

聯合國兒童基金會青年使者計劃 2020

UNICEF Young Envoys Programme 2020

專題報告：親子關係與青少年壓力

Feature Report: Parent-teen Relationship and Teen Stress



unicef 

聯合國兒童基金會香港委員會

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前言

Foreword

有一分熱，便有一分光；要燃亮黑暗，也不必等候炬火。疫情肆虐下的2020是艱苦的一年，但這仍無阻一眾滿懷熱血的青年使者相聚一起為兒童發聲。回首驀然，當中的訓練讓我們彼此有了牽絆，甜酸苦辣匯合在一起，成為一道無可比擬的回憶。希望日後我們能秉承著星星之火可以燎原的信念，將兒童的聲音傳遞至每一個角落，邀請您與兒童同行，您願意聆聽我們的故事嗎？

本刊物記錄由青年使者發起及實踐的「童一屋簷下 Under the Same Roof」項目，透過一系列的活動，包括問卷調查、漫畫及小貼士等，聚焦探討親子關係與年青人壓力之間的關係。

本刊物由聯合國兒童基金會青年使者2020及暑期實習生 Alvin Chan, Dicky Ho, Eugene Law 及 Lillian Chan 共同撰寫。

We do our best to make the changes we can make, on our own terms. 2020 was a difficult year due to a pandemic. Yet, Young Envoys remain passionate and enthusiastic about advocating children's rights. Looking back, these obstacles only made our advocacy experience an indelible one. The sweet, the sour, the bitter and the piquant all combined to create incomparable memories. Like a spark that catches fire, we hope to spread the voice of the children to every corner of the world and we invite you to tread alongside us. Are you ready to hear our story?

This publication included "Under the Same Roof", which is initiated and implemented by Young Envoys. Through a series of activities, including surveys, and cartoons, Young Envoys explored relationship between parent-teen relationship and teen stress.

This publication was edited by UNICEF Young Envoys 2020 and UNICEF HK Summer Interns, Alvin Chan, Dicky Ho, Eugene Law and Lillian Chan.



計劃簡介

關於聯合國兒童基金會

聯合國兒童基金會(UNICEF)透過各方面的工作，致力促進每一名兒童的權利和福祉。我們與合作夥伴在 190 個國家和地區工作，以實際行動兌現承諾，並特別關注和幫助最脆弱及被排斥的兒童，令所有兒童，不論身處何地，都能受惠。

聯合國兒童基金香港委員會(UNICEF HK)成立於 1986 年，是一個獨立的本地非政府組織，主要透過向公眾籌募捐款、與私人機構建立夥伴關係、籌辦特別活動等不同途徑，支持聯合國兒童基金會的工作。UNICEF HK 同時亦藉着在港舉辦各項教育和青少年計劃，向公眾宣揚及倡議兒童權利。

聯合國兒童基金會青年使者計劃

自 1996 年由 UNICEF HK 成立至今，一直為本地青年人提供寶貴的學習機會，讓他們了解本地及世界各地與兒童生存、受保護、發展及參與權利有關的議題。透過是項計劃，本港青年人能更了解全球兒童所面對的困難和挑戰，及與 UNICEF HK 攜手為兒童生存與發展帶來改變。表現出色的青年使者將有機會遠赴發展中國家考察。



Programme Introduction

About UNICEF

UNICEF promotes the rights and well-being of every child, in everything we do. Together with our partners, we work in 190 countries and territories to translate that commitment into practical action, focusing special effort on reaching the most vulnerable and excluded children, to the benefit of all children, everywhere.

Hong Kong Committee for UNICEF (UNICEF HK) was founded in 1986 and was established as an independent local non-government organization to raise funds through public donations, partnerships with companies, special events, etc. to support UNICEF's work. UNICEF HK also promotes and advocates for children's rights via organizing education and youth programmes in Hong Kong.

UNICEF Young Envoys Programme

UNICEF Young Envoys Programme, launched by UNICEF HK in 1996, aims to provide a valuable opportunity for youngsters to explore global and local issues in relation to children's rights to survival, protection, development and participation. The Programme enables local youngsters to better understand the difficulties and challenges children facing globally, and to partner with UNICEF in bringing changes to their lives. Outstanding Young Envoys will be granted an opportunity to participate in field trips in a developing country or local workplace experience in UNICEF HK.





主席的話

陳晴太平紳士 Judy Chen, JP
聯合國兒童基金會香港委員會主席
Chairman of the Hong Kong Committee for UNICEF

不負青春韶華，不負時代重托。2020年充滿着前所未見的劇變，但是年輕人的力量，不受疫情所限，特別是一眾青年使者的故事，各人滿腔熱血，即使在艱難時刻，依然堅持推動改變的決心，繼續貢獻力量，發光發亮，啟迪他人。

疫情影響全球，對兒童的影響廣泛而深遠，除了健康受威脅外，全球曾有超過九成學生被迫停課。聯合國兒童基金會香港委員會（UNICEF HK）推行「童你抗疫」衛生行動的緊急防疫項目、支援基層家庭的同時，我們推動青年參與的工作亦沒有停步，更以嶄新的模式，為青年使者設計歷時8個月的訓練。即使疫情反復，即使有時候計劃趕不上變化，但仍然無阻青年使者展現無限的創意和堅定的毅力，我們樂見眾人合力把公眾參與項目移師網上社交平台進行，透過漫畫、動畫和問卷調查等方式，讓公眾更了解親子關係與青年人壓力之間的關係。

今年暑假，雖然因疫情所限，無法舉辦海外考察團，青年使者仍把握機會參加Mini Bootcamp，與來自印尼及澳洲的UNICEF前綫職員及青年人網上交流，了解疫情對當地的影響以及UNICEF的應對工作。透過是次交流，青年使者以設計思維（Design Thinking）突破想像，創造不同的方案，回應本港青少年在疫情下面對的問題，如學業壓力、心理健康、網上學習的障礙等。

很高興今年我們再有79名充滿活力及理想的青少年參與青年使者計劃，令計劃舉辦至今已培育了超過1,300名青年使者。自1996年起，UNICEF HK發起聯合國兒童基金會青年使者計劃（下稱「計劃」），除了為本地中學生介紹兒童權利的內容和提供領袖才能的培訓外，亦特別安排他們前往外地考察，擴闊視野，深入認識聯合國兒童基金會（UNICEF）的前綫工作，從而關注世界各地弱勢兒童的狀況。

與此同時，我謹代表UNICEF HK衷心感謝AEON信貸財務（亞洲）有限公司長達13年的支持，以及UNICEF駐印尼辦事處、澳洲委員會及韓國委員會的協助，使Mini Bootcamp順利舉行。

衷心希望大家細心閱讀本刊物，見證青年使者一步步樹立世界觀、人生觀和價值觀的蛻變時刻。同時，我們冀盼學校、家長及各界持份者，攜手支持UNICEF HK培育本港年輕一代的工作。

聯合國兒童基金會香港委員會
主席

陳晴 太平紳士

Message from the Chairman

This year has been full of unprecedented change, but the power of young people has risen above the pandemic especially the stories of Young Envoys. Despite the challenges of 2020, everyone has continued to be full of enthusiasm, maintaining a strong desire to promote change and contribute to society.

Notably, more than 90% of students worldwide were affected by school closures. In addition to supporting Hong Kong grassroots families by launching the ‘for every child, hygiene’ programme, the Hong Kong Committee for UNICEF (UNICEF HK) continues to promote youth participation during these tough times. With a brand-new training model under the pandemic, eight-month training sessions have been designed for the Young Envoys, who have demonstrated their creativity and outstanding perseverance under COVID-19. For instance, they organized an advocacy activity online, which successfully raised public awareness about parent-teen relationships and teenage stress through the use of comics, animations, and surveys.

Although field trips have not been held this summer due to the pandemic, the Young Envoys were able to exchange their views online with other youths and staff from UNICEF Indonesia and UNICEF Australia on the impact of COVID-19 and UNICEF’s response. The participatory learning experience, via the mini-virtual bootcamp, has allowed the Young Envoys to become better equipped to address the emerging needs of Hong Kong’s youths during the epidemic. Topics that were discussed included learning pressure, mental wellbeing, obstacles of online learning, and more.

This year, we welcomed 79 enthusiastic youngsters to join the ranks of the Young Envoys. To date, over 1,300 children have been nurtured through the UNICEF Young Envoys Programme (the Programme). Ever since we launched the programme in 1996, we have been providing local secondary school students with a series of training sessions about child rights and leadership, as well as opportunities to participate in educational field trips to developing regions. These activities not only promote the personal growth of the Young Envoys, but also help them to gain a deeper understanding of UNICEF’s key initiatives, allowing them to take on an more active role in addressing child welfare throughout the world.

I would like to take this opportunity to express my sincere gratitude to AEON Credit Service (Asia) Co. Ltd., our sponsor for 13 consecutive years, for its generous support to the programme. Special thanks must also go to UNICEF Indonesia, UNICEF Australia, and UNICEF Korea for their kind collaboration of the mini-virtual bootcamp.

