



Be Priceless

Community Flourishing Winter Report

December 2022 - February 2023



SEED Courses for Children and Caregivers





Flourish with Be Priceless!

Be Priceless is nurtured by our community for the community's flourishing.

We are a non-profit educational organization that strengthens personal and collective **growth, well-being, and safety**, especially children and families at higher risks.

What we do

- 1) LISTEN to and PARTNER with diverse community members for shared understanding and shared solutions on growth, well-being, and safety of children, caregivers, and families
- 2) DEVELOP and PROVIDE life-changing SEED education that strengthens life skills for flourishing

Our SEED program and learning resources were co-developed by professionals from many fields (including medicine, public health, psychology, education, social work, and more) and multicultural community members (including children, youth, and caregivers) to provide practical, engaging, and empowering ways to promote the **inclusive, equitable, and regenerative flourishing** within our community.



Children's SEED Course



During December 2022 - February 2023, Be Priceless provided 2 Sprouts' SEED courses for 4-6 years old and 2 Children's SEED courses for 7-16 years old in Hong Kong.

41 children, including 21 Sprouts(4-6 year old) and 20 Seedlings (7-16 year old) completed their life-changing SEED journey.

They came from diverse backgrounds. 19% of the children from the Sprouts Course and 80% of the children from the Seedlings Course are from ethnic minority groups, including Pakistani, Indian, Nepalese, and other communities.

After the SEED courses, quality of life is improved by 26.2% for 4-6 years old and 24.6% for 7-16 year old children.

The SEED courses brought behavioral change in the children by providing skills for self-value, confidence, resilience, self-care, emotional regulation, well-being (healthy mind, body, and relationships), and safety (from mental stress, respiratory infection, violence, storms, and other risks).



The Children's SEED Adventure

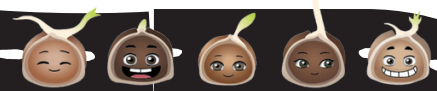


START
HERE

A

I am a growing seed

Our path to grow begins with taking good care of ourselves and practising self-love. We are unique and priceless!



B

Positive ways of seeing myself

We all have the superpowers to face challenges. Let's discover our limitless strengths for healthy mind, body and relationships.



C

Risk reduction

We will face storms sometimes. We can grow our superpowers to lower the chance of being hurt. We can make a safety plan and get help from our trusted adults!



D

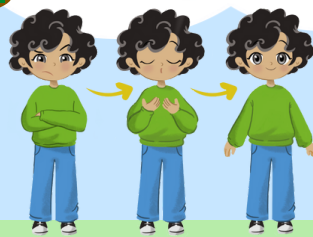
The Pause

In facing challenges, it is normal to feel stressed. Take a pause and check into our feelings. Let's rest and recharge.



Stay away from respiratory tract infections

We have many superpowers to stay safe from germs like COVID-19. We can strengthen our body to fight infections. Let's help each other to protect our community.



Stop exploitation

We have the right to be protected. It is wrong for anyone to take advantage or hurt others! Let's practise the many ways that we can stop exploitation together!

Mental health and well-being

Learn to handle our emotions and thoughts healthily to take great care of our mind. Do get support from others when facing mental disorders or stress. Remember that you are not alone.



My mind and body belong to me

We have the right to be well and safe! Let's use SMARTS actions to stay safe.



We flourish!



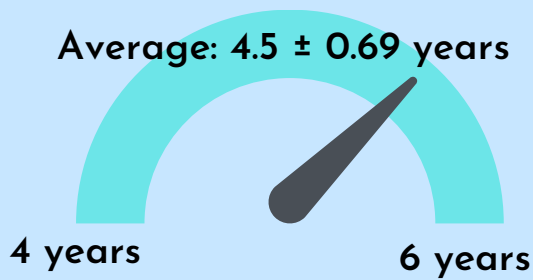


21 children joined the Sprouts SEED Course (4-6 year-old) from December 2022 to February 2023!

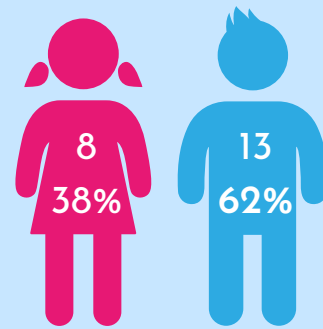
Children joined directly from the community, signing up from our social media or our partner (Po Leung Kuk Vicwood Chong Kee Ting Kindergarten & Nursery).

All the courses were in-person.

