



Be Priceless

Community Flourishing
Spring Report
March 2023 - May 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 4 Sprouts' SEED courses for 4-6 years old and 2 Children's SEED courses for 7-16 years old in Hong Kong.

103 children, including 52 Sprouts(4-6 year old) and 51 Seedlings (7-16 year old) completed their life-changing SEED journey.

They came from diverse backgrounds. 56% of the children from the Sprouts Course and 45% of the children from the Seedlings Course are from ethnic minority groups, including Pakistani, Indian, Nepalese, Malaysian, and other communities.

After the SEED courses, quality of life is improved 32.7% for 4-6 years old and 17.8% 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

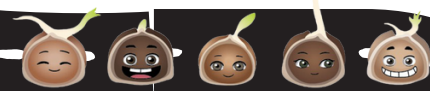


START
HERE

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.



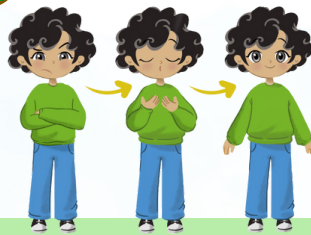
Stop exploitation

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!



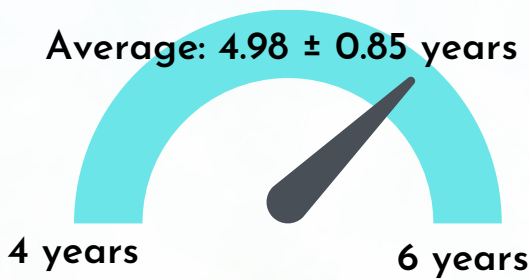


52 children joined the Sprouts SEED Course (4-6 year-old) from March 2023 to May 2023!

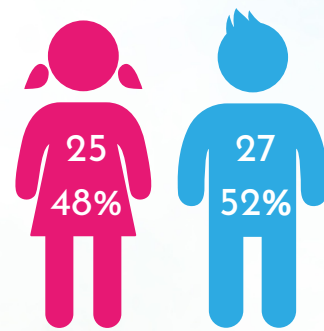
Children joined directly from the community, signing up from our social media or our partner (Yuen Long Town Hall and Health in Action).

All the courses were in-person.

