



# Be Priceless

**Community Flourishing**

**Autumn Report**

**September-November 2022**



## **SEED Courses for Children and Caregivers**





## Welcome to Be Priceless!

Be Priceless is nurtured by our community for our community's flourishing.

We are a non-profit educational group that strengthens the growth, well-being, and safety of children, youth, caregivers, and other communities, especially those who face higher risks and challenges.

The SEED program and learning resources were co-developed by professionals from many fields (including medicine, public health, psychology, education, social work, and more) and multicultural community members (including children, youth and caregivers) to provide practical, engaging, and empowering ways to truly nurture personal and collective growth, well-being and safety.



Children's SEED Course



Caregivers' SEED Course



# Children's SEED Course



During September - December 2022, Be Priceless provided four Children's SEED Courses in Hong Kong.

187 children (aged 8-17 years) completed their SEED journeys. They come from diverse communities, including from Indian, Indonesian and Chinese families. 16% are cross-border students. 15% of our learners have special educational needs.

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

The training is child-centered, interactive, and life-changing.

We practice life skills and behaviors for self-value, confidence, resilience, self-care, emotional regulation, well-being (healthy mind, body, and relationships), and safety (from mental stress, respiratory infection, violence, storms, and other risks).



# The Children's SEED Adventure



START  
HERE

## A

### I am a growing seed

Our path to grow begins with taking good care of ourselves and practising self-love. We are unique and **priceless!**



## B

### Positive ways of seeing myself

We all have the superpowers to face challenges. Let's discover our **limitless** strengths for healthy mind, body and relationships.



## C

### Risk reduction

We will face storms sometimes. We can grow our superpowers to lower the chance of being hurt. We can make a safety plan and get help from our trusted adults!



## D

### The Pause

In facing challenges, it is normal to feel stressed. Take a pause and check into our feelings. Let's rest and recharge.



# For 7 to 16 year-olds: 8 Modules

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

H

**Stop exploitation**

We have the right to be protected.

It is wrong for anyone to take advantage or hurt others!

Let's practise the many ways that we can stop exploitation together!

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!**



# Who joined the SEED Journey in September to November 2022?

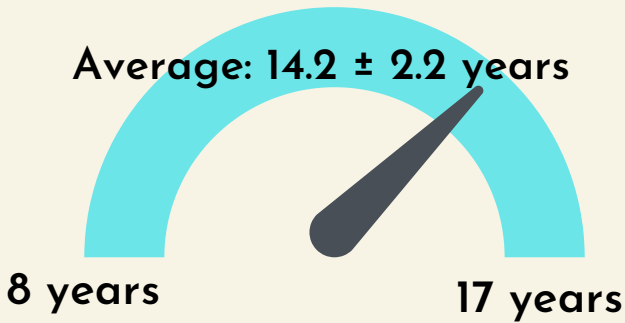
**187 children joined!**

Children joined directly from the community, signing up from our social media or from our partners (Christian Alliance SW Chan Memorial College )

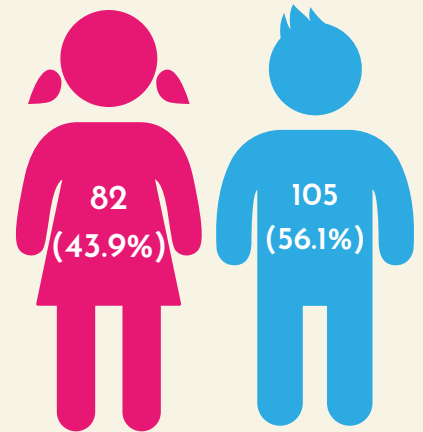
The courses were either in-person or online.