I sincerely hope this publication will give you an insight into the moment of transformation for these Young Envoys in establishing their core values for a better world. We also hope that schools, parents, and stakeholders will join hands to support UNICEF HK in nurturing the younger generation of Hong Kong.



Judy Chen, JP
Chairman
Hong Kong Committee for UNICEF

獨家贊助

AEON 信貸財務(亞洲)有限公司 獻辭

本著AEON集團「和平、人、社區」的企業理念及履行社會企業責任，AEON信貸財務(亞洲)有限公司（「AEON信貸」）持續支持有關環保、教育及文化交流的慈善社區項目及活動。為了實踐社會企業責任，AEON信貸將部分收益用作捐獻及鼓勵員工參與義工服務，例如：香港植樹日，以支持不同的慈善社區項目及活動。

我們很高興能連續13年支持聯合國兒童基金會青年使者計劃。此計劃透過一連串的培訓工作坊，校內及社區倡議活動，成功孕育了788名青年使者。我們衷心希望透過贊助這項獨特的計劃，讓香港青年人更深入體會到世界各地兒童的狀況和需要，從而鼓勵他們關心有需要的人。



Message from the Sole Sponsor

AEON Credit Service (Asia) Co., Ltd.

Guided by AEON Group's corporate philosophy of "Peace, People and Community", AEON Credit Service (Asia) Co., Ltd. ("AEON Credit") continue to support charitable community projects and activities, especially in the areas of environmental protection, education and cultural exchange. To demonstrate its corporate social responsibility, AEON Credit donates a portion of its profit and encourages employee-based volunteer activities, such as Hong Kong Tree Planting Day, to support various community projects and activities.

It is our pleasure that this is the thirteenth year for us to support UNICEF Young Envoys Programme. The Programme, through a series of training workshops, in-school and community advocacy projects, has successfully appointed 788 young envoys. By sponsoring this unique Programme, we sincerely hope the youth of Hong Kong would understand the situations and needs of children in different parts of the world, and encourage them to show their care and empathy to others.



AEON CREDIT SERVICE (ASIA) CO., LTD.
AEON 信貸財務(亞洲)有限公司

7個關於親子關係的現況

7 Facts about Parent-teen Relationship

1

因雙職家庭越來越普遍，父母需出去工作，故此無暇關心子女和引導子女。

In recent years, since the number of dual income families has risen in Hong Kong, parents have had limited time to guide and take care of their children.

2

充滿愛心且尊重孩子的父母能有助減低青少年抑鬱的程度。相反被視為嚴格及冷漠的父母的孩子會有較高的抑鬱程度。

Parents who love and respect their children will lower the depression level of their children. Whereas parents perceived as being cold and strict will have children with higher levels of depression.

3

親子關係越好，青少年對自己的人生成就、人際關係、及面對逆境的信心方面的評分都會越高。

With better parent-child relationships, teens are more likely to achieve higher ratings on life achievements, interpersonal relationships, and confidence during hardship.

4

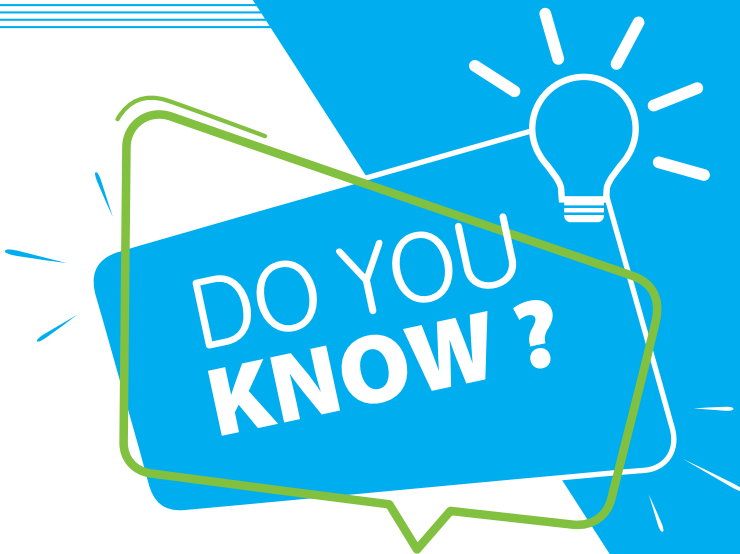
根據心理學「比馬龍效應」，若父母在孩子的成長過程中給予鼓勵，能夠強化孩子的能力。

The Pygmalion effect, where high expectations lead to improved performance, can be seen when parents show more encouragement towards their children.

5

戀愛關係就是親子關係的延伸，就心理學依附理論指出，孩子對愛情的想像，早在童年與父母的互動中，就開始逐步成形。

A loving relationship is the extension of parent-child relationships. According to attachment theory, children's understanding of love is established through interacting with their parents during early childhood.



6

近年香港中等收入家庭的幸福指數比低等收入家庭的幸福指數低。

Recently, the happiness index of middle-class families in Hong Kong was found to be lower than that of lower income households.

7

美國精神科專家兼教育學家戴克斯認為，不只是孩子需要接受教育，改變行為，父母也需要教育，學習如何認識孩子、面對孩子及回應孩子的行為表現。

American psychiatrist and educator Rudolf Dreikurs (Rudolf Dreikurs, 1964) believes that while children need to be educated in order to change their behaviour, parents also need to be educated about understanding their children in terms of learning how to respond to their behaviour.

親子關係與青少年抑鬱症 Parent-child relationship and teen depression

Lin, M.-T., Peters, R. J., Jr., Meshack, A., Kao, K.-Y., & Chang, B.-S. (2013, Winter). The relationship between parent-child relationships and depressive mood among Taiwanese youth. *American Journal of Health Studies*, 28(1), 35+. Retrieved from <https://link.gale.com/apps/doc/A347969671/STOM?u=hkuac&sid=STOM&xid=f859f383>

問卷調查結果 Questionnaire Results

<https://docs.google.com/forms/d/1MkhCZUXtYExa502KgsaDUJT2A9Azm9U2zJNRs1Jo/edit>

比馬龍效應 Pygmalion effect

<https://today.line.me/tw/v2/article/%E5%96%84%E7%94%A8%E3%80%8C%E7%95%A2%E9%A6%AC%E9%BE%8D%E6%95%88%E6%87%89%E3%80%8D%E7%BC%8C%E7%B5%A6%E5%AD%A9%E5%AD%90%E5%A4%9A%E5%A4%A7%E6%9C%9F%E6%9C%9B%E7%BC%8C%E5%AD%A9%E5%AD%90%E4%B9%9F%E7%B5%A6%E5%A6%B3%E7%9B%B8%E5%B0%8D%E7%9A%84%E5%9B%9E%E9%A5%8B%E7%BC%81-1Rzqx8>

戀愛與親子關係 Love and Parent-child relationship

<https://incredibleville.co/portfolio/>

「香港家庭幸福調查2017報告書」

https://www.hkfwvs.org.hk/assets/files/research_reports/hong-kong-family-well-being-survey-report-2017-final.pdf

「香港家庭幸福調查2018」

https://www.hkupop.hku.hk/english/report/hkfwvs_2018/content/resources/ppt.pdf

「20至29歲港青 家庭幸福感低」

<https://paper.hket.com/srap025/全部>

父母為玩伴 Parents as playmates

<https://knews.cc/zh-hk/baby/p59ej6p.html>

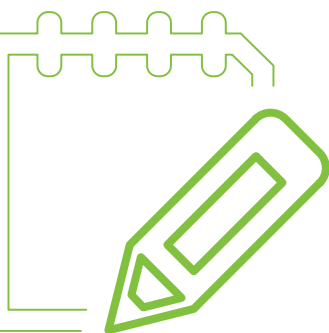
父母需要教育 Parents need to be educated

https://www.naer.edu.tw/ezfiles/0/1000/attach/19/pta_517_3333520_56758.pdf

向子女道歉 Apologizing to children

<https://soohealthy.org/the-ways-to-rebuild-relationships-with-your-children/>





親子關係小測試

Parent-teen Relationship Test

作為父母，您認為您與孩子的關係好嗎？你認為自己了解孩子嗎？孩子喜歡與您相處嗎？來簡單測試一下你與孩子的親子關係吧！

Do you think you have a good relationship with your child?

Do you understand your child? Does your child enjoy hanging out with you?

Know your parent-teen relationship test via this test.

請根據自己的經驗，為以下句子評分 **1分代表非常不同意，7分代表非常同意**

Please rate the following questions based on your experience on 7-point scale

1: Strongly disagree, 7: strongly agree

第一部份

Part I

1. 我們的家庭中，我們經常會互相支持和幫助
In our family we really help and support each other.
2. 我們的家庭中，我們花很多時間在家做事
In our family we spend a lot of time doing things together at home.
3. 我們的家庭中有一種團結的感覺
In our family there is a feeling of togetherness.
4. 我的家庭成員真的互相支持
My family members really support each other.
5. 我為成為家庭的一份子感到自豪
I am proud to be a part of our family.
6. 我們的家庭中，我們相處融洽
In our family we really get along well with each other.