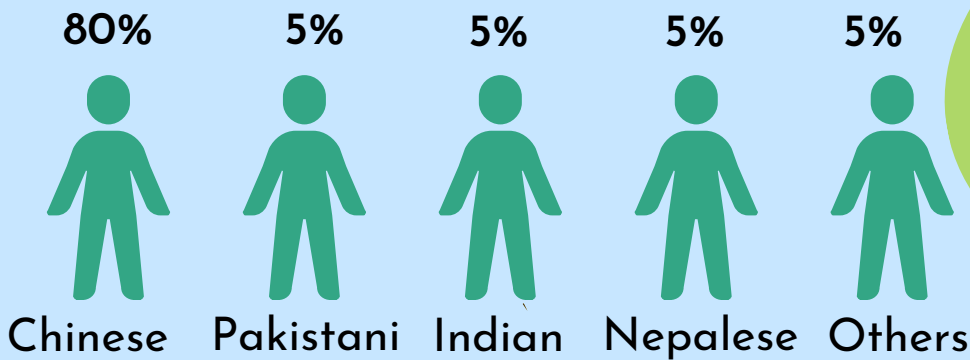
Age



Gender



Ethnicity



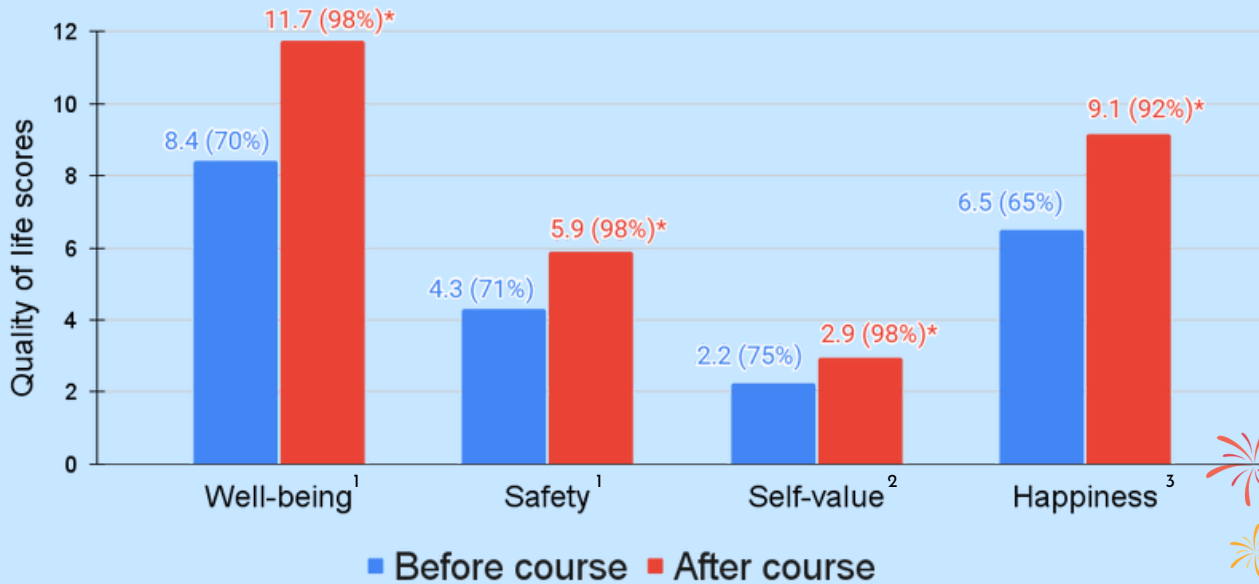
29% of the learners have special education needs (SEN): 6 children (4-6 years) this season



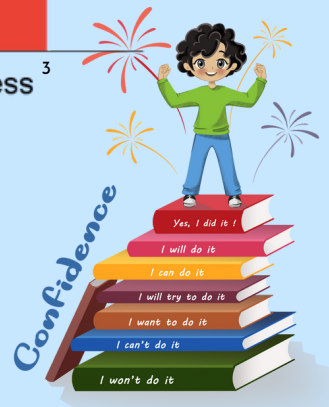
How did the children's lives change?

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

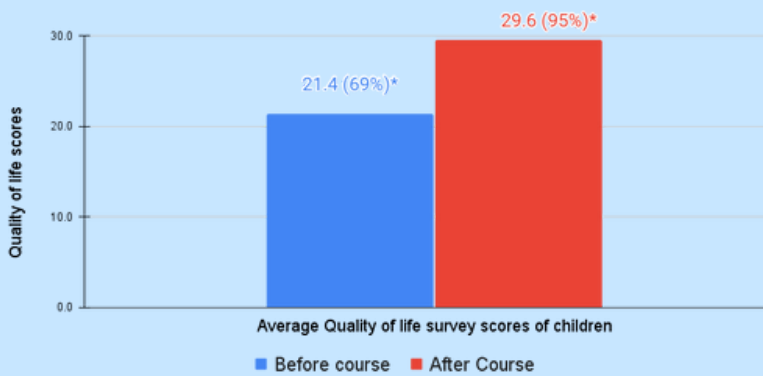
Children's Quality of Life in 4 key areas of flourishing as reported by Children
 Number of children (4-6 year old) : 21



