



# Be Priceless

## Community Flourishing Winter Report

December 2023 - February 2024

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.



Growth



Well-being



Safety

# Children's SEED Course



During December 2023 - February 2024, Be Priceless provided  
1 Sprouts' SEED courses for 4-6 years old and  
10 Children's SEED courses for 7-17 years old in Hong Kong.

307 children, including 11 Sprouts(4-6 year old) and  
296 Seedlings (7-17 year old) completed their  
life-changing SEED journey.

After the SEED courses, quality of life is improved 22% for  
4-6 years old and 27% for 7-17 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

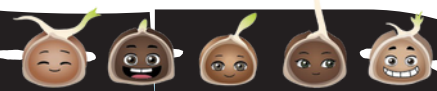


START  
HERE

## 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

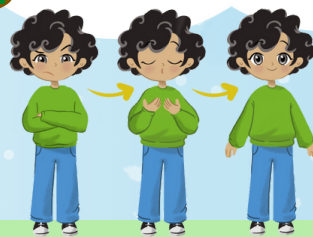
### The Pause

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.



## 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.

## 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!



## 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!



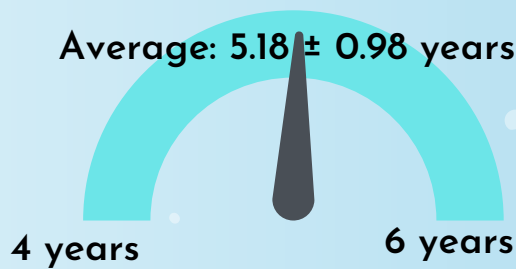


# 11 children joined the Sprouts SEED Course (4-6 year-old) from December 2023 to February 2024!

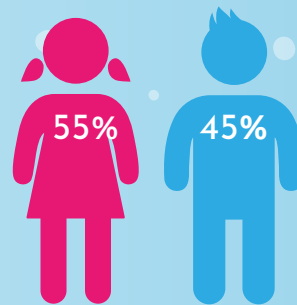
Children joined directly from the community, signing up from our social media.

All the courses were in-person.

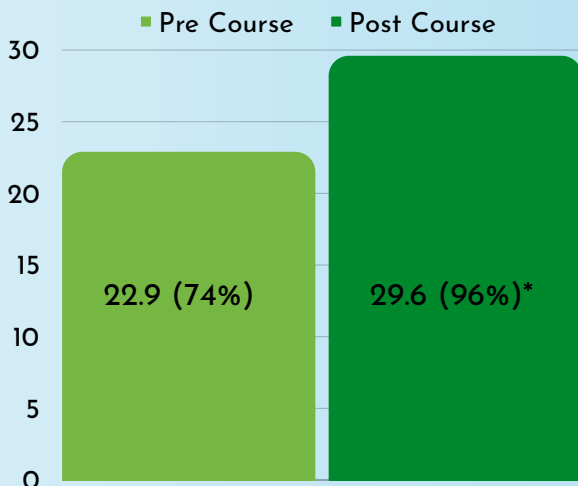
## Age



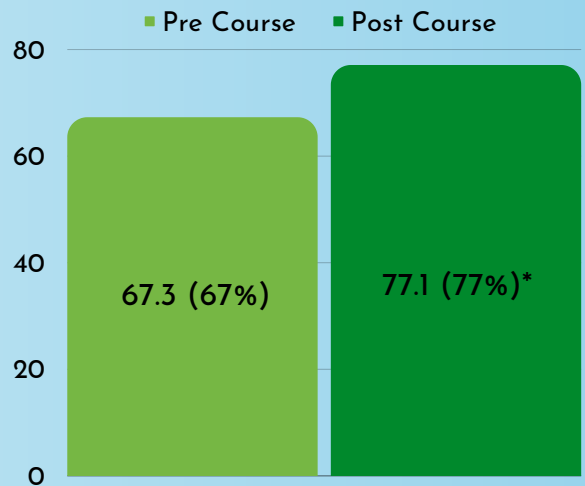
## Gender



## Total Quality of Life Survey Scores reported by Children



## Total Quality of Life Survey Scores reported by Parents



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



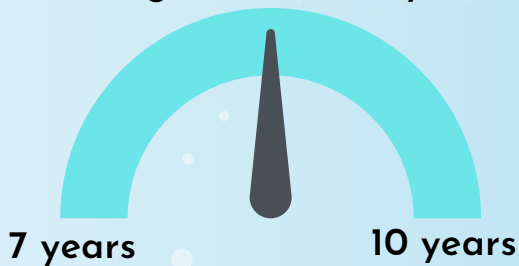
# 296 children joined the Seedling SEED Course (7-17 year old) from December 2023 to February 2024!

Children joined directly from the community, signing up from schools (SKH St. Andrew's Primary School and Kei Wing Primary School)

All the courses were in-person.