第二部份

Part II

7. 在家庭中，我們都能夠暢所欲言
In our family we can talk openly in our home.
8. 在家庭中，我們有時會傾訴一下我們各自的個人問題
In our family we sometimes tell each other about our personal problems.
9. 在家庭中，我們可以輕鬆地開始討論
In our family we begin discussions easily.

第三部份

Part III

10. 我們的家庭中，我們經常爭吵
In our family we argue a lot.
11. 我們的家庭中，一家人經常令對方感到生氣
In our family we are really mad at each other a lot.
12. 在我們家庭中，我們經常發脾氣
In our family we lose our tempers a lot.
13. 在我們家庭中，我們經常覺得對方不重要
In our family we often put down each other.
14. 我的家人有時會很暴力
My family members sometimes are violent.
15. 在我們的家庭中，我們生氣時會提高聲線
In our family we raise our voice when we are mad.

這份小測試是根據心理學家在2011年研究親子的報告所訂立的。主要從家庭凝聚力、情緒抒發和衝突處理評估親子關係。

Fok, C. C., Allen, J., Henry, D., & People Awakening Team (2014). The brief family relationship scale: a brief measure of the relationship dimension in family functioning. *Assessment*, 21(1), 67–72. <https://doi.org/10.1177/107319111425856>

第一部份內容是關於家庭凝聚力。如果您於第一部分的總分為7-21分，反映家庭凝聚力比較低。如果總分為21-32分，反映家庭有一定的凝聚力，可是還有進步的空間。如果總分為33-42分，反映家庭凝聚力很高。

Part I are aimed at family cohesion. If your total score in the first part of the quiz is 7–21, it means that family cohesion is relatively low. If the total score is 21–32, it suggests that your family has a certain degree of cohesion, but there is still room for improvement. If the total score is 33–42, it reflects that family cohesion is very high.

第二部份內容是關於親子關係中的情緒抒發。如果您在第二部分的總分為3-11分，反映子女很有可能未必能在家中抒發自己的情緒。如果總分為12-16分，反映子女能在家中抒發自己的情緒，可是還有進步的空間。如果總分為17-21分，反映子女能充分在家中抒發自己的情緒。

Part II are about expressiveness in parent-child relationships. If your total score in the second part of the quiz is 3–11, it means that your children may not be able to express their emotions at home. If the total score is 12–16, it indicates that your children can express their emotions at home, but there is still room for improvement. If the total score is 17–21, it suggests that your children can fully express their emotions at home.

第三部份內容是於關於親子衝突的處理。如果您在小測試第三部分的總分為22-42分，反映家庭處理衝突能力比較低。如果總分為15-21分，反映家庭處理衝突良好，可是還有進步的空間。如果總分為7-14分，反映家庭能有效處理衝突。

Part III are aimed at conflict. If your total score in the third part of the quiz is 22–42, it suggests that your family handles conflict relatively poorly. If the total score is 15–21, it indicates that your family handles conflict well, but there is still room for improvement. If your total score is 7–14, it means that your family handles the conflict well.

親子關係小劇場



疫情居家日常

Daily life during the pandemic

這幅漫畫反映了疫情隔離期間父母與子女之間的衝突。我們鼓勵父母和孩子們相互理解，也希望他們兩能夠加強溝通，而不是透過爭論達成共識。

This comic reflects the conflicts between parents and children during quarantine. We encourage both parents and children to achieve mutual understanding. We also hope that both of them can use communication instead of arguing to reach a consensus.



出街玩

Conflicts about going out with friends

這個漫畫描述了父母與子女在出外娛樂時的分歧。我們希望藉此表達父母與子女都應站在對方的立場上，换位思考，並體諒彼此，以減少衝突的發生。

This comic points out the conflicts between parents and children about hanging out with friends. We encourage both of them should put themselves in each other's shoes with a view to resolving the conflicts.

Story of Parent-teen Relationship

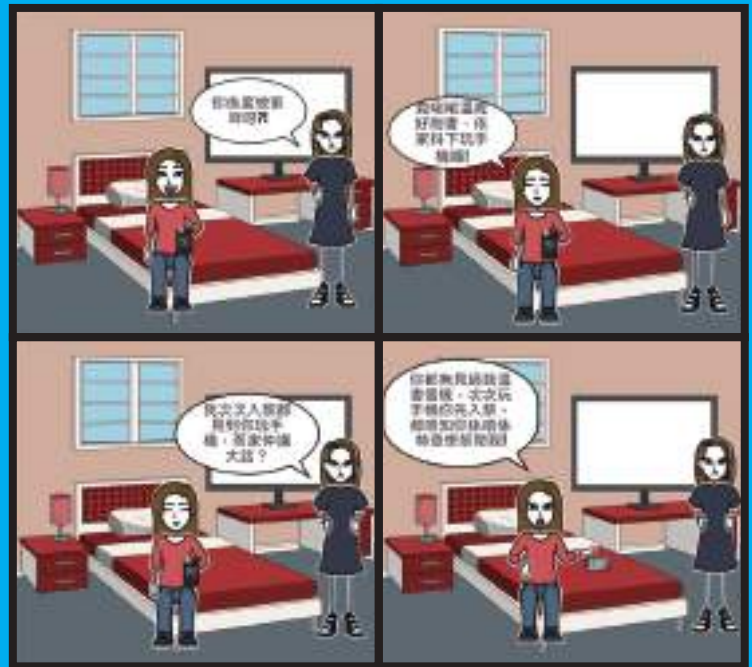


你又玩電話！

Conflicts over the usage of electronic gadgets

這漫畫描述了父母與子女在使用手提電話上的分歧，希望藉此表達雙方應先了解情況，站在對方立場思考，不宜以馬上責罵來解決問題。

This comic shows the conflicts between parents and children over the usage of smartphones. We wish to take this opportunity to point out that parents and their children should put themselves in each other's positions first, instead of initiating an argument immediately.



選科分歧

Disagreement on selecting school subjects

此漫畫描述了學生在中三時遇到的選科難題、和家人的意見分歧，希望藉此表達即使雙方有意見不合的情況，也要冷靜溝通才能有效解決問題，透過逐步解釋自己的想法加深對彼此的了解。

This cartoon describes the difficulties encountered by F.3 students in selecting subjects and the differences of opinion between themselves and their family members. We hope to take advantage of this cartoon to express that even if the two parties have disagreements, they should communicate calmly to solve the problem and explain their own ideas gradually in order to enhance the mutual understanding.





心事台

Words from Teen

青年不敢講的心底話，你知道嗎？

家庭

踏入青春期後，我的性格有了360度的巨大轉變，由積極好動變為安靜內向，不善與人溝通，與父母爭吵的次數越趨增多，情緒常常失控，我非常希望父母能夠體諒和包容嶄新的我，同時也尊重我的私隱和想法，給予我適當的自由。

父母會將自己同朋友比較，或者經常不滿自己嘅成績。對子女嚟講，造成咗好大壓力，希望父母更多讚賞同鼓勵！

有時候，我會好糾結應否對父母“誠實”。就好似同佢地坦誠自己既心意咁，好容易因為價值觀唔同而發生爭拗；但係唔講又好似無左一個“家”既感覺。

生活節奏急促，父母子女作息時間不協調，加上社會豐裕，娛樂消閒方式多姿多采，有時真的是各自各「忙著」、休息、逛街、上網，缺乏溝通。

爸爸媽媽：

其實我很擔心自己不能達到你們的期望，沒有一個傑出的學業成績，不能成為令你們自豪的女兒。現在距離公開試只剩下不足九個月的時間，希望你们能體諒我偶爾過大的學業壓力以及對你們的不禮貌，因為我也在盡力地舒緩自身情緒和提升自己。謝謝你們一直以來對我的包容和照顧！

踏入高中，每當與父母討論未來人生路向、關於大學選修科目的時候，總感到充滿掣肘，難免在 墨守成規和追尋夢想難以取得平衡，自己的意見總會被忽視，因此很容易與父母之間發生磨擦。

你們總覺得我不理會你們，其實我想跟你們談天卻不知話題從何而起。有時候我們的想法不同，我選擇了沈默去維持這段關係。

學業

平日最大的擔憂都是關於升學及就業。很擔心文憑試會失手，入不了心儀的大學和科目，走不了自己想有的人生。

來年要升上中五啦，除左學業壓力會不斷沈重之外，我都要兼顧不同的課外活動，希望我可以平衡到兩方面，而且希望屋企人都可以繼續支持我每一個決定。

係疫情底下真係超擔心學業，好唔鍾意用zoom，而且留係屋企又係對我自律嘅考驗。係學校可以同同學相處嘅時間少咗，出年就考DSE，但今年咩活動都有囉，對我地中五超唔公平🤔今個學年就咁比人毀咗好唔開心🤔

在疫情嚴峻的情況下，許多學生都被逼在家中網上學習，難免會感到無助，擔心無法追上學業進度。但是從正面的角度去思考，在這困難的時候更加可以磨練我們的意志，訓練我們以自律的心態繼續努力學習，沈浸在無窮無盡的知識海洋裡。但願學生們都能在學習的過程中找到樂趣和意義，共勉之！

Under the pandemic, many students may have felt a sense of helplessness and devastation. As a result of online learning, many students might be concerned about keeping up with their academic affairs. That said, if we think positively, we can develop our determination and self-discipline to successfully immerse ourselves in abundant supply of knowledge. It is hoped that every student will find pleasure and meaning in the process of pursuing knowledge. Let's back each other up!

