



According to the Statistical Report 2019 of the Child Protection Registry published by Social Welfare Department in August, a total of 1,006 newly reported child abuse cases were registered between January and December 2019. The most common type was physical abuse, accounting for 42.7%, followed by sexual abuse, accounting for 30.3%, and child neglect accounted for 23.6%. The number of neglect cases continued to rise in the past decade. In recent years, the number of child neglect abusers who also take drugs or suffer from mental illness is increasing, and the age of neglected children was at most 0 to 2 years old. The situation is worthy of attention. On the whole, 70.4% of the child abuse cases were associated with contributing factors relating to the abusers. Among the risk factors, lack of child rearing skills was the most common contributing factor, followed by emotional/psychological problem and severe/prolonged drug abuse. Most abusers were parents of the abused children, but quite a large number of abusers in sexual abuse cases were friends of the abused children or unrelated persons. The above data reflects that the Government needs to: 1) face the correlation between corporal punishment and physical abuse and step up the legislation of a total ban of corporal punishment on children; 2) strengthen community publicity and education, and equip parents with knowledge and skills in child rearing and positive parenting; 3) review and revise laws, policies, systems and measures related to child protection; 4) formulate measures to early identify and support families in crisis, especially those parents and caregivers who have drug abuse, emotional disturbance or mental problems; 5) pay attention to the issues of online sexual crimes, children's use of internet and social media and compensated dating, revise school sex education guideline, and implement comprehensive sex education; 6) allocate resources to enhance preventive projects that support families with newborn babies.



Child abuse incidents occur from time to time and many of them are hidden in the community and have not been followed up by social welfare agencies. When incidents involving serious injuries or even death of children are disclosed, the community will voice the need to establish a mandatory reporting mechanism for suspected child abuse cases. We are in favour of the setting up of such a mechanism and have submitted a position paper on Mandatory Reporting of Suspected Child Abuse Cases to the Social Welfare Department. We suggest that the Government should conduct consultation to collect opinions from various stakeholders and set up a complete supporting package, including setting aside sufficient resources,

and working out an implementation plan for division of labour, triage system, professional training, publicity and education, and protection of informants. It is expected that mandatory reporting mechanism could truly play the role of a safety net to help relevant departments and agencies to early detect and identify child abuse cases, speed up professional intervention and provide appropriate support to reduce tragedies. For details of the position paper, please visit our website (www.aca.org.hk).

The mental health of children and adolescents in Hong Kong has always been a concern. We plan to hold a Professional Forum on Child Protection: Youth Mental Health and Adverse Childhood Experiences on 11 December. It aims at looking into the correlation between youth mental health problems and adverse childhood experiences and facilitate communication among professionals so as to explore how to deal with the problems through prevention and treatment. We look forward to your active participation!

Donna Wong Director

Head Office: 13/F, Corn Yan Centre, 3 Jupiter Street, North Point, Hong Kong **Tel:** (852) 3542 5722 **Fax:** (852) 3542 5709 **E-mail:** aca@aca.org.hk
Chuk Yuen Centre: 107-108, G/F, Wai Yuen House, Chuk Yuen (North) Estate, Wong Tai Sin, Kowloon, Hong Kong **Tel:** (852) 2351 6060 **Fax:** (852) 2752 8483
Tuen Mun Centre: 407-409, Ting Cheung House, On Ting Estate, Tuen Mun, New Territories, Hong Kong **Tel:** (852) 2450 2244 **Fax:** (852) 2457 3782
Kwai Chung Centre: Flat A, 2/F, TLP132, Nos. 132-134 Tai Lin Pai Road, Kwai Chung, New Territories, Hong Kong **Tel:** (852) 2915 0604 **Fax:** (852) 2915 0788



www.aca.org.hk

AgainstChildAbuseHK

ACAHK

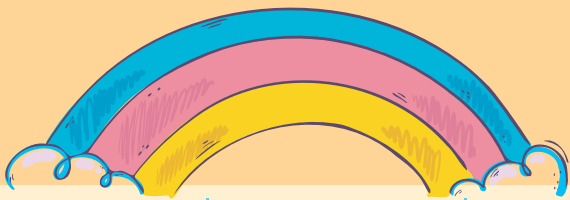
 香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER AGENCY