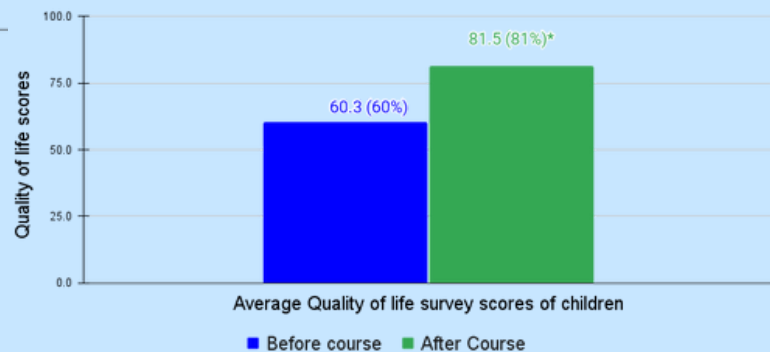
*t-test comparing scores before and after SEED course, p-value ≤ 0.05



Total Quality of Life survey scores of children as reported by children (4-6 year old)
 Number of children (4-6 year old) : 21



Total Quality of Life survey scores of children (4-6 year old) as reported by caregiver
 Number of caregivers : 18



*t-test comparing scores before and after SEED course, p-value ≤ 0.05

References:

1. Be Priceless. (2023). Child-centred community score card on well-being and safety - a participatory-approach led by children and caregivers stakeholders. (not yet published)
2. Robins, R. W., Hendin, H. M., & Trzesniewski, K. H. (2001). Measuring Global Self-Esteem: Construct Validation of a Single-Item Measure and the Rosenberg Self-Esteem Scale. *Personality and Social Psychology Bulletin*, 27, 151-161.
3. Khalek, A., & Ahmed, M. (2006). Measuring happiness with a single-item scale. *Social Behavior and Personality: An International Journal*, 34(2), 139-150.



20 children joined the Seedling SEED Course (7-16 year old) from December 2022 to February 2023!

Children joined directly from the community, signing up from our social media or from our partners (Hong Kong Sheng Kung Hui Outreaching Team for Multi-Cultural Community)

All the courses were in-person.

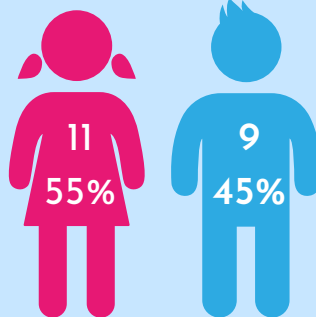


Age

Average: 10.35 ± 3.1 years

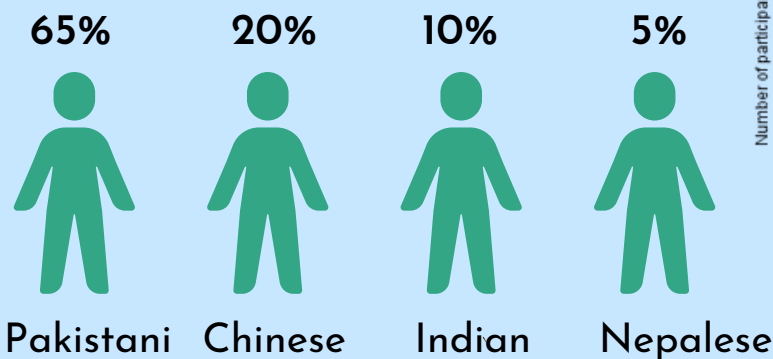
7 years 16 years

Gender



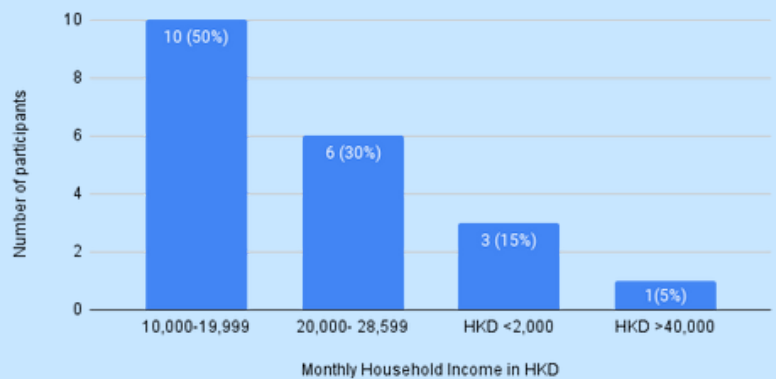
10% of the learners have special education needs (SEN): 2 children this season