生活 / 將來 / 自我

生活帶嚟好多壓力，尤其最近半年。大家只可以留係屋企，即使出街都要戴上口罩，大家見唔到各自既笑容。半年嚟少咗好多同人溝通嘅機會，都好想終有一日能夠面對面同對方見面。

有時候會擔心別人嘅眼光，自己會唔會做的唔夠好，另到其他人唔鍾意？知道自己已經盡力做好但有時都係會有咁嘅擔憂！

同大部份年青人一樣，我係一個對於自己冇乜太大信心，對自己嘅未來亦都係十分徬徨嘅人。生活經常受到無形嘅壓力，無論係DSE定係升學問題，一直都尋找唔到一個確立目標。

For me, this year's biggest difficulties and worries have been about the uncertainty of my future. Many things in the world have changed, for better or for worse. This has forced us to adapt in a way that we could never have imagined or wanted. For instance, I can no longer go to the boarding school that I once desired, or hang out with my friends. At the same time, I also realize how privileged I am to even have such opportunities in the first place. Many children around the world are suffering worse than I am from this pandemic, and I am very grateful for everything that I have.

看著幾個認識的人有各種原因離世，我最近才發現生命的脆弱，這既不是我所能控制到的，且對我仍是未知的，但卻讓我感到好奇。我不知如何進一步探索死亡，我毫無方向，很是無奈。

誠積表

Report Card

簡介

曾有組織進行有關本港中學生情緒壓力狀況的調查，發現超過一半受訪者都出現抑鬱情緒表徵，而親子關係正是壓力來源之一。在疫情下，家長和子女都多了時間相處。縱使如此，疫情對親子關係的影響不一，除了親子關係得以拉近的家庭，亦有矛盾惡化的家庭。因此，我們為「童一屋簷下」設計了「誠積表」活動，目的是鼓勵青少年「誠」實地向父母表達自己累「積」下來的心底話，分享內心的感受，讓父母了解他們的想法，打破彼此隔閡。

青少年首先完成經悉心設計的「誠積表」網上問卷調查，問題包括子女對父母各方面表現的認同程度、認為家長值得鼓勵及可以進步的地方。收集以上數據後，我們計算出平均分並歸納不同有關親子相處的參考資料，製作成「誠積表」，以網上方式發放給參與的青少年和家長，讓父母從中得悉子女的需要和意見。

Introduction

A survey on the mental health of students in Hong Kong revealed that over half of the students surveyed had signs of depression, with parent-child relationships being a major factor. During the COVID-19 outbreak, parents and children spent more time together at home. Nevertheless, while some families were able to form closer bonds, other families experienced the opposite. In view of this, our team has designed a "Report Card" project for the GenAction programme "Under the Same Roof" led by the 2020 UNICEF Young Envoys. We hope that the programme will become a platform for teenagers to express their most genuine and deepest feelings, in order to give parents a chance to better understand their kids –bridging the gap between parents and children.

These teenagers first completed the online "Report Card" survey, with questions that covered levels of satisfaction from parents, personal strengths, and areas for improvement. After receiving data from the participants, we calculated various average scores and concluded different supporting information on developing parent-child relationships, which we compiled into the Report Card. Finally, the Report Card was sent to the respondents and their parents, allowing their parents to learn more about the teenagers' thoughts and emotions.

聯合國兒童基金會青年使者計劃 2020 公眾參與項目

Under the Same Roof

童一屋簷下

Report Card 2020

二零二零年度誠積表

Name 家長姓名：最愛的你

Class 班別：6F (40)

Date of Issue 派發日期：04/06/2020

Registration NO.註冊編號：20200520

Days Absent 缺席日數：0.0

Subject 科目	Full Mark 滿分	Average 平均分	
Tone Appropriateness 語氣適當度	10	7	
Degree of Pressure Exerted 施壓度	10	7	
Open-mindedness 思想開放度	10	7	
Degree of Freedom 自由度	10	7	
Degree of Caring 關注度	10	7	
Opinions Acceptance 意見接納度	10	7	
Degree of Understanding 了解度	10	6	
Reasonability 講理度	10	6	
Degree of Restriction 管制度	10	6	
Parents as Learning Companions 共同學習度	10	6	
Parents as Buddies 朋友般的關係	10	6	
Conduct 操行 Excellent 優秀 Merits 優點 對我無微不至地照顧 給予適當自由 願意聆聽接納我的意見 不會給予太大壓力 不怕辛苦 做事有條理 人生經驗豐富 Room for Improvement 可改善地方 接受我的興趣和愛好 明白每個人都各有所長，避免把我跟他人比較 尊重我的想法，避免將自己的想法加於我身上 嘗試接受我對你們的心底話 嘗試接受新事物，放手讓我探索世界 用溫和的態度和我說話 鼓勵我在學業成績上盡力而為就好			
ECA 課外活動 Cooking Class 烹飪班 Football Class 足球班 Soup Making Class 煲湯班 Regimen Class 養生班 Mahjong Class 麻雀班 Achievements 獎項 Service Award 全年服務獎 Hardworking Award 勤工獎			
Children's Remarks 子女評語 謝謝你們理解現今讀書的艱辛和壓力，並經常為我打氣。我明白你們工作繁忙，有時未必有充足的時間去聆聽我的想法和感受，但放假時仍特意抽空和我進行一些家庭樂活動，帶我放鬆。希望你們可以開朗些，多點笑，多點與我聊天，因為我覺得你們笑起來很好看。希望當我做錯事情的時候，你們會向我先了解事情的原委，再下定論，亦希望你們能放手給我思索自己的將來，讓我摸索未來的道路。另外，如果你們可以不用那麼勞累，放鬆多點，做多些好吃的給我就好了！無論如何也好，千千萬萬的語言也不能表達我對你們的感激之情！這麼多年來，辛苦了！			
			
PRINCIPAL 校長	CHILDREN 子女	PARENT/GUARDIAN 家長/監護人	SCHOOL CHOP 校印

階段一

定義

為了解不同青年人對理想家長的準則，我們先收集青年人的意見，最終定出以下準則，並設定成問卷。從中了解到父母管教模式各有不同，故以下並非絕對的標準。

我眼中的父母是.....

我的家長與我說話時語氣適當。

我的家長不會給予我過大壓力。

我的家長願意接受新事物，思想與時並進。

我的家長給予我充足的自由。

我的家長定時關心我的感受、需要和生活狀況。

每當我提出意見的時候，家長會願意接納我的看法。

我的家長很了解我。

我的家長責備我的時候會說道理，不會太偏激。

我的家長會主動了解我的社交圈子，但不會加以管制。

我的家長願意指出我學習上的錯處，並與我共同學習。

我的家長不但是父母，還是我的朋友。

Stage 1

Definition

In order to understand the young people's different criteria for ideal parents, we first collected their opinions, set specific guidelines, and designed a survey. Based on this data, we found that there are different parental styles, so the following statement is not an absolute guideline:

My parents are...

My parents talk to me in an appropriate tone.

My parents do not put too much pressure on me.

My parents are willing to accept new things.

My parents give me plenty of freedom.

My parents always care about my feelings, needs, and living conditions.

Whenever I have an opinion, my parents are willing to accept it.

My parents know me well.

When my parents scold me, they are reasonable and not too aggressive.

My parents are willing to learn about my social network, but they will not control it.

My parents are willing to point out mistakes in my studies and learn with me.

My parents are not only parents, but also my friends.

階段二

問卷調查

由於疫情所限，「誠積表」只能在網上進行，故我們透過青年使者的學校網絡及各校學生會進行宣傳，我們亦製作宣傳短片，邀請更多青年人填寫問卷，希望青少年透過「誠積表」表達日常難以開口的想法。問卷以匿名方法進行，讓參加者留下自己及父母的聯絡方法，以便我們將報告傳送給參加者及家長。

Stage 2

Survey

Due to certain limitations from the pandemic, the Report Card was only conducted online. Therefore, we promoted it through the school networks of the Young Envoys and the student unions of secondary schools. We also produced a promotional video to encourage more young people to fill out the survey, hoping that they would express their difficult thoughts and talk about daily life. The survey was conducted anonymously, but allowed participants to leave their contact information and their parents' information, so that the report could be sent to both parties.