Summary of Major Activities for July to September 2020



Month	Project/Title	Activity
July to September	Kids' Dream	<ul style="list-style-type: none"> • Study of the Issues Children are Most Concerned about During the COVID-19 Pandemic and Social Unrest in Hong Kong from July to September • Assist in the Preparation of Children's Council 2020 from July to September
	Child Protection Institute	<ul style="list-style-type: none"> • Learning without Tears Parent Talk on 2 July • Child Protection Workshop - Marycove Centre of Sisters of the Good Shepherd on 3 July • Positive Parenting Instead of Corporal Punishment Parent Talk on 9 July • Child Protection Legislation and Child Rights Talk - Hong Kong College of Paediatricians on 1 August • Prevent Children from Sexual Abuse Professional Workshop - The Macau Society of Sexuality Education on 29 August • Identifying and Handling Suspected Child Abuse Cases Professional Workshop on 21 and 26 September
	Daylily Project for Young/Single Mothers	<ul style="list-style-type: none"> • Family Sharing Forum and Family Activity <ol style="list-style-type: none"> 1. Know More About Adversity Quotient on 18 July 2. How to Enhance Resilience on 18 July 3. Why Are There Always Conflicts Among Kids on 29 August 4. Shall I Intervene on 29 August 5. Magic of Play on 28 September 6. Suitable Activities for Children on 28 September 7. Numbering Picture Making and Board Games on 28 September • Volunteer Training <ol style="list-style-type: none"> 1. Advanced Training - Picture Book Storytelling on 15 August 2. Volunteer Orientation on 12 September 3. Corporate Volunteer Advanced Training - Picture Book Storytelling on 19 September 4. Corporate Volunteer Advanced Training - Lantern Making on 25 September
	Bless My Home Forever Volunteer Home Visitation Project	<ul style="list-style-type: none"> • Family Sharing Forum and Parent-child Activity <ol style="list-style-type: none"> 1. What is Adversity Quotient on 30 July 2. Help Child Establish Resilience on 30 July 3. How to Teach Children to Share on 28 August 4. How to Resolve Conflict Between Children on 28 August 5. Establish Harmonious Parent-child Relationship Through Play on 26 September 6. Quality Parent-child Activities on 26 September • Volunteer Training - Picture Book Reading on 15 August
	Give Children the Best Start Home Visiting Project	<ul style="list-style-type: none"> • Volunteer Training on 4 July • Parent-child Outing Activity on 21 September
	Healthy Start Home Visiting Project	<ul style="list-style-type: none"> • Positive Psychology Education Talk and Volunteer Award Ceremony on 18 July • Parent-child Yoga Class on 22 August • How to Prepare Kids for Kindergarten Interviews Parent Talk on 4 September
	Child Abuse Treatment Corner	<ul style="list-style-type: none"> • Positive Parenting Group on 4 July and 4 September • Stress Management Group for Parents with Depressive Features VI (Sessions 3-8) on 8, 15, 22, 29 July, 5 and 12 August • Volunteer Training on 28 July, 3, 5 and 11 August • Positive Parenting Talk on 28 August • Online Party on 3, 10, 17 and 24 September • Batterer Intervention Therapeutic Group for Parents V (Sessions 1-3) on 11, 18 and 25 September • Children Therapeutic Group I (Sessions 1-6) on 14, 16, 21, 23, 28 and 30 September
	Good Parents' Networking Project	<ul style="list-style-type: none"> • Learning Non-violent Communication – Methods and Skills in Promoting Dialogue with Children and Partners Online Workshop on 7, 21, 28 July, 4 August and 22 September • Parent Tea Gathering About Pandemic on 14 August • Travel to The World – Children Online Game on 21 and 28 August • Improve Concentration Through Play Children Workshop on 22 August • Parent Online Workshop About Tips on Home Schooling on 26 August





Month

Project/Title

Activity

Joyful Kids Group

- Understanding Internet Addiction and Time Management Activity on 17 July
- Understanding Emotion and Stress Handling Activity on 22 and 24 July
- Healthy Drinks Making Activity on 25 July
- Children's Right and Community Study on 4, 11, 18 and 25 August
- Handicraft DIY Activity on 5 and 12 August
- Storytelling Training Children Group on 7, 14, 21 and 26 August
- Financial Literacy for Kids on 19 and 26 August
- Lip Balm DIY Demonstration Activity on 19 September

Chuk Yuen Centre
Family Corner

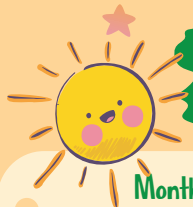
- Good Parents Leadership Training Program (Stage 1) on 3, 10, 17, 24 July, 24, 27, 31 August, 3, 7, 10, 14 and 17 September
- Software Guidance Parent Workshop on 7 July
- Parent Relaxation Yoga Class on 10, 31 July, 7 and 14 August
- Committee Gathering on 28 July, 25 August and 29 September
- Mental Health Fun Day on 8 August
- Pretty Mama Beauty Online Classroom on 25, 26 August, 1, 2, 8 and 9 September
- Parent English Online Classroom on 15, 16, 22 and 23 September

Tuen Mun Centre
Family Corner

- Handicraft and Cooking Class on 27 July, 3, 10 and 17 August
- Be a Resilient Kid Growth Group on 31 July, 7, 14 and 21 August
- Smart Kids Primary One Adaptation Class on 3, 6, 13 and 17 August
- 100,000 Whys - Children Group on 6, 13, 20 and 27 August
- Parent-child Storytelling Time on 26 August
- Leisure Corner – Handicraft and Cooking Activities on 8, 15 and 29 September

Parent-child Support
Line

- Advertising at Hong Kong Commercial Broadcasting Co. Ltd. from 20 to 24 July
- Promotion Campaign: Bus Body and Seatback Advertising on KMB from 15 September to 12 October



Forthcoming Events for October to December 2020



Month

Project/Title

Activity

October to
November

Give Children the
Best Start Home
Visiting Project

- Booth for Project Promotion on 8, 14, 22 and 23 October
- Parenting Workshop in November

Parent-child Support
Line

- Advertising at Hong Kong Commercial Broadcasting Co. Ltd. from 12 to 16 October and from 9 to 13 November

November

Annual Press
Conference and
Annual General
Meeting

- The 41st Annual Press Conference and Annual General Meeting on 19 November

December

Sharing Forum

- Professional Sharing Forum on Child Protection: Youth Mental Health and Adverse Childhood Experiences on 11 December

October to
December

Kids' Dream

- Study of the Issues Children are Most Concerned about During the COVID-19 Pandemic and Social Unrest in Hong Kong from October to December
- Assist in the Preparation of Children's Council 2020 from October to December

Child Protection
Institute

- Parent Education Talk - Talking Sex with Our Children on 9 October
- Parental IT Talk on 17, 28, 31 October, 3, 9, 20 November and 5 December
- Learning Without Tears Parent Talk on 23 October
- Positive Parenting Method Other Than Corporal Punishment Parent Talk on 30 October
- Sex Education Student Workshop on 11 and 13 November
- Child Protection Professional Training Workshop on 14 December





