



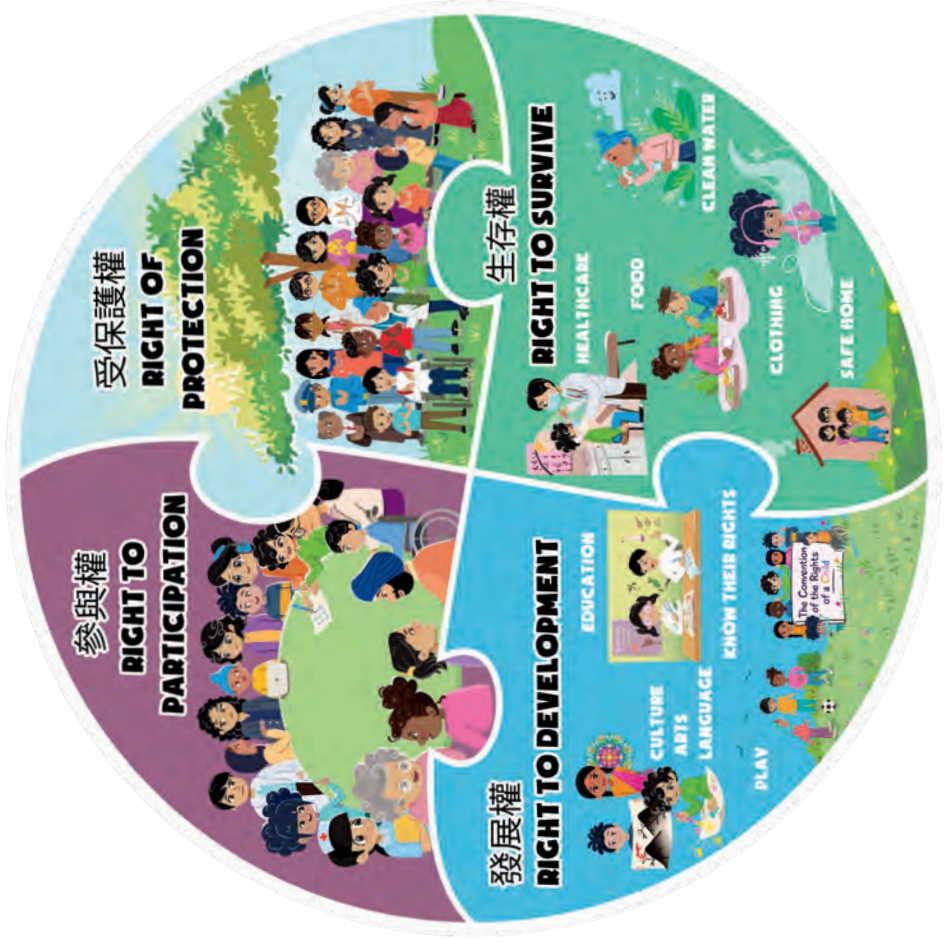
# Be Priceless Growth Report 2020-2022



# The rights of every child



1	2	3	4	5	6	7
DEFINITION OF A CHILD	NO DISCRIMINATION	BEST INTERESTS OF THE CHILD	MAKING RIGHTS REAL	FAMILY GUIDANCE AS CHILDREN DEVELOP	LIFE, SURVIVAL AND DEVELOPMENT	NAME AND NATIONALITY
8	9	10	11	12	13	14
IDENTITY	KEEPING FAMILIES TOGETHER	CONTACT WITH CONTACTS ACROSS COUNTRIES	PROTECTION FROM KIDNAPPING	RESPECT FOR CHILDREN'S VIEWS	SHARING THOUGHTS FREELY	FREEDOM OF THOUGHT AND RELIGION
15	16	17	18	19	20	21
SETTLING UP OR JOINING GROUPS	PROTECTION OF PRIVACY	ACCESS TO INFORMATION	RESPONSIBILITY OF PARENTS	PROTECTION FROM VIOLENCE	CHILDREN WITHOUT FAMILIES	CHILDREN WHO ARE ADOPTED
22	23	24	25	26	27	28
REFUGEE CHILDREN	CHILDREN WITH DISABILITIES	HEALTH, WATER, FOOD, ENVIRONMENT	REVIEW OF A CHILD'S PLACEMENT	SOCIAL AND ECONOMIC HELP	FOOD, CLOTHING, A SAFE HOME	ACCESS TO EDUCATION
29	30	31	32	33	34	35
AIMS OF EDUCATION	MINORITY CULTURE, LANGUAGE AND RELIGION	REST, PLAY, CULTURE, ARTS	PROTECTION FROM HARMFUL WORK	PROTECTION FROM HARMFUL DRUGS	PROTECTION FROM SEXUAL ABUSE	PREVENTION OF SALE AND TRAFFICKING
36	37	38	39	40	41	42
PROTECTION FROM EXPLOITATION	CHILDREN IN DETENTION	PROTECTION IN WAR	RECOVERY AND REINTEGRATION	CHILDREN WHO BREAK THE LAW	BEST LAW FOR CHILDREN APPLIES	EVERYONE MUST KNOW CHILDREN'S RIGHTS



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## Message from Our Founder, Dr. Czarina Leung

To us, "Be" is to live in an empowered state of who we truly are, and "Priceless" reflects all living being's rights and needs to flourish. It is our purpose to support the flourishing of children, youth, and others who face greater challenges, as well as their families, communities, and environments.

Like plants in an ecosystem, we flourish by nurturing our roots for growth (e.g. valuing self and others), well-being (mind, body and social health) and safety against diverse risks - 1) personal mental, physical, social health risks; 2) interpersonal, e.g. violence and exploitation risks; 3) community risks like the multitude of public health problems; and systems risks like climate change. We must also strengthen our interdependent root systems by co-addressing risk factors (e.g. inequities, stigma, discrimination, misinformation, inadequate care for others and loss of cohesion).

The reality is that many friends in our community, especially children and youth face complex barriers to fully thrive. We all have the responsibility to correct this inequity and to cultivate inclusive flourishing together.

In 2015, the communities that I have cared for in the past 20 years in humanitarian health inspired me to plant the seed of hope by starting Be Priceless - a non-profit educational program to nurture the flourishing of the community.

We empower children, youth, families, and care service providers to strengthen capacities, mindsets, practices for self-value, personal growth, well-being and safety. We co-nurture our common grounds for individual and collective flourishing.

We all hold pieces of the puzzle for our priceless community. All of us from diverse experiences must bring our open-hearted listening and sharing, support our most at risk members (especially children and marginalized groups) transcend beyond the barriers, and together build collaborations that transform our community to be healthy, fair, and flourishing.

## Planting our SEEDs of Hope

Our SEED Courses are special in that before launching in 2021, it was born from 7 years of rigorous community-wide listening and collaboration with more than 200 multi-sectoral professionals (from health, social work, counselling, mindfulness, education and more), multicultural children, youth and caregivers to build a child-centered transformative shared solution for flourishing that is fun, interactive and impactful.

I'm deeply proud to share that in the first year and a half of providing our educational services, 736 community members (406 children aged 7-15 years and 330 caregivers) already completed their first SEED Course journeys. The impact assessments showed a significant improvement in all key domains of their flourishing, including their lived experiences and quality of life (health, emotional regulation, well-being and safety) survey scores.

Responding to the community's request, we will soon scale-up our offers for the SEED programs for 4-6 year-olds, youth and families. We have so many more exciting programs for flourishing in our plans!

In 2023, we hope to empower more than 1000 children, youth, caregivers, families. We will continue to contribute our priceless resources to trusted partner organizations, community groups, and schools by providing our multi-sectoral training, educational program and learning toolkits to enhance collective flourishing.

All of our services are provided free-of-charge, inclusively, and equitably (extra support to match the needs for people facing more risks and challenges) to ensure that no person is left behind on being able to access life skills training that strengthens growth, well-being and safety.

Be Priceless is our loving commitment to support our community's transformation to be inclusively and regeneratively flourish.

We look forward to growing together! Please reach out if you share our purpose and are ready to take part!





BE PRICELESS is nurtured by our community for our community's flourishing. We are a non-profit educational group that strengthens well-being and safety, especially children and families at higher risks.



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Be Priceless see ourselves as gardeners who are taking care of our community garden, where every person or plant can flourish.

We cherish the collective wisdom and hopes of our diverse community members. The culture (soil) is enriched by our shared understanding, kindness, respect, integrity, and equity. Our shared action can cultivate a flourishing community garden for all - leaving no child behind.

Caregivers' flourishing is deeply connected with the health of their families and communities. They inform, design and participate in our programs that strengthen positive parenting, communication, growth, well-being and safety.

4-6 years-olds  
7-10 years-olds

Children

11-16 years-olds

Caregivers

Special Workshops

Family

Educators

Children and youth are like seeds - priceless and limitless. To flourish, they all need personal growth, well-being and safety. Our programs empower them to drive the cultivation of our shared community garden.

Interview and listen to community—  
Situational Analysis

Collaborate with frontline care providers from diverse sectors

Youth internship

Multicultural community volunteers

Partnership with NGOs/schools

Resources for funders who share our purpose and values



## Be Priceless is Rooted in **WE CARE** Values

**WE** before me in teamwork and service

**C**ommunity - centred communication

**A**-team: Awesome impact, Adaptable, Absolute integrity

**R**esponsible, Respectful, Reflective, Resilient, Regenerative

**E**mpower, Engage, Educate, Equity in flourishing for all



### What We Do

1. We 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. We DEVELOP and PROVIDE life-changing courses called: SEED which stands for Self-value, Empower, Educate and protect from Dangers, that strengthen life-skills for flourishing

### Our Approach

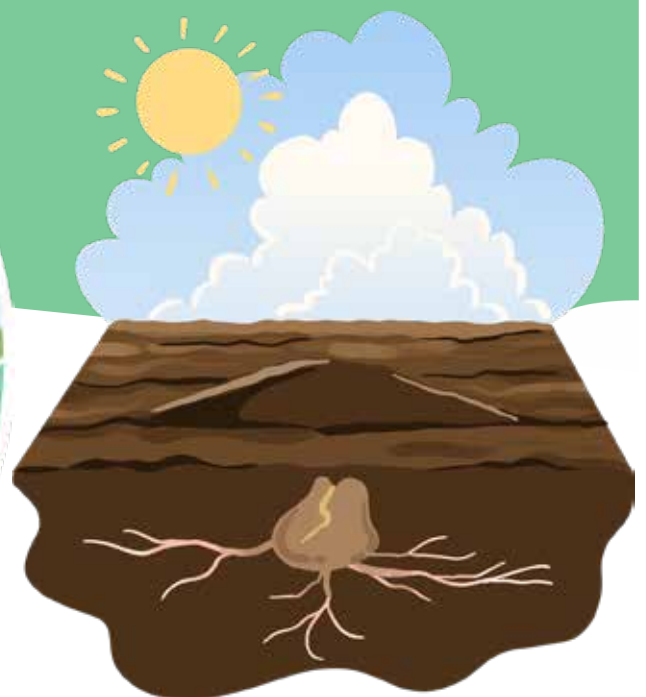
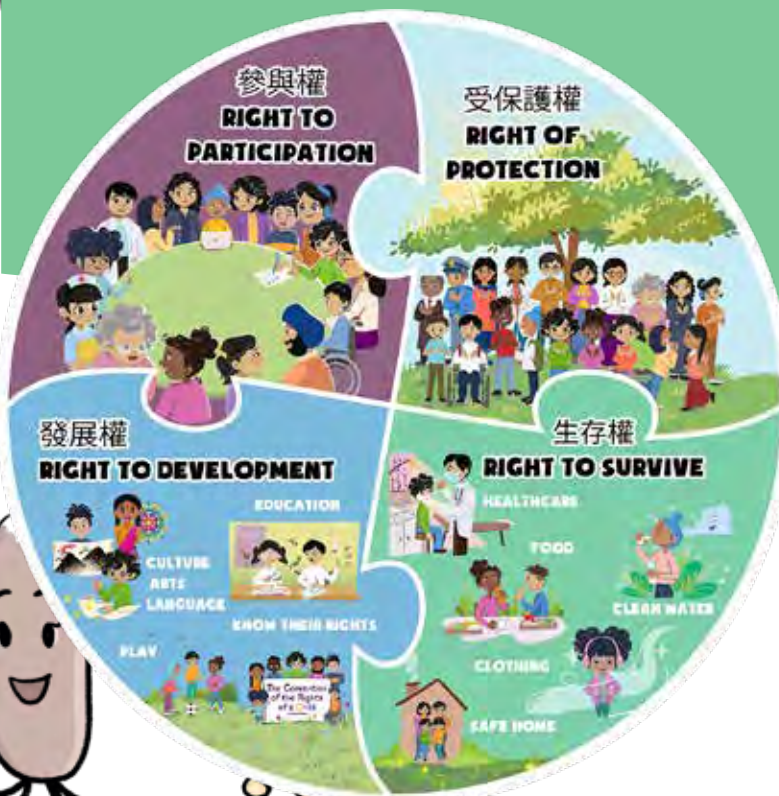
Rights-based education