Ethnicity



Monthly Household Income of the Participants

Number of Children = 20

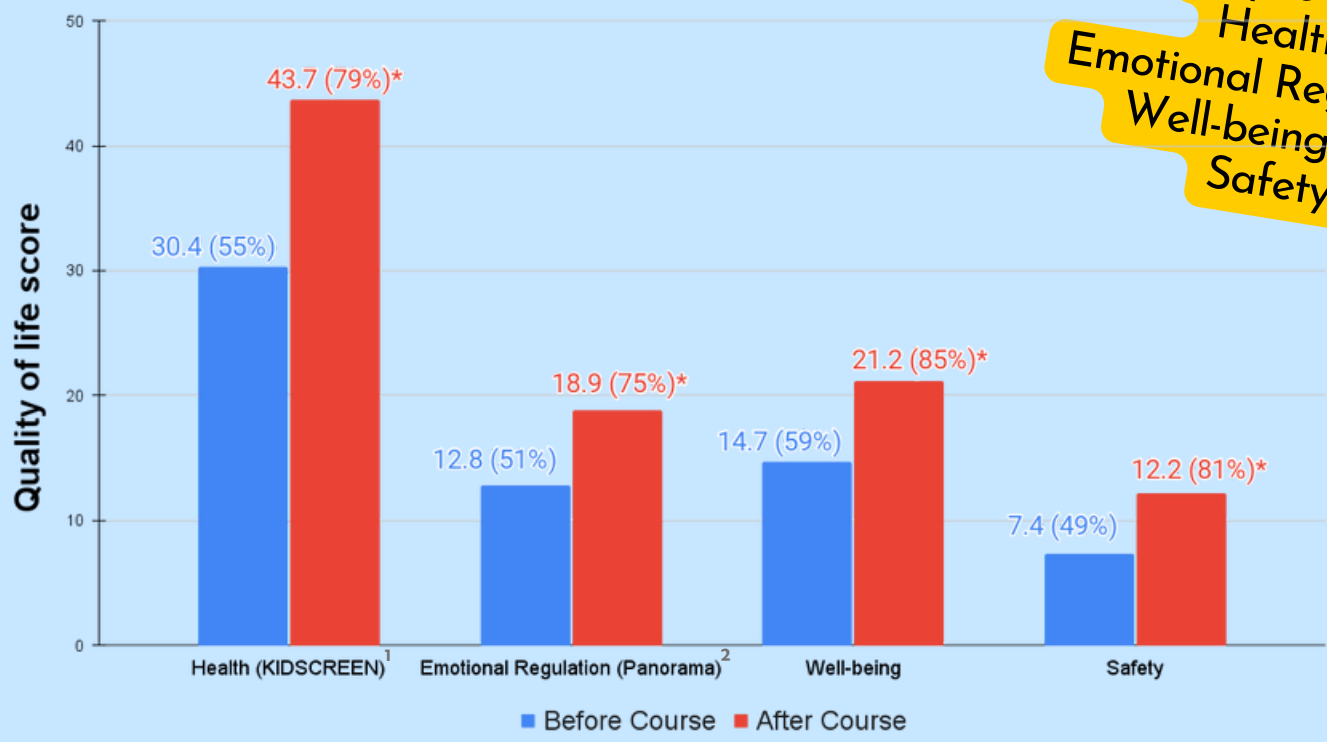




How did the children's lives change?

Comparing the children's survey scores in 4 key areas of their flourishing before and after the SEED Course

Number of Children = 20



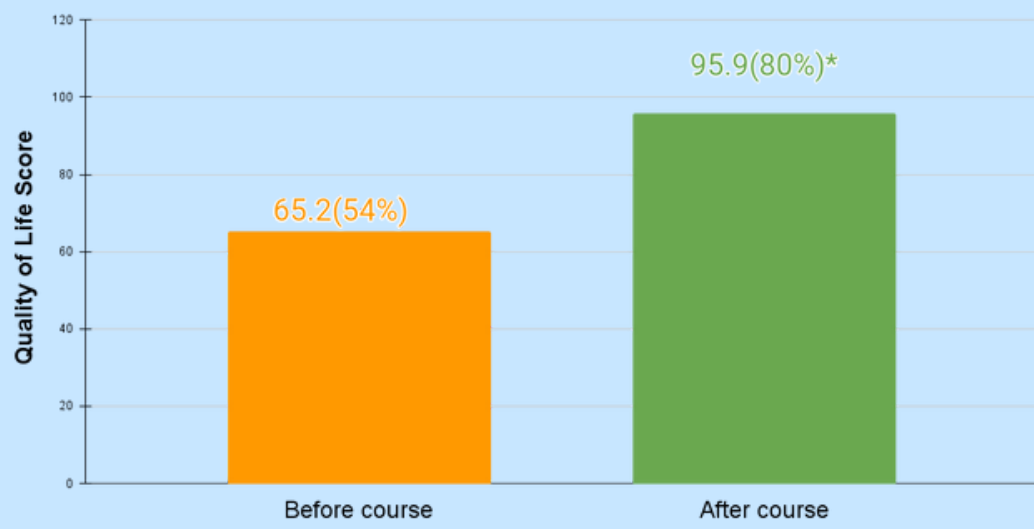
Improved: Health, Emotional Regulation, Well-being and Safety

*t-test comparing scores before and after SEED course, p-value ≤ 0.05
 1. Health is measured by KIDSCREEN instruments
 2. Emotional regulation is measured by Panorama instruments

Our children's quality of life improved after the SEED Journey!