Month	Project/Title	Activity
	Daylily Project for Young/Singler Mothers	<ul style="list-style-type: none"> Family Sharing Forum and Family Activity <ol style="list-style-type: none"> Children Hate It When You Say... on 10 October Confident Children on 10 October Make a Wish Activity on 10 October Know More About Children's Emotion on 7 November How to Stay with Emotions on 7 November The Power of Family on 12 December The Love Which is Just Right on 12 December Christmas Party on 12 December
	Bless My Home Forever Volunteer Home Visitation Project	<ul style="list-style-type: none"> Family Sharing Forum and Parent-child Activity <ol style="list-style-type: none"> Never Say These Words to Children on 24 October Help Children Build Up Confidence on 24 October Understand Children's Emotion on 7 November Ways to Handle Emotion on 7 November Family Cohesion on 12 December Love Doesn't Mean Spoiling Children on 12 December
	Healthy Start Home Visiting Project	<ul style="list-style-type: none"> Good Parent Training Course on 3, 10, 17 and 24 October Sensory Integration and Child Development Parent Talk on 31 October Parent Talk and BB Birthday Party on 12 December
	Child Abuse Treatment Corner	<ul style="list-style-type: none"> Stress Management Group for Parents with Depressive Features VII (Sessions 1-8) on 6, 13, 20, 27 October, 3, 10, 17 and 24 November Batterer Intervention Therapeutic Group for Parents V (Sessions 4-8) on 9, 16, 23, 30 October and 6 November Positive Parenting Group on 9, 16 October, 6 and 13 November Batterer Intervention Therapeutic Group for Parents VI (Sessions 1-7) on 14, 21, 28 October, 4 November, 2, 9 and 16 December Batterer Intervention Therapeutic Group for Parents VII (Sessions 1-8) on 19 October, 2, 16, 23, 30 November, 7, 14 and 21 December Children Therapeutic Group II (Sessions 1-6) on 28 October, 4, 11, 18, 25 November and 2 December Positive Parenting Talk on 31 October and 28 November
	Good Parents' Networking Project	<ul style="list-style-type: none"> Learning Non-violence Communication – Methods and Skills on Enhancing the Communication Between Children and Partner Online Workshop on 13, 20 and 27 October Leisure Corner <ol style="list-style-type: none"> Starry Kitchen on 16 October, 13 November and 4 December Parent Handcrafts Workshop on 23 October, 20 November and 11 December
	Joyful Kids Group	<ul style="list-style-type: none"> Group Meeting and Training on 24, 31 October and 28 November Volunteer Service - Beach Cleanup on 7 November Group Meeting and Christmas Party on 19 December
	Chuk Yuen Centre Family Corner	<ul style="list-style-type: none"> Road Show in Housing Estate on 10 and 17 October Committee Gathering on 27 October, 24 November and 22 December Good Parents Leadership Training Program (Stage 1) on 29 October, 5, 12, 19 and 26 November Children Therapeutic Group on 14, 21, 28 November, 5, 12 and 19 December Christmas Family Fun Day on 25 December
	Tuen Mun Centre Family Corner	<ul style="list-style-type: none"> Leisure Corner – Handicraft and Cooking Activities on 13, 20 October, 10, 17 November, 8 and 15 December Good Parents Positive Parenting Course on 5, 12, 19, 26 November, 3, 10 and 17 December



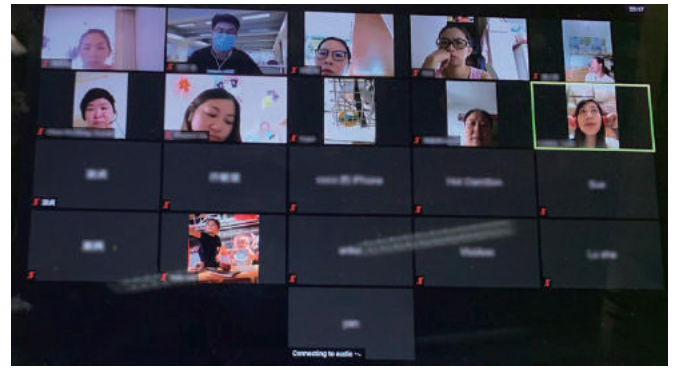
Good Parents' Networking Project

Collaborative partner: Save the Children Hong Kong



With the sponsor from Save the Children Hong Kong, the "Good Parents' Networking Project" was launched in Kwai Chung District. The project aims at promoting positive parenting and providing emotional support and problem-solving advice to parents and children. At the same time, it also aims to develop parents' leadership skills, allowing them to build mutual support networks within the community, and raise public awareness in child abuse prevention, which includes reporting of suspected child abuse cases.

In the past few months, COVID-19 created more opportunities for parents and children to stay at home. However, it also brought great pressure to parents, as well as frequent conflicts. We strongly believe that parents themselves should take care of their own emotions first before caring for the others. Hence, other than sharing parenting skills, we also focused on parents' mental health. We kept contact with parents through phone calls and online gatherings in order to maintain mutual support. Parents shared their difficulties and pressure during COVID-19 in online sharing sessions. Further to this, various volunteers also shared the different community resources and skills to our parents, including the donation of adult and children face masks to families in need, ways to learn English with children, and methods to improve children's concentration during home schooling, etc. Parents learned a lot in these online workshops.