總結及反思

我們明白到家長和小朋友之間的關係，是需要雙方來維繫的，溝通對於維持家庭和睦關係亦是很重要的。願意敞開心扉，向父母表達心中的心底話，是溝通過程中不能缺少的一部分。即便有時缺少溝通的機會，家庭成員彼此都應該為對方設身處地地著想，作為子女的應體諒一下父母工作的艱辛，並感謝他們為我們的付出，而作為父母的可以多了解一下兒女的想法，良好的家庭關係才能得以維持。

我們很高興是次參與的同學願意敞開心扉，向父母表達心中的心底話。我們明白要向父母表達心中的說話和感激之情並非一件容易的事，但只要我們鼓氣勇氣與父母聊聊天，其實就會比想象中容易得多，亦相信父母樂於聆聽我們的心事，與我們分擔。

經過是次活動，我們一眾青年使者明白到日常應多和父母分享心事，成為彼此的朋友、彼此的學習夥伴，共同維繫良好的親子關係。

Summary and Reflection

We understand that the relationship between parents and children needs to be maintained by both parties. Communication is also a very important aspect of nurturing a harmonious family relationship. Having the willingness to open up and express yourself to your parents is a crucial part of the communication process. Even if there is a lack of opportunities for communication, family members should put each other in their own minds. As children, they should be considerate towards their parents' hard work and thank them for their contributions. As parents, they can learn more about their children's thinking. With this, it is more likely that good family relationships will be maintained.

We are extremely happy that these students were willing to open up their hearts and express sincere words to their parents. We understand that it is not always easy to express our emotions, but as long as we have the courage to discuss things with our parents, it will become much easier over time. We also believe that parents are willing to listen to their children's thoughts. As such, we invite you to share some of your thoughts with us.

After this event, it became clear that these students should share their thoughts with their parents more often, with the outlook of becoming friends and learning partners, in addition to jointly maintaining a good parent-child relationship.



相處小貼士

Cherish Time Together



要珍惜相處的時光

在繁忙的大都會，大人忙於上班、小朋友忙於上課，難免會忽略家人，關係漸漸疏遠。我們都應學會珍惜相處的時光，簡單如：規定自己每日回家吃飯、訂立一個家庭日，享受家庭樂。「樹欲靜而風不止，子欲養而親不待」時光荏苒，父母不知不覺間老去，小朋友日漸長大成人，要好好珍惜每一次的相聚，爭取機會去了解對方。

Cherish Your Time Together

In the busy metropolis of Hong Kong, adults are busy at work and children are busy in class. As such, it seems inevitable that family members eventually become ignored and relationships gradually decline. With this in mind, we should all learn to cherish the time we spend together by simply requesting to have dinner at home every evening, setting a family day, and enjoying family-based activities. Time flies – parents are getting old, and children are growing up. Therefore, it is necessary to embrace every gathering and work hard towards understanding each other.

明白每個人各有 優點和缺點避免比較

不少家長口頭禪：「你睇吓人咁咁好勤力，你就淨係成日掛住打機。」而有時子女與家長吵架時又會講：「人咁嘅阿媽都唔係咁，都唔知點解你成日都管住我！」每個小朋友都有自己的性格同特點，而每個家長都有自己的管教方式，大家不應該將自己嘅子女或者家長同其他人嘅比較，學習接納。

Don't Compare

Many parents often say: "You should study and be as hardworking as other kids, rather than bury yourself in games." And sometimes when the children quarrel with their parents, they will say: "I don't know why you control me all day long! My friend's parents are not like you." Every child has their own personality and characteristics, and every parent has their own way of discipline. You should not compare your own children or parents with others, it's best to learn to accept.

Don't compare



Tips for Parent & Teens



講出心中想法 積極聆聽對方

有時候雙方想法不一樣，大家可以嘗試懷開放態度講出心中想法，同時積極聆聽對方，避免將自己嘅想法強加於對方身上。或者能幫助雙方更了解大家嘅分歧點，避免更多衝突。

Share Your Thoughts

Sometimes both sides have different ideas in parent-child conversations. You can be open-minded and express your thoughts, but it is also important to actively listen and avoid imposing your own ideas on others. It may help both parties to better understand each other by avoiding conflict.

憤怒紅綠燈

與家人爭執的時候，不妨使用以下方法，紅綠燈：

紅燈 - 留意自己是否憤怒升溫了，如果發現自己開始變得急躁，要即時叫自己停下來。

黃燈 - 慢慢深呼吸幾下，讓自己冷靜下來，提醒自己要離開現場，以免繼續衝突。

綠燈 - 離開現場後，做以下的呼吸練習或其他方法去放鬆，幫自己的憤怒降溫。

資料來源：醫院管理局

When You are Angry...

When arguing with your family, you may wish to use the following methods, which will be referred to as Traffic Lights:

Red light - pay attention to whether your anger is heating up. If you find yourself becoming irritable, stop immediately.

Yellow light - Take a few deep breaths, calm yourself down, and remind yourself to leave the scene to avoid further conflict.

Green light - After leaving the scene, do the following breathing exercises or other methods to relax and cool down your anger.

Source: Hospital Authority



親子小遊戲



棋子



骰仔

Mini-games for Parents & Teens

任務卡

接龍

首先，第一位玩家說出一個詞語。

接着，第二位玩家用第一位參加者所說的字尾作自己詞語的字首，詞語不得重覆，如此類推。

若玩家未能在四秒內不能說出的詞語便淘汰。

急口令

① 玩家鬥快說出一組急口令

② 快而準確者便獲勝

急口令內容：

麥當娜約啗麥當雄去麥當勞道個間麥當撈食麥皮撈當歸。

黑白配

① 玩家一邊說黑白配，一邊以猜拳方式決定贏輸

② 勝方先向對方伸出手指，一邊喊出「男生女生配」，一邊指向上、下、左、右任意一個方向；敗方則需要任意轉向一個方位

③ 若兩方所指的方向相同，勝方勝利；反則重點開始。

手指公擂台

① 每個玩家舉出自己的拇指

② 放在同一平台

③ 當其中一個玩家的拇指壓着對方的拇指三秒，便獲勝。

漢堡包

① 猜拳

② 玩家先猜剪刀，石頭，布。輸者便把手放在桌上，如此類推。

③ 當場上只有一個玩家的手是沒有疊上漢堡包便勝出，勝出後數三聲打下去，若被打到的玩家便要在下一輪中提早放下一隻手在桌上。

天下太平

① 玩家需準備白紙、鉛筆和橡皮擦，在紙上劃上方格，作為堡壘，然後便可開始猜拳，進行遊戲。

② 每猜贏一次便可在自己的領域內新增設施，遊戲初段需在方格內寫上「天下太平」四字。

③ 然後第二階段是插上旗幟（多為三枝），第三階段是建立保護罩（多為五層），最後便可加入大炮或戰機，去攻擊對方的設施，被攻擊的一方需猜贏對方，方能修復設施及還擊。

④ 當其中一方的旗幟、保護罩及堡壘全被擊潰時，被擊敗的一方便輸掉這場遊戲

乘數表挑戰

① 鬥快背出3、4、7、9的乘數表

② 快而準確者便勝出

忍笑大決鬥

① 不能笑

② 笑了就輸



分享卡

- 近來壓力
- 家人對你做過最感動的事
- 自己做過最丟臉的事
- 最鍾意對方嘅邊一點
- 感謝對方嘅事
- 夢想
- 覺得最內疚嘅一件事
- 對方的缺點
- 最討厭對方做嘅事
- 近來趣事
- 近來最開心嘅事
- 上一次喊嘅經歷

動作卡

1



2



3



4



5



6



7



8



倡議及研究小組

- 研讀網上資料、學術文章等二手資料，發掘親子關係及青少年壓力的來源、徵狀及解決方法
- 製作了兩份問卷，分別針對青少年及家長，並就問卷回應歸納和分析，了解親子關係並青少年壓力的現況、兩者之間的關係及至良好親子關係的重要性
- 透過我們所分析的資料和倡議的方向，能向其他團隊提供不同的一手和二手資料，讓其他團隊能在各方面針對性地解決因為不良親子關係而引致的青少年壓力問題
- 以改寫歌詞的形式，從歌詞中表達出現今親子關係的狀況，並帶出青少年對父母的寄語

Advocacy and Research Team

- Carried out secondary research through various channels such as online websites and academic journals. This research has helped us to discover the causes, effects, and ways to solve poor parent-child relationships and teen stress.
- Conducted a questionnaire targeted at both teenagers and parents, respectively. Through analysis of the data collected, we have found out more about parent-child relationships and teen stress, the correlations between the two, and the importance of maintaining good parent-child relationships.
- Provided different first and second-hand information to different working teams, allowing them to suggest different targeted ways to bring a solution to the problem of teen stress, as a result of poor parent-child relationships.
- Rewrote the lyrics of a song, which focuses on the current situation of parent-child relationships and expresses the hidden messages that teenagers have for their parents.



