

# Be Priceless



SELF-VALUE, EMPOWER, EDUCATE  
AND PROTECT FROM DANGERS  
(SEED) COURSE



Let's partner to provide the life-changing SEED Courses to strengthen our community's growth, well-being and safety





## Vision

Every child enjoys their full potential to flourish

## Mission

Provides health education that empowers children to be well and safe

## Values

We are rooted in **WE CARE** Values

**WE** before me  
**C**hild-centred

**A**wesome impact with integrity

**R**espect

**E**quity

## Service

- 1) SEED Education
- 2) Community Partnership



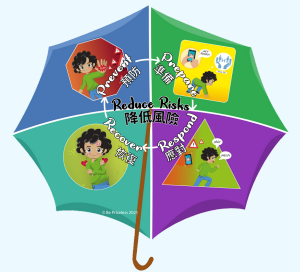
# SEED Courses

SEED stands for Self-value, Educate, Empower, and protect from Dangers.

This is a health education program that strengthens the holistic health of children and caregivers.

The course enhances the Attitude, Behavior, and Capacity (ABCs) of health in four areas:

- 1) personal growth, 2) well-being, 3) safety,
- 4) positive relationships.



Practice actions for safety



Your experience here will be life-changing!



# SEED Education Development

Our SEED Courses were rigorously developed over 8 years with multi-sectoral professionals and diverse community members to support you and your community's flourishing

2015 - 2021

Apply child-centered, design-thinking, and community-wide collaboration to develop SEED program



Develop educational tools, e.g. animation, illustration, and music



Translate learning materials from English to Cantonese, Mandarin, Urdu, Hindi, Tagalog and more



External reviews by experts (e.g. from IOM, Save the children), children, youth, and caregivers



Finalize & Pilot Course content, tools & teaching



8/2021 - 2023



1. 4-17 year-old children's SEED Course

Improved health, emotional regulation, well-being and safety for 715 students!



2. Caregivers' SEED Course

Improved the quality of life of 856 caregivers and their families



3. Co-develop a community flourishing score card



4. Publish SEED Course impact report



5. Translate learning materials to Bahasa, Nepali and more



6. Interview children, caregivers, and professionals on their views, needs, and ideas on flourishing (Situational Analysis)

7. Co-provide SEED Courses with more than 18 NGOs/schools



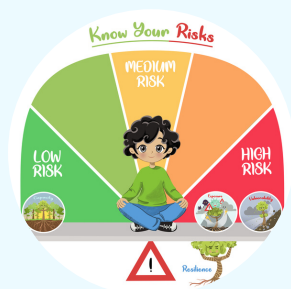


# SEED Teaching

This journey is full of fun games and life skill practices to learn healthy ways to flourish like a strong tree

## Game-based Learning

Our many games empower and engage our learners! We made it easy and fun for learners to gain capacity, practice, and healthy behavioral change!



**Risk Seesaw:** a digital interactive game on our website where the public gain capacity on risk reduction. The content is based on our public health expertise and is aligned with the United Nations Disaster Risk Reduction framework.

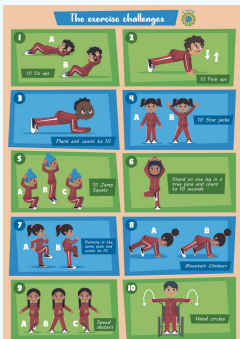
## Behavioral Intervention

Our course is designed to bring about learners' behavioral change that strengthens growth, well-being and safety. We nurture awareness, self-efficacy, knowledge, skills, action, home practices, as well as social norms and supportive environment within the classroom and with supportive caregivers for the child to maintain healthy behaviors.

## Lessons are ALL Interactive

We strengthen learners' healthy capacity, mindsets, behaviors and environment by guiding them to experience a range of reactions, practices and transformations through the course.

## Well-being practices in daily life



Children, youth, and caregivers can practice a list of fun well-being practices together to cultivate key aspects of mental, physical and social well-being.



Parents are encouraged to bring real examples of communication challenges with their children. We layer the application of skills in home routines. We step-by-step change to positive and kind ways of responding rather than reacting.

## Animations and Comic Books

We created storytelling animations and comics about Dawn, their friend and family facing and overcoming a range of challenges that our learners may also experience.



Multicultural children and youth script writers, voice over artists, illustrators, and animators made these a true voice of our community

## Personalized Learning Toolkit

Worksheets, and more were specially created in multiple languages and age-appropriate adaptations to make it easy and fun for learners to apply what they learned in class to their situations.