Total Quality of Life survey scores of children (7-16 year old)

Number of Children = 20



*t-test comparing scores before and after SEED course, p-value ≤ 0.05

References:

1. The KIDSCREEN Group. (2004). KIDSCREEN 10-INDEX. Health Questionnaire for Children and Young People. https://www.kidscreen.org/app/download/5872641064/KIDSCREEN-10+index_parents_sample_UK.pdf?t=1394530275
2. Panorama Education. (2014). User Guide - Panorama Social-Emotional Learning Survey. <https://panorama.com/files/sel/SEL-User-Guide.pdf>
3. Be Priceless. (2023). Child-centred community score card on well-being and safety - a participatory approach led by children and caregivers stakeholders. (not yet published)



How did the SEED Course affect your life?

Here are some of what the children shared...

Like before I said bad words to myself because I couldn't study hard. My hardest subject was Math. I was like can't make these up. So my heart keep saying that I could try, so I get try and get to the third place of bronze.

我有熱愛學習的超能力，我學習了小種子課程後，我知道五指山呼吸法。我還有珍惜自己的超能力。我會鼓勵自己，叫自己加油。

我有成長型思維的超能力。我做功課的過程中，遇到不會做的功課，我會告訴自己再嘗試，不要放棄。最後我做得到。

Because I studied always in the exams, my parents told me to study hard and my mind is tired. So sometimes I take a pause, taking, like looking at the world inside me, so I try to take a shower, drink some water, and take a deep breath to take a pause.

我還學會了關心自己，知道要照顧自己。我完成功課更加快，然後有更多的時間去玩，我會好開心。

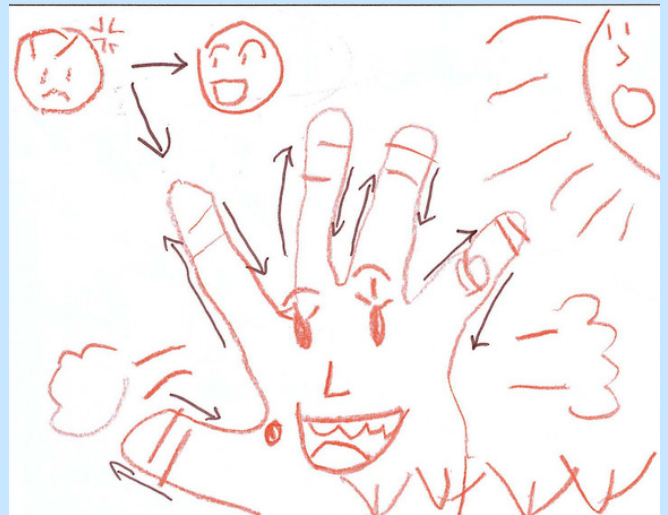
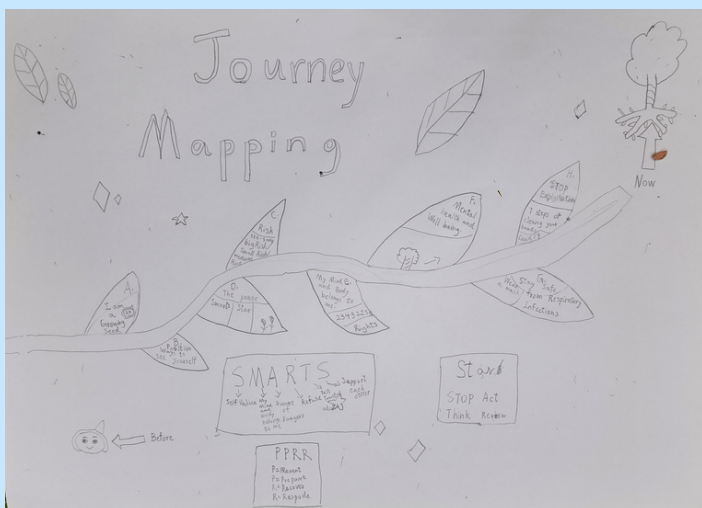
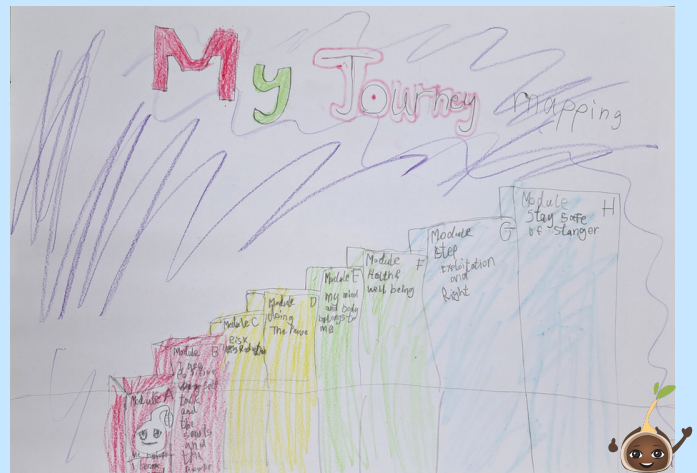
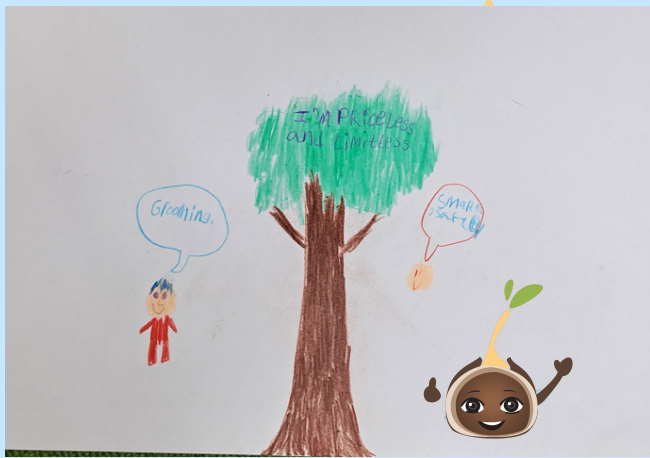