All-of-community participation

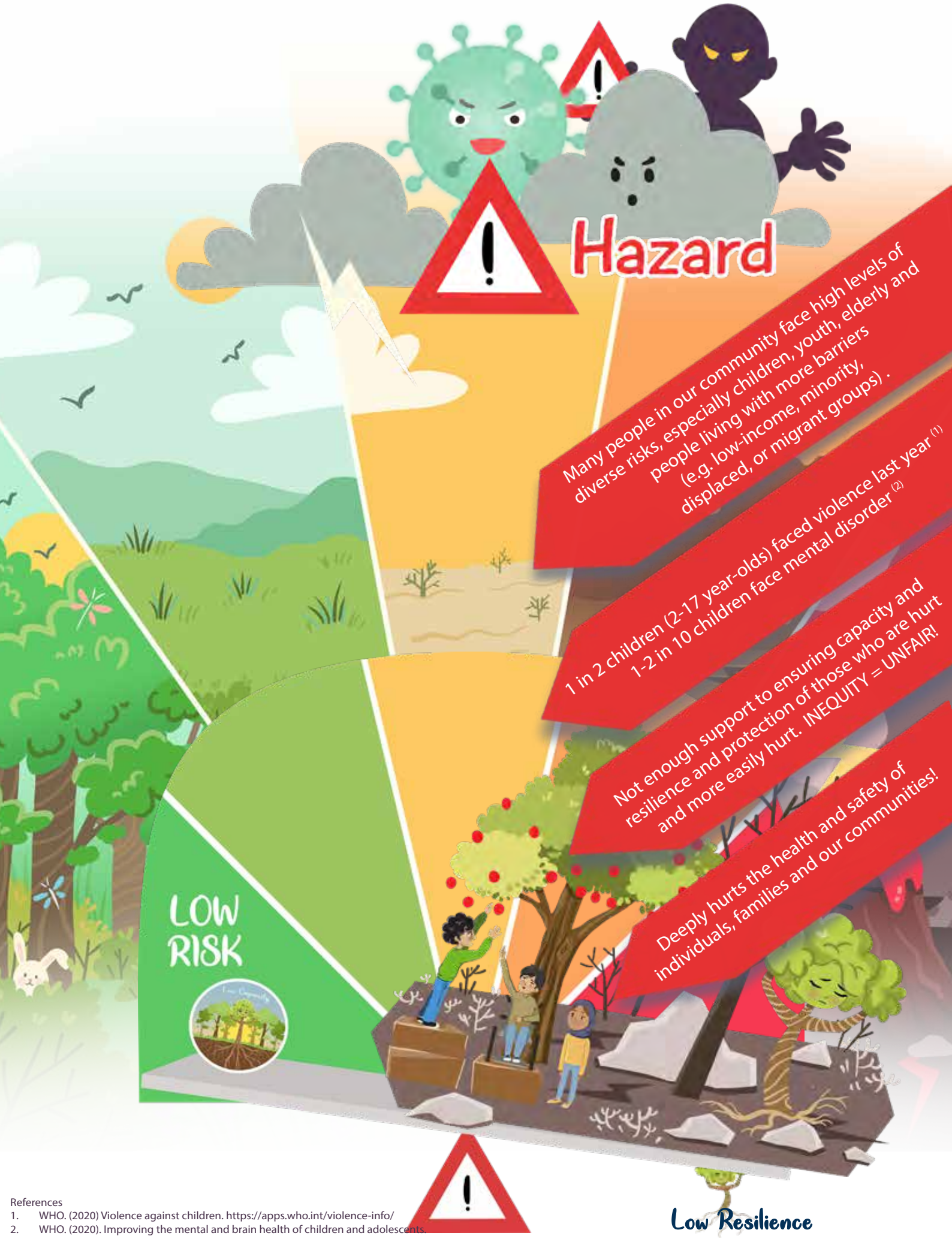
Rigorous impact assessment and transparent reporting

Community-centre sharing of learning and successes

Unwavering ethical policies and measures in child safety, data security, and code of conduct



# Why an inclusive transformation for flourishing of people who face the highest risks is **urgently needed**?

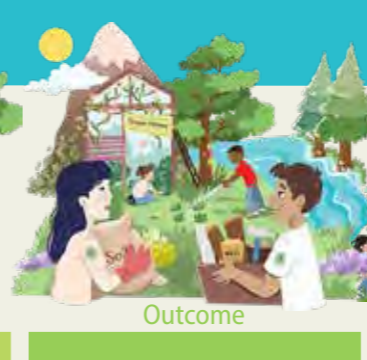


References  
1. WHO. (2020) Violence against children. <https://apps.who.int/violence-info/>  
2. WHO. (2020). Improving the mental and brain health of children and adolescents.



### Our Purpose (MISSION):

We provide education that strengthens personal growth, well-being, and safety.  
We transform our community to be inclusive, supportive, and to flourish regeneratively.



**Risk**

**Context:**  
Children, youth, and caregivers - especially those who face higher risks, lack life skills training and participation in capacity-building interventions that strengthen their personal and collective growth, well-being and safety.

**Community Caregivers Children**

In the past year:  
50% face violence globally<sup>1</sup>  
45% increase child abuse in Hong Kong<sup>2</sup>  
4 in 10 face unwanted online sexual content<sup>3</sup>  
1 in 5 live with mental disorders<sup>4</sup>  
50% at extreme high risk of climate crisis impact<sup>5</sup>

**Assumption:**  
We can transform the community to empower children, youth and families' flourishing by strengthening their capacity for growth, well-being and safety. Such education needs to be useful, actionable and engaging for the whole community.

**INPUT**

**1. Diverse Community Collaboration** with more than 200 community members and multisectoral professionals (including from health, psychology, social work, education, and child protection) co-developed our solutions for children's growth, well-being and safety

**2. Pro-bono service from Founder Dr. Czarina** with more than 20 years of experiences in care and protection of high risk communities facing emergencies

**3. Seed Funding from our Founders** with HK\$5.4 million in 2015 - 2022 to rigorously develop our programs with participation of diverse stakeholders, systems thinking, and design processes. This ensures that our services are truly useful, user-friendly, and used for empowering our impact

**4. Ongoing Resources** with HKD 4-5 million/year in 2023-2025 to provide SEED services for 1000+ participants/year

**1. SEED Education:**  
- Developed over 8 years  
- Completed Pilot test, evaluation, & revision  
- Provide FREE courses to diverse at-risk groups  
- Deliver context-adapted course

**1.2 Community-driven SEED**  
- Cultivate youth and caregiver leadership and capacity to drive change for community flourishing

**2. Community Partnerships:**  
- Consult stakeholders to design the shared solutions  
- Interview about children's flourishing  
- Grow and deepen community engagement  
- Cultivate and strengthen supportive partnerships

**3. Organization Development:**  
- Nurture a value-driven teamwork culture  
- Develop shared leadership and collaboration  
- Implement rigorous policies for well-being, safety, and integrity  
- Cultivate more resources for development  
- Manage impact and resources accountably

**Output**

Provide FREE SEED courses to:  
i) > 400 children and 330 caregivers in 2021-2022  
ii) ≥ 1000 at risk people each year from 2023 onward, including: children, youth, caregivers, families and educators

i) Youth interns and ambassadors: 9 in 2021-2022 (age 5-23 years) More in 2023 onwards  
ii) Start caregiver-led programs

i) Interview 105 and a growing number of multicultural stakeholders: children and youth, care service providers, caregivers, including refugees and migrants  
ii) Develop a community scorecard to evaluate children's flourishing  
iii) Share our learning, expertise, and services with more networks aligned with our values

i) Apply multi-sectoral collaboration and design process (with evaluation and review) in developing all services  
ii) Implement and monitor well-being, safety and integrity throughout our services  
iii) Develop the financial resources from donations or grant support to provide services needed  
iv) Monitor and report resource use and impact generation transparently

**Outcome**

I) ≥ 80% of the participants apply growth, well-being and safety actions in their own lives  
II) Share their learning with others  
II) Provide equitable support for people who face higher risks

I) Youth-led programs including  
- Impact assessment and reports  
- Community interviews and reports  
- Social media posts  
- Start Youth Leadership Board  
II) Caregivers co-design and co-organize SEED services

I) Publish community-friendly reports and peer-reviewed journal articles on:  
- situational analysis  
- community score card  
II) Provide SEED services to schools or nonprofits:  
8 in 2021-2022;  
>12 in 2023;  
>20 onwards  
III) Share understanding and capacity in more platforms, e.g. radio, conferences

I) Provide all services with integration of multi-sectoral expertise, evidence or best-practices, and protection policies  
II) Raise resources available to HKD 4-5 million/year in 2023-2025  
III) Increase community or institutional financial support to compose ≥50% of our total funding  
IV) Use a data-driven process to identify trends, to provide early warnings, to optimize impact and resource management

**Mid-term Impact (2021-2025)**

A) Improved well-being and safety of the participants  
- in their lived experiences, - in quality of life, and - continued flourishing after 6 months and longer  
B) Improved flourishing of the participant's family  
C) Participation from low-income, multicultural, special educational needs, refugees, migrant, and other higher-risk communities

A) Apply child and caregiver-centered understanding to develop interventions for human flourishing  
B) Develop a community score card that can be used for assessing child flourishing, e.g. impact of education or social services  
C) Enrich partnerships to strengthen the community's flourishing

A) Community find our services valuable, trustworthy and safe  
B) Optimize our impact to resource ratio  
C) Share our achieved impacts transparently through seasonal and annual reports

**Long-term Impact**

1) Improve our community's regenerative growth, well-being and safety  
+  
2) Strengthen health equity  
=  
**We Are PRICELESS & LIMITLESS**

**The Problem that we aim to solve:**  
In 2022, children and adults, especially those facing greater vulnerability (e.g. low-income, minority ethnic, migrant, refugee groups), inadequate support, and unfairness (e.g. discrimination) are experiencing high levels of mental, physical, social health risks. This reduces the growth, well-being and safety of the individuals, their families, communities and all of us in Hong Kong.

Reference:  
1. WHO. Violence Info. 2022  
2. Statistics on child protection, battered spouse and sexual violence cases, Social Welfare Department  
3. Save the Children Hong Kong. Hong Kong Kids Online. 2022  
4. WHO. Mental Health. 2022 www.who.int/health-topics/mental-health#tab=tab\_1.  
5. UNICEF. The impacts of climate change put almost every child at risk. 2021



# Be Priceless Transforms into Actions

Be Priceless' services strengthens the community's sustainable growth, well-being and safety. We specifically focus on ensuring support for children, youth, women, those living with mental or physical disorders, people from poverty, minority ethnic, migrant or refugee background.

Our work to enhances individual and collective flourishing put into actions some of the targets for the UN Sustainable Development Goals (SDGs).<sup>1</sup> Our program also apply WHO's well-being frameworks, INSPIRE to end violence, and UN's Sendai Framework for Disaster Risk Reduction.<sup>2-4</sup>

**UN Goal Target 11.5**  
By 2030, significantly reduce the number of deaths and the number of people affected and substantially decrease the direct economic losses relative to global gross domestic product caused by disasters, including water-related disasters, with a focus on protecting the poor and people in vulnerable situations.

Our Risk Reduction training, Safety Plan, animation songs help children, youth, caregivers, and community groups who face higher risks become ready to prevent, prepare, respond to, and recover from risks. Our programs also build resilience of individuals, their families, schools and communities.

We provide a risk seesaw on our webpage to help the public understand how our actions can reduce vulnerabilities and exposures, as well as enhance capacities and resilience.

Our Founder also takes parts in talks with diverse communities to promote risk reduction and associated resilience and health equity.

**UN Goal Target 10.2:**  
By 2030, empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion or economic or other status

Embracing diversity within our team with different nationalities, beliefs, professional background and more.

We listen to the community members and partners whose background and experiences are diverse.

We prioritize providing our free SEED Courses, learning materials, and engagement opportunities to people who face higher risks (from low-income, minority ethnic, asylum seeker, or special needs groups).

**UN Goal Target 8.5:**  
By 2030, achieve full and productive employment and decent work for all women and men, including for young people and persons with disabilities, and equal pay for work of equal value

**UN Goal Target 8.8:**  
Protect labour rights and promote safe and secure working environments for all workers, including migrant workers, in particular women migrants and those in precarious employment

We are committed to practising Diversity, Equity and Inclusion (DE&I) initiatives.

Creating a safe and secure working environment for our team members.

**UN Goal Target 17.16:**  
Enhance the global partnership for sustainable development, complemented by multi-stakeholder partnerships that mobilize and share knowledge, expertise, technology and financial resources, to support the achievement of the sustainable development goals in all countries, in particular developing countries

We build partnerships with schools, non-profit and other community groups to strengthen their organization and service users' flourishing.

Our multisectoral team also consult with field experts to continuously improve the quality of our course to create greater impact.

We share lessons learn and our educational resources freely with our community. We provide reports and trainings that are audience-centered, including child-friendly impact reports and videos.

**UN Goal Target 3.4:**  
By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being

**UN Goal Target 3d:**  
Strengthen the capacity of all countries, in particular developing countries, for early warning, risk reduction and management of national and global health risks

The SEED Course has proven to significantly improves children and caregivers well-being and safety.

Participants continue practice and public capacity building is enhanced through special workshops (e.g. COVID-19 risk reduction) and the Be Priceless well-being webpage with actionable activities.

We devote half of the programs to risk reduction with an all hazards approach (including against climate-related disaster, infectious outbreak, mental disorders, violence and exploitation).

Promoting well-being, inclusive of mental, physical, social and community health is aligned with the WHO's concept of health.

**UN Goal Target 4.2**  
By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education

**UN Goal Target 4.7:**  
By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development, including, among others, through education for sustainable development and sustainable lifestyles, human rights, gender equality, promotion of a culture of peace and non-violence, global citizenship and appreciation of cultural diversity and of culture's contribution to sustainable development

Our SEED Courses significantly improve children's learning, health, psychosocial well-being.

We developed the course over 7 years by involving more than 200 multicultural community members and 70 multi-sectoral professionals who have extensive experience with our target communities.

We continue to enhance our course based on:  
Child-centered behavioral intervention  
Design Thinking, System Thinking  
Evidence and Best practice, and more.

**UN Goal Target 5.1:**  
End all forms of discrimination against all women and girls everywhere

**UN Goal Target 5.5:**  
Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision making in political, economic and public life

The design of our main child character, Dawn, was created with an indefinite pronoun, to raise awareness on gender-based discrimination.

Our program specifically advocates for gender equity and ending discrimination as a shared goal.

We consist of 80% women as team members who are sharing leadership.



Reference:  
1. UN General Assembly, Transforming our world : the 2030 Agenda for Sustainable Development, 21 October 2015, A/RES/70/1  
2. WHO (2022). Promoting well-being  
3. <https://www.who.int/activities/promoting-well-being>  
4. WHO (2016). INSPIRE: seven strategies for ending violence against children. World Health Organization. <https://apps.who.int/iris/handle/10665/207717>.  
5. UN (2015). Sendai framework for disaster risk reduction 2015–2030. In: UN world conference on disaster risk reduction

# Our Programs

## The Development Process and the Fruits

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

8/2021-12/2022

Reports on the  
impact of  
the SEED Courses

Translate learning  
materials to Bahasa,  
Nepali and more

Develop & Pilot  
SEED Course for  
4-6 year-olds

SEED Course for  
8-15 year-old children  
Improved health,  
emotional regulation,  
well-being and safety  
for 406 students!