## Age

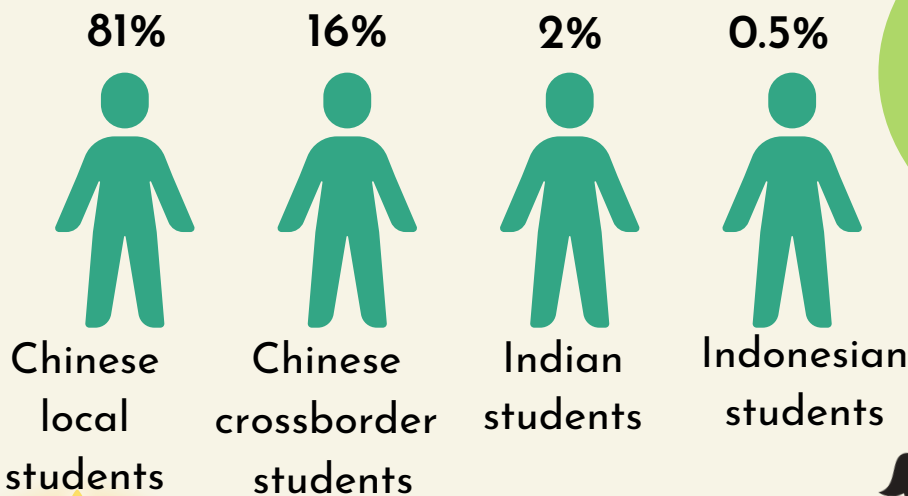
Average:  $14.2 \pm 2.2$  years



## Gender



## Ethnicity

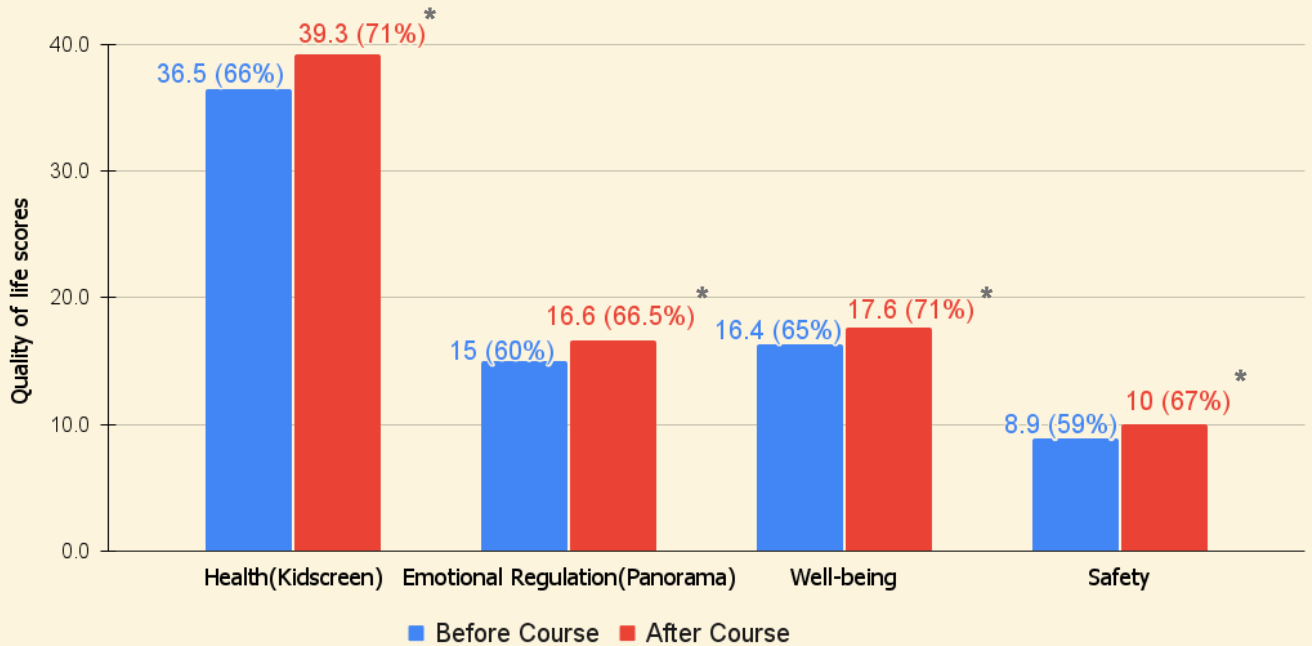


**15% of the learners have special education needs (SEN): 28 children this season**

# 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: 187



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

Health is measured by Kidscreen instruments<sup>1</sup>

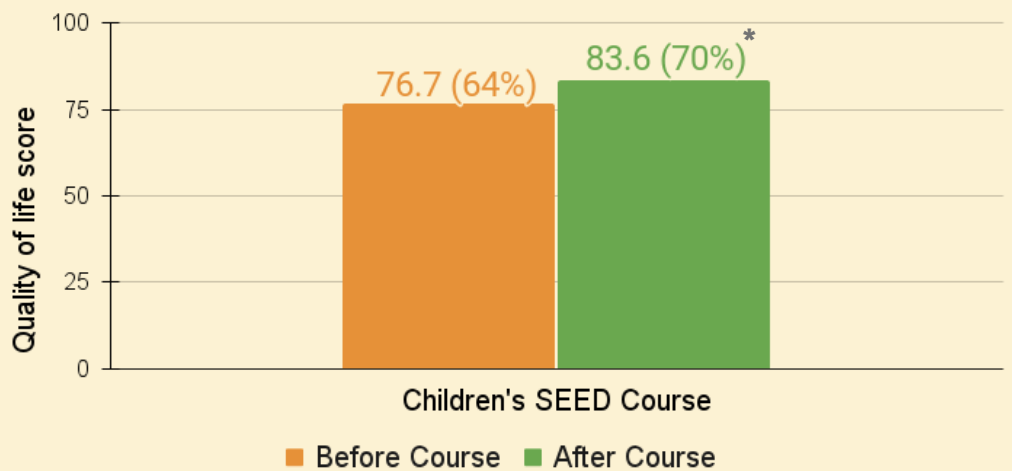
Emotional regulation is measured by Panorama instruments<sup>2</sup>

Our children's lives improved after the SEED Journey! They showed improved health, emotion regulation, well-being and safety.



## Total Quality of Life survey scores of children

Number of children = 187



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

### References:

1. The KIDSCREEN Group. (2004). KIDSCREEN 10-INDEX. Health Questionnaire for Children and Young People. [https://www.kidscreen.org/app/download/5872641064/KIDSCREEN-10+index\\_parents\\_sample\\_UK.pdf?ft=1394530275](https://www.kidscreen.org/app/download/5872641064/KIDSCREEN-10+index_parents_sample_UK.pdf?ft=1394530275)
2. Panorama Education. (2014). User Guide - Panorama Social-Emotional Learning Survey. <https://panorama.com/files/sel/SEL-User-Guide.pdf>
3. Be Priceless. (2023). Child-centred community score card on well-being and safety - a participatory approach led by children and caregivers stakeholders. (not yet published)

# How did the SEED Course affect your life?

## Here are some of what the children shared...



I learned about self-value.  
If I did badly on my exams, I would look down on myself.  
Now, I say, I would do better next time.

In the beginning, we were a SEED,  
and then we grow into a tree.

Sometimes, I get bad marks,  
then I have to first understand what is the problem.  
I have to be proud of myself  
and try harder to do better next time.

I like 'The Pause' because I usually get angry.  
I breathe in and breathe out, using the hand technique.  
I feel calm.

I get angry very easily. So, the PAUSE helps me to calm  
down. When I was in the game, I got angry because I lost  
the game, then I remember pause,  
and doing it, I relaxed.



