SEED Health Education

"Mind, Body, and Relational" Course
Specially Designed for Children, Youth, and Caregivers



Be Priceless is a charitable institution in Hong Kong since 2021 (IR File No.: 91/16752)

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SEED Course Features

A Multi-disciplinary Proven Method

Partnering with the World Health Organization's "Global Sustainable Preparedness Support Network", we bring together insights from over ten fields—including medicine, psychology, mindfulness, and disaster prevention—and turn these evidence-based methods into practical learning experiences that inspire real behavioral change.



Practice Health and Justice



Tailor-made for high-risk children in Hong Kong (including low-income, special educational needs, and ethnically diverse groups), and their families and schools. We aim to cultivate an inclusive community where every child can thrive with equal rights to health.



Compassion as Foundation

We practice a 'trauma-informed' spirit and partner closely with schools and organizations, hoping to deeply integrate a child safety network into daily life with shared effort. Together, we cultivate a safe and inclusive learning environment, nurturing children's emotional awareness, internal resilience, and sense of security. We also train caregivers to be trusted adults in society.



Remarkable Impacts

Being one of the partners of the Education Bureau's "4Rs Mental Health Charter", our service is based on prevention and empirical evidence. We hope to motivate behavior change in children, caregivers, and educators / organization staff, aligning with the charter while safeguarding the principles of child protection and crisis preparedness.





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Evidence-based Teaching Method

Providing long-term and effective community support through unique and personalized learning tool

Learning through Playing

Participants engage in a series of playful learning, reflection and practice to enhance their continuous self-awareness. They can implement what they learn in class into daily practice, thereby promoting health and long-term behavioural change.



Long-term Support

Long-term support for participants are provided through a combination of face-to-face lesson, online platform and a series of follow-up activities. Participants can continuously practice healthy behaviours for themselves and family before, during and after the course.





Multicultural Learning Resources

SEED Course materials are currently available in different languages (including English, Cantonese, Mandarin, Nepali, Urdu, Bahasa Indonesia, Hindi, and Tagalog). This allows participants from different cultural backgrounds to practice what they learn in class into real-life situations at ease.



Adopt the United Nations Disaster Risk Reduction Framework

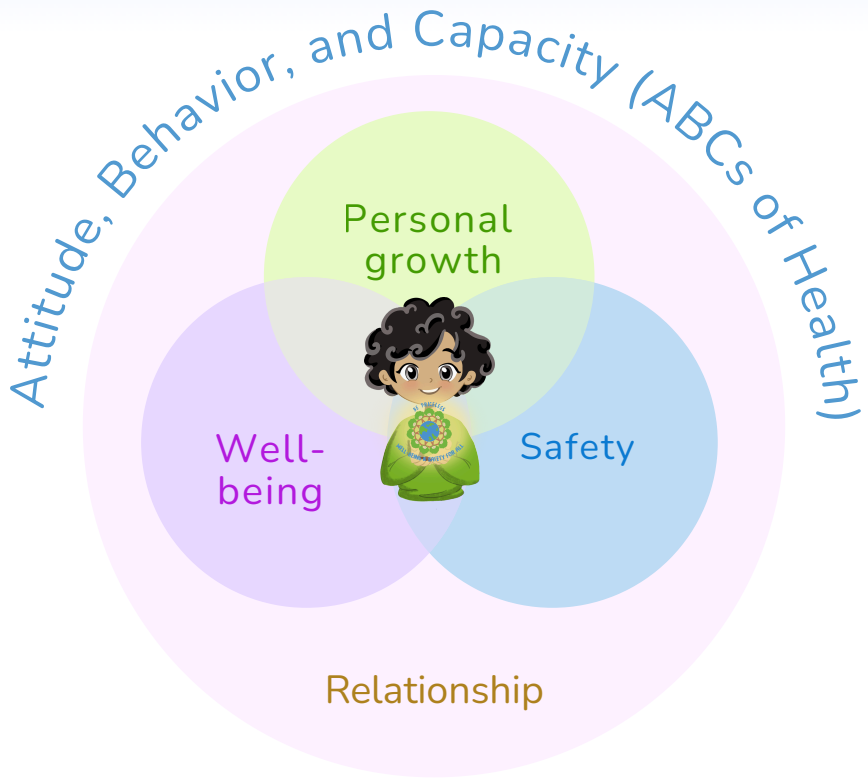
SEED courses' content, which uses a progressive approach, is based on the United Nations' Disaster Risk Reduction framework. Children and caregivers can learn the potential threat and the extent that they may faced, thereby practice prevention, preparation, response, and recovery from different risks.