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順德聯誼總會
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李若彤
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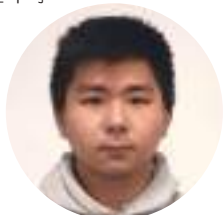
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黃詩詠
Wong Sze Wing Abbie
Belilios Public School
庇理羅士女子中學



黃諾恩
Wong Toby
King Ling College
景嶺書院

社區參與小組

- 以漫畫形式接觸公眾，以疫情而停課期間同學們生活上與家人發生過爭執的事情，令學生及家長了解對方的想法，從而改善關係
- 以母親與兒子交換身份的故事製作動畫，讓讀者能體會對方的想法和感受
- 透過 Instagram Story，提供平台予觀眾分享自己的感受

Community Engagement Team

- Used multiple comics to engage public, with the theme of “dispute of livelihood between the teenager and their parents during the school suspension”.
- Produced an animation with a story of identity wraps of mother and son, with the aim of audiences better understanding the feelings and mindsets of others.
- Through multiple Instagram stories, audiences were able to share their feelings.



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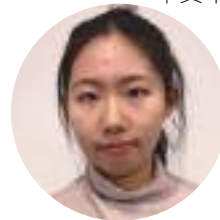
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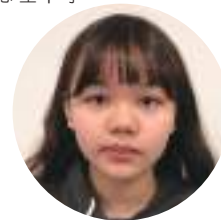
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滙基書院 (東九龍)



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Tse Tsun Ngok Everest
Man Kwan Qualified College
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余心怡
Yu Sum Yi Brianna
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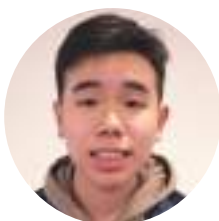
翁嘉兒
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Tseung Kwan O
Government Secondary School
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學校參與小組

- 籌備「誠積表」，收集青少年心目中的理想父母形象，訂立「評測準則」
- 整理數據、綜合結果並整合成一份報告，以供參與的青少年和家長參與，促進彼此的了解和親子
- 邀請了約80間的本地中學學生會去參與及推廣「誠積表」

School Engagement Team

- Conceived the "Report Card", collected the ideal parents' image from the perspective of young people, and set evaluation criteria.
- Collected data, synthesized the results, and integrated them into a report for the reference of participants, teenagers, and parents to promote mutual understanding and parent-child communication.
- Invited more than 80 student unions of local secondary schools to participate in and promote the "Report Card".



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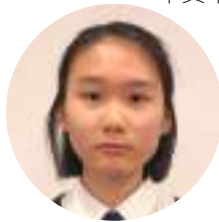
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九龍真光中學



黃靖荇
Wong Ching Hang Abby
G.T. (Ellen Yeung) College
優才(楊殷有娣)書院

社交媒體及宣傳小組

- 利用Facebook及Instagram，以不同形式，包括Story、短片、漫畫、語錄等喚起大眾對議題的關注
- 於項目實踐期間，總共接觸20,000人次，並吸引超過200個新增的支持者

Social Media and Publicity Team

- Raised social awareness through Facebook and Instagram via stories, videos, comics, and quotes.
- Engaged 20,000 people and increased our number of followers by 200 throughout the project implementation period.



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編輯及製作小組

- 記錄GenAction項目的實踐過程
- 構思刊物內容及製作刊物，例如親子關係現況、設計親子遊戲



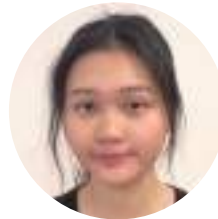
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Chung Man Ling Ella
Pope Paul VI College
保祿六世書院



何欣霞
Ho Yan Ha Coco
YMCA of Hong Kong
Christian College
港青基信書院



郭肇彰
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Lok Sin Tong Yu Kan Hing
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Canossa College
嘉諾撒書院



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Loo Chui Ki Cloris
Christian Alliance S.C.
Chan Memorial Collage
香港九龍塘基督教中華宣道會
陳瑞芝紀念中學



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王棋筠
Wong Ki Kwan Kasey
St. Clare's Girls' School
聖嘉勒女書院

Journalist and Production Team

- Documented the process and implementation of the GenAction project.
- Conceived content for the publication, e.g., fun facts, and the parent-child game.

監察及評估小組

- 由其他小組派出成員組成，監察各組工作進度，確保完成項目工作
- 撰寫評估報告，分析及評估各組表現和項目成效

Monitoring and Evaluation Team

- Members from each working team monitored the progress of the team and ensured that they completed the work smoothly.
- Wrote an evaluation report, in addition to analysing and evaluating team performance and project results.

能力提升

Capacity Building

訓練工作坊 Training Workshop



青年使者訓練活動為一系列必修及選修工作坊，讓青年使者們在參與社區倡議項目之餘得以認識更多有關兒童權利的資訊，及UNICEF的工作。受到疫情影響，今年的訓練活動均以網上形式進行。

訓練活動囊括了世界各地大大小小、各式各樣的議題——除了分享聯合國以及國際機構在兒童權利議題上的工作細節，亦介紹了難民和離散家庭與兒童的關係，著重培養一眾青年使者的個人技能和國際眼光。同時，更有商業禮儀訓練工作坊，專業導師將自己的個人經歷與累積經驗通過互動的問答和分組活動環節傳達給一眾青年使者——活動不單能裝備青年使者，使我們能更自信地表達自己的所思所想，更對於開拓我們的國際視野有著莫大裨益。

有賴一眾青年使者對於工作坊的投入和積極參與，訓練活動得以打破網絡的隔閡，令講者的信息深刻地傳達給我們。在疫情帶來的重重困難之下，我們更會反思自己對於社會和弱勢社群的責任和能力，對社會各界人士的需要有更深入的了解，啟發我們在日後能為社會獻出一分力。

The Young Envoys training programme includes a series of elective sessions which aims to enhance Young Envoys' understanding of child rights, advocacy, information, and the global work of UNICEF. Under the pandemic, the Young Envoys' activities have all been held via online workshops.

This year's training has covered various types of international issues. Speakers from UNICEF and several other international organizations shared details of their work around the globe, such as introducing Young Envoys to the social issues of separated families, and helped Young Envoys develop their individual strengths with a wider global horizon. In the session "Communication Skills Workshop: Business Manner", a speaker who specializes in training local business employees shared his own story and experience with the Young Envoys through interactive Q&As and mini-group projects. These activities not only equipped the Young Envoys with more confidence to speak their minds, but also broadened Young Envoys' horizons, which will undoubtedly benefit them in the long run.

Despite being separated by computer screens, the Young Envoys and guest speakers were able to exchange their insightful ideas clearly and memorably. Under the difficult circumstances of the pandemic, it is certain that the Young Envoys have more actively reflected on their social responsibilities, contributions, and capabilities, in the hope that they can better understand the difficult situation of various stakeholders in our society. Within this context, it is also hoped that they will contribute more to society in the near future.



「UNICEF HK 的日常」分享會

分享會在網上進行，邀請了UNICEF HK 不同工作範疇的員工逐一分享，包括籌款、倡議、傳訊和社區參與，讓青年使者明白每個部門之間互相合作和溝通的重要性。儘管青年使者都被電腦屏幕相隔，但他們依然十分熱情和積極，不斷爭取向分享者發問問題的機遇，務求更深入瞭解他們的日常工作。分享完結後，一眾青年使者們需要發揮創意力，設計一個大型社區活動，由活動名稱到內容形式、預期目標，都需由青年使者一手一腳策劃，給予青年使者們一個特別和嶄新的體驗。

在疫情下，UNICEF HK 在工作上亦無疑地面對着大大小小的困難。相信一眾青年使者們在聽完講者的分享後都蠢蠢欲動，希望可以盡自己的能力與UNICEF攜手為兒童。



Sharing Session of People in UNICEF HK

A sharing session was conducted online, and staff from different work areas of UNICEF HK were invited to share their thoughts and ideas individually. Some of the topics included fund-raising, advocacy, communication, and community involvement. This helped the Young Envoys understand the importance of collaboration and communication between different departments. Despite being separated by their computers, the Young Envoys remained enthusiastic and active, in addition to constantly seeking opportunities to ask the presenter questions in order to gain a better understanding of their daily work. After the sharing session, some of the Young

Envoys used their creativity to design a large-scale community activity with an expected goal. From the name, to the details of the activity, the Young Envoys had to start completely from scratch, which gave them a special and thought-provoking experience.

As a result of the pandemic, UNICEF HK is undoubtedly facing various challenges. That being said, I very much believe that the Young Envoys are ready to take action after listening to the speakers. We are all well-prepared to help children throughout the world with UNICEF!



