



# SEED Health Education

Strengthen children's and family's well-being and safety



# SEED Courses

A health education program that strengthens the holistic health of children and caregivers by enhancing the Attitude, Behavior, and Capacity (ABCs) of health in personal growth, well-being, safety, positive relationships

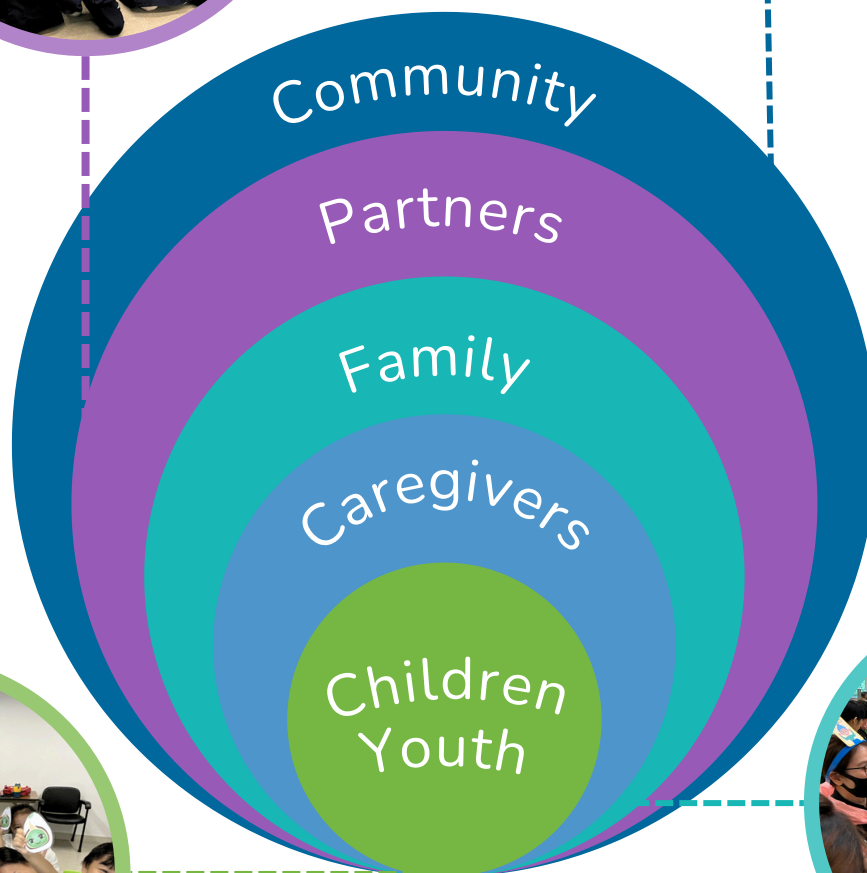
## SEED Workshops

For children-family's long-term shared behaviors and build supportive community networks

School,  
NGOs



- EDB 《4Rs Mental Health Charter》
- WHO Global Sustainable Preparedness Support Network
- The University of Hong Kong