## Age

Average: 8.50 ± 1.08 years

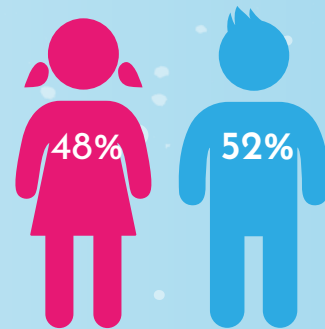


30%

live in poverty\*

\*monthly household income below poverty line  
Census and statistics Department, Hong Kong

## Gender



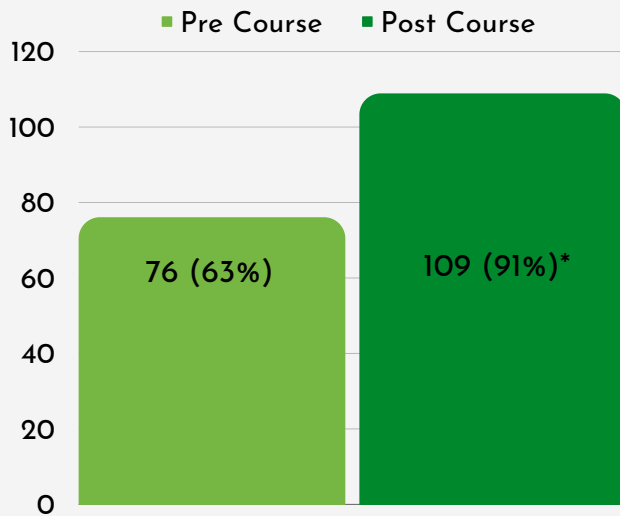
20%

Have special educational needs (SEN)



# How did the children's lives change?

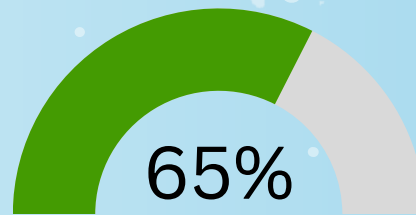
## Total Quality of Life Survey



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



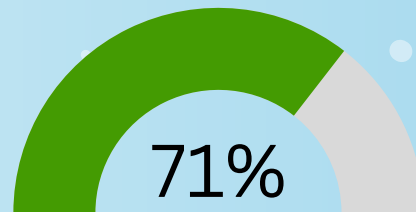
↑ **Emotional regulation**



More able to regulate emotion



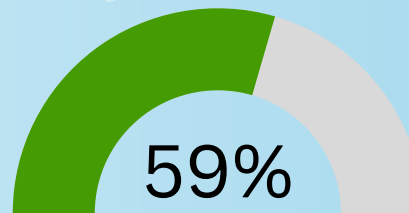
↑ **Safety & trust**



If feeling unsafe, more willing to tell a trusted adult



↑ **Open communication**



More willing to speak openly with caregivers



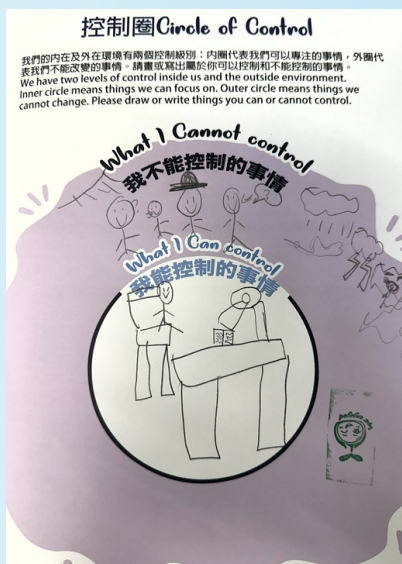
# How did the SEED Course affect your life?

Here are some of what the children and their caregivers shared...

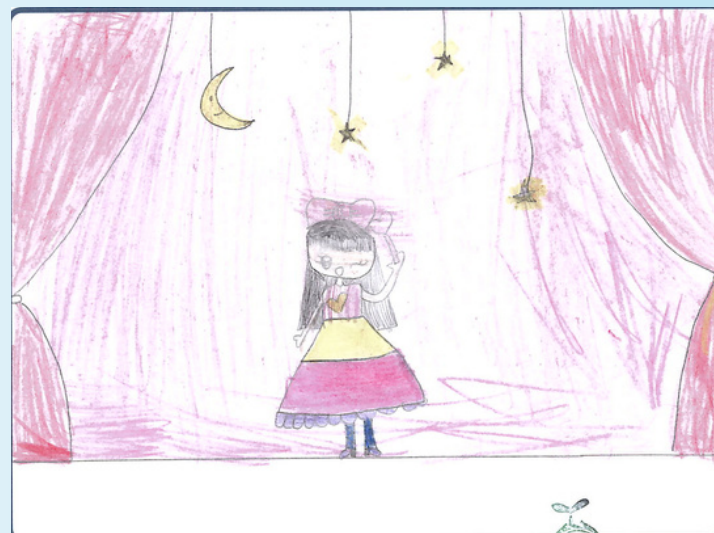


我想得到的超能力，  
好想每日都這麼開心

首先，如果有觸碰你，你要，你不  
喜歡，Say NO，之後你要留在安全  
的地方，之後就給信任的成年人



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



# CAREGIVERS' SEED COURSE

During December 2023 - February 2024, Be Priceless provided 2 Caregivers' SEED Courses in Hong Kong.

