 7th June, 2025. A total of 58 families attended the lecture, and all agreed that it helped them gain a deeper understanding of further diverse education pathways and the latest career trends. They also found the session beneficial in providing appropriate support for their children's career development. The positive feedback highlights the lecture's effectiveness in empowering parents with essential knowledge for guiding their children's future.

4.4 Organize meaningful home-school activities. 4.5 Both parents and school have an increased awareness of the importance of home-school co-operation in nurturing adolescents, creating a positive environment conducive to their learning, and establishing mutual trust and respect through effective communication and parent participation. 4.6 Help parents manage stress with a wellness lifestyle approach	• Parent-child Board Game Workshop by BG INFINITY • ‘花開心扉’ meditation workshop • Parent-child bakery workshop	• 80% of parents agree that these activities provide platforms and valuable opportunities for parent-adolescent children, parents-parents and parents-school communication.	• Parent-child Board Game Intervention was held on 21st and 28th June, 2025 This workshop used board games as a medium to promote parent-child interaction and positive communication, attracting participation from 15 families. The activity began with a warm-up game, "5-Second Rule," to quickly energize the atmosphere. In Part 1, the game "Hanging by a Thread" guided parents and children to share values, enhancing mutual understanding. Part 2, featuring "Minimalist Artist," sparked creativity, with many parents pleasantly surprised by their children's unique talents. Part 3, with "Plant Beans, Reap Gold," emphasized strategy and communication, helping families practice rational discussion and cooperation. Feedback from participants highlighted that natural interaction through gameplay was more effective than direct instruction, particularly appreciating the debrief and sharing sessions for deeper reflection. Overall, the workshop successfully achieved its "learning through play" objective, noticeably strengthening parent-child relationships. A future recommendation is to add advanced communication skill modules to further enhance learning outcomes. • ‘花開心扉’ meditation workshop was held on 4th May, 2025. 16 families attended the floral art workshop. All participants agreed that appreciating plants uplifted their mood, while practicing floral techniques helped them reflect on their emotional state—comparing trimming excess branches to letting go of unnecessary emotions. The workshop successfully combined creativity with mindfulness, providing a therapeutic and enjoyable experience for families. • Parent-child bakery workshop was held on 5th July, 2025, beginning with a drawing warm-up activity to foster mutual understanding and emphasize the importance of non-judgmental acceptance and communication. Following this, parents and children collaboratively prepared French toast and Japanese pancakes through positive cooperation, strengthening interaction
---	---	---	---

			and rapport during the process. The event successfully created an open and inclusive atmosphere, allowing participants to experience the crucial role of communication and collaboration in parent-child relationships. The response was enthusiastic, and the outcomes were highly effective.
4.6 To explore different career fields Eg. Art, museum jobs.	Seminar in Careers related to art and museum.	80% of parents agree that the exhibition can help to equip themselves in career knowledge.	A Parent-Child seminar and workshop was held on 5st July, 2025. This seminar featured artist and curator Ali Moosa as the keynote speaker, who shared the importance of dedication through his extensive professional journey. Using his experiences in art creation and exhibition curation as examples, Moosa emphasized that wholehearted commitment and perseverance lead to success in any field. His genuine insights inspired students to reflect on their personal development paths and encouraged them to pursue goals with passion and determination. The interactive session successfully conveyed positive values and received unanimous praise from participating teachers and students.

	Area	Actual Expenses (\$)
i.	Organising structured or thematic parent education programmes - Total expenditure on services provided by organisations - Total expenditure on services provided by individual speakers or experts	\$39040 \$8000
ii.	Designing and producing school-based parent education resources	
iii.	Organising school-based parent education promotional activities relating to the “Positive Parent Campaign”	
iv.	Others (please specify) _____	
	Total Expenditure	\$47040
	Unspent Balance	\$152960