SEED Course for Caregivers  
Improved the quality of life  
of 330 caregivers and their  
children

Co-provided SEED  
Courses with 8 NGOs/  
schools

2015-2021

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

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

Develop Educational  
Tools E.g. animate,  
illustrate, and make  
more music

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

Review & Finalize

Co-develop a Community  
Scorecard on Flourishing

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

Lesson objectives, content, activities, methods +  
Learning tools: Comic books, Growth Journal, Safety  
Plan, Toolkits, worksheets, games and more.

Consult Community  
(children, youth,  
caregivers, care  
professionals)

Improve  
Learning  
materials

Co-design  
educational  
solutions

Multisec-  
toral  
Evaluation &  
Feedback

Prototype  
Learning  
materials

Develop SEED educational content for  
3 children's age groups + caregivers on  
topics of:

### Growth:

Self-value, confidence  
Resilience, Growth mindset  
Inner powers for flourishing  
Positive communication

### Well-being:

Emotional regulation  
Mindfulness and self-care  
Mental health  
Physical health  
Social health

Community and ecosystem health

**Risk Reduction** - Prevent, Prepare,  
Respond, Recover against:  
Violence and exploitation.  
Mental and physical disorders  
Climate disasters

### Cross-cutting values:

Children's rights, inclusivity, equity,  
factfulness, kindness, integrity, support  
each other  
+ impact assessment  
(mixed methods + participatory  
approach)

## Situational Analysis

We believe that together we can build SHARED SOLUTIONS to reduce the risks of complex adaptive system problems that hurt our community - including, violence against children, females and other marginalized groups, exploitations such as human trafficking, and other health inequities.

We work by bringing together community-wide wisdoms, partnerships, and best practices to build truly empowering shared actions.

## We Learn from Our Diverse Community's Voices

Since the beginning, we have been actively interviewing the diverse community members and listening to their insights and input on the most effective solutions for children and family's flourishing (including well-being and safety).

We conduct focus group interviews with:

1. Community-based care service providers, (e.g. social workers, NGO workers),
2. Caregivers from Hong Kong (Chinese and ethnic minority, asylum seeker groups)
3. Caregivers who are migrant domestic workers
4. Children and youth

This is an ongoing project, please let us know if you will share your voice by reaching out at [seed@bepriceless.org](mailto:seed@bepriceless.org)

Scan me to check out the preview of the first part of interviews!



# Child and Caregiver-led Community Score Card

With a participatory-approach, multicultural children and caregivers shared what they believe to be meaningful measures of well-being and safety.

They then voted on the top choices. These have now become integrated into our impact assessment. These will soon be published.

Submit your input "Your Voice Guides Our Journey!" at <https://www.bepreiceless.org/community-actions!>

## Community Score Card for Children's Flourishing

### Well-being

### Safety

Children in the SEED Course:

Baseline: 16.5/25 (66%)

After the SEED Course: 18.7/25 (75%)\*

Children in the SEED Course:

Baseline: 9/15 (60%)

After the SEED Course: 10.6/15 (70%)\*

\* Statistically improved quality of life scores after the SEED Course!

Say tune to the publication of our community scorecard on flourishing that can be used for tracking children's well-being and safety on [www.bepreiceless.org](http://www.bepreiceless.org)



Scan me for "Your Voice Guides Our Journey!"



## Summary

We develop and provide an empowering educational program called **SEED**, which stands for **S**elf-value, **E**ducate, **E**mpower, and protect from **D**angers.

SEED aims to strengthen knowledge, skills, mindsets, and practices that promote well-being and safety of 3 audience groups:

1. **Children (4-6 year-olds, 7-10 year-olds, 11-16 years-olds)**, including cross-border students, children living with special educational needs, and those who are from diverse ethnicity;
2. **Parents/ Caregivers** (including from local, low-income, ethnic minority, asylum seekers, refugees, migrant e.g. domestic workers, new immigrants, cross-border households);
3. **Educators** (e.g. social workers, teachers, school counselors, NGO workers committed to implementing free SEED Courses in their community).

So far, all of our SEED Courses and learning materials are provided for **FREE** to all participants. We make this available to all regardless of their background, so our inclusive classrooms are nurturing spaces for children, youth, caregivers and educators to grow, practice and share together. We have seen first hand that this promotes shared understanding, empathy and support. Up to now, our program is fully self-funded by our Founders.

Our evidence-and best-practice based content is transformed into impactful and empowering life skills training.

We apply behavior interventions and experiential pedagogy (teaching techniques) throughout the SEED Course. E.g. animations, comic books, scenario acting, and storytelling with relatable characters going through challenges that our audience may face and social modeling of how they become empowered to put into actions for growth, well-being and safety.

Learners strengthen the flourishing of themselves and people around them.

Our community we serve has a rich tapestry of ages, genders, ethnicities, cultures, nationalities, and socioeconomic backgrounds. They speak a variety of languages, including English, Cantonese, Mandarin, Bahasa Indonesia, Tagalog, Hindi, Nepali and Urdu.

We are continuously improving our programs, including delivering our learning resources in more languages to the community's needs.



# Learning Resources

## Gamification of Learning

Our many games empowers and engages our learners!

Check out [Risk Seesaw](#): a digital interactive game on our website where learners, their community and 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.

We made it fun and shareable!



**Risk Seesaw**  
([www.bepreiceless/risk-seesaw](http://www.bepreiceless/risk-seesaw))

## 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. Classes and groups can also enjoy them as a shared experience and nurture their inter-connections in flourishing.

Created by our youth intern and professionals from our well-being team.



**Well-being practices**  
([www.bepreiceless.org/well-being](http://www.bepreiceless.org/well-being))

## 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. Their shared actions and solutions enhance growth, well-being and safety of themselves and their community.

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



**Animations**  
(Sample)

## Lessons are ALL Interactive! No Lectures!

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

Parents are encouraged to bring real examples of communication or connection challenges with their children. In our activities, we step-by-step change to positive and kind ways of responding rather than reacting. We layer the application of skills in home routines so that learners can gain confidence and transform their relationships by apply many more of the practices taught in the course and covered in the toolkit (Yes! We have a [parenting manual!](#)).



**Children's SEED Course**  
(Youtube Playlist)

## 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.

- The tools also serve as notes and discussion points to share with people they trust in their lives to build shared capacity for flourishing. For example:
- [Safety Plan](#) is 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](#) is a personalized development and well-being plan to cultivate skills, mindsets, and routines for healthy flourishing



**Growth Journal**  
(Bilingual Sample)

## Participatory approach

Children and Caregivers are invited to share openly about the ways they would hope the course would strengthen their flourishing.

After collecting views of a large number of learners, we integrate these ideas into our Community Scorecard and our own impact assessments so that we are truly providing services to meet our community's needs.

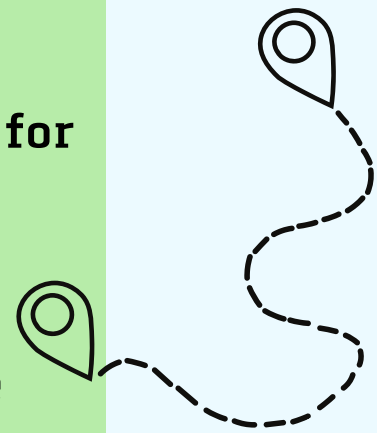



**Caregivers' SEED Course**  
(Youtube Playlist)

# CHILDREN'S SEED COURSE

Children's SEED Course aims to strengthen children's superpowers for **growth, well-being and safety.**

The interactive lessons enhance children's self-value, social and emotion regulation, and ability to improve safety.





**Together we will embark on a journey  
full of fun games and life skill practices.**

**You will learn healthy ways to flourish  
like a strong tree.**

**All children are welcomed to join the  
SEED adventure!**



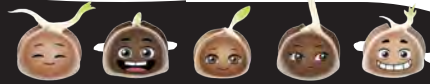
# Our SEED Adventure - 8 Modules



## 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.



Infections

### 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.

G



### Stop exploitation

H

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!

F

### 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.

E

### My mind and body belong to me

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



FINISH

We flourish!



# Pictures of SEED Adventure



"Signs of Emotions" card game



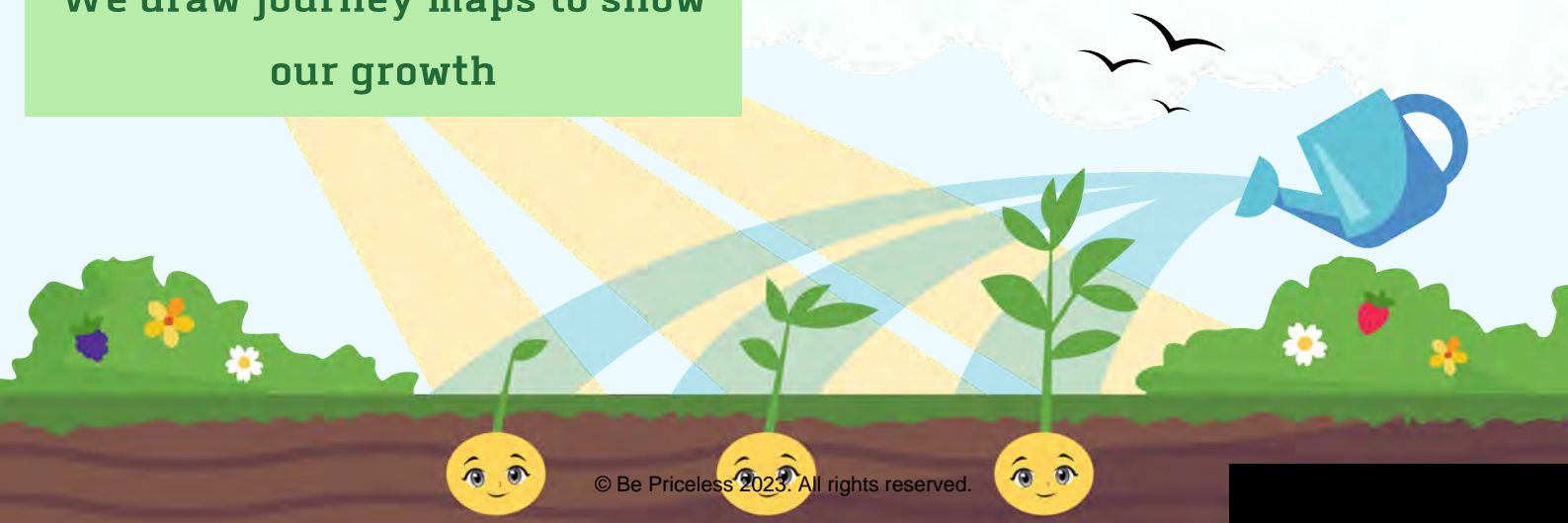
We are a growing seed!



We draw journey maps to show our growth



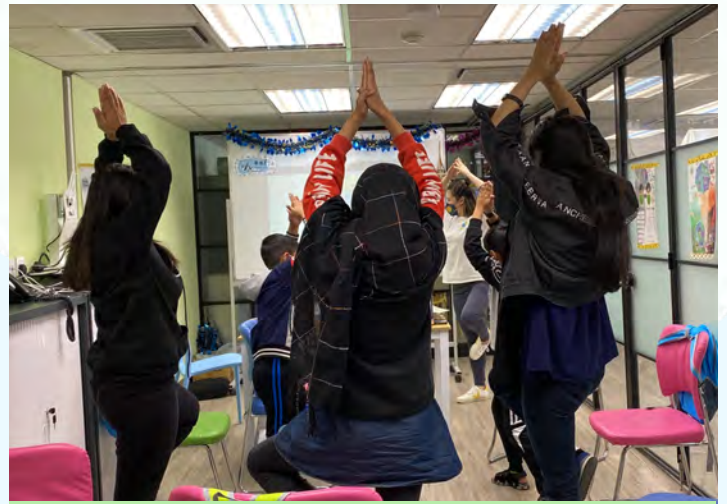
We use "Signs of Emotions" game cards to identify our many emotions



# Pictures of SEED Adventure



**Stop exploitation!**



**Take a pause**



**We are Priceless and Limitless!**



**Wash our hands frequently to prevent respiratory tract infections**



# Who joined the SEED Journey from September 2021 to December 2022?

We all are different, but we face similar challenges - mental disorders or stress, violence, infections and more! So we took the SEED Journey to be more well and safe.

In one year, 406 children joined the SEED Journey!

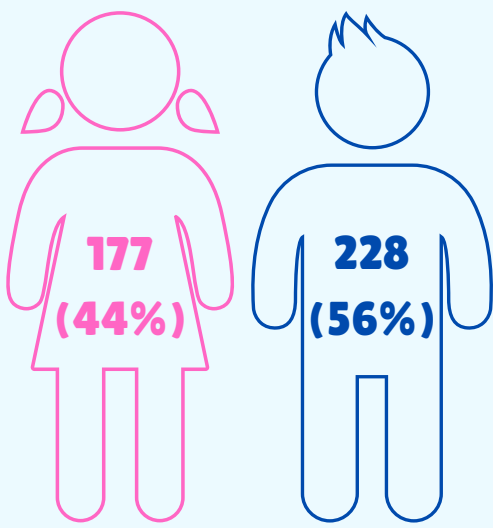


We provided 21 courses!