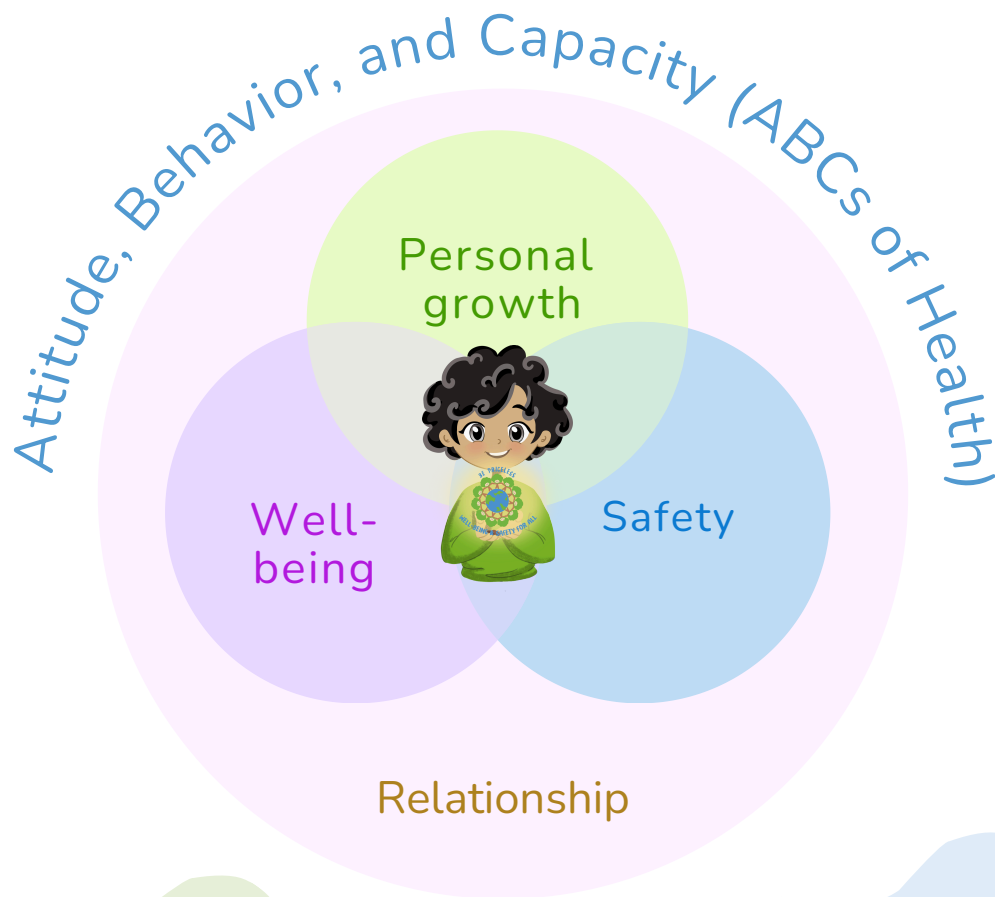


Trans-generational,  
Ethnically diverse  
Families

Diverse  
Children



# SEED Education Objectives



## Personal growth

1. To develop a healthy relationship with oneself
2. To nurture growth mindset, self-agency, and resilience
3. To choose good influences for growth

## Safety

1. To reinforce that all children must be protected
2. To promote safe boundaries and actions
3. To prevent, prepare, respond, and recover from risks of mental disorders, violence, outbreaks, climate change
4. To train caregivers in being trusted adults

## Well-being

1. To be self-aware of our mind and bodies experiences
2. To take care of the health of our mind, body, and their integration
3. To regulate emotions and thoughts
4. To choose good decisions, incl. seeking help & support

## Relationship

1. To strengthen relational health
2. To build togetherness in peers, family and community
3. To enhance community health equity and inclusion

# 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 empowering and engaging games make it easy and fun for learners to gain capacity, practice, and healthy behavioral change

## Interactive Lessons



Strengthen learners' healthy capacity, mindsets, behaviors and environment by guiding them to experience a range of reflections, practices and transformations through the course

## Parent-child Communication



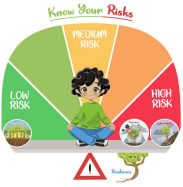
Encourage parents to bring real examples of communication challenges with their children, layer the application of skills in home routines, and change to positive and kind ways of responding

## Behavioral Intervention



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

## Risk Seesaw



Learners 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

## Personalized Learning Toolkit



Learning resources 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

## 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

## Well-being practices in daily life



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

## Growth Journal



A personalized development plan for well-being and safety to cultivate skills, mindsets, and routines for healthy flourishing

## Safety Plan



A step-by-step action plan for children and caregivers to be aware of the levels of diverse risks they face, and to build their readiness to prevent, prepare for, respond to, and recover from risks



# Children's SEED Course



\*Only offered in 7-17 years old courses

# Children's SEED Course Course Highlights



Inner strengths are our superpowers!



We know our rights



I am a growing seed



Identify emotions



Review our growth journey



We made our own Risk Seesaws



# Children's SEED Course

## Course Highlights



Say no to unsafe touches!



We flourish in our own ways



Children's rights



We are a growing seed



We completed the course!



We will grow healthily and safely

# Caregivers' SEED Course

1

Compassionate relationship



2

Growth



3

Well-being



4

Safety



Flourishing  
caregivers &  
families





# Caregivers' SEED Course

## Course Highlights



Every seed is different



Participation from multi-generations



Learn to prepare safety plan



Practice taking a pause



Practice using Risk Seesaw

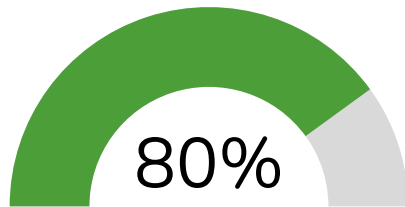


Nurture emotional literacy

# Our Impact: Personal Growth

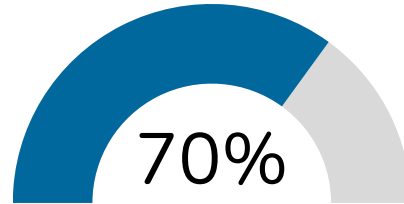
Health & Behavioral Survey Score at ~6-months post-course compared with Pre-course