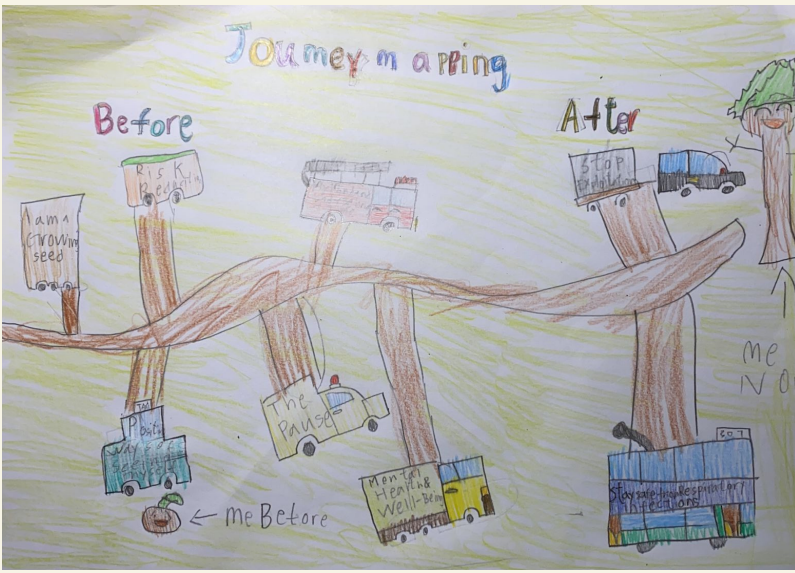
I didn't know about exploitation, abuse and neglect and  
also emergency helpline numbers.

In the starting, I didn't know about risk reduction and  
dangers, but after the SEED journey, I became a big tree,  
because I knew what are my dangers.  
I increase my superpowers.

I learned how to be safe, like from Covid-19.  
I learned about vulnerability and capacity.



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



# CAREGIVER'S SEED COURSE

During September - December 2022, Be Priceless provided 12 Caregivers' SEED Courses in Hong Kong. 195 caregivers from diverse communities (Chinese, Filipino, Indian, Pakistani, and Indonesian) took part.

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

We grew our superpowers for communicating with and nurturing our children. We enhanced our skills and practices for self-care, self-value, safety, and the well-being of the mind, body, and relationships.



# 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!



# Who joined the SEED Journey in September to November 2022?

**195  
caregivers  
joined!**

Caregivers joined directly from the community using our social media or from, our partners (PathFinders, Uplifters, and Christian Alliance SW Chan Memorial College).

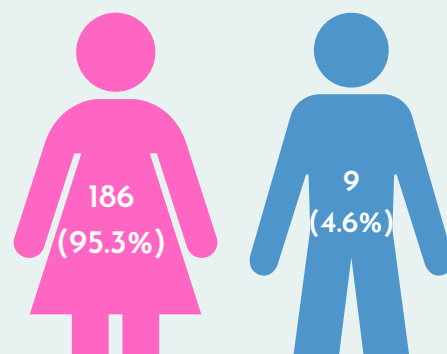
The courses were either in-person or online.

## Age

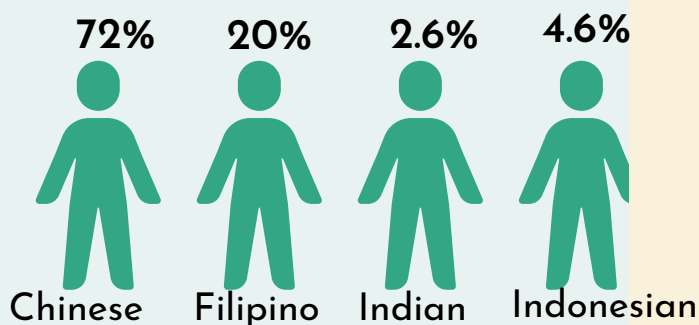
Average:  $38.6 \pm 8.3$  years



## Gender

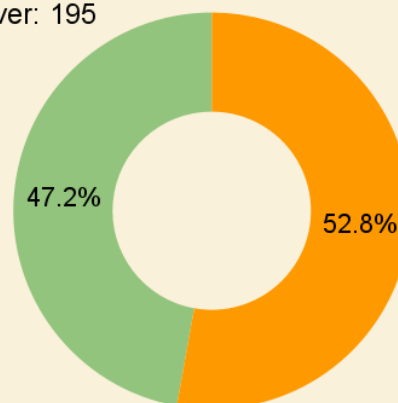


## Ethnicity



## Caregiver's area of living with income

Total no. of caregiver: 195



- Living in area with income below median
- Living in area with income above median