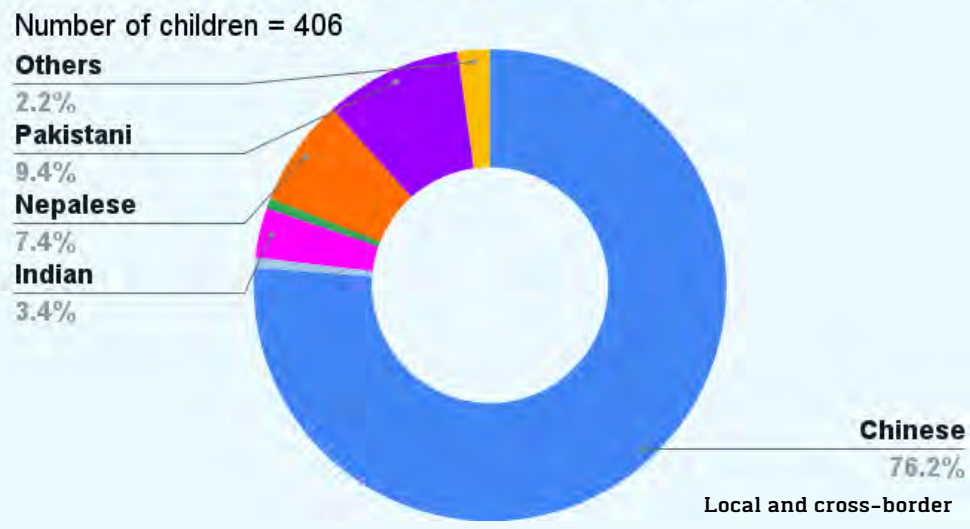
141 children were 7-10 years old

264 children were 11-16 years old

## Gender Distribution



## Children from Diverse Ethnicities

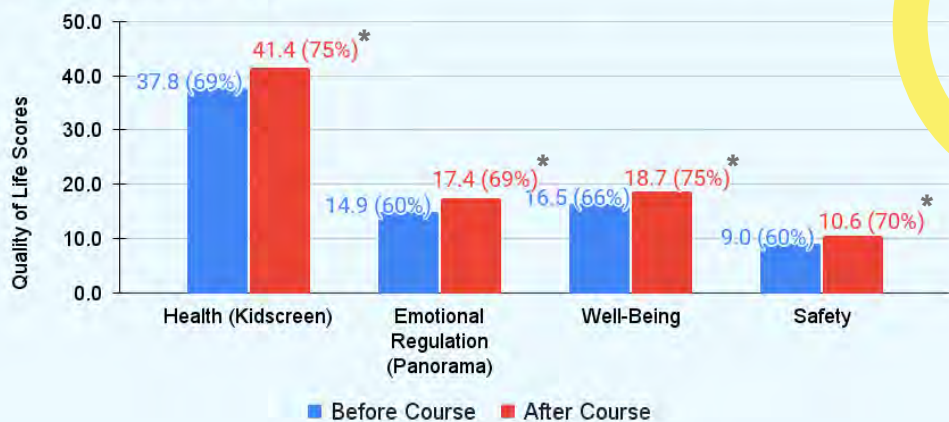


22.4% of the learners have special education needs (SEN). 91 children last year.

# 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 = 352



\*t-test comparing scores before and after SEED course, p-value < 0.05  
 Health is measured by Kidscreen instruments <sup>1</sup>  
 Emotional regulation is measured by Panorama instruments <sup>2</sup>

Our children's lives improved after the SEED Journey!

We showed improved health, emotion regulation, well-being and safety.

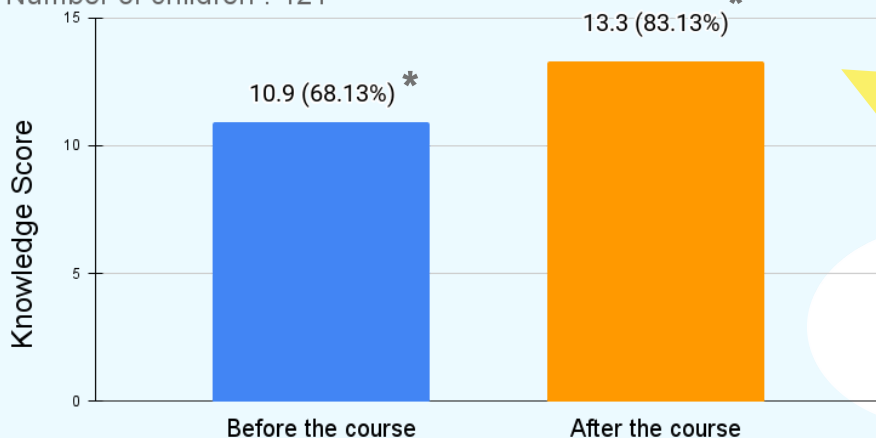


Confidence

Yes, I did it!  
 I will do it  
 I can do it  
 I will try to do it  
 I want to do it  
 I can't do it  
 I won't do it

## Knowledge of children regarding growth, well-being and safety before and after the SEED Course

Number of children : 121



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

We also gained stronger knowledge on growth, well-being and safety!

### 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](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.s3.amazonaws.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)

# This is some of what the children shared...

**Question:**  
**How did the SEED Course affect your life?**

## Improved well-being

**Improved self-love**  
"It has made me love myself a little bit more than usual,"

## Emotion regulation

"... I usually get really stressed out a lot and but once I learned the pause that really helped me a lot... I calm myself on the inside and let my upper lid, and just let just let me connect with my downstairs brain and just help me connect with each other... and help me calm my body."

## Emotion regulation

"one time my little brother had broken my favourite cup and I really got angry about it. So then I realized that there was the pause that make me control my anger and I should think, review, act... I calm myself and my mind and my heart feel so relaxed then it's not like anger, it feels so good."

## Improved growth

### Inner Superpowers

"... I thought that I gained so many superpowers after this class. I know about the inside world (check into your feelings and pause bubble)..."

### Resilience

"... There was a competition... And I was like, I can't do that. I'm really scared. I know they're going to win, but I think of positive ways of seeing myself. I just say that I can do it. I should try before giving up. So I am going to try"

### Growth mindset

"Yes, even though if some people say that you're no good, but to yourself, to your mindset, you're just good ."



**We interviewed the  
children after all  
SEED Courses.**

## **Improved safety**

### **Increased risks awareness**

"It improves about my safety. I know about what human trafficking is. I know about exploitation. I know what to do."

### **My mind and body belongs to me**

"... whenever elder people just touch my hair... I don't mind. But when I did this course and I realized that... my full body and my mind belongs to me, so I didn't let anyone touch my body like that... I just say 'Stop. No.' And then I just run away from them."

### **Tell trusted adults**

"... there was an old lady, she was saying that ' If you need some chocolate, you can come to my house' But I said 'OK, no, I will not come.'... I got out of play and I bring my little brother... to the house and tell

**our parents"**

## **New learnings**

### **Growth**

"I found out that plants are more like us... if we don't have really good environments, the plant starts stopping to grow..."

### **Emotion regulation**

"... if I'm super mad at my friend... I would take deep breaths and then I would go apologise."

### **Grooming and Exploitation**

"I didn't know the human trafficking could even be a thing in the world we're living in and now I do well and that now even better, I know how to even, like, be safe with that... maybe then ask parents to help me control it or a trusted adult."

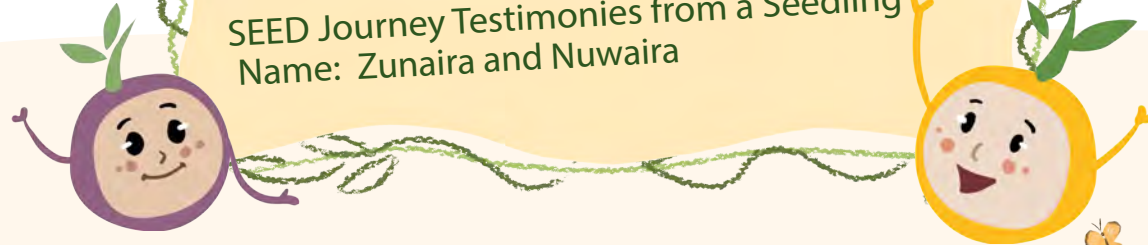


SEED Journey Testimonies from a Seedling  
Name: Aiden

Scan me to check out  
my SEED journey!



SEED Journey Testimonies from a Seedling  
Name: Zunaira and Nuwaira



I learned to protect myself from the risks. I refused bad actions and I learned about self-value. It has really changed me. I learned that challenges are actually opportunities to learn. We learned My mind and body belong to me, as well! When our minds and bodies are too tired, we take a pause and it helps us a lot!



SEED Journey Testimonies from a Seedling  
Name: Madiha



I learned how to be strong and protect myself. I got bullied after the course, and I was strong and protected myself. When they came to me, I just told the teacher and students, and it helped a lot. After that, they never bullied me. I wasn't good at learning before, in chinese especially I was not good enough, I often failed. After the course, I learned to never give up, and I asked my teacher to help me, and I passed. The super power is the learning part.

Some of the emotions I didn't know, after the course I knew, like the feeling aggressive. I'm still doing the emotion card games with my family members. I don't know why, but I just smile a lot, I stay relaxed. Even in serious situations, I stay relaxed, and smile about it. I was shy, but now I talk so much with them. Before the course i was the shy type, i sit alone, i am from pakistan so i sit alone, i am different, after the course I am not that shy. The course changed how I view myself. Now it's pretty good, I am different from others but it's good, a lot of chinese people talk to me. They ignore me before, after the course I feel like I have the superpower, so I talked to them and they are nice after that. What I learned from the course and shared with my friends, and they use it. One of my friends always fail English, I told her not to give up, and after that I helped her a lot, and she improved.

I was shy before the course, and after the course, I become strong.





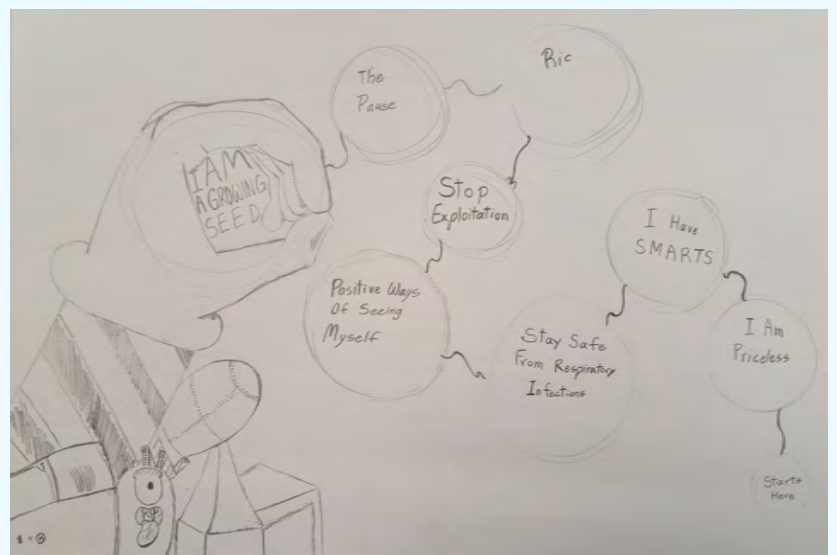
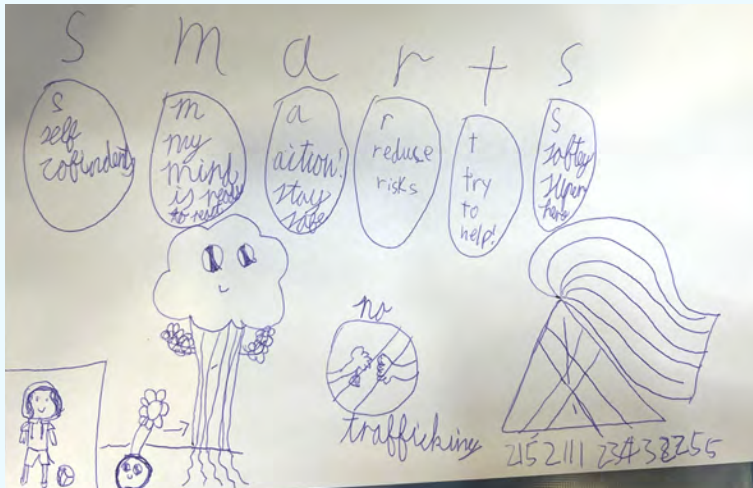
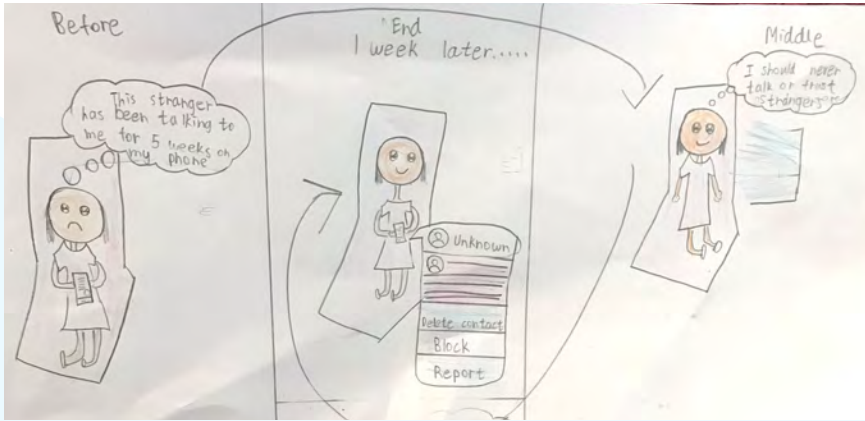
# Our Journey Mapping

Children are asked to draw their journey through the SEED Course and how their lives changed.



©Be Priceless 2021

Scan me for more journey mapping!



# SPROUTS 4-6 Year-old Children's SEED Course

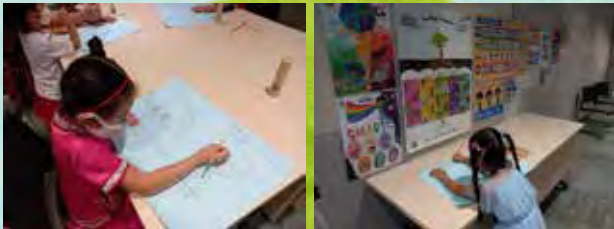
## Impact measurement tools:



1. Check knowledge gained using storytelling scenario

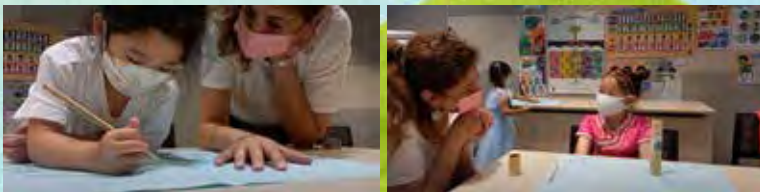


2. Quality of life survey with fun rating scale



3. Journey mapping:

Draw their own journey mapping, showing their changes in growth, well-being and safety



4. Interview

Ask open-ended questions for children's attitudes, practices, perception on their well-being and safety outcome

## Course content:



Age-appropriate content on growth, well-being and safety

Engaging and fun teaching

Life-changing empowerment



Scan me to check out our documentary for the "Makings of the Be Priceless Sprouts Course"!