## Children

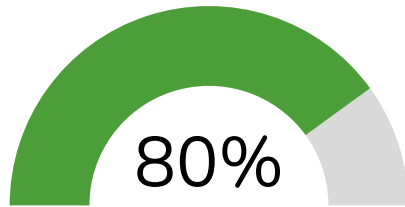


More able to regulate emotion

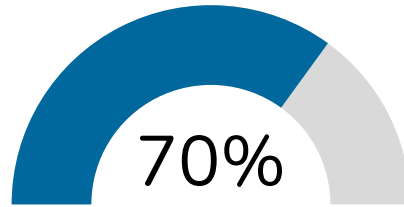
## Caregivers



Better regulate emotion when child misbehaves



More empathetic to others



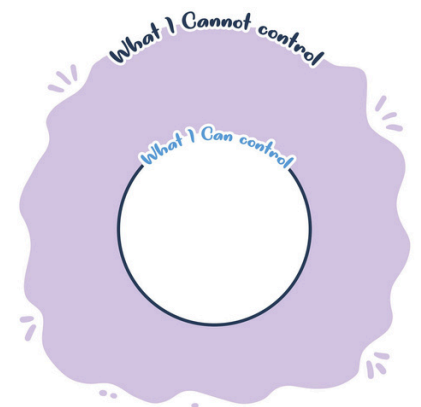
More empathetic to others



Value our mind and body

Build norms for valuing oneself and others

Practice solving problems and making good choices with positive self-talk, growth mindset, resilience, and circle of control

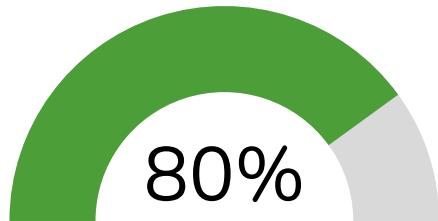




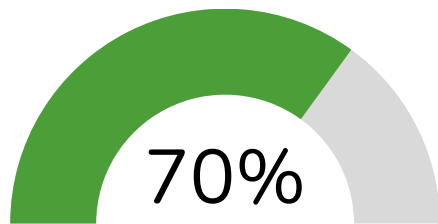
## Well-being

### Health & Behavioral Survey Score at ~6-months post-course compared with Pre-course

## Children

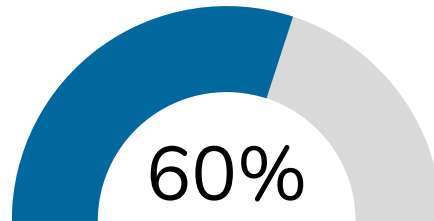


## Speak more openly with caregivers

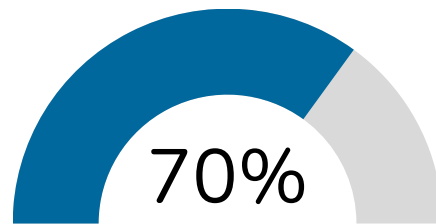


More satisfied with life

## Caregivers



More openly child-caregivers communications



More satisfied with life

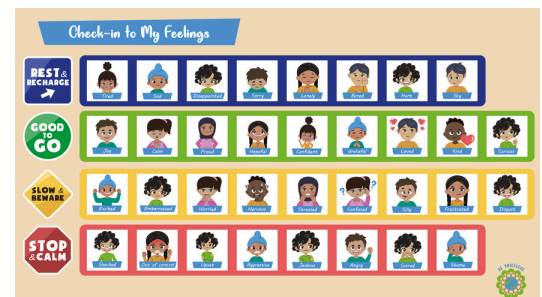


Learn and use attitudes & behaviors for taking care of our mind and body

Identify and regulate emotions & thoughts;  
Knowing and meeting our needs

Being aware of diverse needs and helpful ways to support others

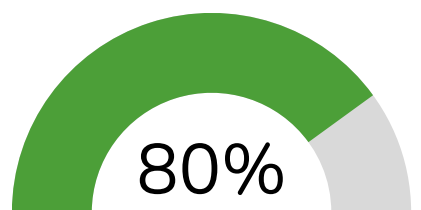
## Encouraging shared behaviors



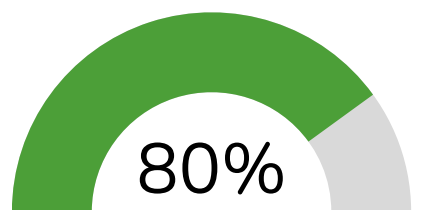
# Our Impact: Safety

Health & Behavioral Survey Score at ~6-months post-course compared with Pre-course