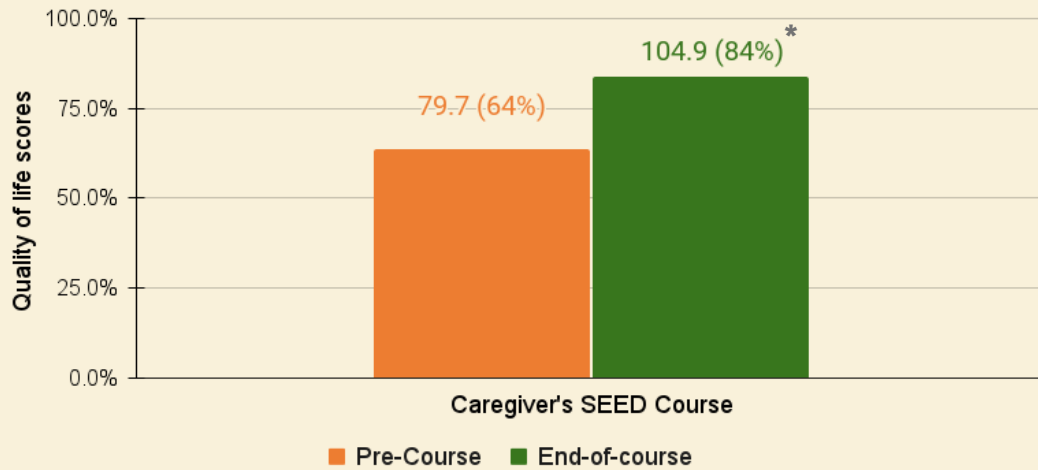
The median monthly household income is HKD 28,600 based on the Census and statistics Department, Hong Kong, October 2022<sup>1</sup>

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

# How did the caregivers' lives change?

## Total Quality of life survey scores of caregivers before and after the SEED Course

Number of caregivers = 195



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

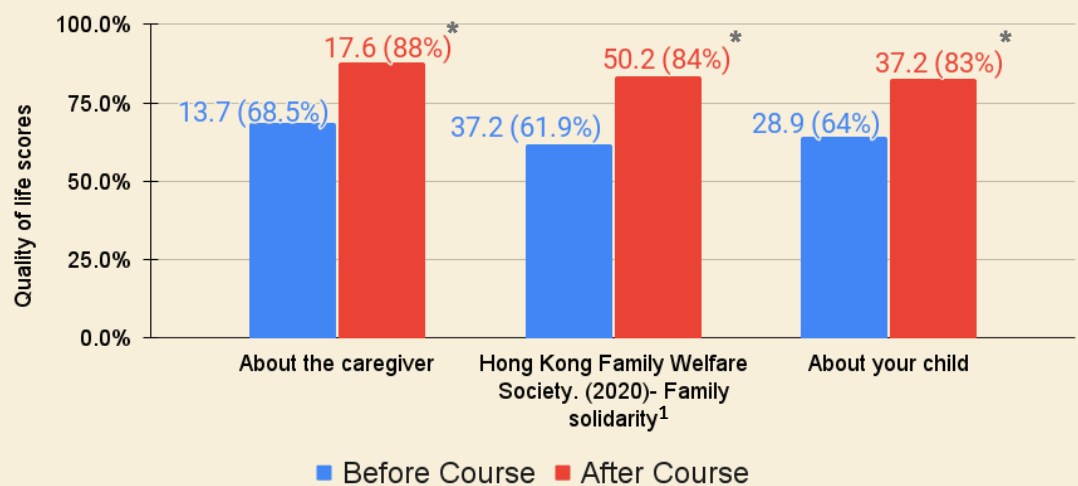
Our caregivers had better quality of life after taking the SEED Course!

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



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

Number of caregivers = 195



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

Reference:

1. Hong Kong Family Welfare Society. (2020). Research Report on a Study on Family Wellbeing Index in Hong Kong. Hong Kong: Hong Kong Family Welfare Society. Retrieved from: <https://www.hkfw.org.hk/en/hkfw/hkfw-survey>

# Caregivers also shared what they learnt in the SEED lesson...



The way how to listen.  
Listening to children first instead of scolding them first.  
We have to listen to their voice first instead of raising yours.

It changed their perception about kids and learning to listen to them and how to talk with them in a calm way.  
I practice more patience with kids.