## Activity Highlights:



Receiving certificates for course completion



Understanding our emotions



Learning about the risk seesaw



Exploring the use of toolkit



Team members getting ready for lesson

## Resources:



worksheets



toolkit



superpower cards

This pilot course, held in June 2022, is based on the 8-15 years old SEED Course. Different specialists, including early childhood educators, brings lots of insight when designing these impactful & engaging activities.

# CAREGIVERS' SEED COURSE



Caregivers' SEED Course aims to empower caregivers' growth, well-being and safety.

We share ideas for nurturing children, as well as enhancing caregivers' self-care, social and mental well-being, and ability to improve safety.



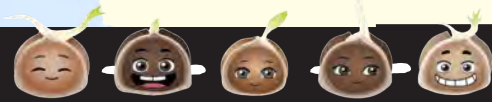
# Our Caregivers' SEED Course - 4 Workshops



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

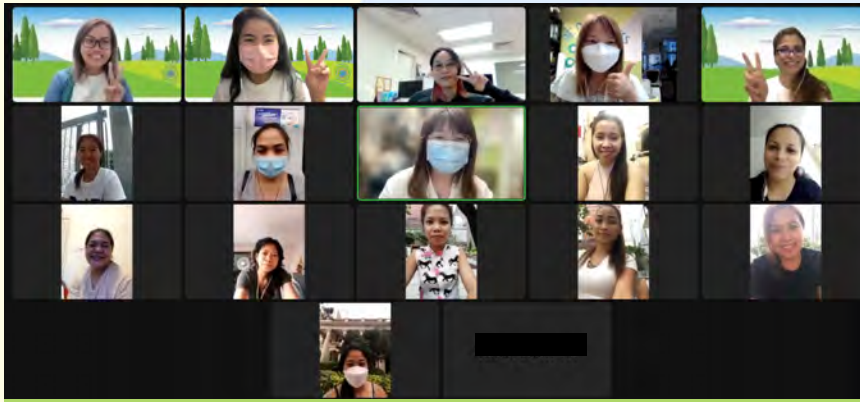
To take care of our children well,  
self-care is very important.  
Let's grow our skills and routines to  
nurture our minds, bodies and  
relationships.  
This includes emotional regulation.



## We flourish!



# Pictures of SEED Course



**We are priceless and limitless!**



**We are a growing seed!**



**Growth mindset activity**



**Building our safety plans**



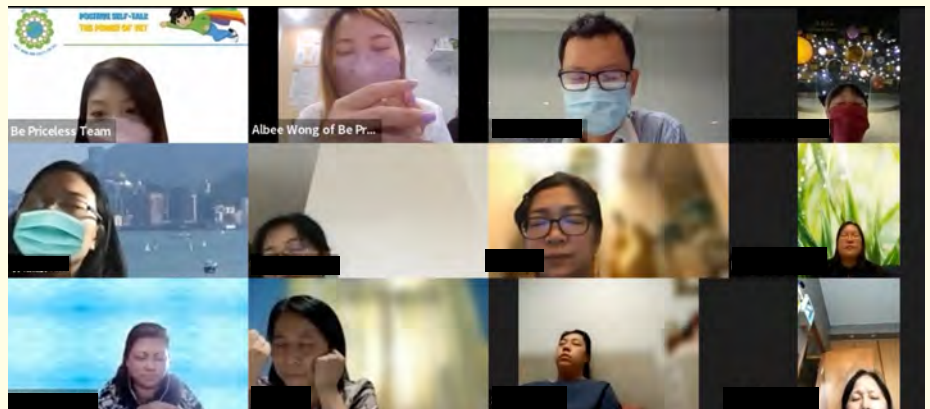
# Pictures of SEED Course



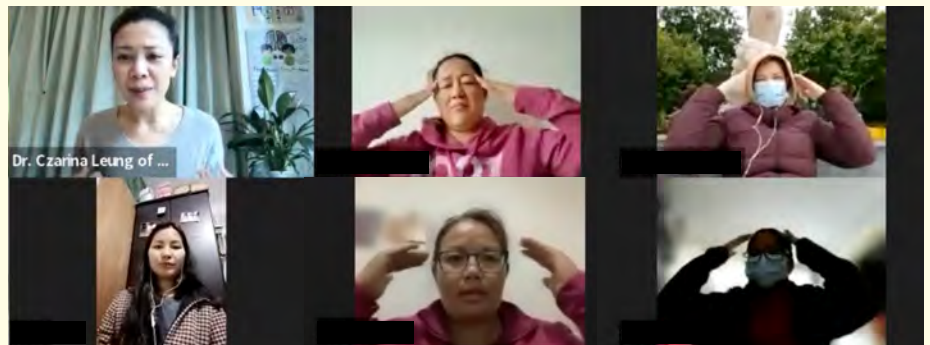
**Compassionate communication**



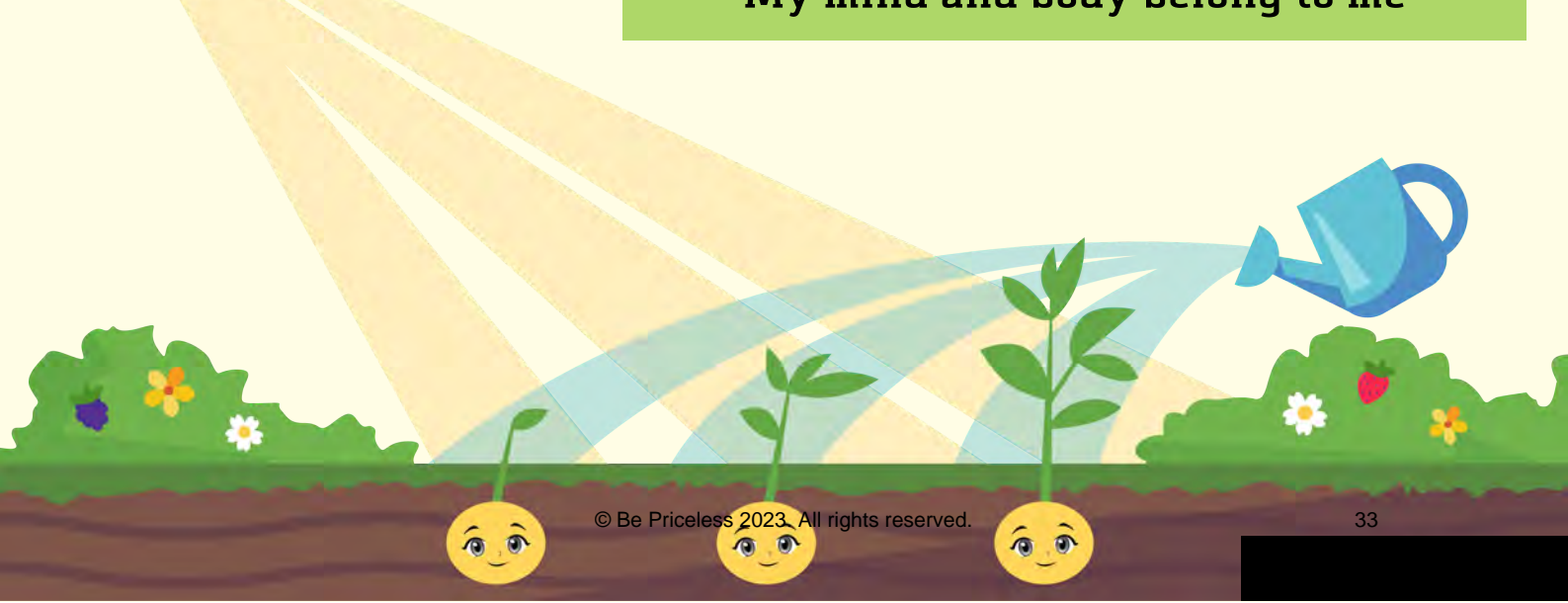
**Emotional regulation**



**Mindfulness practice**



**My mind and body belong to me**





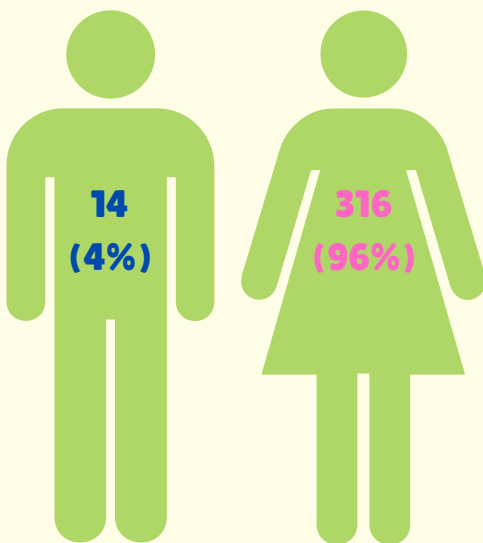
# Who took the Caregivers' SEED Course from September 2021 to December 2022?

We all are different, but we face similar challenges - communication difficulties, violence, infections, climate change and more!  
So we took the SEED Course to be more well and safe.

In one year, 330 caregivers joined the SEED Course!

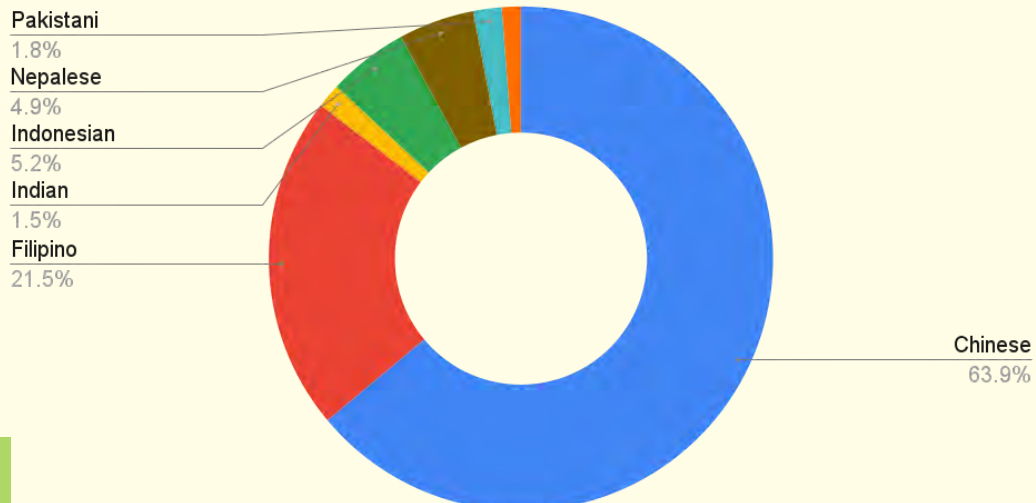


## Gender



## Caregivers from Diverse ethnicities

Number of caregivers= 330

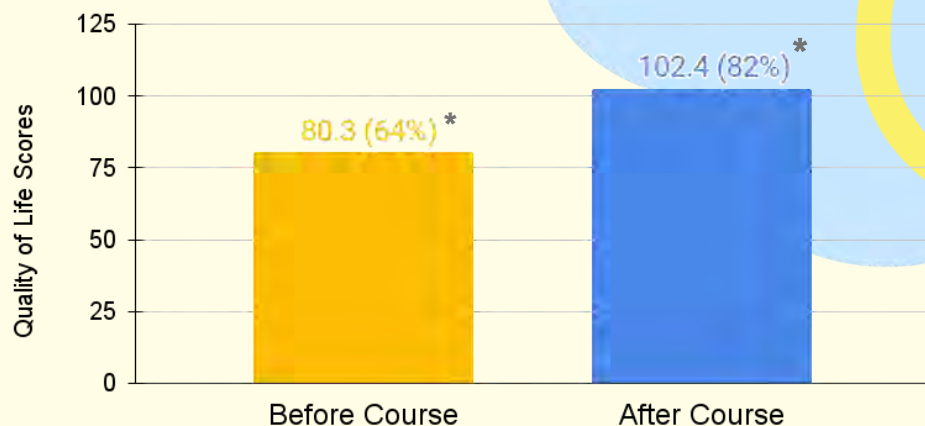


We welcome more daddies and grandfathers to join!

# How did the caregivers' lives change?

## Total Quality of Life score of caregivers

Number of caregivers= 295



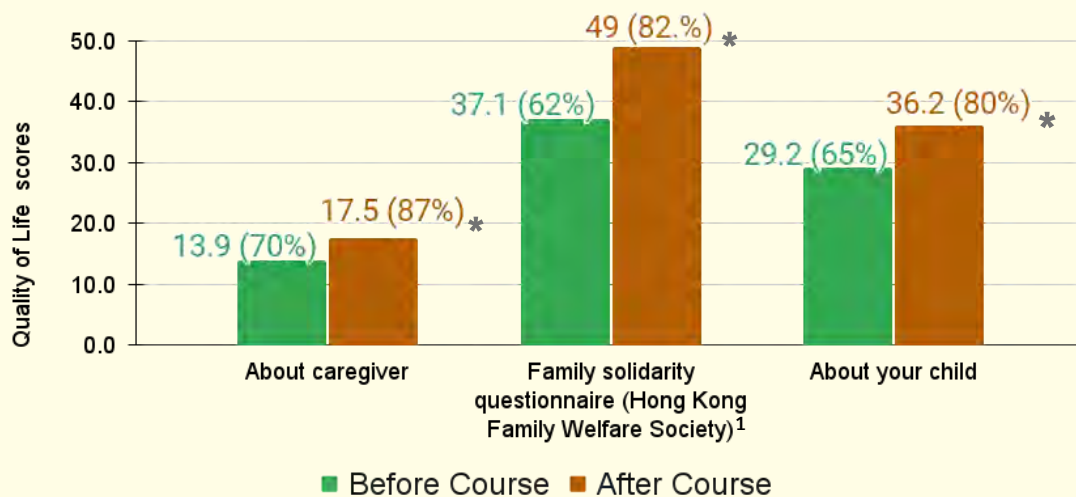
\*\*t-test comparing scores before and after SEED course, p-value  $\leq 0.05$

Our caregivers showed **better quality of life** after the SEED Course!