As most children needed to stay at home during the epidemic, an online "Learning Non-violence Communication" workshop was organised from July to September to focus on parent-child communication and relationship. Non-violence communication was established by American psychologist Marshall Rosenberg and it combines the wisdom of different religious and spiritual traditions. He discovered that a communication method that emphasises the needs and feelings of a person can reshape our positive ways of thinking about conflict and make people willing to help each other, thus coined "non-violent communication". During the workshop, parents reflected upon their daily relationship with their children and they understood that they had to connect with their children first before educating them. The parents learned how to listen to their own needs, as well as their children's, and then finding out the solutions with family members. One parent shared the following after joining the workshop:

"From this workshop, I learned the theory and skills and understood how important connection is. I realised that while my friends have always thought I cared about their feelings, I failed to understand my own child's feelings. I have always asked my child to do the best and I never accept him rejecting any of my instructions. I felt like I treated my child poorly. After that, I learned how to communicate with my child. It wasn't an easy process but gradually, I am starting to ask my child to express his feelings and thoughts now. I found that I have accepted my child more and more, even when he tried to reject me.

If you want to improve the relationship with your children and your partner, or you want to have a comfortable space to share with other parents and gain mutual support, I sincerely invite you to join our Good Parents' Networking project.

Stone Leung
Project Social Worker

The Creation of Agency Song: An Exclusive Interview

Our 41st Anniversary is right around the corner, meaning that we are wrapping up the events lined up for our 40th Anniversary. Two years ago, when we were exploring and planning for the 40th Anniversary events, we decided on conducting events and activities that we had not held before. Finally, we came up with the production of a series of promotional short films, a Child Protection run and the composition of an Agency Song.

The new Agency Song has two versions – one recorded by a male vocalist Mr Zac Koo and the other by a female vocalist Ms Cherry Ngai. The two performers' interpretation of the lyrics portrays parents' love for their children and how vigilant they are in providing protection for their children. The contribution from Sky Productions completed this creation perfectly.

The male version conveys a father who protects his children with his strong arms so that the small ones can grow healthily; the female version is delivered by the voice of a delicate mother. She may not have a pair of strong arms, but she will protect her children behind their back and will act as their shelter for her whole life.

Work on the Agency Song put Cherry and me together. Her first impression to me was her warm and shining smile. No one could imagine that she once faced marriage and family problems. To add to her problems, her son was only around three years old at that time. In this October, we conducted an interview with her. Through the interview, she shared with us what she and her son went through.

Handling Marriage Problems

Q: How long did it take you to get all things arising from your marriage problems sorted out? Did you seek help from non-governmental organisations (NGOs) or from marriage counsellors?

A: The first year was the most painful period, because I only knew that something was wrong but I did not know how to handle. We were very depressed at that time, so I suggested both of us to receive marriage counselling. But the situation was improved for a short period only and it became irreparable from the second year. I searched on the internet for a NGO which provides such counselling service. I found one, and so I tried to make contact. Its service was all-rounded. It also provided psychological counselling for my son. It helped us a lot. In order to protect my son not to grow up in this environment, I finally decided to take up divorce procedures by legal means. It totally lasted for four years.

To avoid affecting my son's emotion adversely, I always tried not to show my negative emotion in front of him. In the last conflict that we could not avoid, I let my son stay in the bedroom, preventing him from watching the scene (when his father and mother were quarrelling). Afterwards we moved back to my parents' home. My parents love and care for my son very much. At that time, we always stayed with him as long as we could. Luckily, my son seldom had negative emotions in the family problem he faced.

Procrastination is bad for parents and children. I had to handle marriage difficulties so I searched methods from many psychological books. The books mentioned that some people who have personality problems. Looking back into their childhood, there were incidents which hurt their delicate little hearts. Without their knowing it, these incidents stay in their subconscious memory and influence their growing up significantly. Also from the books I read mention that children of divorced parents may have a higher chance in going through divorce themselves. That's why this kind of people should better seek help from professionals when handling divorce.

Q: What did you feel most strongly about when you became a single mother?

A: At that time, I felt that all those very painful divorce procedures finally came to an end, and I could start a new page with my son.

Q: At that time, you had to face a sudden change of family relationship, and simultaneously you had to handle both looking after your son and your work. What difficulties did you face and how did you overcome them?

A: I moved back to my parents' home with my son. Luckily my parents loved him very much. With the full support from them, I could concentrate on my work. I was lucky that there was a NGO which conducted many workshops for recently divorced females and for single mothers. Their mediators helped me analyse and re-channel my emotions. I met many "sisters" in the workshops. We shared our own situations and difficulties with each other and helped each other. I understood that I was not the only one who was facing difficulties, sadness and helplessness. And I even knew that I was able to "help others to rescue myself". I am still keeping contact with some of them now and we care for each other.

Q: How significant was the impact on you and your son? How did both of you handle your emotions?

A: I think picture books are very good parent-child communication tools. I had worked for early childhood education before, and I had taken advanced courses to learn how to interact with children of early age, and at the same time I learned how to use picture books. I understood that it was very abstract to explain to my little son that his parents were separated, thus I used picture books to let him understand the changes of the family. Furthermore, the NGO which provided me marriage counselling services also provided picture books borrowing service to families. I read books and stories to my son at night. This provided more parent-child time and let us share our own feelings. Even now, he will still wait for me to talk with him and hug him before going to bed. I felt that our connection became much tighter. He did not suffer much from his parents' divorce.



It is their precious parent-child time when cooking together



On the other hand, the incident even encouraged him to be more positive.

Q: Were there problems from your work place or from your son's school? How did you handle them?