Before, if a stranger come by, I didn't know how to say. But after this class I know, I will say 'Stop! No! Help!'

Like sometimes they will try to give us some candy and send us to a better house, or like when we are lost they can say they are our parents' old friend. We must like keep a go bag and put our phone, and ask someone you trust for help.



Children's drawings to map their growth journeys and how their lives changed from the SEED Course





CAREGIVER'S SEED COURSE

During December 2022 - February 2023, Be Priceless provided 10 Caregivers' SEED Courses in Hong Kong.

125 caregivers from diverse communities, including Chinese, Filipino, Indonesian, Nepalese, and Bangladeshis took part.

The SEED Course strengthened the caregiver's growth, well-being, and safety.



Caregivers' quality of life is improved by 22% after the workshops.

We grew our superpowers for communicating with and nurturing our children. We enhanced our skills and practiced for self-care, self-value, safety, and the well-being of the mind, body, and relationships.



Our Caregivers' SEED Journey



1



Introduction to SEED Course
We learn about positive parenting.
We nurture strong roots so our children seedlings can flourish into healthy trees!



2

Growth

We are like gardeners creating a positive environment for our seedlings to grow!
Let's practise our superpowers, positive ways of seeing ourselves, and growth mindset.





4 Safety
We all value safety.
Let's get ready to reduce risks with our children.
We can teach them to get help from trusted adults and prepare a safety plan.



3

Well-being

To take care of our children well, self-care is very important. Let's grow our skills and routines to nurture our minds, bodies and relationships. This includes emotional regulation.



We flourish!



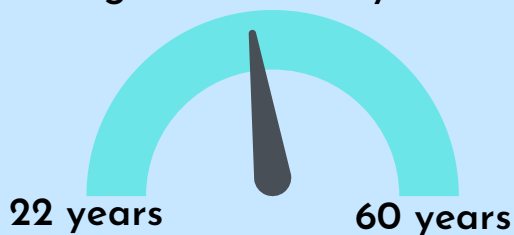
125 caregivers joined the Caregivers' SEED Course from December 2022 to February 2023!

Caregivers joined directly from the community, signing up from our social media or from our partners (Christian Alliance SW Chan Memorial College, Grassroots Future, Dream Catcher Training Program, Domestic Workers Corner & PathFinders)

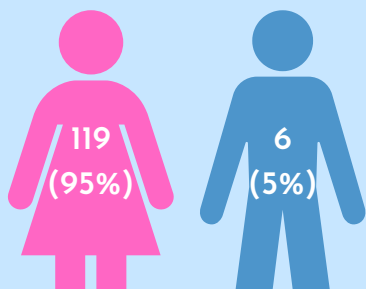
The courses were either in-person or online.

Age

Average: 38.3 ± 8.04 years

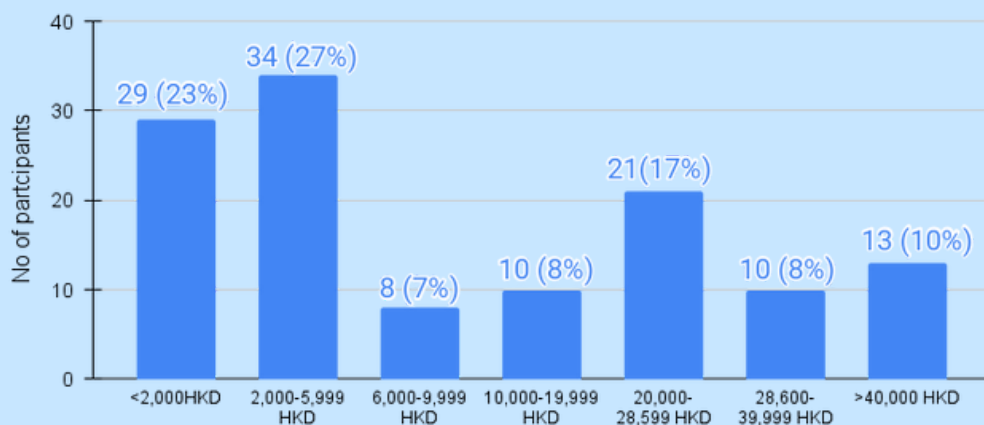


Gender



Monthly Household Income of caregivers

Number of caregivers: 125



Monthly Household income in HKD

The median monthly household income is HKD 28,600 based on the Census and statistics Department, Hong Kong, October 2022



