



兒童及家庭服務

Children and Family Services



服務方向 Service Orientation

兒童及家庭服務透過綜合家庭服務中心、婦女庇護中心、臨床心理服務及幼兒教育，為促進兒童的福祉和建立和諧家庭而努力。因應社會發展的趨勢，在過去一年，我們沿用「家庭功能」及「兒童成長與發展」的服務導向，推行以下工作：

1. 向家庭推行生命教育；
2. 以不同模式推行親職教育；
3. 提升公眾認識語言暴力和家庭暴力的關係；
4. 向公眾推廣「離異父母共享親職」的訊息。

Through the operation of an integrated family service centre, a refuge centre for women, a clinical psychological service, and kindergartens, Children and Family Services endeavoured to promote the well-being of children and to establish harmonious family relationships. In the past year, we have followed the trends of social development and adopted a service orientation centred on 'family functions' and 'children's growth and development' to carry out the following tasks:

1. Transmission of life education to families;
2. Provision of various modes of parenting education;
3. Promotion of public awareness of the relationship between verbal and domestic violence;
4. Conveying to the public that 'divorced parents share parental responsibilities'.

生命教育由家庭做起

根據不同的資料數據顯示，近年學童自殺問題已響起警號。生命塑造始於家庭，我們相信生命教育應該早於孩子幼時，由重要的家人展開。為此，活力家庭坊（綜合家庭服務）把「生命教育由家庭做起」訂為2017-2018年度中心服務主題，希望能從上游回應有關問題。過去一年，中心將生命教育的訊息，如自我價值、個人的獨特性，及生命意義等，適切地注入小組、活動，中心季刊及「面書」專頁內。而教育活動「草頭寶寶走落區」可謂整項計劃的重點，藉著落區及到區內幼稚園製作獨一無二的「草頭寶寶」盆栽公仔，提升社區人士對生命獨特的尊重。中心去年共推行了多達50項生命教育活動，超過1,200名受眾接收了相關訊息，成效令人鼓舞。



◀ 「草頭寶寶走落區」入校活動
Onsite preschool implementation of the 'Grassy Bo-bo Going into the Community' project.



關注家暴問題及婦女的精神健康

身體暴力對人傷害至深，但語言暴力的存在，對家庭關係帶來長久的傷害更絕對不容忽視。恬寧居一婦女庇護中心於2017-2018年開展了「愛家庭•停暴語」計劃，旨在教育公眾人士語言暴力和家庭暴力的關係，並於觀塘、天水圍及葵涌區舉辦社區教育展覽及進行「語言暴力」的社區調查，以提升公眾對語言暴力的關注，宣揚和諧愛家的核心價值。



▲ 「愛家庭•停暴語」計劃舉辦社區教育展覽。
Community education exhibitions of the Anti-verbal Violence programme.

Life Education Starts in the Family

According to numerous sources, the student suicide rate has risen to an alarming level and is a major problem. Because one's family shapes one's life, we believe that life education should begin in childhood. Additionally, life education should be provided by family members, who are the most significant people in a child's life. For this reason, 'Life education starts in Family' became the 2017-2018 service theme of Family Energizer (Integrated Family Service) to address the problem at its roots. In the past year, Family Energizer promoted life education which is based on sense of self-worth, individual uniqueness, and life's meaning, through a tailor-made series of routine group meetings, programmes, newsletters, and Facebook Page posts. Among the various efforts, the central project was 'Grassy Bo-bo Going into the Community'. In this project, representatives entered the community and kindergartens to conduct 'Grassy Bo-bo' plant doll workshops. The project aimed to raise the public's respect of life. Over 1,200 individuals participated in more than 50 life education activities held this year.

Attention to Family Violence and Women's Mental Health

The serious harm caused by physical violence is widely recognised. Verbal violence and its long-term harm to the family is also a critical problem and deserves attention. Thus, the Serene Court - Refuge Centre for Women launched the Anti-verbal Violence programme in 2017-2018 with the aim of educating the public about the relationship between verbal violence and family violence. Community education exhibitions and community surveys concerning verbal violence were carried out in Kwun Tong, Tin Shui Wai, and Kwai Chung to engender public awareness of verbal abuse and promote the core values of family harmony.



▲ 快樂人生體驗活動—生命回憶冊製作。
Joyful life experience activity:
'Precious Moments in My life' booklet making.