A: I did hear some gossips in my previous working place, but I only tried to finish my work properly at that time. As for my son's school, I felt that some of his classmates' parents avoided me, but there were many other parents who were good friends of mine. They cared for me and supported me in my hard times. My son did not have any influence from his classmates.

Q: Did your son ever feel that he was different from other children? Or did he show any negative emotions?

A: No. Because he is full of positive energy and he is not a boy who sticks to trifles. He shared his experiences and feelings with me every day. He could not stop telling me about every happy and sad moment. Basically he remembered the happiness only, but obviously he would also have grumpy moments. At that time, I would tell him "Your grumpy energy is too strong. It will make the universe explode and force your family away. Then you will have no family members to accompany with. What will you do then?" And I would teach him some more methods to see him through his grumpy times, and he was able to relieve his emotions gradually.

Starting a New Life

Q: Who gave you support and help through your hard times?

A: My friends, other than my family members! They gave me great support. They always talked with me and shared my sadness actively. I could release my emotions in front of them, because we understood that life had its ups and downs. They even suggested accompanying me to the court. I was really moved and actually felt their warmth.



The best gift for her son's boundless creativity during the epidemic

Q: You have to take care of both of your son and work now. How would you plan and your parent-child time?

A: As a teacher, my workload is heavy on weekdays and I have to go to school early in the morning, thus I do not have much time staying at home. My son is also busy for his tests and revision. I can only accompany him on weekends. How do we communicate on weekdays? He learned how to use WhatsApp when he was little. I send him WhatsApp voice messages when I go to school every morning, encouraging him to work hard at school. When he gets up, he will listen to my voice messages from my mother's mobile phone and record his voice messages and send many emojis to me so that I can read when I finish my schoolwork. This practice continues until now. We can keep close contact even when we are very busy. Ever since he was very small, he started communicating with me in this way and shared everything with me. To him, I seemed to be staying by his side always. However, I absolutely disagree with using "an electronic pacifier", and my son used a mobile phone only to record voice messages and listen to music from an early age.

Q: In your point of view, what is the most important thing the Government or NGOs can do for single parent families?

A: I hope that the Government or NGOs can strengthen their promotion of services. In most of the time, marriage problems and family problems can be solved. Not many people know that there are marriage mediation services in Hong Kong. The divorce rate is very high in Hong Kong. If there are more NGOs and more related services, more families and children in need could get help. If the emotions of those in need can be relieved, they will be able to make more rational judgements.

Q: After rain comes sunshine. Could you give some suggestions to those who are facing family or marriage problems, advising them how to handle their problems or how to find help? Or how can they relieve their own emotion and stress?

A: Some of my friends also thought about divorce before, and I suggested them to try marriage mediation first. When two parties are trapped within a serious argument, each party will stick to his/her own opinions and reconciliation is highly unlikely. The best way is to find a middleman who can help the two parties to find solutions. Sometimes, conflicts are generated from the personality gap between the couple. If the final agreement is divorce, I suggest getting every important issue settled through private negotiation. This will cut down the pain brought about by confrontation in courts, and minimise the damage on children. If the couple have conflicts, try not to argue or fight in front of their children and find a suitable location for discussion, in order to minimise the sense of insecurity brought to the children. Furthermore, I suggest them to use marriage mediation provided by NGOs, which will be more economical.

Conclusion

From Cherry's sharing, I deeply realise the act of "giving birth" and the act of "teaching and raising a child" add up to make a mother great. Father and mother are the models for children to learn communications, behaviours and scruples. Before passing judgment on others, we must try to understand that each family is unique in nature. Even its problems are unique. How can we understand them all? "Tolerance, care, understanding, encouragement, and readiness to listen" are the most important positive energy our present society needs. If only we can help those in need more, just like what Cherry has done!



View Agency Song's MV



Pearl Lee
Administration Manager
Cindy Shin
Senior Administrative Officer

*ACA's Daylily Project for Young / Single Mothers provides support to single mothers and their children. Please contact our social worker if needed.



Play Therapy Story: How Do We Know the Little Heart in the Tough Period of COVID-19?

+
▷ Being frontline social workers, my colleagues and I are not only handling family crisis and providing support to parents to help them in their child-care chores, but are also spending much effort in conducting child play therapy. Children are different from adults. They have great difficulties in expressing their inner selves. Playing games, something they are most familiar with, is perhaps the most effective tool for them to communicate with others. Through play therapy process, we try to understand the children's inside world in order to resolve their hidden thought and suppressed emotion.

Last year, 4-year-old Gary (alias) visited the Pediatrician and he was diagnosed with speech delay and possessing weak social communication skills. He was referred to regular speech therapy in a government clinic, and he also started to receive play therapy in our centre.

However, since the outbreak of the coronavirus pandemic, the play therapy room was closed. Then I started talking with Gary through video calls. We were happy to meet up but very often he would start to show signs of impatience after we talked for 10 to 15 minutes. No doubt, watching TV or playing mobile phone games were more attractive than conversing with the social worker through video calls.

Emma (alias), the mother, revealed that their daily interaction was trapped like cornered beasts. She always worried about Gary's condition because the little boy lacked confidence in communicating with others. She expressed her anger and disappointment to me in every phone call. **In my perspective, if the mother suffered from great pressure in the family, the child would be equally anxious and worried.**

When the coronavirus condition was a bit eased in July, I made appointment to meet Emma and Gary immediately. Luckily, Gary did not have any strange feeling in the few sessions we spent together even though he had not visited our centre for half a year. He was calm and peaceful. He even held my hand tightly walking into the play therapy room.

In the first session, Gary was busy in exploring the toys in the boxes which he missed for a long time.