Ethnicity



Chinese

Filipino

Indonesian

Nepalese

Bangladeshis

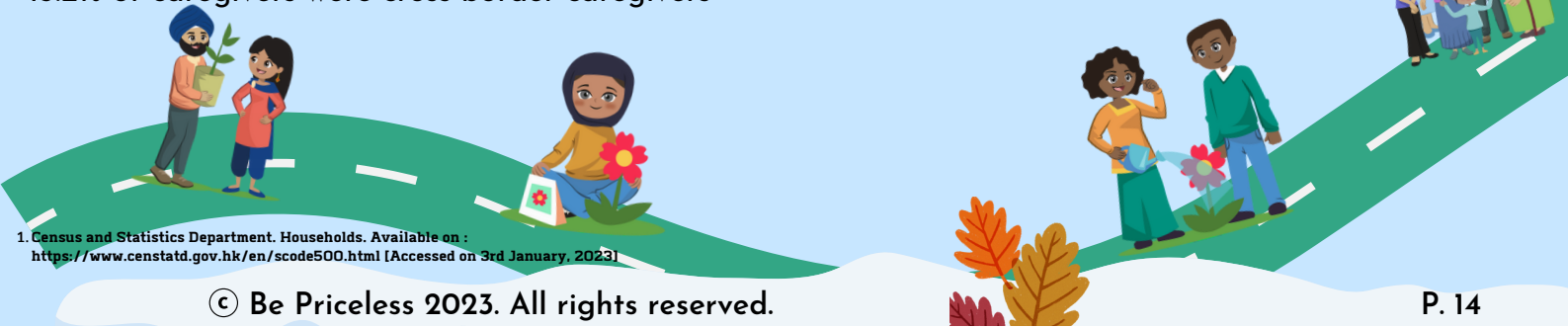
(local and cross-border caregivers)

Migrant Domestic Worker: 32 %

Asylum Seeker: 9.6 %

Refugees: 4%

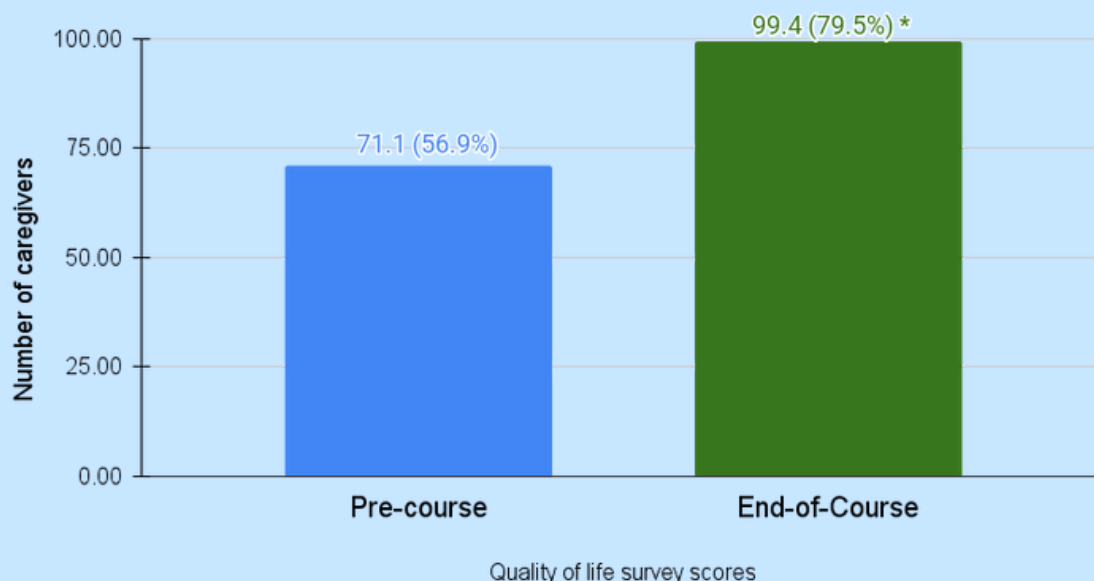
*15.2% of caregivers were cross-border caregivers



1. Census and Statistics Department. Households. Available on: <https://www.censtatd.gov.hk/en/scode500.html> [Accessed on 3rd January, 2023]

How did the caregivers' lives change?