過去一年，活力家庭坊（綜合家庭服務）的新接個案當中，因情緒問題求助的個案上升了12%。大部分承受情緒困擾的人士，特別是婦女，不單難以向別人傾訴，甚至否定自己，內心更覺孤單。為此，中心舉辦了「失落的一角•婦女會心小組」，採用人本存在主義理念，協助有情緒困擾的婦女在互信的小組氣氛下，自由地表達自己。此外，小組的獨特之處是讓組員自行決定小組分享的主題，而社工主要是以同行者角色，陪伴他們走出陰霾，找到自己的人生方向。



▲ 一家人齊來搓湯圓慶中秋。
Family homemade dumplings for the Mid-Autumn Festival celebration.

「共養、愛家」社區參與計劃

香港離婚率一直高企，為了促進離異父母共享親職，令子女較容易面對家庭的轉變。活力家庭坊（綜合家庭服務）舉辦了「共養、愛家」社區參與計劃。此計劃獲得民政事務局的贊助，在觀塘區透過資訊站、微電影欣賞、互動劇場及法律諮詢服務等加深市民對贍養費受款人權利的認識。本計劃亦以畫展及孩子心聲牆作媒介，透過單親孩子的角度促使離異父母感受孩子的需要，及傳遞「共養、愛家」的訊息，鼓勵他們出於愛家人的心而願意共同付起養育子女的責任。

In the past year, among the new cases in Family Energizer (Integrated Family Service), the number of cases concerning individuals with emotional problems rose by 12%. Individuals with emotional problems, especially women, tend to experience difficulty sharing their feelings with others and accepting themselves; consequently, they feel lonely and isolated. Thus, an encounter group that employed an existential-humanistic approach was convened to help these individuals express themselves freely in an understanding and accepting group atmosphere. Within the unique group format, members were encouraged to autonomously select the themes for discussion; the main role of social workers was to remain present with the members and accompany them on their journeys out of emotional darkness as well as in identifying personal life directions.

‘Raising together and loving your family’ Community Project

The divorce rate in Hong Kong has been rising in recent years. Thus, with funding support from the Home Affairs Bureau, Family Energizer (Integrated Family Service) devised and launched a project called ‘Raising together and loving your family’ in Kwun Tong to encourage divorced couples to maintain healthy coparenting relationships for the benefit of their children. Through exhibitions, micromovies, an interactive drama programme, and a free legal consultation service, the project enhanced the public’s awareness of the rights of maintenance payees. Furthermore, divorced parents were presented with an art exhibition and a display board featuring their children’s voices to facilitate their understanding of their children’s needs. The central message of ‘raising together and loving your family’ encouraged parents to assume the responsibility of raising their children with love.



◀ 觀塘民政事務助理專員趙廣堅先生（右一）、本會義務法律顧問黃慧敏律師（右二）、觀塘區區議員徐海山先生（右三）及本會總幹事郭烈東先生JP（右四）參與「共養、愛家」社區參與計劃。

Mr. Chiu Kwong-kin (first right), Assistant District Officer (Kwun Tong) of Home Affairs Department; Ms. Cherry W. M. Wong (second right), our Hon. Legal Advisor; Mr. Hsu Hoi-shan (third right), Kwun Tong District Council member; and Mr. Kwok Lit-tung, JP (forth right), our Chief Executive, joined the ‘Raising together and loving your family’ Community Project.



親職教育支援孩子成長

預防性工作亦是兒童及家庭服務不可或缺的部分。活力家庭坊（綜合家庭服務）在過去一年為區內幼兒家庭提供了多元化的親職教育及親子活動，包括由受訓社工採用一套由墨爾本大學研究及編製以實證為本的管教課程「Tuning in to kids®」，讓家長從中學習處理孩子的情緒及提升孩子的生活能力；亦有專為孩子而設的社交遊戲小組，以及為家庭舉辦的親子玩具派對等。透過這些實務性及趣味性的活動，我們希望能將「快樂兒童・溫暖家庭」的願景一步一步在區內實現出來。



▲ EQ 小達人
Little EQ master



▲ 一眾和樂邨屋邨管理諮詢委員會委員出席「聚腳在和樂」小小音樂會活動。
Members of Wo Lok Estate Management Advisory Committee joined the 'Together in Wo Lok' miniconcert.

此外，恬寧居一婦女庇護中心亦以正向管教 (Triple P - Positive Parenting Programme)，為十五個受家暴影響家庭提供小組輔導及親子生活體驗營活動，從中教導婦女運用正面管教原則以回應孩子的行為，增強婦女親職信心，在她們的鼓勵下增強孩子解決問題的成功感，使家庭功能漸漸得以復原，重建和諧的親子關係。



▲ 管教諮詢站
Parenting-consultation street station

Parental Education Regarding Promoting Childhood Development

Preventive work is an indispensable aspect of our Children and Family Services. Last year, Family Energizer (Integrated Family Service) hosted a variety of parenting workshops and parent-child activities for families in the community at large. Trained social workers employed the 'Tuning in to kids®' parenting programme, which is derived from an evidence-based parenting manual published by the University of Melbourne. The purpose of the programme was to help develop parents' abilities to manage their children's emotions and cultivate their children's life skills. Moreover, social play groups for small children and a toy party for parents and children were hosted. We aspired to promote our vision of 'Happy Children, Warm Family' through these practical and engaging activities.