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

Number of caregivers= 295



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

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

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>

# This is some of what the caregivers shared...

**Question:**  
**How did the SEED Course affect your life?**

## Positive parenting

### Support child's independence

"I learned and understand about the feelings of our children because for me as a mother, I will insist what I like them to do... I realized that I need to respect them... I need to give them freedom. But I will support so that they were both strong and independent person for them to be ready in the future..."

### Thinking from child's perspective

"... I learned that listening to her emotions are very important and that the child's perspective is very wide. They are not only the ones who learn from us, but we also learn from their perspective, like how they express their feelings and thoughts about many things and their curiosity also reflect their personality."

### Open communication

"What I've learned in their course is that all children are unique. They are special... the guardian contribute to what the children may be when they become old, if we... show them to be good, show good deed for other people, that they will be also apply to themselves."

## Growth

### Growth mindset

"I had this mindset from the past that I was not good at doing buying and selling business, that I was not good at that field. And when I changed my mindset, when I thought I couldn't but I wanted to try learning the things that I couldn't do it yet, turned out I was able to do it."

### Each child is unique

"... every child is different and they have their own capacity and ability. So, the parent should understand their child's abilities and push them accordingly. You can't push them like 'your friend is doing this much, getting this mark. So you should get it too.'... So sometimes too hard, so for them, it is hard to share their actual feeling with us."

### Growth of the child

"The seeds grow little by little from little seeds into big trees. This is like my child. At first the baby is a seed, grows little by little and now he/she is already like this. And he/she will grow again... From a small seed to a bigger seed and become a big tree, growing little by little."



**We interviewed the  
caregivers after all  
SEED Courses.**

## **Well-being**

### **Emotional regulation**

"we need that calming down when we are not able to solve any problem... come to relax, go for a toilet..., go for a walk... And definitely will help us in the future to raise a child in a positive way."

### **Emotional regulation**

"I have learned to manage my anger and treat them with respect and approach them calmly."

### **Self-care**

"the skills of self hug... I have like, 2 minutes of mindfulness exercise. I say that every students at the end can do self hugging. I appreciate that people talking to me. I appreciate that everyone has skills... I share the same upbringing, but at the same moment I gain something of myself."

## **Safety of children**

### **Risk reduction**

"... What I learned from this session is to have more open communication to my family, especially my son, and to teach him how to keep out of danger by being vigilant, build a capacity, awareness, ability to avoid risk and how to stand strong..."

### **My mind and body belong to me**

"... because we did not know what was a safe touch. We didn't know about the safety... Before we were like, you should go to hug them... But now I tell my daughter, 'if you are not comfortable, you can just wave, just say hi, you don't have to go and hug them. Like whatever makes you comfortable you can do that.'

### **Human trafficking**

"... I was telling my daughter about bad people, bad things... sometimes it could be cute grandma, or like beautiful women, We don't know who can be bad. So, i think I must more explain how to be safe, how to be safe without parents near."

# Family Workshop

## WORKSHOP HIGHLIGHTS

Focused on an evidence-based practice to reduce risks of COVID-19 infection



Provided useful information on COVID-19 vaccination



Grew community capacity to stay safe during the epidemic, e.g. preparing participants, their family and community to reduce the risks of respiratory infections



Based on United Nation's Risk Reduction cycle: Prevent-Prepare-Respond-Recover



The 5<sup>th</sup> wave of the COVID-19 pandemic in Hong Kong in 2022 was a big challenge for our community and our brave health workers.

Many people faced difficulties in finding the information, support and resources they needed to stay well and safe.

We are grateful to serve many participants who were at risk, infected, or in quarantine.

Our health education and risk reduction resources are shared with the public, medical and public health workers, Hong Kong Jockey Club Disaster Preparedness and Response Institute, our partners and more.



Our community, including 21 adults and 9 children, practiced together the way to wear and remove masks safely



## RESOURCES

All electronic resources are available for download on our website. Multiple languages are available, including English, Chinese, Bahasa Indonesia & Hindi!

Comic book to share key facts through storytelling

Videos on key risk reduction actions

Action plan for COVID-19 prevention, preparedness, response, and recovery



Scan me for more COVID-19 resources!





# Educators SEED Course

## Course Overview



This SEED Course empowers **care service providers** with practical skills, tools and strategies to support and teach our SEED Courses in their schools, NGOs or community spaces. Educators who complete the training will provide SEED-related services to participants FREE of charge.

Developed with multi-sectoral expertise and collaboration, this course aims to enhance educators' awareness, capacity and participation in strengthening the life skills and practice of growth, well-being and safety for children, youth, and caregivers.

We explore skills for enhancing social and emotional learning (SEL<sup>1</sup>), mental and physical health, protection and more. The content are aligned with the children's rights, sustainable development (SDG), and other major public health and child empowerment frameworks.<sup>1-5</sup>

The World Health Organization (WHO) states that nurturing healthy child development is at the centre of all societies' sustainable development goals.

## Target Audience

**Care service providers** like educators, counsellors, social worker, health workers, and other professionals working in NGOs, schools, or groups that are:

- trusted by the community;
- serve children, youth and families;
- aligned with our values; and
- committed to positive, ethical and sustainable collaboration.



References:  
1. CASEL (2015). CASEL guide: Effective social and emotional learning programs: Middle and high school edition. Chicago, IL: CASEL. CASEL (2017).  
2. UN World Health Organization (WHO), INSPIRE: Seven Strategies for Ending Violence Against Children, July 2016  
3. UN Commission on Human Rights, Convention on the Rights of the Child., 7 March 1990, E/CN.4/RES/1990/74  
4. UN General Assembly, Transforming our world : the 2030 Agenda for Sustainable Development, 21 October 2015, A/RES/70/1  
5. UN world conference on disaster risk reduction, 2015 March 14–18, Sendai, Japan. Geneva: United Nations Office for Disaster Risk Reduction, 2015

# Partners



We love to add priceless resource to our community partners!  
Join us!



Christian Alliance SW  
Chan Memorial  
College



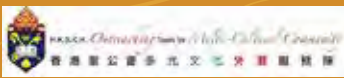
(3 SEED Courses  
+1 Family event)

PathFinders



(2 SEED Courses)

Hong Kong Sheng Kung Hui  
Outreaching Team for  
Multi-Cultural Community



(5 SEED Courses or  
community outreach)

Health in Action



(4 SEED Courses)

Yuen Long Town Hall Support  
Service Centre for Ethnic Minorities



(2 SEED Courses)

Uplifters



(2 SEED Courses  
+ Multiple situational analysis  
+1 positive parenting talk)

Salesians of Don  
Bosco Ng Siu Mui  
Secondary School



(1 SEED Course for new student  
orientation program  
+ 1 Family event)

Branches of Hope

**STOP.**

STOP TRAFFICKING OF PEOPLE

(1 SEED Course  
+ Multiple situational analysis)

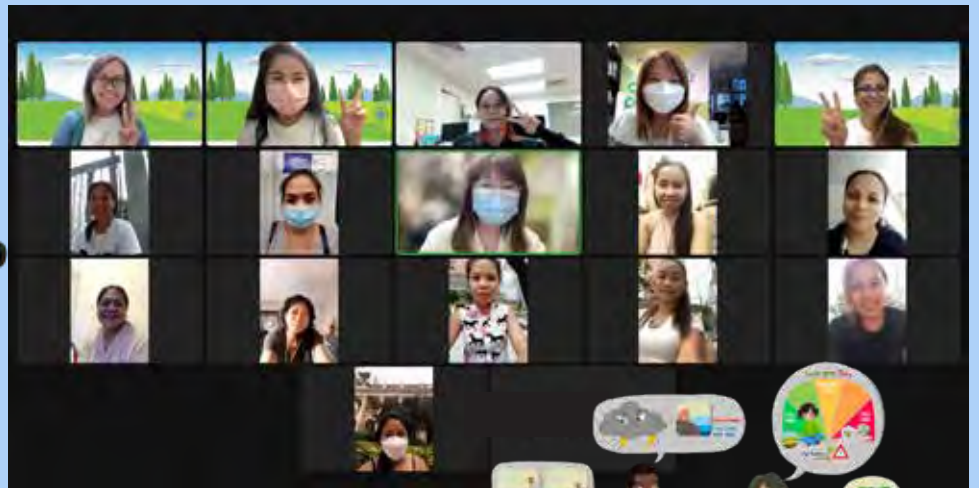
We tailor the SEED Courses to  
our community context.

We are looking for partners  
with shared values.

If you are interested, please  
contact us at  
[seed@bepriceless.org](mailto:seed@bepriceless.org).



# Partnerships Highlights





# Form 1 Students' New School Year Orientation Program at Salesians of Don Bosco Ng Siu Mui Secondary School



Our Children's SEED Course strengthens children's abilities, attitudes and behaviours for flourishing, including in growth, well-being and safety.

The skills they will learn can be applied both inside and outside of the classroom, helping them to handle any difficulties they may face in the future.

The course should be an experience that engages both students and class teachers in an inclusive classroom. We better start early!

It is especially important for students who are new to the school.

How can we better support and prepare our Form 1 students for the new school year? We know that well-being is very important for them

Let's do a Children's SEED Course with Be Priceless for our new Form 1 students before school starts!



Scan me to check out our "Impact video!"

Students learned about positive ways of seeing themselves, risk reduction, and that their mind and body belong to them. They took part in interactive activities and role-playing. They started to make new friends and are more open to take part in the group discussion.

Be Priceless conducted the Children's SEED program as the Orientation Program for all the form 1 students. What a wonderful way to begin their journey at a new school by focusing on personal growth, well-being and safety!



# Partner's SEED Journey

## Marina, Partner and Educator from SKH OTMC

As a participant, I think I really enjoyed the learning, because those learning was quite difficult. Although I knew it, I was not aware of it, e.g. self-care, how to approach my own child, how to self-reflect. All these I knew but I seldom do it practically. This course made me aware and made me start implementing in my own life.

As an Educator, I had a full conviction about the course, so I took another step of being the educator. Being an educator is more intensive than a learner.

The gap in the community whereby we lack intensive training for safety, it was always in the back of mind. The course is very demanding. To change and enhance their life, their relationships, mental health and self-care, it addressed the 360 of a person. After the intensive course is done, it is not a one-day supervisory level program, with the follow up actions.

One of the Pakistani mothers shared about the mental health issues of her daughter with Dr. L in class. Despite all the stereotypes, the other sought help.

I hope what comes next is baby's courses, even the tiny tots needs it, they have the rights to feel safe and to emotional control. This makes the future generation easier to control, like primary school students. SEED program can also have a Nepalese version.

## Janet, Coordinator from Health In Action

The SEED Course has addressed some hidden needs of the community. One of the very memorable sharing by the kids is that she now knows how to react when she was being followed, that she would tell a trusted adult about it. The SEED Course has provided the young people with solutions to some dangerous scenarios, which is very practical and helpful when they are at risk. The SEED Course allows ladies (both mothers and kids) to have a better ownership of their body, and for boys to be more respectful to others including

their family members and friends. Some girls would have put themselves in a subordinate position when it comes to ownership of their body, however, the SEED Course let them know that their body belongs to them and they have the rights to say "no" to unpleasant touches.

I think this is important for the Ethnic Minority community here as this is not mentioned at home or within the community. Although there wasn't a lot of participants in the first round, those who came to the class could spread the idea of ownership of one's body to other members of the community. We believe that the influence from peers works best for community change.

I hope that more families from the community will see the importance of caring and loving yourself. The changes we see from some of the kids – for instance, being more respectful to others and protecting themselves from unpleasant touches - could cast a big impact on their personal growth. Thus, I hope that more kids can attend the course and take up a mentor role in their social circle. I hope that a loving atmosphere within the Ethnic Minority community can be built in the future.





Scan me for more stories!