迷你訓練營

在COVID-19下 如何維持青少年的 身心健康

2019新型冠狀病毒病(COVID-19)影響遍及全球，卻因此有機會連結不同國家的青年人與UNICEF前線職員，為一眾青年使者們帶來寶貴的交流機會。

來自聯合國兒童基金會駐印尼辦事處(UNICEF Indonesia)及聯合國兒童基金澳洲委員會(UNICEF Australia)的青年人及前線職員一同參與Mini Bootcamp，與青年使者深入及討論疫情對當地及香港的影響，一同建構對未來的想像。而且，青年使者要以設計思維的方式找出有創意的解決方案，回應本地以及其他地方青年的需要。最後，青年使者要在一個晚上將意念轉化成解決方案，遊說評判支持他們的解決方案。

其中一組聚焦基層家庭青少年面對的困難，例如停課令基層家庭缺乏支援，不少基層家庭沒有上網服務，青少年被迫停止學習。除學習障礙外，長期困在家中亦令人容易產生負面情緒。故此，他們提出設立一個免費網上平台，回應青少年在學習及培養技能方面的需要，讓基層青少年有機會增值自己，培養一技之長；同時建議每星期至少一次為青少年提供一對一師友輔導服務。



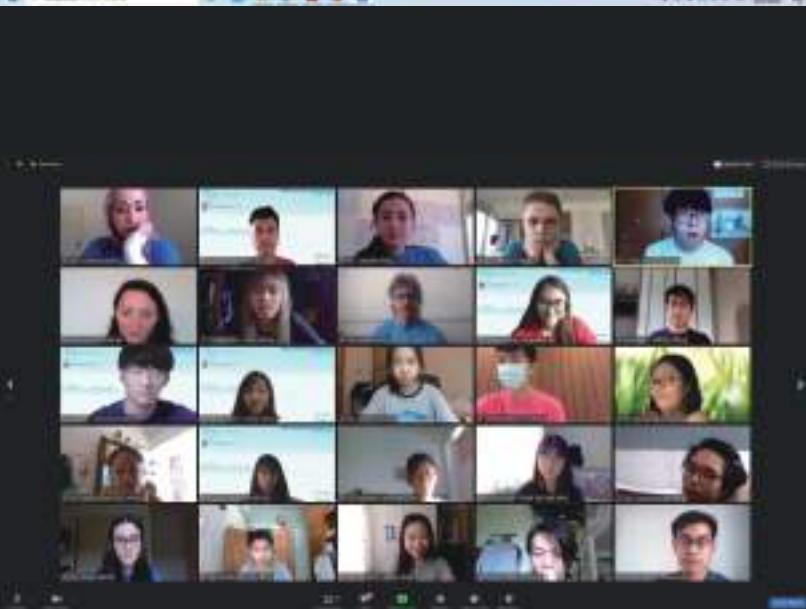
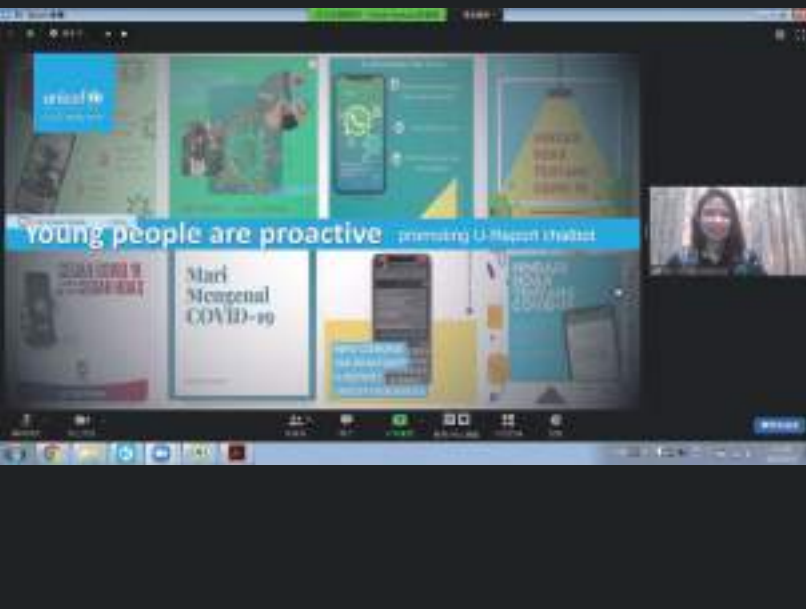
Mini Bootcamp

“A Blessing in disguise” would be the best way to describe the Young Envoys’ overseas exchange programme this year, although it was cancelled due to the coronavirus pandemic.

In view of the pandemic, many countries are facing unprecedented challenges, but it has brought a valuable opportunity for the Young Envoys to interact with UNICEF’s frontline workers and youths around the world.

Frontline workers and youths from UNICEF Indonesia and UNICEF Australia participated in a mini bootcamp with the Young Envoys to better understand and discuss the impacts of COVID-19, as well as to reimagine a world and future to strive for. Throughout the participatory learning experience at the mini-bootcamp, the Young Envoys were equipped with an innovative and solution-focused mindset, as well as generic skills to generate non-traditional ideas and practical solutions in response to the emerging needs of children, youths, and families both locally and globally. At the end of bootcamp, the Young Envoys were required to gain support from the judges, which was based on their solutions to various challenges through presentation pitching.

One of the groups focused on the difficulties faced by young people in grassroots families. For example, the suspension of classes has exposed the problem of lack of support for these families. As a result, many grassroots families do not have access to the Internet, so young people have been unable to study. In addition to this learning barrier, being stuck at home for long periods of time has caused some of them to become more prone to negative emotions. Therefore, the group proposed to set up a free online platform to respond to the needs of young people in learning and cultivating skills, so that young people from grassroots families have a greater opportunity to develop their skills. At the same time, they also suggested providing one-on-one mentoring services for young people at least once per week.



青年使者分享

Sharing of Young Envoys

Over the past year, I have learnt a lot from various workshops on public speaking, business courtesy, and the qualities of becoming a global citizen. This also includes how to work with new teammates, engage in discussions enthusiastically, and respect other people. As this was my first time to participate in such a huge project, it was a truly unforgettable experience.

Tsui Ka Wai, Bernice

在是次青年使者計劃，我獲益良多。由於肺炎疫情加劇，我們社區參與小組原計劃的活動未能舉辦，需改為使用社交媒體分享有關家庭關係的資訊，以漫畫、製作影片形式分享。大家互相分享意見，一起進步，使計劃順利舉行。

Luk Sze Wing, Wendy

今年因為疫情的問題，沒有和隊友有親身接觸的經歷，因而感到有些可惜。可是在網上課程中我們也透過各種方式去溝通合作，共同規劃活動，這個機會十分難得，令人印象深刻。記得在過程中，我們會耐心聆聽對方的意見並作出回應和自我反省。我感覺到彼此的成長，我們不再是獨立的個體，而是屬於同一個團體；我們不再是自己做自己的工作，而是互相幫助，互相提點。再加上這次計劃的主題為家人和青少年的關係，其實和我的生活是息息相關，因此會引起我更多的反省和共鳴，並且更加投入到這次活動的籌畫中。

Mok Pui Yin, Joy

在過去一年的旅途上，我們雖然遇到了不少困難，但仍然獲益良多。在疫情的影響下，我們失去了不少學習和拓闊視野的機會。但所幸在導師們的努力下，我們仍能夠對兒童權利有更深入的瞭解。在不同的工作坊上接觸到為兒童爭取權利的人亦令我們更加關注世界各地兒童的狀況。最後亦感激在旅程上陪伴我走過重重難關的伙伴們，希望大家能夠毋忘初衷繼續為兒童權益發聲。

Chan Hei Lok, Charlie

我覺得今年的計劃應該是最特別的，因為我們到現在都未真正面對面見過同我們其他的參加者，除咗面試之外，應該都沒見過他們真實的樣貌，所以我現在依然對我的組員充滿好奇心。雖然我們從來都沒見過面，但是我們的關係十分緊密，因為我們要一起完成一些計劃，而我們為咗努力做好，我們自己要約時間進行網上會議，每次會議我們都開3小時或以上，這些計劃都是我們自己一手一腳諗出來和把它實行出來。我不但更了解本地兒童的真正需要和兒童的權益，而且亦令我了解到一些在發展中國家兒童的情況，而我們亦可以如何幫助他們，而且我學習到在訂定任何有關兒童的計劃的時候都應該問下兒童的意見，而我們很多時候都應為小朋友太細個所以很多都不應識，所以就不使問他們的意見，但是現在不同囉，好多時候都是小朋友比我們識得更多，而且當我們得到他們的意見，我們才可以有一個更適合兒童的方案去幫助他們。