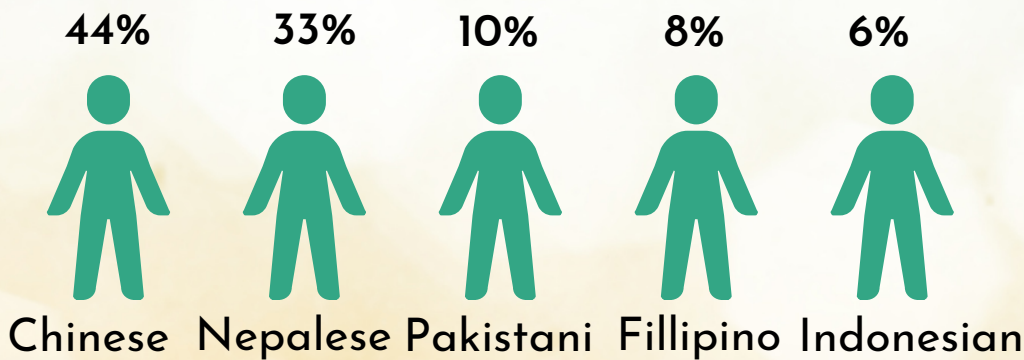
Age



Gender



Ethnicity

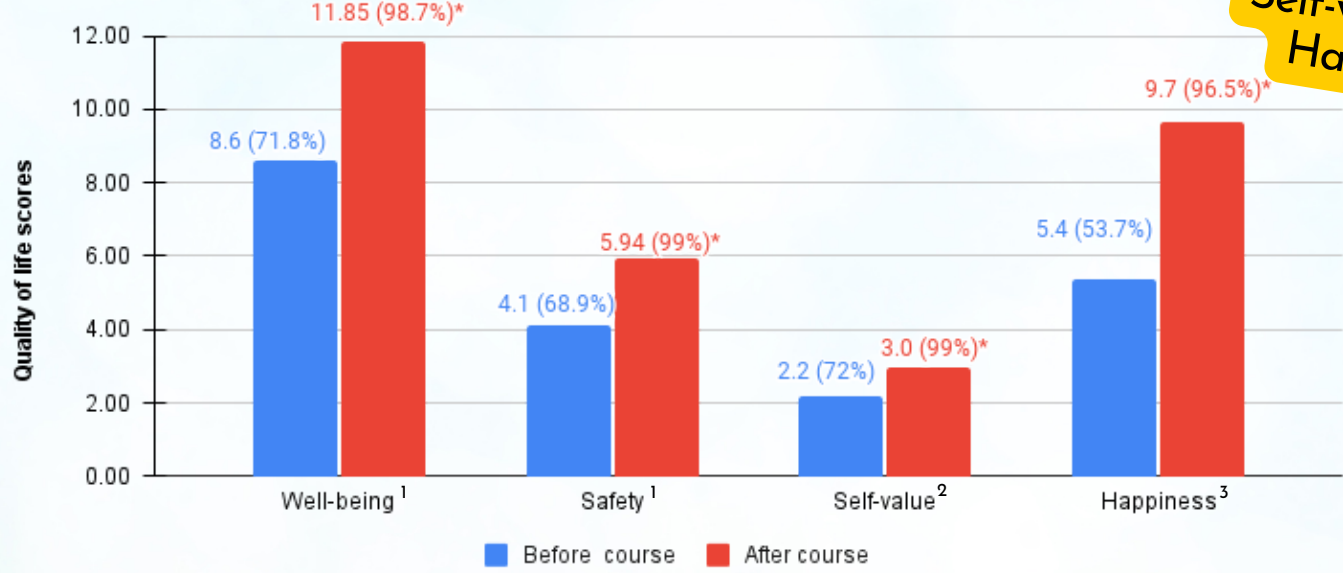


How did the children's lives change?

Children's Quality of Life in 4 key areas of flourishing as reported by Children

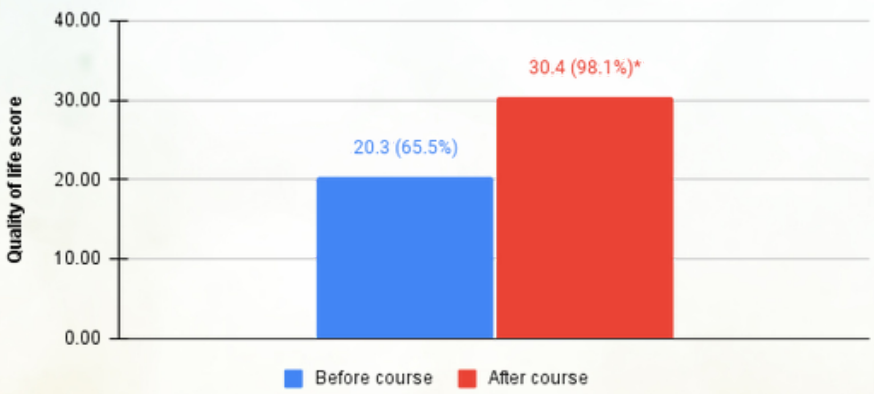
Number of children (4-6 years old): 52

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



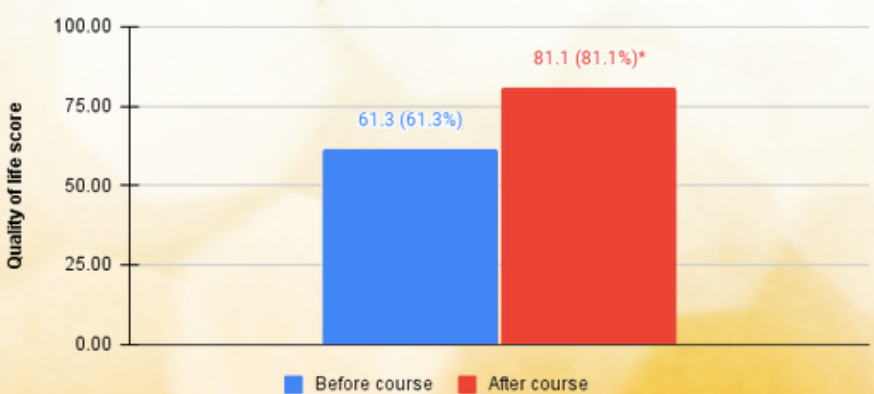
Total Quality of Life survey scores of children as reported by children

Number of children (4-6 years old): 52



Total Quality of Life survey scores of children as reported by caregiver

Number of caregiver: 51



*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.