51 caregivers from diverse communities, including Filipino, and Indonesian took part.

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

Caregivers' quality of life is improved by 7% 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!



# 51 caregivers joined the Caregivers' SEED Course from December 2023 to February 2024!

Caregivers joined directly from the community, signing up from our social media or from our partners (Domestic Workers Corner)

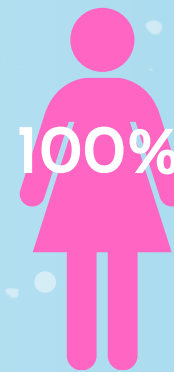
The courses were all in-person or online.

## Age

Average: 40 ± 5.5 years



## Gender



100%

Domestic workers



100%

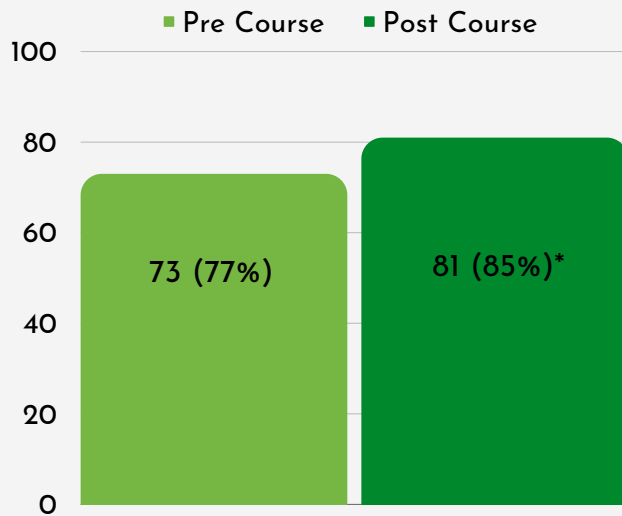
live in poverty\*

\*monthly household income below poverty line  
Census and statistics Department, Hong Kong



# How did the caregivers' lives change?

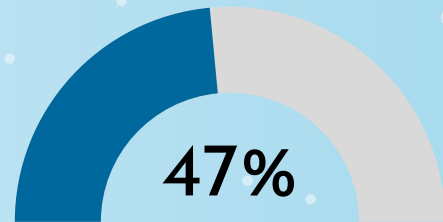
## Total Quality of Life Survey



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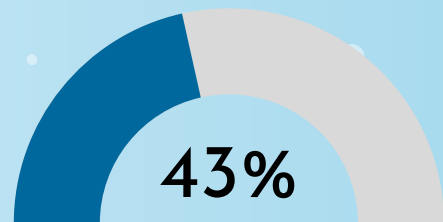
**↑ Open communication**



Child speaks openly with caregivers



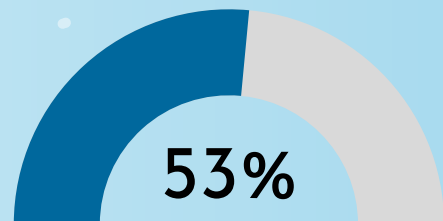
**↑ Safety & Trust**



Aware dangerous around child



**↑ Positive Relationship**



Enjoy time with family

# Glimpses of our Children's SEED Course





# Glimpses of our Caregivers' SEED Course



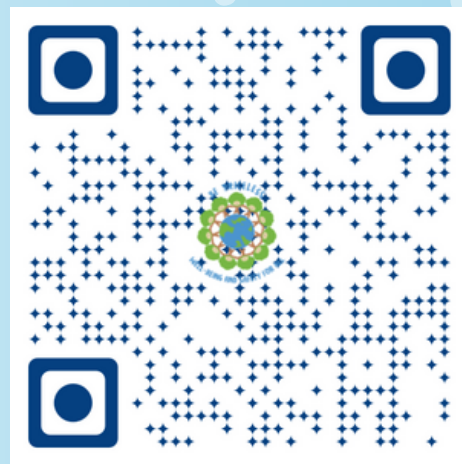
# Want to improve you and your child's growth, well-being and safety?



## Start your SEED Journey now!

Visit: [www.bepriceless.org](http://www.bepriceless.org)

or Scan



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