Total Quality of Life survey scores of caregivers before and after the SEED Course
Number of caregivers: 125



Quality of life survey scores

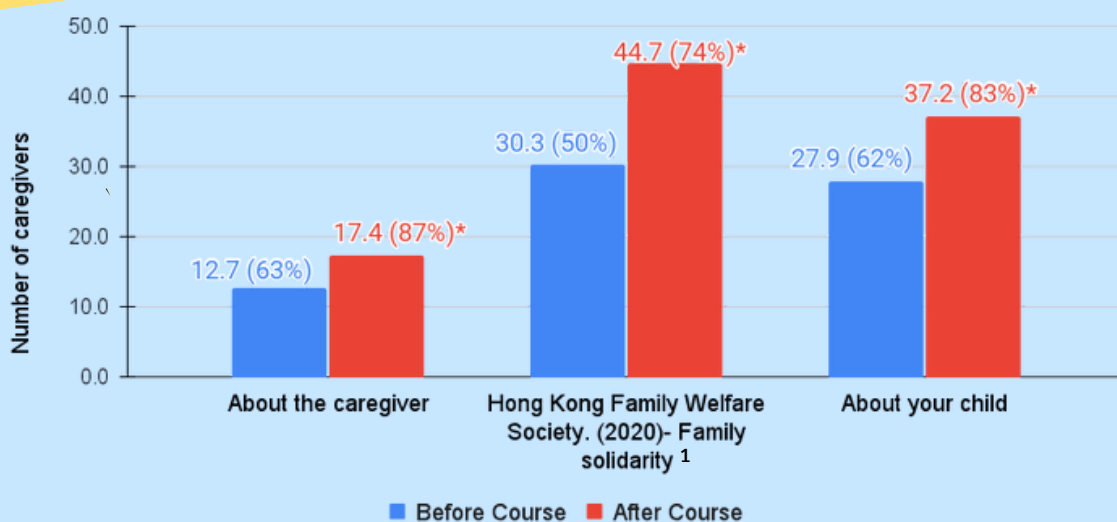
*t-test comparing scores before and after SEED course, p-value ≤ 0.05

Our caregivers had better quality of life after taking the SEED Course!

Both caregivers' and their children's lives improved! Their family relationships got better too!

Comparing the caregivers' survey scores in 3 key areas of their flourishing before and after the SEED Course

Number of caregivers: 125



*t-test comparing scores before and after SEED course, p-value ≤ 0.05

Reference:

1. Hong Kong Family Welfare Society. (2020). Research Report on a Study on Family Wellbeing Index in Hong Kong. Hong Kong: Hong Kong Family Welfare Society. Retrieved from: <https://www.hkfw.org.hk/en/hkfw/hkfw-survey>

Caregivers also shared what they learnt in the SEED lesson...



How to first calm down myself, and then talk to the kids, so I can talk with care.

I've learned a lot. I learn how to handle the kids, how to be patients with them at during dealing them, that I learn how to be more caring about them.

I can use all the things I've learned here. If I need to refresh I have the handbook. It's really helpful.

I learn how to use the superpower and the value of myself. I learned more about how to give parenting to my kid, how to handle him, and parenting for safety.

The point is, how I see others, the kids, my daughter, and how I see myself. You need the knowledge how to handle the children, but also need to learn how to handle yourself.



Another thing is the safety code, that is very interesting and very helpful. I will try to practice this safety code within my family. That is a very impressive thing I have learned from here.

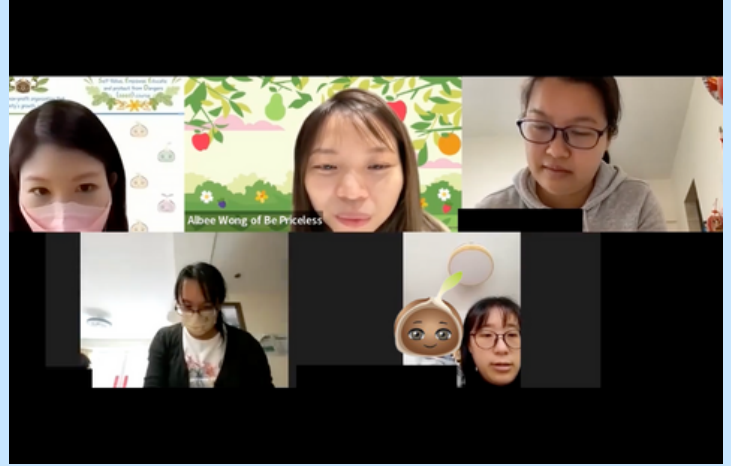
How to keep the children safe, how to save myself, and then how to teach them to be aware of the danger, and how to protect them from risks. Those what I have learned. As a caregiver I have my own way to teach them, now I am here, I learn many things, so I will modify them also.



Glimpses of our Children SEED Course



Glimpses of our Caregiver SEED Course



Want to improve you and your child's growth, well-being and safety?

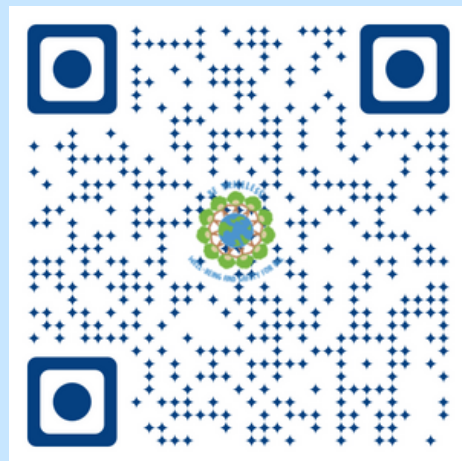


Start your SEED Journey now!



Visit: www.bepriceless.org

or Scan



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