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SEED Course Structure



- Courses can take place at the partner's center OR the Be Priceless Learning Center
- The number of participants, time, and lesson sections can be adjusted based on partnership and service targets' needs (e.g. special educational needs)

Target	Suggested Class Size	Suggested no. of hours and plan	Supported Language
4-6 year-old children	10-15	12 hours (1-1.5 hours per section)	Chinese/ English
7-11 year-old children*	15-30	12 hours (1.5-2 hours per section)	Chinese/ English
12-17 year-old children*	15-30	12 hours (2 hours per section)	Chinese/ English
Caregivers*	20-40	8 hours (2 hours per section)	Chinese/ English/ Indonesian
Educator/ Organization staff	20 - 80	8 hours (4 hours per section)	Chinese/ English

*ZOOM online lessons can be provided

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Children and Youth SEED Courses Outline

Modules 1–6 | Ages 4–6 | For Kindergartens

Modules 1–7 | Ages 7–11 | For Primary School

Modules 1–9 | Ages 12–17 | For Secondary School



1 I am a growing seed

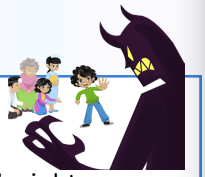
- Establish a basis for health and safety
- Adverse and positive external influences
- Controllable and uncontrollable factors

2 Positive ways of seeing myself

- Discover inner potential
- Enhance Self-Worth
- Growth mindset & resilience



3 Risk reduction



- Understand children's rights
- Practice Prevent, prepare, respond, and recover from risks
- Prepare safety plans to reduce risks



4 The pause

- Practice emotion regulation strategies



5 My mind and body belong to me

- Learn to set up personal boundaries
- Safe and unsafe secrets
- Grooming and violent behaviours
- Practice calling a helpline
- Equity and mutual support



6 Mental health and well-being

- Observe and understand my emotions
- Explore the connection between the brain and emotions regulation

7 Stop exploitation



- Child exploitation
- Types of human trafficking
- Practice how to Prevent, prepare for, respond to, and recover from exploitation risks to protect oneself

8 Interpersonal relationship and compassion



- Develop compassion for self, others, and the community
- Navigate peer pressure
- Master active listening skills



9 Finding my true self

- Search for self-worth
- Learn to set goals
- Break down goals and stacking habits
- Learn to make good decisions for growth



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Caregivers' SEED Courses Outline









1 Relationship

- Guiding Principles of Constructive Parenting
- Compassionate communication
- Asking and telling
- Active listening
- Praising children



2 Personal Growth

- Caregivers' influences on children
- Brain's neuroplasticity
- Learn the growth of neural networks in adolescents
- Explore inner strength
- Support children for growth mindset and resilience



3 Well-being

- Practice letting go
- Cultivate self-care habits
- Observe and understand feelings
- Emotional regulation strategies
- Explore brain and emotional regulation



4 Safety

- Support children in setting personal boundaries
- Practice in becoming children's trusted adults
- Prevent, prepare for, respond to, and recover from risks
- Prepare a safety plan for risk reduction





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Impact of SEED courses

Improved health and health behavior, emotional regulation, well-being, and safety

Children and Youth



Emotoinal Regulation

70%

More able to regulate emotion

Safety & Trust

70%

If feeling unsafe, more willing to tell a trusted adult

Positve Mindset

80%

More able to use positive mindset

Trust

70%

Communicate more openly with caregivers

Caregivers



Life Satisfaction

70%

More satisfied with life

Social wellness

70%

More compassionate with others

Emotional Regulation

70%

Better emotional regulation when child misbehaves

Safety & Trust

70%

Children are more able to say no to unsafe situations

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Become Our Partner

1

Share our vision and value

Aims to strengthen the inclusiveness flourishing of our community, especially those who face higher risks

2

Meet with Be Priceless

Understand the service users' needs and background

3

Co-design a partnership plan

Co-plan service dates, time,sections,targets,etc

4

Complete the Collaboration Agreement

5

Lesson Coordination

Recruit participants, distribute consent forms (provided by us), and share information

6

Long-term Partnership

Providing long-term follow-up service for participants to accomodate their needs and challenges of different developmental stages

Our 90+ partners

Schools and University:

Non-profit organizations:

Find out more

Contact us

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