In the second session, Gary started to create his own story. He put the fire engine, police car, crane and dumper truck in order (picture 1). When the plane and helicopter crashed (picture 2), the rescue team started off immediately. The fire engine sprayed water on the scene. The crane slung the plane and helicopter up softly and put them on the floor in the proper position. Gary put the vehicles into positions prudentially until the rescue mission was completed.

Actually, children like to repeat things, and the repeating process is a part of their emotion regulation and internalisation of learning new things. Gary was doing the same too as he repeated "waiting, crashing and rescuing" in the play process. Sometimes he wanted it to be more challenging by adding stones or chairs in the accident scenes.

In the fifth scene, Gary crashed the plane and helicopter on the mountain, and the crane could not reach them as the location of the accident was too high. Of course, I knew that it was just a kitchen stove, and the helicopter was placed in the middle of chopping board (picture 3). But, seriously speaking, the children's mind is very creative and adults **DO NOT** have to correct them while they are playing. If the children say that it is a mountain (instead of a kitchen stove), it is definitely a "mountain".

Picture 1



Picture 2



Picture 3





Surprisingly, when I was waiting for Gary to carry on with his story, he suddenly turned around and looked me in my eyes and asked. "How should it be like?"

This was the first time that Gary asked me a question. His eyes were bright and piercing. I felt that he did not really need my suggestion for the rescue plan, but he wanted to know how I felt for the crash. "Oh! The helicopter is crashing into the hill. It is very hard to save them this time." I replied.

"Haha. I know what to do!" he laughed. His eagerness in showing me his next step was all over his face.

With laughter, Gary put the fire engine on the dumper carefully, and then further put the crane on the fire engine. He arranged everything neatly and safely so that arm of the crane could reach the plane and helicopter on the hill. Once again, the crane slung them onto the ground slowly.

When the rescue was completed, Gary turned around and looked at me again. I nodded and smiled, "Great! You have saved them again! You must be very happy!" At that moment, when Gary heard my words, he was truly happy and he even ran around in the play room.

So, if we believe that toys are the children's words, and the playing process is their language, what did Gary express himself in the session and why was he so happy?

From my observation, Gary was facing many difficulties in daily life: he might lack confidence, he might be weak in expressing himself and thus his family members did not understand his thought, or he was tired that he had to deal with his mother's enmeshed parenting every day, or he was so bored and suppressed at home during the pandemic period.

Most important of all, as a 4-year-old child with various difficulties inherently and externally, I truly appreciated Gary's sincerity and self-healing power shown in the play therapy process. Gary created the rescue stories with dozens of inner projection, including good parts and bad parts. And he was very positive to face the challenges. He created a lot of strategies to deal with different levels at the scenes of the accident. **With the safe and empathetic atmosphere, Gary gradually regulated his hidden emotion and inner struggles. He gradually built up self-confidence and problem-solving ability. This was an invaluable moment for Gary in the therapeutic process.**

When Emma heard of my observation towards Gary in the parent session, she was tearful and said, "I am so worried about Gary's problems because there are so many specialists' assessment reports. When you said that 'Gary is fine. He is full of strengths. We have to have confidence in him and in ourselves.' This was the first time I heard of these bright and positive words. I am relieved. Thank you, Jack Sir."

As a helpful professional in serving the children, I truly believe that all of them have their own value, capability and self-healing power.

Jack Tang
Social Worker

Visitation to P. C. Lee OneSky Global Centre of OneSky for All Children

On 7 July, seven of our staff visited The P. C. Lee OneSky Global Centre for Early Childhood Development in the Shum Shui Po district, which was set up by an international children organisation OneSky for all Children. OneSky built this first Family Centre and Training Hub in Hong Kong this year. It provides children aged 0-6 and their parents a safe and nurturing environment to experience educational play. Parenting skills workshops, consultation and referral services are also offered to families.

Ms Cordelia Au, the Associate Director of Community Partnerships of OneSky, shared the organisation's missions and introduced the play time facilities to us. Our perspectives are very similar as we believe that play time helps children build up confidence and build healthy parent-child relationship. We shared a lot of working experiences with each other and discussed the possibility of further collaboration.

Jack Tang
Social Worker



Kids' Dream

In collaboration with Hong Kong Committee on Children's Rights and supported by the Save the Children Hong Kong



Kids' Dream is the first child-led initiative in Hong Kong to strive for the rights of children. It was formally launched in August 2006 and its members are mostly secondary school students aged under 18. Since its establishment, Kids' Dream has been developed and supported by Against Child Abuse (ACA) and Hong Kong Committee on Children's Rights (HKCCCR). This aspired group continues to work closely with the two agencies in organising and implementing the annual children's council project as well as many other child rights related activities.

Kids' Dream started a study and conducted a survey of the "Issues children are most concerned about during the COVID-19 pandemic and social unrest in Hong Kong" in July in order to understand what children are most concerned about in these periods and to let the community listen to children's voices and raise their concerns about children's rights.

A total of 322 valid online questionnaires were received. Respondents aged from 6 to 17. Respondents were asked to select the top three issues that they were most concerned about during the COVID-19 pandemic and the issues that they were most concerned about during the social unrest in the past one year.

Pandemic Issues

The top four issues that children were most concerned about:

- Due to the pandemic, children could not go out to play / participate in extracurricular activities 140 (43%)
- Due to the pandemic, children could not enjoy campus life 132 (41%)
- Falling behind academic progress 129 (40%)
- Worrying about the possibility of getting infected 109 (34%)



As children have to stay at home for a long period of time, which lessens their opportunities of playing with friends, taking part in outdoor activities and causes difficulties in developing their own hobbies and lacking access to social circles. This has affected their interpersonal relationships in the long run.