**Safety Plan** a step-by-step action plan for children and caregivers to grow aware of the levels of diverse risks they face, and to build their readiness to prevent, prepare for, respond to, and recover from risks



**Growth Journal** a personalized development plan to cultivate skills, mindsets, and routines for healthy flourishing



# SEED Educators

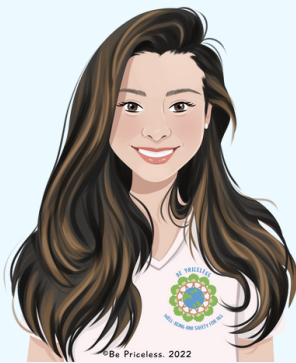


Our team of educators with extensive teaching experiences comes from a diverse background, including psychology, early childhood education, medicine, public health, Music (PhD Candidate), Chinese language, etc.



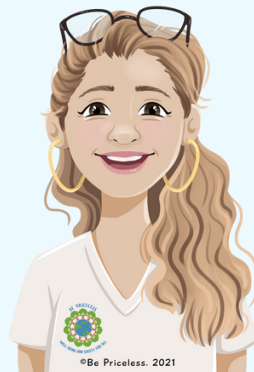
**Dr. Czarina**

- Founding Director
- Co-lead for child protection
- SEED Education designer and Educator
- Funder
- Specialist doctor in critical care medicine
- Former Assistant Professor at Chinese University of Hong Kong
- Former World Health Organization (WHO) consultant - e.g. emergency risk reduction plans that protect of vulnerable populations
- Researcher in care of vulnerable populations; former Coordinating Editor of the WHO's Western Pacific Disaster and Response Journal
- Humanitarian health worker for more than 20 year (volunteer)



**Ms. Rachel**

- Educational Manager
- Educator



**Ms. Shelly**

- Co-lead for well-being and children protection
- Educator coordinator



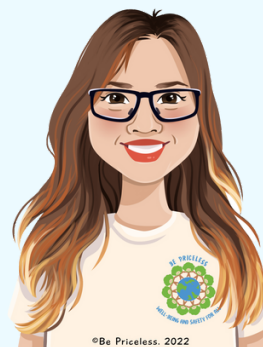
**Ms. Shahira**

- Educator
- Community Engagement



**Ms. Albee**

- Educator
- Translator



**Ms. Olivia**

- Educator
- Translator





# SEED Course Structure



All courses and resources are currently self-funded by our founders as a commitment to support our community to flourishing equitably

Target Audience	Course Language	Class Size	Total no. of hours	Sample Course Arrangement		
4-6 year-old children	English, Chinese	15-20	12 hours	1.5 hours/workshop x 8 workshops		
7-10 year-old children*	English, Chinese	20-40	12 hours	2 hours/workshop x 6 workshops		
11-17 year-old children*	English, Chinese	20-40	12 hours	2 hours/workshop x 6 workshops		
Caregivers*	English, Chinese, Bahasa Indonesian	20-40	8 hours	2 hours/workshop x 4 workshops	OR	4 hours/workshop x 2 workshops

\*Can take place at the partner's center, the Be Priceless Learning Center or on Zoom






# Children's SEED Course

**A**   
I am a growing seed

**C**   
Protect yourself from Risks  
Risk reduction

**B**   
Positive ways of seeing myself

**D**   
The pause

**E**   
Mental Health and well-being  
**E**   
My mind and body belong to me

**G**   
Stay away from respiratory infections

**H** Stop exploitation\*





Flourishing Children

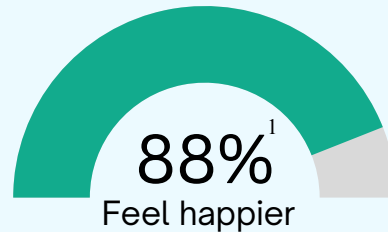
\*Only offered in 7-17 years old courses