## Children

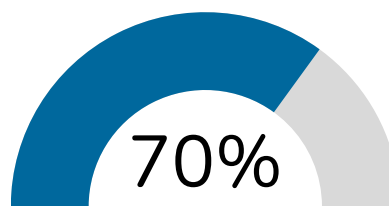


More able to reject unsafe situations

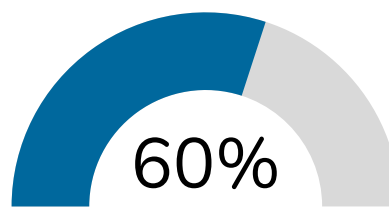


Report feeling unsafe to trusted adults

## Caregivers



Child is more able to reject unsafe situations



More aware of risks affecting their children

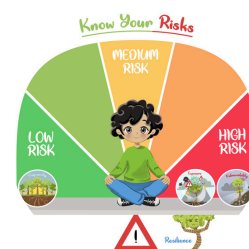


Trauma-informed and promotes child protection

Discuss about children's rights, including to be safe from harm

Assess own risks and learn how to lower them, e.g. rehearsing helpful actions, using safety plans & risk seesaw

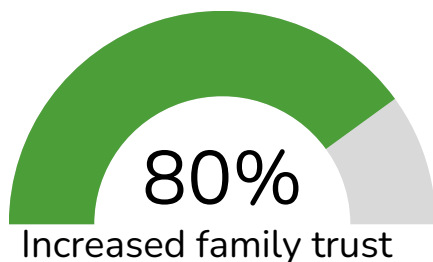
Prevent, prepare, respond, and recover from risks of mental disorders, violence, outbreaks and climate change



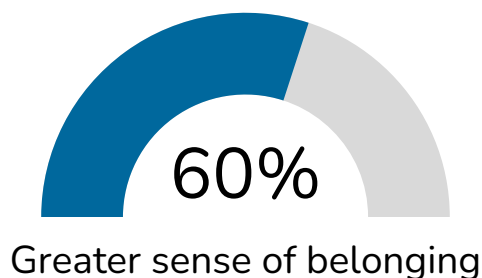
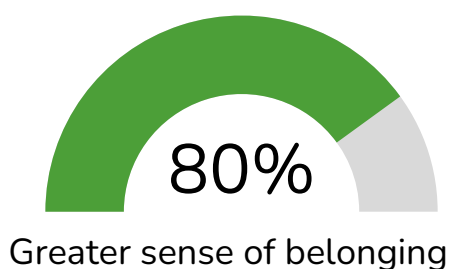
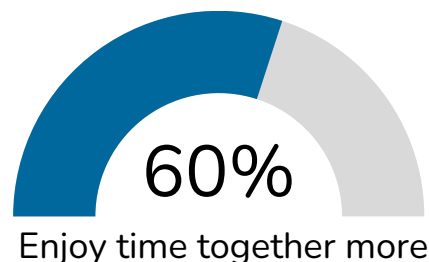


# Our Impact: Relationship

## Children



## Caregivers



Family and community workshops offered to deepen practices and build support network in families, peers, and diverse communities.

Builds ongoing behaviors to address their emerging needs,  
e.g. communication, intergenerational health, outbreak

Design action together for supporting children and equity



# SEED Course Structure



Target	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		
7-11 year-old children*	English, Chinese	20-40	12 hours	2 hours/workshop x 6 workshops		
12-17 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	O R	4 hours/workshop x 2 workshops

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



# 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 Be Priceless Team  
at [93734453](tel:93734453) or [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



# SOME OF OUR PARTNERS



And more...

Find out more



Contact us



[www.bepreless.org](http://www.bepreless.org)



[seed@bepreless.org](mailto:seed@bepreless.org)



9373 4453

同心展關懷  
caring<sup>2023/24</sup>organisation  
Awarded by The Hong Kong Council of Social Service  
香港社會服務聯會頒發

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