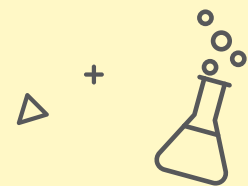
Social Unrest Issues

The top four issues that children were most concerned about

- The legislation of the National Security Law 179 (56%)
- Confrontation between police and citizens, the escalation in the use of force 134 (42%)
- Rule of law, freedom of speech and assembly being affected 105 (33%)
- Feeling lost towards the future 70 (22%)

The social environment has been worrying in the past one year. With the numerous reports or witnesses of police-civilian conflicts, children become anxious about the safety of themselves and the others, and worried about the social system as a whole. A point worth mentioning is that nearly 25% of children aged six to nine have indicated that they feel lost about the future, while they are supposed to have a pressure-free life. A trend where younger children are also affected by social unrest issues can be observed in the survey.

Though many may consider children too young to fully understand all these issues, it does not mean they have no opinion. Children receive an astonishing amount of information just like their adult counterparts in this era of information, and therefore they are prone to suffer from distress and depression with the escalating situations. Children are not only the future, but they are also the present. The voices of children must be listened to and taken into consideration. Only in this way they can overcome the difficult times with provision of appropriate aid and support.



Lee Yu Po

Service Manager (Chuk Yuen Centre)



Child Protection Institute



We organised five child protection workshops from July to September. The participating organisations included the Macau Society of Sexuality Education, the Sisters of Good Shepherd, Hong Kong Children's Hospital and local kindergartens. The themes of the workshops were "Prevent Children from Sexual Abuse", "Identifying and handling Suspected Child Abuse Cases", "Child Protection Policy" and "Child Protection Legislation and Children Rights". Near 200 professionals attended the workshops. Regarding the latest update of "Protecting Children from Maltreatment – Procedural Guide for Multi-disciplinary Co-operation (Revised in 2020)", we highlighted the major changes and some areas that the frontline workers should pay attention to. Besides, we shared the concepts of child protection policy with these agencies and encouraged them to build up a child-centered environment. The participants gave positive feedback and felt they had a better understanding on their roles under the new procedural guide.



Peter Ng
Senior Training Officer



Bless My Home Forever Volunteer Home Visitation Project Daylily Project for Young / Single Mothers Sponsored by the Community Chest of Hong Kong

The families of the two projects joined a programme on 15 August. Together with Mr Kenny Or, the founder of Little Green Feet, we held an online volunteer training on picture book-reading. The training aimed to enhance volunteers' understanding of children's developmental needs, as well as the skills needed to read picture books. After the training, volunteers would be able to read picture books with children during home visits.

In addition, as affected by the COVID-19 epidemic, some families of Bless My Home Forever Volunteer Home Visitation Project encountered financial difficulties due to underemployment or unemployment. The project had helped eight families in need apply for one-off food assistance in order to relieve their financial burden. A total of 11 participants from Daylily Project for Young / Single Mothers attended the trainings and they expressed that the training enhanced their understanding of children's needs and development, thus allowing them to put their newly learned skills in practice during future home visits.



We look forward to an even closer connection between families and volunteers, so as to help single/ young mothers to walk through difficulties.

Alex Wong Social Worker

Cheng Kai Yan Social Worker





The Hong Kong Jockey Club Community Project Grant - Healthy Start Home Visiting Project

Sponsored by the Hong Kong Jockey Club Charities Trust

Positive Psychology Education Talk and Volunteer Award Ceremony

A talk on positive psychology in education was held on 18 July, with a total of 26 volunteers joining the activity. We invited Ms Helen Kwok, clinical psychologist from the Counselling and Research Centre of Hong Kong Shue Yan University, to hold the training about positive psychology and counselling skills. The content was rich and practical, allowing the volunteers to enhance their knowledge of communication with people who suffer from emotional distress.

Meanwhile, a volunteer award ceremony was held on the same day to recognise volunteers' contribution in the past year. We thank the volunteers for their care towards our project families during the period of epidemic.

Parent-child Yoga Class

A parent-child yoga class was held on 22 August. A total of 29 parents and their babies joined the activity. We invited yoga teacher Ms Isabel to teach yoga exercise through online platform. During the period of epidemic, parents and children could do some simple yoga exercise at home to help stretch their muscles and enhance parent-child interaction.



"How to Prepare Kids for Kindergarten Interviews" Parent Talk

The How to Prepare Kids for Kindergarten Interviews parent talk was held on 4 September. A total of 43 participants joined this activity. We invited Ms Elaine Sin, a private teacher for the kindergarten level, to hold the online talk. Ms Sin shared information on kindergarten interviews and ways to train children's interview skills during daily life. Participants reflected that the talk was practical and could release their pressure in preparing kindergarten interviews.

Vinky Lam
Project Social Worker

Child Abuse Treatment Corner

Sponsored by Fu Tak Iam Foundation Limited

The Child Abuse Treatment Corner organised a Stress Management Group for parents from June to August. Due to the outbreak of COVID-19, five out of eight sessions of the group were held through online platform, which was a new approach and a new challenge for both us and the parents. The parents learned positive parenting skills and released their stress in order to improve their parent-child relationship. We really appreciated the parents' cooperation and participation, which led to the group's success.