Ho Tsz Ming

青年使者分享

Sharing of Young Envoys

2020年，無疑是充滿挑戰、考驗的一年。但慶幸青年使者們依然能堅守初心，為著提倡兒童權利而克服重重難關，跨越種種大或小的障礙。

受到疫情的影響，許多活動都未能順利舉行或改以網上形式進行，實在令我有點失望，甚至一度失去熱誠。十分感恩地，組員們都能發揮互助互勵及團隊合作的精神，舉辦了「誠積表」這個特別的活動。在制定這個活動的過程中，無可避免不同組員都會有不同的意見希望表達，也遇到不少困難以及質疑計劃是否可行的地方，但憑著我們的決心及堅毅不屈的精神，大家都能夠細心聆聽對方的意見，希望優化是次活動及公眾的體驗。活動推出後，莫名其妙地又多了些顧慮：活動是否能順利舉行？公眾是否能積極參與？公眾是否滿意是次活動？等等。再次感恩公眾都十分積極地填寫「誠積表」的問題，為組員們提供了許多寶貴的回應，讓我們能夠順利地總結相關的數據，製作一張完整的「誠積表」回饋給各位參與者。

即使疫情嚴峻，也無阻青年使者們投入提倡工作裡，反而令我們更加珍惜每一次與組員們相處的機會，談笑風聲的同時亦不忘處理正經工作。感恩青年使者計劃讓我們相遇，也感激各種磨練令我們成長了不少。

Lo Yuen Ying, Victoria

過去一年嘅青年使者計劃只能夠主要用 zoom 嚟見面，少不免會感到可惜。因為其實大家都係經過五關斬六將既面試之後嘅呢度同大家見面。然而今年只可以透過電腦畫面，少了一份熱鬧。但係都無阻大家嘅熱情注滿冰冷嘅電腦，放低尷尬一齊炒熱氣氛，一齊完成每一個 talk、每一個 session。我覺得過去一年嘅 YE program「主動」呢個詞語係我字典入面出現返，大家主動拋啲諗法出嚟點樣去完美一個任務好重要，正所謂「集腋成裘」，將個人既專長發揮，整件事變得事半功倍。

Kwok Siu Cheung, Daniel

這年的青年使者計劃應該是最特別的一屆：受疫情影響，所有活動都改為網上進行，幾乎完全沒有真正面對面見過組員。雖然我們的確少了認識和了解新朋友的機會，但我學到的不僅是保護兒童權利的知識，還有和素未謀面的組員合作的技巧及建立友誼的方式，這些都是難能可貴的特殊經歷。

這大半年來的經歷讓我明白到我們這些青少年都有能力改變這個社會，為兒童權利出一分力。即使我們做的事是多麼的微不足道，我都會堅持做下去，因為這個就是我們作為「青年使者」的使命，是我們應有的責任。我相信，只要我們抱住心中那團不滅的火，沒有事情是做不到的！

Lau Yan Ting, Phoebe

青年使者分享

Sharing of Young Envoys

我們這一屆可算是被選中的青年使者。這一年，我們受到社會運動及疫情的影響，大部份的活動都需要以網上的形式進行，然而我們都從未經歷這種網上活動，無法面對面的接觸，溝通上的難度提升不少，可是青年使者們都能克服難關，並如常提出不同的活動，感染身邊的人。我很慶幸亦很感恩能成為青年使者的一份子，這讓我踏出舒適圈，交識不同背景的朋友，獲益良多，擴闊眼界。

Chung Man Ling, Ella

雖然受到疫情影響，不過在這一年裏，青年使者讓我從不知兒童「四權」到現在提倡兒童權利。在不同的角度和切入點去了解兒童的觀點與需要。這次的經歷使我成長，對待事情變得更認真，處事亦成熟了許多。希望日後也可以繼續為兒童權利出一分力。

Ho Yan Ha, Coco

首次在一項活動中有80位成員共同完成，與這麼多成員合作的機會非常難得，是很寶貴的經驗。透過工作坊，對UNICEF以及兒童相關議題有更深認識，令我對兒童權益有更大興趣，盼望有更多機會了解及參與義工活動。

Yip Hiu Ching, Janice

Having been in the Young Envoys programme for the past year, I have encountered much more than I had ever expected, which I am honoured to be a part of. Due to the pandemic, we had to adjust to learning online, but we were still able to conquer challenges and gain lifelong friendships.

Lam Hoi Ching Melissa

從我遞交報名表到計劃完結，都發生了很多意料之外的事情。雖然很多活動被取消了，但停課期間我忙著參加工作坊、籌備倡議活動等，仍然過得非常充實。在疫情下，我更深切體會到兒童權利的必要性，希望兒童權利在香港能得到更多關注和更好的發展。

Loo Chui Ki, Cloris

I have learnt a great deal over the past few months. To be honest, I still cannot believe that my teammates and I have created a project from scratch under these difficult circumstances. I am really proud of them and myself for what we have achieved so far. I am also very grateful for being part of the Young Envoys programme, as it has been a wonderful opportunity to broaden my horizons. :))

Chan Ching Lam, Catherine

青年使者分享

Sharing of Young Envoys

The Young Envoys programme has been a really challenging yet memorable experience for me. In addition to learning more about children's rights, I have also discovered how different organisations are working together to make the world a better place for children. I have also made a lot of inspiring new friends, and through working on the GenAction project, I have developed new ways of thinking. Overall, even though this programme was full of challenges, we were still able to make unforgettable memories!

Cheung Hoi Yiu, Helen

一開始我以為網上舉行嘅合作同溝通上會有咁順利，但後來發現YE們都好樂意分享同發表意見！嘅School Engagement Team入面我學識同組員一齊預備公眾活動背後需要考慮嘅唔同因素。同時嘅組員嘅意見中明白到創意對吸引大眾注意力嘅重要性。唯一小遺憾係少啲機會互相認識，大部分時間都係望住螢幕上嘅大家。好期待有re-u嘅機會！

Kwok Hoi Tung Angel

今年嘅青年使者計劃同我想像中嘅完全唔同，連考察團都取消咗，的確有啲失落。但係今年嘅得著都唔少，例如透過唔同活動，我對兒童權利同UNICEF嘅工作認識更加深，呢啲係出面都比較少接觸。另外都好遺憾仲未可以同唔同YE見面，但都好感恩有網絡軟件俾我地認識唔同組員。

Lo Chin Ming, Janice

This was a truly unforgettable experience, even though there were some challenges when doing the programme online. For instance, during our online meetings, it was at times difficult to see who was speaking. That said, these challenges also made me understand and appreciate the importance of face-to-face communication.

Lo Nga Man, Mandy

The Young Envoys programme was an unforgettable experience. Although all activities adopted an online format, and the field trip was cancelled due to the pandemic, I still found the programme to be very inspiring. Not only did I learn more about children's rights, I now understand that even though we are living in the same world, not every child is as lucky as we are. For instance, some children have limited access to the basic necessities of life, such as education and protection, which has led me to promote children's rights in my daily life.

Wong Ching Hang, Abby

鳴謝 Acknowledgements

聯合國兒童基金會香港委員會衷心感謝下列機構及人士對「聯合國兒童基金會青年使者計劃2020」的贊助、支持及意見：
Our heartfelt thanks to the following organizations and individuals for their substantial contributions, support and advices to the UNICEF Young Envoys Programme 2020:

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Mr Gilbert Mo, Honorary Council Member of UNICEF HK

聯合國兒童基金會香港委員會委員 沈施加美女士
Mrs Natalia Seng, Council Member of UNICEF HK

聯合國兒童基金會香港委員會推廣及公共關係委員會成員 呂施施女士
Ms Doris Luey, Member of
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Mr Lambert Chan, Chief Executive of UNICEF HK

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Mr Oscar Liu, Business Director of UNICEF HK

聯合國兒童基金會香港委員會推廣及公共關係主管 陳潔姿女士
Ms Kitty Chan, Head, Advocacy & Public Relations of UNICEF HK

AEON 信貸財務（亞洲）有限公司總經理 門脇希久子女士
Ms Kadowaki Kikuko, General Manager of
AEON Credit Service (Asia) Co., Ltd.

精神科醫生、家庭與學校合作事宜委員會委員 許龍杰醫生
Dr Hui Lung Kit, Psychiatrist & Member of
Committee on Home-School Cooperation

香港大學社會科學學院講師 林素蓮女士
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The Chinese University of Hong Kong

我們特別感謝下列機構的協助，令「聯合國兒童基金會青年使者計劃2020」Mini-bootcamp得以順利進行：
We also wish to express our deepest appreciation to the following organizations for their support to Mini-bootcamp of UNICEF Young Envoys Programme 2020:

UNICEF Indonesia Australian Committee for UNICEF Korean Committee for UNICEF

我們衷心向以下人士及單位致謝，十分感謝各機構及人士對「聯合國兒童基金會青年使者計劃2020」委任典禮所提供的協助：
Thanks must also go to following individuals and parties for their kindest help to the Appointment Ceremony of UNICEF Young Envoys Programme 2020:

聯合國兒童基金會香港委員會主席 陳晴女士, JP
Ms Judy Chen, JP, Chairman of UNICEF HK

AEON信貸財務(亞洲)有限公司董事總經理 深山友晴先生
Mr Tomoharu Fukayama, Managing Director of AEON Credit Service (Asia) Co. Ltd.

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