51 children joined the Seedling SEED Course (7-16 year old) from March 2023 to May 2023!

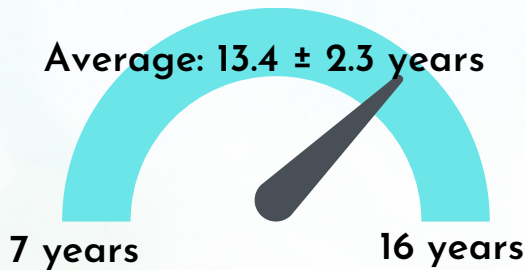
Children joined directly from the community, signing up from our social media or from our partners (Ng Siu Mui School and TOUCH)

All the courses were in-person.

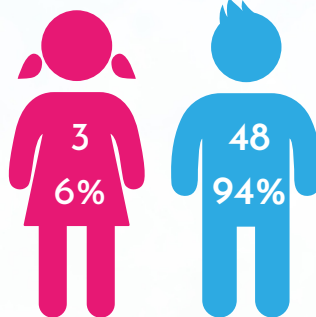


Age

Average: 13.4 ± 2.3 years

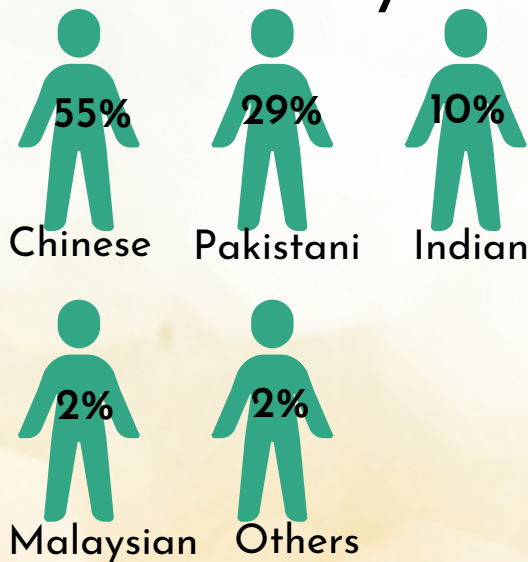


Gender



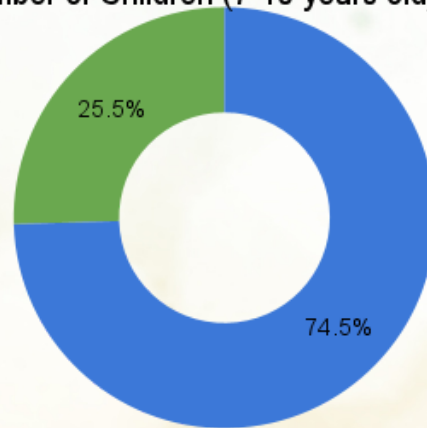
31% of the learners have special education needs (SEN): 16 children this season