Jessie Lee
Project Social Worker



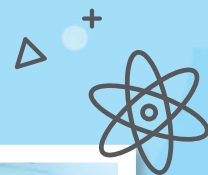
Child Abuse Treatment Corner - Volunteers Home Visitation Service

Sponsored by Fu Tak Iam Foundation Limited

Face-to-face learning at schools was suspended due to the COVID-19 pandemic and most of our home visitation families stayed at home to protect their health. Therefore, Treatment Corner organised regular online parties with the families from September. The themes include parent-child cooking, sharing of creative game, sharing of picture books and parent-child handicraft DIY. We hope that families' mental health and parent-child relationships would be strengthened through these different types of parent-child activities.

Tammy Liu
Project Social Worker





Give Children the Best Start Home Visiting Project

Sponsored by The Community Chest of Hong Kong

We conducted volunteer training in Chuk Yuen Centre on 13, 20, 24 June and 4 July. A total of 30 participants attended. Participants could enhance their knowledge on child protection, child growth and development, positive parenting, home safety, interviewing skills and home visitation guidelines in the training. According to the participants' feedback, the training was fruitful and practical. Their confidence when conducting home visitation sessions to families in future will no doubt be strengthened.



Olivia Lai
Project Social Worker

Parent-child Support Line

Collaborative partner: Save the Children Hong Kong

Since the launch of the Parent-child Support Line service, we have aimed at encouraging the public to report suspected child abuse cases and allowing professionals to consult about the handling of child abuse cases. We have also provided a channel for children and youngsters to express their opinions, share their feelings and provide them with emotional support. Our professional staffs would also listen to parents' and caregivers' difficulties and provide them with professional advice on child management.



During September and October, we organised a series of promotional activities KMB bus body and seatback sticker. It aimed at promoting Parent-child Support Line service and to enhance the public to protect the well-being of children.

Parent-child support hotline: 2755 1122
Service: 9:00a.m. - 9:00p.m. (Monday to Friday)
9:00a.m. - 1:00p.m. (Saturday)



Yvonne Wai
Project Officer

Children's Council 2020

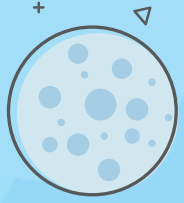
Sponsored by the Children's Rights Education Funding Scheme

Against Child Abuse and Hong Kong Committee on Children's Rights have jointly formed a coordinating committee to raise public awareness on the United Nations Convention on the Rights of the Child and to promote children's rights in Hong Kong. This year, with the pledged support of the Children's Rights Education Funding Scheme, we have launched the Children's Council 2020 project. From October 2020 to February 2021, a series of training and activities on children's rights will be provided to the new children councillors.

Manki Wong
Service Manager (Kwai Chung Centre)



Chuk Yuen Centre Family Corner



From July to September, many families stayed at home due to the coronavirus pandemic. We held two online workshops on "Good Parents Leadership Training Programme". Parents felt relatively unfamiliar with online programmes and were therefore quite resistant to them at first. However, as their children also needed to participate in online lessons, parents began to familiarise themselves with online learning. More and more of them joined our Parent Relaxation Yoga Online Class, Pretty Mama Beauty Online Classroom and Parent English Online Classroom. They even requested additional classes. Besides, the attendance rate was also very high. The worker and volunteer tutors as a result were very much encouraged. It is hoped that more different types of groups will be held in the future, so that more parents could relax and establish positive thinking, get along well with their children, and enhance parent-child relationship.



In addition, we held a "Mental Health Talk 2020" on the Internet on 8 August. We invited Ms Yen Cheung, psychologist from Counselling and Research Centre of Hong Kong Shue Yan University to promote positive psychology messages and enhance mental health self-awareness to parents and volunteers. A total of 71 parents and volunteers participated. They expressed total satisfaction. Chuk Yuen Family Committee also worked in groups for preparing materials such as packing face masks, hand sanitisers and service leaflets, etc., for Road Show 2020 event to be held in October.

May Chan
Social Worker

Tuen Mun Centre Family Corner

Summer Programmes 2020

Due to the spread of COVID-19, all face-to-face summer programmes such as park orienteering and floor curling had to be cancelled. A series of children groups were held by online platform. They included the Primary One Adaptation Class, and the "100,000 Whys" and "Be a Resilient Kid" Children Groups. Through interactive games, assigned special tasks, and the use of funny videos and group discussions, the group host overcame the limitations group host online format and facilitated the interaction among the participants successfully. Most participants said the summer programmes were interesting and allowed them to learn new knowledge like emotion management skills, science knowledge about astronomy, human and animals, and how primary school life would be. We are devoted to serve the families in our programme and create a meaningful and happy summer holidays for the children.

Leisure Corner - Handicraft and Cooking Activities

The family corner volunteers made use of video recordings to serve the members from early September. In the videos, the volunteers taught the participants how to make the silk sock dolls and decorative lanterns by themselves. The volunteers also learned new service skills and improved their confidence through filming these videos. Aside from these benefits, the parents could join the classes at home, thus relieving them from their stress in daily lives. On 29 September, we held the snow skin mooncake class in the centre under strict regulations of COVID-19 prevention. After a long time of separation, the participants were thrilled to meet each other. They treasured and enjoyed this gathering.



Peter Ng
Project Social Worker

Joyful Kids Group

For the safety of the group members due to the coronavirus pandemic, Joyful Kids' summer activities were conducted on an online platform. Online group activities included Understanding Internet Addiction and Time Management, Understanding Emotion and Stress Handling, Children's Right and Community Study, Healthy Drinks Making, Handicraft DIY and Storytelling Training, etc.

Moreover, group members also joined volunteer service through the online platform. They held storytelling sessions activity for kindergarten children. The activity was interactive and interesting. It could help children feel relieved.

Vinky Lam
Project Social Worker