# 4-6 Year-old Course

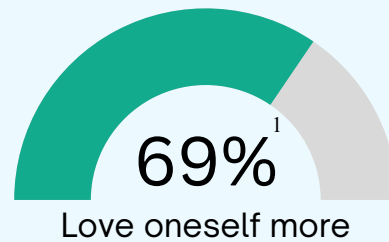
## Impact on Learners



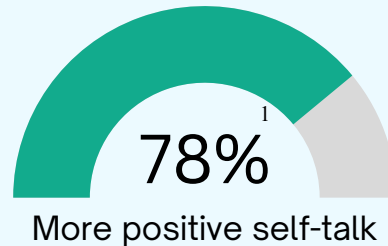
↑ Happiness



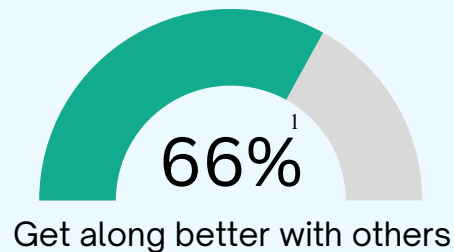
↑ Self-value



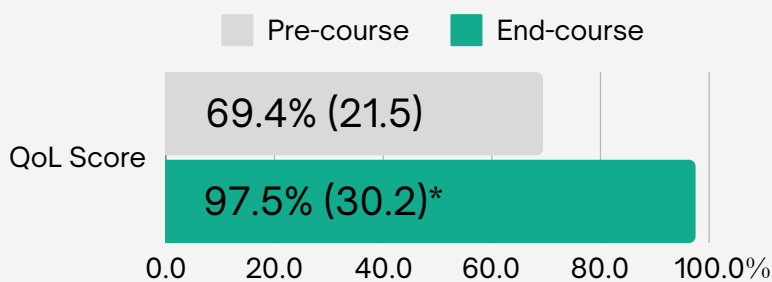
↑ Well-being



↑ Positive Relationship



Improved:  
Well-being, Safety, Self-value, Happiness



**28%**  
Higher Score in Quality of Life

1: 131 4-6 year old students have completed both the pre-course and end-course survey

\*: t-test comparing scores before and after SEED Course, p-value  $\leq 0.05$



# 4-6 Year-old Course

## Course Highlights



Inner strengths are our superpowers!



We know our rights



My mind and body belong to me



I am a growing seed



What are my superpowers?



We made our own Risk Seesaws

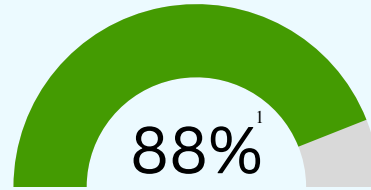


# 7-17 Year-old Course

## Impact on Learners



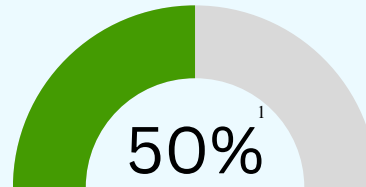
↑ Emotional regulation



More able to regulate emotion



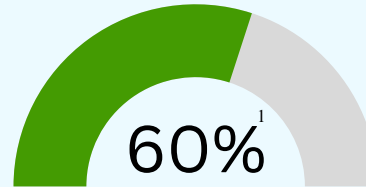
↑ School performance



More able to pay attention at school



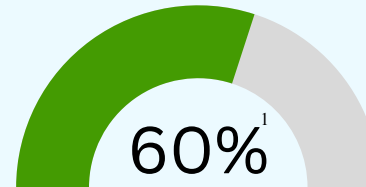
↑ Safety & trust



If feeling unsafe, more willing to tell a trusted adult



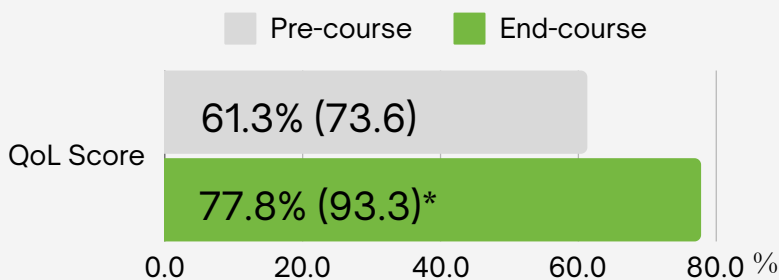
↑ Open communication



More willing to speak openly with caregivers



Improved health-related quality of life, emotional regulation, well-being, and safety



**16%**  
Higher Score in Quality of Life

1: 173 7-17 year old students have completed both the pre-course and end-course survey

\* t-test comparing scores before and after SEED Course, p value  $\leq 0.05$

# 7-17 Year-old Course

## Course Highlights



Say no to unsafe touches!