Ethnicity



Monthly Household Income of the Participants

Number of Children (7-10 years old) = 52



● Household income below median ● Household income above median

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

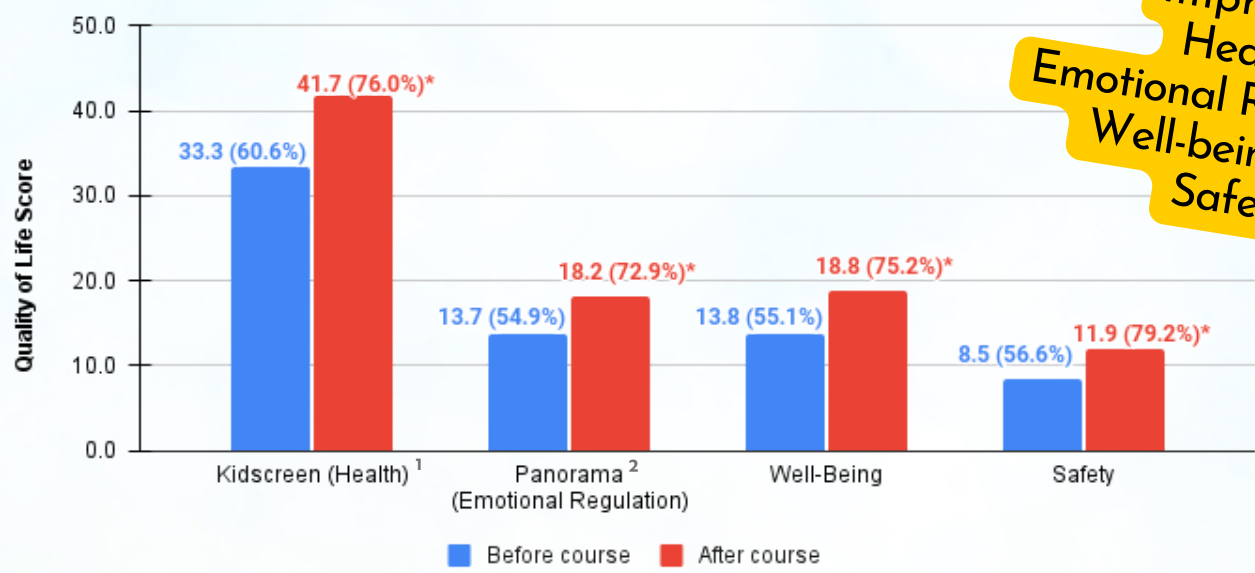




How did the children's lives change?

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

Number of children (7-16 year old): 51



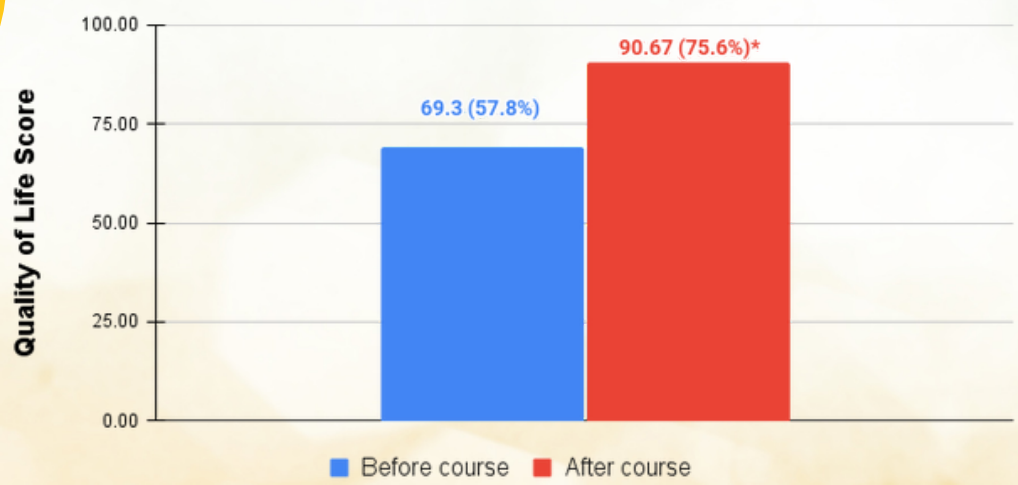
Improved: Health, Emotional Regulation, Well-being and Safety

*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

Number of children (7-16 years old): 51



*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...



I don't give up easily. I want to learn things I can try. I don't have it yet, but I will keep trying.

I improved in my studies because I used the pause bubbles to control my emotions. And before the examination, I did the in-and-out breathing. I did that and I finally get better grades.

I feel more confident in talking in big groups. I use my superpowers and respect my parents more.