# Meet Our Core Team



**DR. CZARINA** 

- Founding Director
- Co-lead for child protection
- Education designer
- Partnership developer
- Educator
- Funder

**JASON** 

- Director
- Funder



**DAPHNE** 

Operations manager



**RACHEL** 

- Educator
- Education coordinator
- Partnership coordinator



**SHELLY** 

- Co-lead for well-being and child protection
- Educator



**OLIVIA** 

- Educator
- Translator



**CHO YI** 

- Educator
- Community engagement coordinator



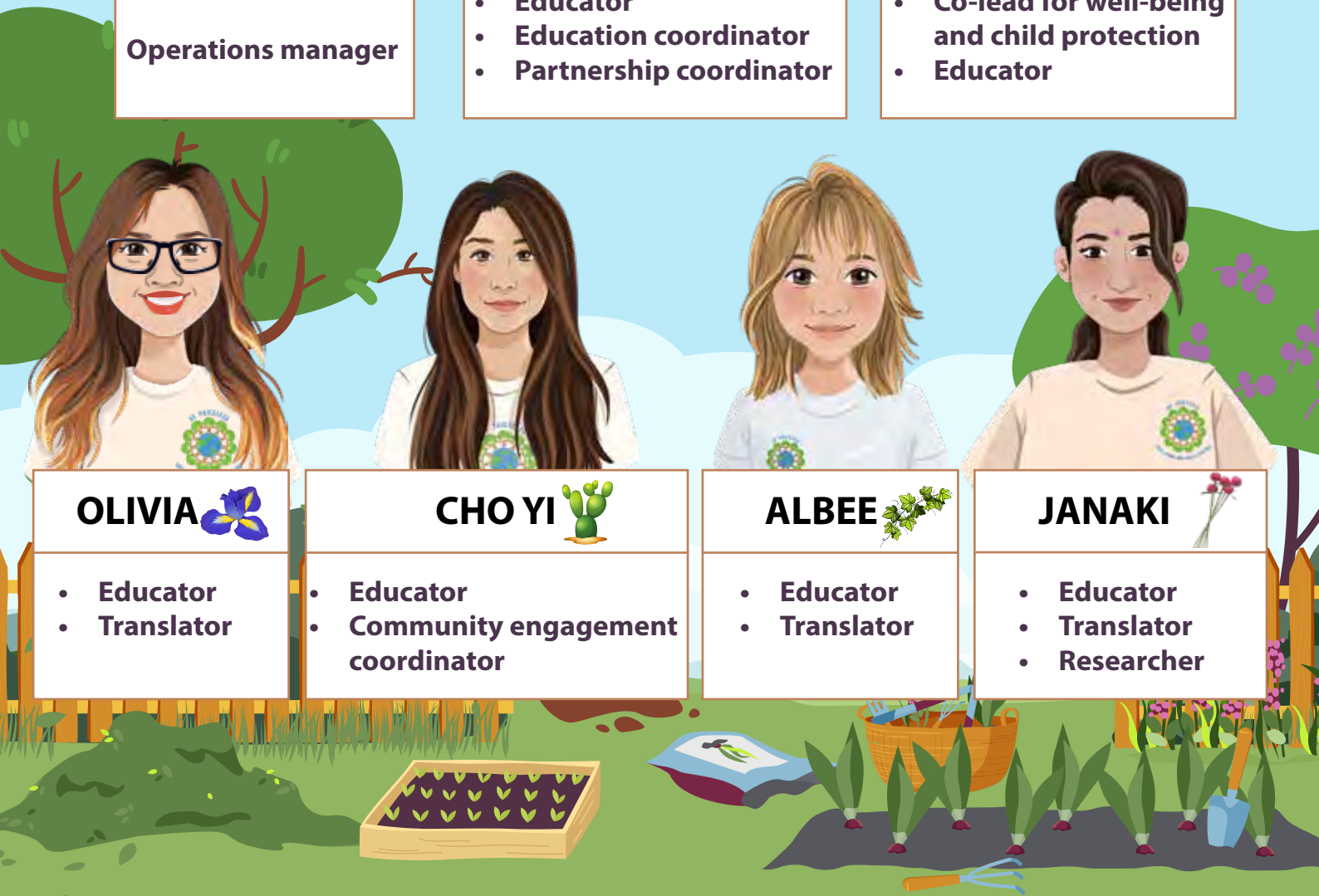
**ALBEE** 

- Educator
- Translator



**JANAKI** 

- Educator
- Translator
- Researcher



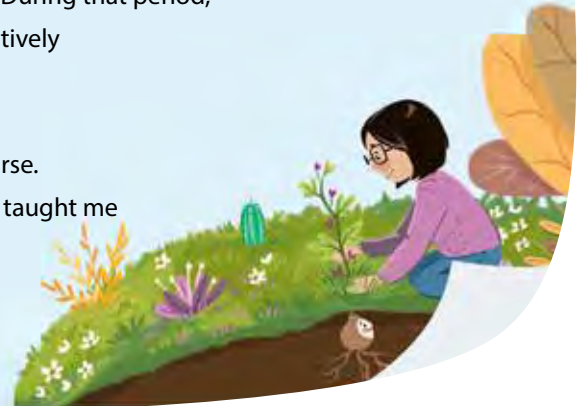
## Youth Interns' SEED Journey



Nychole, age 14

In April of 2021, I had the opportunity to participate in the SEED course, where I learnt valuable aspects of growing and staying safe. An aspect of growth I experienced after the course was being able to put into words the methods to stay safe and make good decisions. During the course, we were also introduced to different 'superpowers' in a person which fosters their growth and development. A superpower that was quite impactful towards me is having a growth mindset, especially towards academics. Prior to learning about it, I didn't have the best mentality when I was under academic stress, and would usually cram all my schoolwork. With the understanding of having a growth mindset rather than a fixed one, I was able to face my problems more confidently, and learnt to accept the situation while striving to improve.

Lastly, I also had the opportunity to help out as an intern during the summer. During that period, I was able to see the amount of thought put into how younger people can effectively understand how to stay safe and have a meaningful learning experience. The discussions on how to make the courses engaging and helpful for the children further showed me the great amount of consideration put into creating the course. Overall, the course allowed me to gain insight on how I should lead my life, and taught me the importance of fostering my growth.



Alanna, age 10

I would never have been able to imagine what having an internship at Be Priceless would be like. It was the most amazing experience I have ever had. Like a web to a spider, or a wand to a wizard, Be Priceless has become a very important part of me. For others, Be Priceless and its team is just one of the other non-profit NGOs, but to me, I see the Be Priceless team as some sort of a family to each other. Every seedling, every staff, every volunteer is special in their own way, so we shouldn't expect people to be exactly the same, even if they are similar.

The team has to work together to reach Be Priceless's dream: Well-being and safety for all.

I didn't really like trying new things before I took the SEED course and joined Be Priceless. But then I realized that I was just afraid of getting things wrong. After the SEED course, I learned to embrace my imperfections and that it's okay to not get things right sometimes.

Sometimes, I feel weak, and that I can't do anything, but then I remember back to those lessons, and think, "No, I'm NOT weak, and I CAN do some things." Be Priceless has had a great impact on my life. Not just having a positive attitude, but also, I feel more confident and happy each morning when I wake up. I used to look out the window to see it was raining and go, "Are you kidding me? Now I can't go to the park!" But now, I see the rain as a blessing to all plants, helping them shoot up and grow stronger, taller, and deepen their roots further into the ground. Everyone has mistakes and problems in their lives, but I think that that's just a part of growing, learning, and knowing what not to repeat.

Now that I think back to the first time I helped Be Priceless with some integration, I feel good about helping out. For some people, mistakes are not to be tolerated, and everyone should be absolutely perfect. Not to me.

To me, everyone is allowed to grow and learn at their own pace, taking their time to sink their roots deeper into the soil and reaching for the sun. When you have a positive mindset, sometimes you feel unstoppable. That the sky's the limit and you have so much to share with others that you burst with happiness.

I'm especially grateful for getting to experience this amazing new life and have this exciting and educational journey alongside the rest of the team.

One last thing I want to say: Remember that you are Priceless and Limitless!



## Interns' SEED Journey



My journey at Be Priceless began in 2019. Dr. Leung invited me to provide voice overs for animations, as well as design a brochure for youth and children on the topic of personal safety. I instantaneously knew that Be Priceless would be an organisation I would constantly be working with in years future, whatever the objectives may be.

In 2022, with a much more developed set of qualifications and an acquisition of new skills, I joined Be Priceless as a Youth Intern for approximately a month's time. Having already worked on and ran mental health and well-being projects in the past, I knew my skill set would be best put to use under that umbrella. I then took on the task of creating a mental health website which would provide free resources and strategies to maintain well-being for those who may not be able to access this sort of information for whatever reason.

By getting an opportunity to sit in at the office and work from there, I was able to get a taste of the level of teamwork that is required in an organisation. I got an opportunity to hear a myriad of ideas being bounced amongst the team and how they were able to come to conclusions and work through them effectively. I was also able to witness interviewing procedures and gained a deeper appreciation for office management.

I am grateful for the opportunity and the guidance and I look forward to continuing being a part of Be Priceless.

Lavanya, a 17 year-old intern



Imagine being on a sailboat alone. Crossing the ocean in mist, and white is all you can see. You feel confused, and maybe a little lost. Days, weeks or maybe months have passed, and nothing has changed. Suddenly, not far from where we are at, we see a lighthouse. The lighthouse is guiding you through the mist, to somewhere. Maybe to your destination, or maybe somewhere temporary for you. But surely a better place than being stuck, than not making any progress. I'm sure everyone has had this feeling, of being lost, fearing for uncertainties, or not trusting in general. For me, the lighthouse that I saw was Be Priceless. Throughout the journey with Be Priceless, I am more than grateful to say, I found myself.

Throughout the internship, I worked with several youth volunteers, they are all so inspiring and empowering. It was at that moment I felt something special in me, that was when I committed 120% to our team. I remember having so much fun with the volunteers, doing something different every other day. With me being the oldest volunteer, of 19 years old, and the youngest volunteer being 9 years old, we had so much fun and were exposed to so so much opportunities to grow. Age is just a number, we each hold so much potential in us. We all have limitless power to grow, a growth mindset is what unlocks the potential we hold.

It would be bold for me to say that I know and have found my purpose, but I'm sure that I am doing something right. To me, we empower children's sustainable growth, well-being, and safety, for them to drive and motivate themselves from the within. We amplify children's voices to be heard, and to create an equitable, a well and safe environment for all families. So! What's your purpose? I found myself during the journey, I am berry grateful to be part of the team. Come join us, there are melons of raisins for you to experience the SEED journey, it will apple-solutely leave you peachless. Wish everyone a fruitful time and always remember, you are priceless and limitless.

Anna, intern and previous-consultant



## Interns' SEED Journey

### Tiana, a 16 year-old intern

I began working as an online intern at the beginning of the summer holiday. I created two social media posts on well-being and mental health. I learnt about the importance of tone for successful delivery and how to make complicated topics more palatable for the general public. I had also participated in the latter half of my supervisor's SEED course. It was a challenge as I had to communicate in Cantonese, a language which I lack confidence in speaking. However, I persevered through it and experienced first-hand what Be Priceless does in helping children and their communities be well and safe.

When I arrived at the office, the Be Priceless staff were preparing for a four day SEED course at NSM Secondary School. What was most valuable to me during the NSM trip was that I witnessed the students bonding with each other, despite it being their first time meeting each other. The courage that the students displayed and the effort that they put into listening and learning about challenging topics was commendable. I believe that Be Priceless was perfect for preparing the students for a new stage in their lives.

I received mentorship from Dr. Czarina Leung as well. Dr. Leung's experience in founding Be Priceless was invaluable to me. Her advice on factors that allow an NGO to run sustainably was insightful as it gave me a glimpse into how organisations are run and how to keep people motivated to help an important cause.

Be Priceless has helped me develop as a person as I have become more empathetic and more open to listening to different people from different walks of life. I am grateful for the opportunity that I have been given.

### Bonita, a 16 year-old intern

When I started this internship, due to contracting COVID-19 and having to isolate myself as a result, there was a significant period of time where I was online. After weeks of being online, I was finally able to step into the Be Priceless office. Later, I was told that the team would be teaching at NSM, so I was assigned to be the photographer and videographer for the event alongside my sister. This is where I saw the very core and structure of the SEED course. After my own discussions with Czarina, I was further informed about the variations of workplace environments she has been in herself, which provoked me to think about what sort of environment I would want to work in the future. This is one of the biggest lessons I learnt during my internship.

Surprisingly, what I learnt from this experience was to be more open-minded towards others, especially teachers. Being on the teachers' side of things this time around meant that I understood the struggles teachers have with the engagement of students, but still be able to offer the perspective of a student during team meetings. Now I have grown to understand what it is like to actually see the two sides of a story.

Lastly, I learnt how important it is to have a passion for what you do as a career. Even if you have a passion for your job, it will undoubtedly become challenging at times, especially after observing how fatigued the teachers and myself were after each day of teaching. Hence, you must love what you do enough to persevere through it and have the patience to wait until it becomes better again. I will not be able to experience this for myself anytime soon, however I am excited to see where my journey leads me.



## Interns' SEED Journey

Tom Lau, a 20 year-old intern

During this fabulous SEED journey, I had wonderful experiences working with multisectorial professionals, who are all fully committed to serving the community. My volunteering work started in September 2022, and I am mainly responsible for community engagement. It was great fun to work with my mentor, Choyi, on the social media team. We worked together to create social media content and other materials. I can deeply feel the passion and the warm, caring atmosphere in this workplace. I remember Dr. Leung mentioned the community garden, where every one of us could grow and flourish while we can plant plants and help others to grow and flourish.

My experience in Be Priceless is wonderful and fruitful, not only I have opened my eyesight into the field of NGO work, but I have also achieved personal growth in terms of having a more mature mindset.

Especially when I am working on social media posts where audiences may have different backgrounds and experience different difficulties. It is important as a medical student and a future doctor to understand the importance of empathy and try thinking from the perspective of our patients and the community.

To conclude, my internship at Be Priceless is a life-changing experience, I believe the things I have learned at Be Priceless can help me become a better doctor and a better person in general. Looking forward to continuing to serve the community in the near future.



Josephine Yu, a 21 year-old intern

I started volunteering at Be Priceless since September 2022 and my internship lasted for 3 months. I have gained a lot in this placement, as well as meeting a group of wonderful people who are so committed to serving the community. I was given the opportunity to try a variety of things, from designing posters, editing videos, creating community reports, to helping with impact assessment and situational analysis.

These practical and diverse experiences could hardly be earned from school or daily life. I am really grateful to be part of Be Priceless which allows me explore more of my potentials and expand my abilities.

Apart from the gains in personal skills, I also learned mental and social well-being are equally important as physical wellness. Listening to the sharings from our participants, I had an insight into the concerns and difficulties faced by ethnic minorities and disadvantaged groups. Moreover, I understood that all people are connected, regardless of age, gender or backgrounds. We all have emotions and face similar challenges.

All in all, my journey at Be Priceless is fabulous and fruitful. I hope to stay passionate with serving the community and doing goods to society.



## Team Members' Testimony

My journey with Be Priceless has been magical. It all began in 2017 for me, when I was approached to contribute resources and information on building the Social Emotional aspect of the organisation. From being a volunteer to an educator and well-being lead to child protection lead to learning from each and every member of the team- it has been a life changing experience.

I feel honoured and blessed to be given this opportunity to make a difference, to help the community and to keep learning. There are moments of joy and pure gratitude when we have witnessed the change that the program brings and there have been moments when there were tears- at how much more we can do and how much need there is in the community.

I wish for this family to keep growing and I look forward to the branches of this slowly growing powerful tree reaching every part of the world.