We flourish in our own ways



Do you know this superpower?



We are a growing seed



Identify emotions and regulate them



We enjoy our growth journey!



# Caregivers' SEED Course

## 1 Compassionate Relationship



## 2 Growth



## 3 Well-being



## 4 Safety



Flourishing  
caregivers &  
families



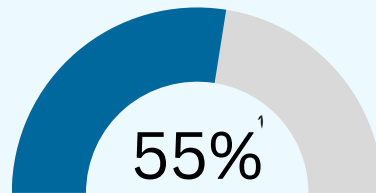


# Caregivers' Course

## Impact on Learners



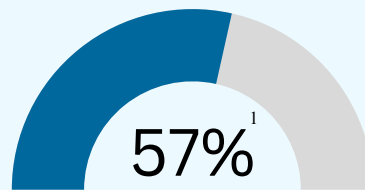
↑ Open communication



Child speaks openly with caregivers



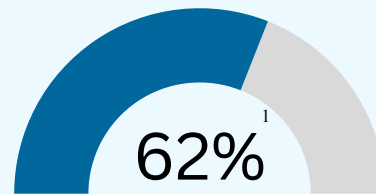
↑ Emotional Regulation



Increased control of emotions when child misbehaves



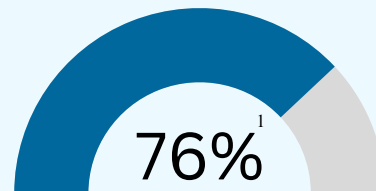
↑ Safety & Trust



Family members trust each other more



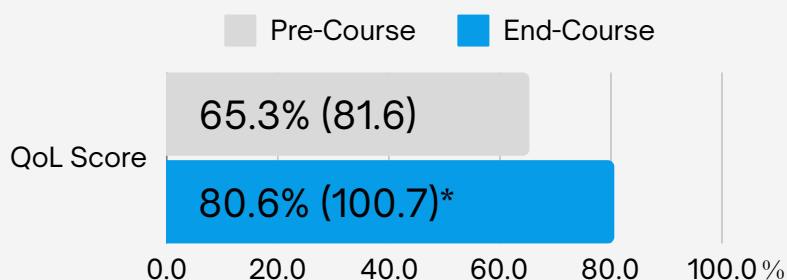
↑ Positive Relationship



Stronger family solidarity



Improved better quality of life of caregivers, their children and their families after the SEED Course!



**15%**  
Higher Score in Quality of Life

1: 522 caregivers have completed both the pre-course and end-course survey  
\* t-test comparing scores before and after SEED Course, p value  $\leq 0.05$

# Caregivers' Course

## Course Highlights



Every seed is different



Practice helpful ways to protect the minds and bodies of our children



We take care of our own minds and bodies



Practice taking a pause



Practice assessing risks using Risk Seesaw



Play charades to nurture emotional literacy and appreciate our diversity



# Community Activities

## Activity Highlights



I become aware of ideas and actions that hinder my health and let them go



What can we do together to help our peers?



Learning together helpful ways to calm down



Attending to & connecting with our breaths



Nurturing mindfulness across generations



We keep practicing self-regulation



# Become a Partner

Your organization shares our vision and values in strengthening the inclusive flourishing of our community, especially those who face higher risks

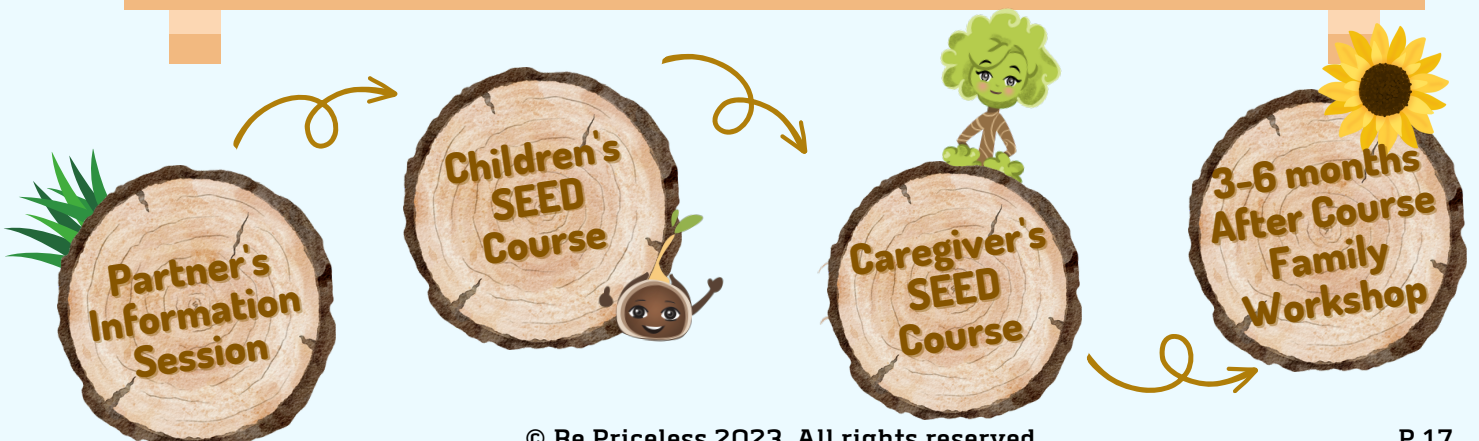
Your organization is interested in offering SEED Courses to children, youth, or caregivers in your community