"之前會有好多負面情緒同諗法，係一個好唔開心嘅自己，有好多內在嘅聲音同其他負面聲音講佢做得唔好。而家就變左做一個善良，努力學習嘅人，會欣賞自己嘅好處"

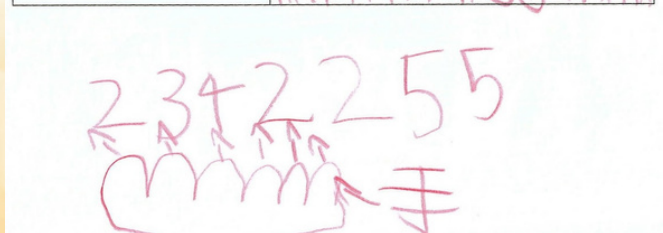
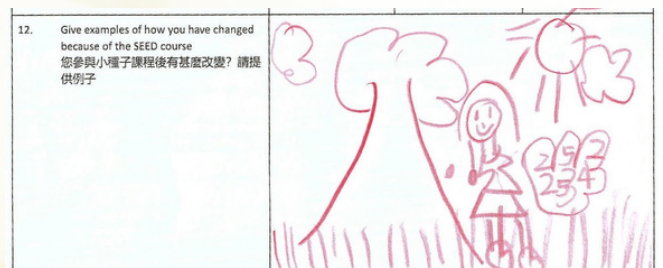
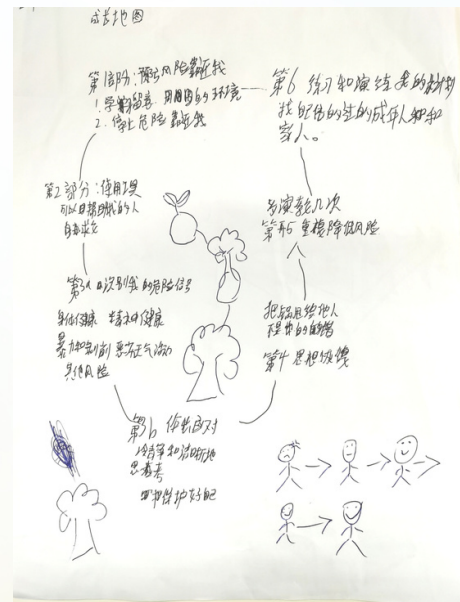


Before the class I am a seed I'm still learning things. Now I understand more information and be more cautious from this.

這次小種子課程教會了我們很多東西，例如有關身心健康，什麼是降低風險，還有如何照顧自己，讓自己變得堅韌，像從一個脆弱的小種子變成一個強大堅韌的大樹。除了這些，吳老師還讓我們記住了23432255求助電話"



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





CAREGIVER'S SEED COURSE


During March 2023 - May 2023, Be Priceless provided 6 Caregivers' SEED Courses in Hong Kong.

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

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

Caregivers' quality of life is improved by 23% 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!



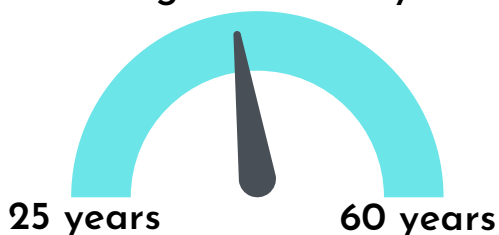
119 caregivers joined the Caregivers' SEED Course from March 2022 to May 2023!

Caregivers joined directly from the community, signing up from our social media or from our partners (YL Town Hall and PathFinders, Domestic Workers Corner, and Harmony Baptist Church)

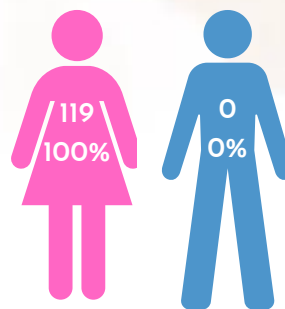
The courses were either in-person or online.