A 'Triple P - Positive Parenting Programme' was launched by the Serene Court - Refuge Centre for Women. Group counselling was given to 15 families that had experienced family violence, and a parent-child experiential camp was held to provide an opportunity for the mothers to practise their positive parenting skills in real-life situations. The mothers' confidence in their parenting abilities increased. Additionally, with their mothers' encouragement, the children exhibited improvements in their problem-solving abilities as a result of this experience. It is expected that these families can gradually return to functionality and that harmonious parent-child relationships can be rebuilt.

優化校本音樂課程，促進兒童的表達能力

德田幼稚園配合兒童的發展特徵及能力，設計了多元的音樂活動，課程涵括「歌曲」、「律動」、「節奏樂」、「音樂欣賞」。教師會讓幼兒根據音樂的旋律，與他們進行遊戲律動，鼓勵幼兒以不同的肢體語言創作舞蹈動作。亦邀請幼兒寫出或畫出對歌曲的感受，使兒童在參與中發揮其想像及表達能力，從而提升幼兒的創意、美感與表達。學校亦會透過家長觀課，讓家長參與其中，與孩子們一同體驗音樂的樂趣，並了解家長對校本音樂課程的看法及意見。



▲ 孩子們利用不同樂器來為同學伴奏。
Children played various types of musical instruments for their classmates.

透過戲劇結合遊戲及品德教育， 以提升幼兒的品德發展

趣樂幼稚園著重幼兒的品德發展，故此在過去一年利用繪本故事結合戲劇活動，與幼兒進行品德教育，在幼兒班、低班及高班的學習單元中，加入德育的主題，如：分享、友愛、合作等等，透過戲劇的型式：包括「定格」、「坐針氈」及「牆上的角色」等，讓幼兒代入故事角色當中，分辨合適的行為，並身體力行地扮演出來。

- ▶ 家長參與觀課，與孩子們一同體驗音樂的樂趣。
Parents involved in the class enjoyed music with their children.

Strengthening School-Based Music Curriculum to Develop Children's Expressive Skills

Tak Tin Kindergarten focused on developing children's skills and talents, for which a variety of musical activities that involved singing, movement, rhythm, and song appreciation were designed. The teachers designed programmes according to the students' level of musical understanding, aiming to inspire the children and encourage them to dance to the music freely and spontaneously. Students were also encouraged to write or draw their feelings concerning the songs they had listened to. Through these types of activities, students could develop their abilities to express their creative imaginations as well as their aesthetic sensibilities. In addition, parents were involved in the class, and music was used to enhance the parent-children relationships. The parents could express their opinions concerning these musical programmes.

Using Drama to Integrate Play and Moral Education and Promote Children's Moral Development

Cheerland Kindergarten focused on developing children's morality. Last year, we used an illustrated storybook combined with drama activities to teach morality to children. In the learning units for the preschool classes, lower classes, and higher classes, we added moral education and addressed themes such as sharing, friendship, and cooperation. Through drama activities such as 'fixing', 'sitting on the needle', and 'characters on the wall', the children acted as the characters from the story and learned to identify the proper manner in which to behave in various situations.



未來發展 Outlook

展望未來，在「快樂兒童、溫暖家庭、自主人生」的服務願景下，兒童及家庭服務有以下數項重點工作：

1. 運用資訊科技提升家庭服務的成效；
2. 繼續以家庭為對象推行生命教育；
3. 關注兒童的福祉，並透過社區和跨界別協作，回應基層兒童的成長需要；
4. 加強反家暴的社區教育。

Looking ahead, to promote the vision of 'Happy Children, Warm Family, Independent Life', Children and Family Services will focus our work on the following areas:

1. Enhancing the effectiveness of family services by using information and communication technology;
2. Continuing to conduct life education programmes for families;
3. Addressing the well-being of children and responding to the developmental needs of grassroots children through community and cross-sectoral collaboration.
4. Strengthening community education to raise awareness and discourage domestic violence.

2017-2018服務統計 (截至2018年3月31日)

Service Statistics (as at 31st March, 2018)