Contact our Educational Manager, Ms. Rachel Ng, at [93734453](tel:93734453) or email us at [seed@bepriceless.org](mailto:seed@bepriceless.org)

Co-design a partnership plan

Complete the Collaboration Agreement

Coordinate participant recruitment, consent (we provide the approved forms), attendance, and information sharing throughout the course



# Partners' Role



## 3-12 months before the SEED Course

- Contact us to coordinate upcoming collaboration
- Partner's leadership and team meet with us
- Ensure that we are aligned in shared purpose and collaboration
- Plan - when, where, and how are the best fit
- Confirm participants protection protocol
- Sign collaboration agreement



## 1-3 months before the SEED Course

- Promote upcoming SEED Courses
- Recruit 15-20 or more participants per course
- Invite participants to complete consent form
- Guide participants to complete before-course evaluation
- Share games and videos to engage participants
- Conduct Information Session for staff in partner's organization



## During SEED Course

- Remind participants to attend each session
- Follow-up on completing end-of-course evaluation
- Maintain classroom discipline
- Collaborate on safeguarding participants and team



## 3-6 months after SEED Course

- Coordinate workshops for all participants
- Coordinate completion of post-course evaluation



## Going forward

- Co-offer more SEED Courses to serve community needs
- Let us know if there are any further topics in personal and collective flourishing that we can support

# Frequently Asked Questions

1

## Who can join the course?

### Children's SEED Course

- Kindergarteners' course (4-6 years old)
- Primary students' course (7-10 years old)
- Secondary students' course (11-17 years old)

### Caregivers' SEED Course

- Parents
- Families, schools, community's caregivers



2

## Where will the course be conducted?

We offer in-person or online courses.

In-person courses can be conducted at partner's centre or school, or our learning center: 17B Phase 2, Billion Plaza, 10 Cheung Yu Street, Cheung Sha Wan, Kowloon



3

## How many participants are expected for each course?

### Children's SEED Course:

- 4-6 years old—15-20 participants
- 7-10 years old—20-40 participants
- 11-17 years old—20-40 participants



Caregivers' SEED Course: 20-40 participants

4

## What support do we need to provide during the course?

At least one staff from the partner needs to be present during the course.

For all children's courses, partners are required to maintain classroom discipline and safeguarding measures.





# Some of Our Partners



新家園協會  
NEW HOME ASSOCIATION



STOP.  
STOP TRAFFICKING OF PEOPLE.



鄰舍輔導會少數族裔支援服務中心  
The Neighbourhood Advice-Action Council  
TOUCH-Support Service Centre for Ethnic Minorities



YUEN LONG TOWN HALL  
SUPPORT SERVICE CENTRE  
FOR ETHNIC MINORITIES



Grassroots  
Future



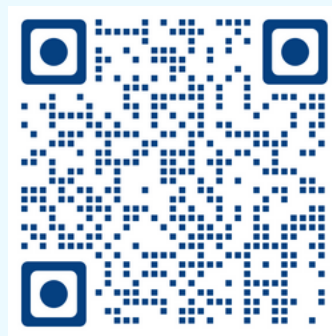
and more...



Our Impact



Find out more



同心展關懷

caringorganisation<sup>2023/24</sup>

Awarded by The Hong Kong Council of Social Service  
香港社會服務聯會頒發

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