Age

Average: 39.1± 6.41 years

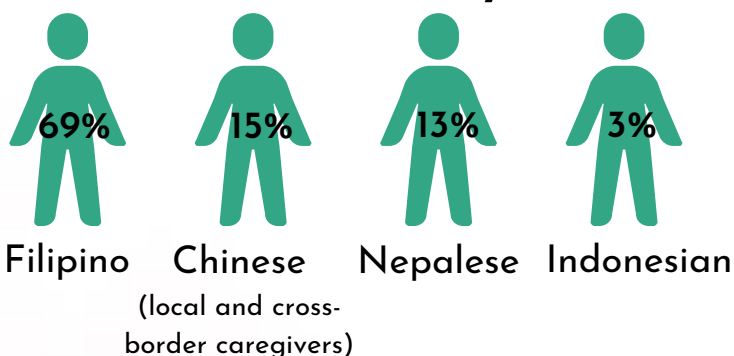


Gender

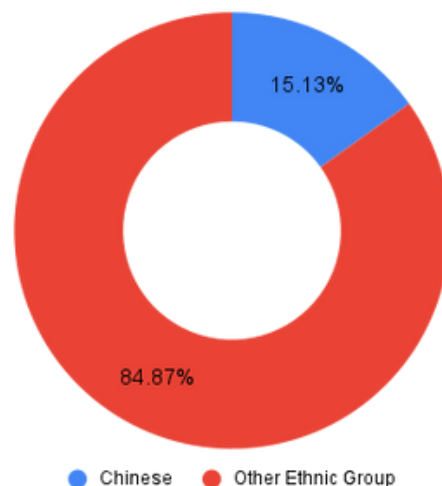


Number of Caregivers = 119

Ethnicity

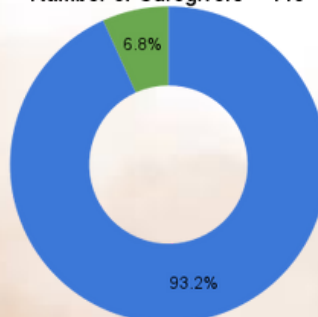


*6% of Chinese caregivers were cross-border caregivers



Monthly Household Income of Caregivers

Number of Caregivers = 119



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

Migrant Domestic Worker: 66 %

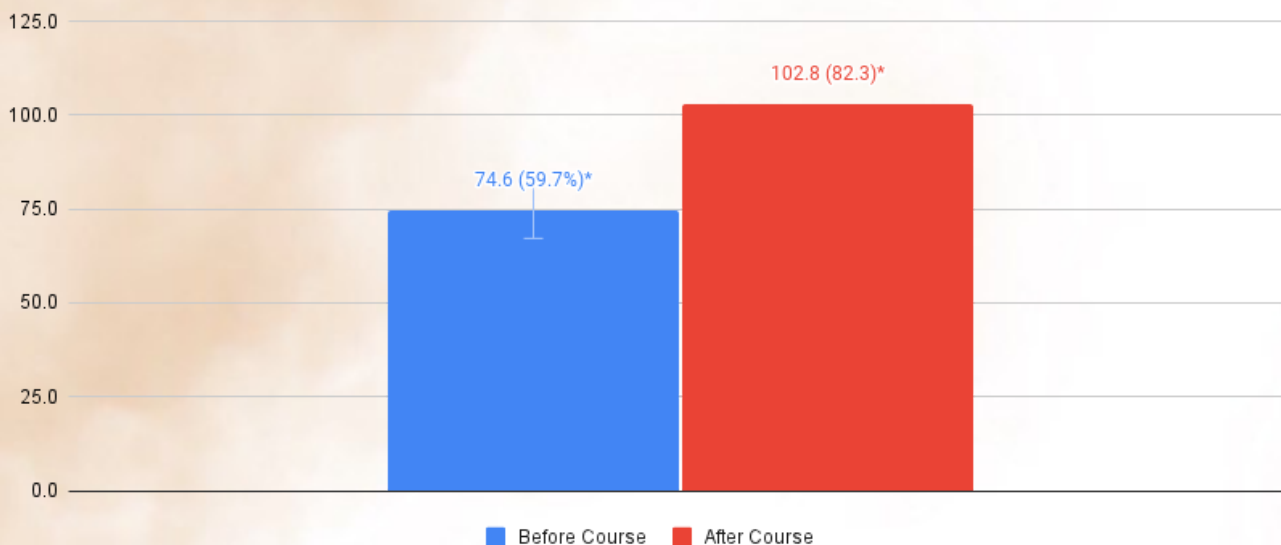


1. Census and Statistics Department. Households. Available on : <https://www.censtatd.gov.hk/en/scode500.html> [Accessed on 3rd January, 2023]

How did the caregivers' lives change?