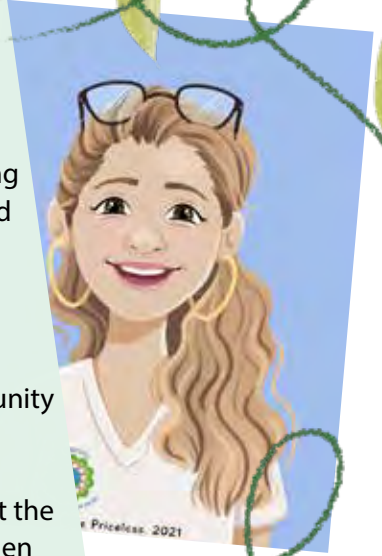
Onwards and upwards- Sky is the limit!

Shelly, An Educator at Be Priceless

My journey has really been fantastic and the opportunities I've been given I am incredibly grateful for – they are tapping into all the skills that I have brought with me from previous jobs: team-working skills; communications; and. I've experienced a fast journey over the last 4 months and I feel really lucky to have had such an all-round involvement in the community.

Remember, you are priceless and limitless!

Daphne, Operations Manager at Be Priceless





## Educators' Testimony

Before I join the Be Priceless family in July 2022, I was a kindergarten teacher at a local school. During the fifth wave of covid-19 outbreak in March 2022, face-to-face classes were suspended at schools and I had a lot of time to rethink my purpose in the education field. That was when I found Be Priceless. For the first time in my teaching career, I feel like I have finally found a purpose as I have the power to empower not only children, but also everyone in the community.

Working at Be Priceless is a very special and enriching experience for me. I feel like I have found a community garden that allows me to be myself, to take care of others, and also being taken care of. I treasure and believe in the values of Be Priceless and I am confident to say that me and the team are making an impact in the community. The part of me that felt like missing is fulfilled by the wonderful gardeners and seedlings I have met along the way. We are all priceless and limitless and no one can take that away from us.

Rachel Ng, An Educator at Be Priceless



回想起自己剛開始接觸Be Priceless的時候,我是一位志願者,幫忙做中文翻譯。那時候,創辦人梁醫生告訴我有關Be Priceless,並相信在這個世界每一位兒童都應該在一個健康和安全的環境下成長。後來,很榮幸地受到梁醫生的邀請擔任Be Priceless的教師,正式開展了我為社區作出貢獻的旅程!

作為老師,能夠把重要的知識技能教給孩子們,能夠為孩子的生命帶來轉變,這就是最大的成就了。另外,作為一位母親,真的很慶幸自己能夠跟我們社區裡面的照顧者一同學習,一同分享育兒的心得。每位照顧者都會從簡單的概念和例子意識到自己原來一直在無私地為孩子們奉獻著,堅持著,大家的目標都是希望在培育孩子成長的過程中能夠做到好榜樣,能夠得到進步!

能為社區提供這個如此實用專業的課程,背後當然少不了Be Priceless團隊裡面成員的互相合作和支持。在這裡,你可以感受到每一位成員都是擁有著一樣的熱誠去服務社區,這是我從來都沒在其他地方見到過的!

梁醫生總是說:「我們才剛開始,我們能為社區做的事情還有很多.....」我們都是無價和無限的,一起來用無限的力量共同建立一個美好的社區吧!

Albee Huang, An Educator at Be Priceless



## Educators' Testimony

I started my growing journey at Be Priceless in August 2022. I have always had a passion to serve children and families in the community.

I am grateful that I can be part of the Be Priceless family to work with my awesome team members who share the same vision and mission to serve others. We all believe in the holistic approach in empowering families' growth, well-being and safety with a loving heart.

It is amazing to see how children and families from different background to grow and flourish together. Apart from teaching and sharing in SEED courses, I am also able to experience this growing journey by recognizing how we are all connected together as a community and how we can make a difference in other's life, including ours. Let's build a stronger community and flourish together.

Cho Yi, An Educator at Be Priceless

I started volunteering at Be Priceless from November 2021. I have always had the calling to serve the community, and I am proud to be part of Be Priceless' Team.

During my journey with Be Priceless, I have taught SEED courses to children and caregivers from diverse backgrounds, including the ethnic minorities living in Hong Kong. As an Indonesian, I have also had the opportunity to serve the Indonesian community in Hong Kong. It was a humbling and fulfilling experience that I will always cherish in my life.

All Be Priceless materials were created by professionals from different fields and the community. Focusing on growth, well-being, and safety, the materials are so precious that I myself have learned much. The skills taught are integral to our life. I started to acknowledge my emotions, do self-care, and prepare for safety. I have also become a more confident parent.

All Be Priceless team members believe in our materials. We don't just teach the materials, but we believe and practice them. Cheers to more exciting journeys ahead!

Olivia, An Educator at Be Priceless

My SEED journey started at Be Priceless from August, 2022. Having worked with children and parents before, I had always wanted to work more for the community especially children. It had been a wonderful opportunity and experience to work with such a fabulous team where we all share the same vision of growth, well-being and safety for whole community. I have been fortunate to be able to teach children and caregivers from mixed diversities and see them all flourish.

The SEED course has not only provided me happiness and satisfaction as an educator, but it has personally been enlightening journey as a mother too. The skills we share and teach here are really life changing.

I really look forward to continue this journey by connecting more people and expanding our community garden. Happy flourishing to all !!!

Janaki, An Educator at Be Priceless



## Directors' Testimony

What we do and how we do it in Be Priceless is what I wish for myself as a child, for all children, and for all living beings - to grow up feeling cherished, self-valued, healthy, safe, and strongly rooted.

Growing our community garden has been a journey full of tests and celebrations for our commitment to live with love, to embrace challenges, while believing in our shared hope and actions for our children and their future generations to flourish.



Nature and our diverse community have inspired me to understand deeply into the complexity of needs to thrive and to develop solutions that nourish our interconnectedness.

The growth journey of our team and our community has expanded our capacities to nurture the multi-dimensions of individual transformation and of our interconnected root systems.

I look forward to our abundant flourishing together.

Dr. Czarina, Founding Director



My growth journey at Be Priceless has been transformative. What started as a few ideas on paper, has turned into an organization with generous people making visible impact in our local communities. By witnessing the growth of Be Priceless, I grew to appreciate both the severity of the issues that we try to tackle and address, as well as the importance of the service that we provide. I found myself becoming more mission driven and purposeful through this journey, and as a result having a bigger heart and empathy for the communities and individuals we strive to serve.

There were ample challenges in creating and launching the courses, as well as assembling a team of like minded and hard working people to serve alongside, but it was well worth the effort. My journey continues and so will Be Priceless'.

Jason Jia, Director



# Our Actions Reflect Our Team Culture

**Safe**  
**Fair**  
**Integrity**  
**Oneness**  
**Empower**  
**Accountable**  
**Shared leadership**  
**Mindful Well-being**  
**Transformative impact**  
**Growth Mindset & Resilience**

**We commit to serve with  
excellence together.**

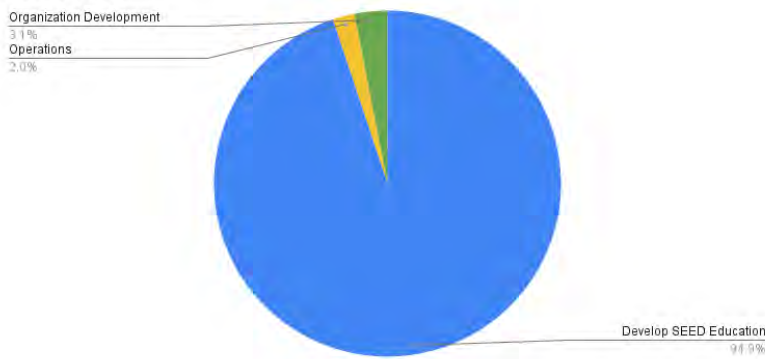


# Our Priceless Resources

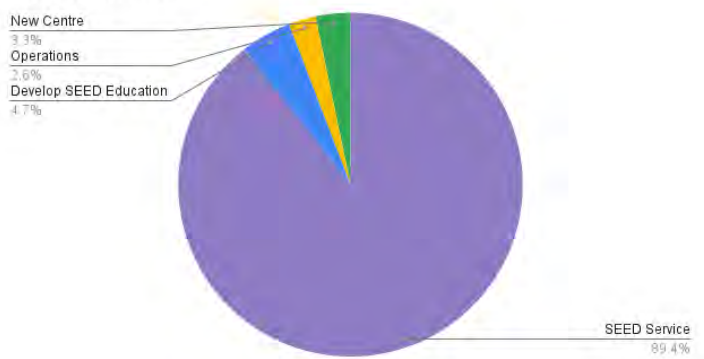
All of Be Priceless has been fully funded by our two Founders as their commitment to strengthen our community's flourishing. Our resources extends far beyond the financial support and also includes the community-wide contribution in the form of pro-bono professional services, volunteering and more. All of our services (SEED Courses, learning materials, and more) have been provided FREE-of-charge. For equity, we prioritize serving children, youth, caregivers who face more risks and challenges. We also share our resources with trusted partners, by providing all of our services FREE-of-charge to schools and non-profit organizations to strengthen their care for these community members.

Time frame	2015-2021/7	2021/8-2022/12
Total Amount Use	HK\$1,506,617	HK\$3,858,736

2015 -2021/7



2021/8-2022/12



Resources : Impact (2021/08 - 2022/12)			
Number of SEED Courses provided (for Children and Caregiver)	48	Cost per Course (HKD)	\$80,390
Number of participants who completed the SEED Course	736	Cost per participant to receive the SEED Course and learning toolkit (HKD)	\$5,243

Time frame	2015 - 2022
Dr. Czarina's pro-bono service	10,700 Hours

## Your Generous Giving is Deeply Appreciated!

**100% of your donation supports children, youth, and caregivers take part in the SEED Courses**  
 HK\$46,000 empowers up to 40 participants to improve their growth, well-being and safety in 2023!

**Donate please via**

**FPS to support@bepriceless.org ,**

**PayMe ID: support@bepriceless.org**

or bank transfer to: HSBC 741-129373-838

For a gift above \$100, receipts can be issued when request from:  
[www.bepriceless.org/donate](http://www.bepriceless.org/donate)





# Thank you to our more than 200 Contributors!

The SEED program is transformative for children and our community's flourishing because of the many wonderful contributors who shared their diverse insights and inspiring ideas.

Be Priceless is so grateful for all of you who supported our mission! Here are so special contributors we want to thank! There are so many others that we are grateful for. We will keep adding to this as more team members and volunteers support our services!

Alanna Jia, Angie Bucu, Cass Wong, Cayla Pui, Deepali Barapatre, Dick Lau, Maya Batra, Ely Chan, Eva Lam, Emily Liu, Lavanya Chutke, Leesha Bharat, Nychole Kwan, Tim Leung, Tiana Wong, Bonita Wong, Elizabeth Chu, David Yuen, Jingxi Dai, Yoyo Hu, Nayeem Jannatun Haque, Trekeelia Simon, Judith Lau, Yana Ng, James Lam, Vivian Chan, Tom Lau, Josephine Yu, Medina Peers, Celina Wong, Elaine Fong, Michael Jack, Sam Reynolds, Anthony Wong, Archana Kotecha, Gideon Cauton, Qoiriah Nurul, David McCracken, Jill Nyhus, Karin Feltman, Dr. Eunise Ho, Matthew Griffith, Dr. Elizabeth Newnham, Jon Bugge, Dr. Orlanda Goh, International Organization for Migration Hong Kong - Alisa Lengle, Dr. Christine Groves, Save the Children team (Christine Wong, Kit Chong, Kimi Yeung), Dr. Awais Farid, Rania Mohamed Ibrahim Hassan, Sheetal Parvani, Sonica Nachnani, Anja Ong, Anjali Mishra, Evelyn Kwan, Fong Ue Sum Sofia, Fong Yik Hong Michael, Joshua Wong, Adam Wong, Leonie Erasmus, Betsy Kwong, Angie Palmer, Nisha Bates, Jhoanna Wayne Nucasa, Loretta Fung, Adrian Kwan, Winnie Fung, Angel Li, Courtney Lau, Remi Wong, Wing Chung, KC Yu, Cyrene Ela, Vandita Churiwal, Zeeshan Fareed, Tahreem, Camile, Saira Balouch, Hasti Sawla, Sahi Patel, Shruti Vakjariya, Angle Liu, Cherry Solibaga, Ni Wayan Eka Jayanti, Prashansa Jain, Xiaosu Wang, Lulu Kang, Wai Chun Lau, Isabel Xie, Advika Mishra, Maanini Mishra, Gaurav Mishra, Angel Kwok, Hayden Yuen, Yuen Sze Yui, Iris Chiu, and more

Thank  
you!



<https://www.bepriceless.org/contributors>

# Upcoming Plans for 2023



Develop More:

9. **Partnerships**, including schools, non-profits and other trusted community groups
  10. **Community engagement**, e.g. interactive activities digitally and in-person
  11. **Resources**
  12. **Team members and volunteers**
- to support our sustainable cultivation of flourishing programs

# Get Involved!



Donors

Partners

Internship/  
Volunteers

Children,  
youth and  
caregivers  
participants

We who Nourish Together,  
Flourish Together!

To take part, please email us at  
[seed@bepriceless.org](mailto:seed@bepriceless.org)





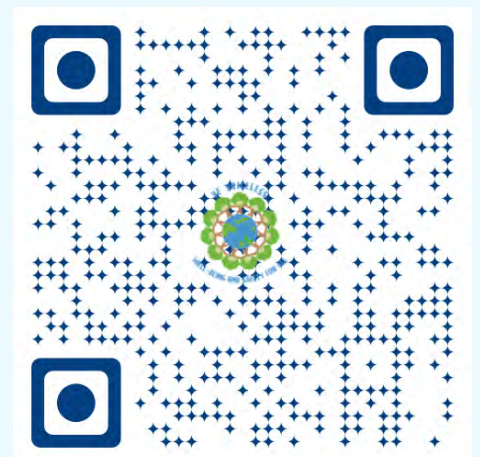
**Want your family to be more well and safe?**  
**Start your SEED Journey now!**



**Check out our website:**  
**[www.bepriceless.org](http://www.bepriceless.org)**



**Or scan**





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