Total Quality of Life survey scores of caregivers before and after the SEED course

Number of Caregivers: 119



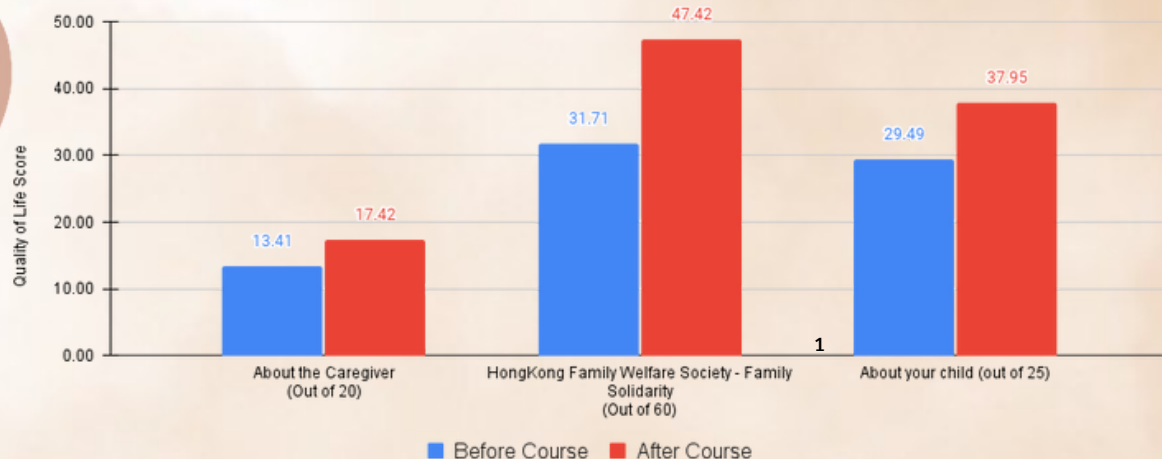
*t-test comparing scores before and after SEED course, p-value ≤ 0.05

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!

Quality of Life Scores of Caregivers in 3 key areas of flourishing before and after the course

Number of caregivers : 119



*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...



You have to know that is dos and don'ts for kids. This lesson gives us a lot of idea how to deal with that, especially the techniques how to help and remind them.

I try to apply to my son because he is super active. When my son is saying something I cannot control, I don't go with. Then he stops for a moment, when he calm down, I try to talk to him.

照顧者都要先照顧自己，搵啲時間出來照顧自己。咁其實小朋友見到你識得怎樣照顧自己他也會知道。

The one I am applying is giving them patience. If they have too much in school earlier, like pressure, so when they come home, I say 'hi how are you? how's your day? I have some thing for you you want cake?'



Giving more time to listen to him, encourage him. I tell him I want to spend more time to listen to him. When he have problems, I want he to share what's in his mind.

"I found the flipped lid very useful. I try to apply this for my son because he is really super active. If he says something I cannot control, I will not go with him because I know it's not going to be helpful. And I try to 'flip' for a moment. When he calms down, I try to talk to him. These four lessons are really helpful for me. I really like attending this course."



Glimpses of our Children SEED Course



Glimpses of our Caregivers' SEED Course



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

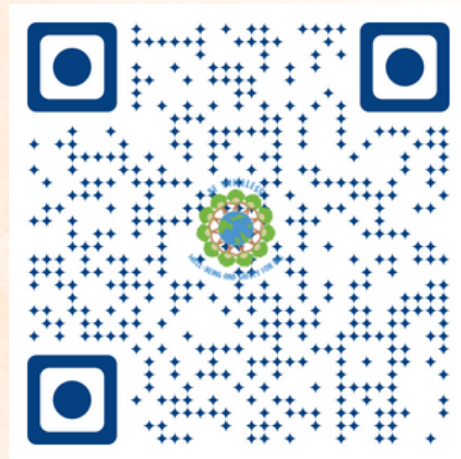


Start your SEED Journey now!



Visit: www.bepriceless.org

or Scan



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