No matter if the kids are small, they need to have their own voice. I need to be more patient.



I use flipped and open lid.  
Before you get angry, breathe in, close your eyes, close the flipped lid and talk to the ward.

It makes me more calmer now-a-days. When i explain myself, its in the lower emotion now.

I use giving empathy and sympathy with the kids.  
We should listen to their voices and opinions.  
I will not be so demanding of my daughter.

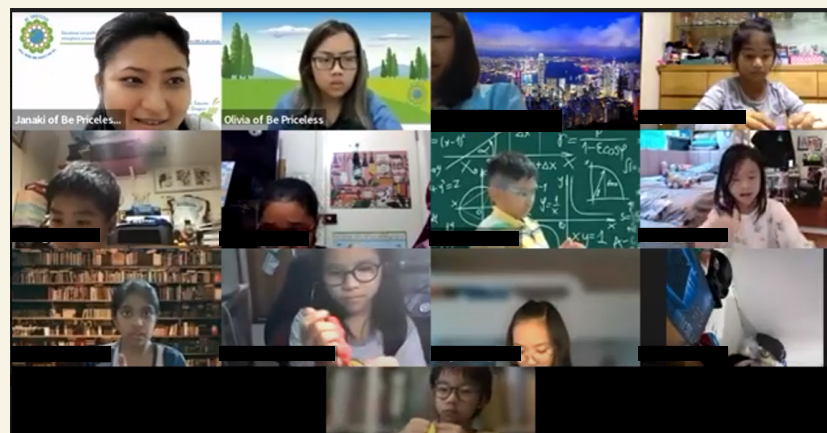
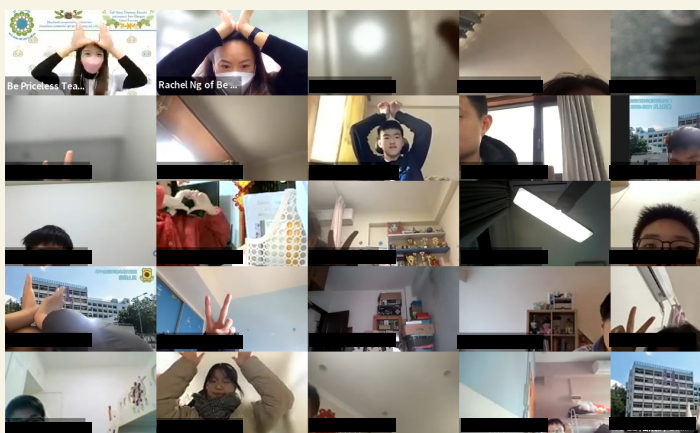
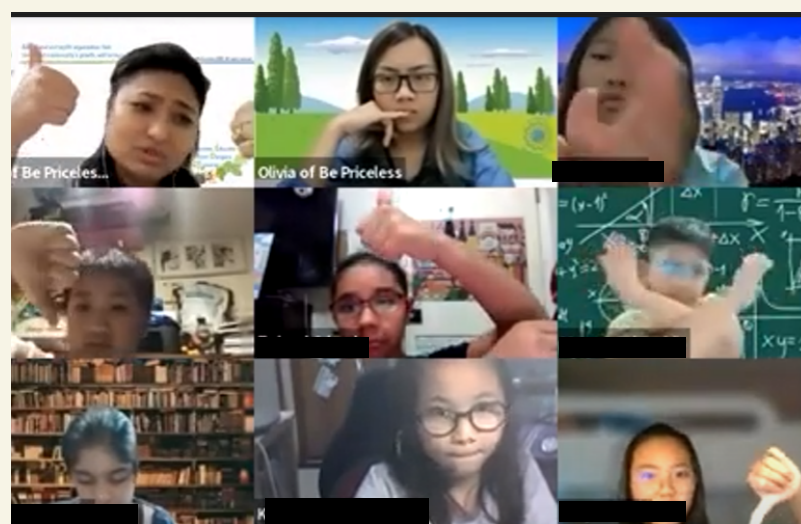
I will share the safety measures with my daughter.  
How she can stay away from strangers.

Remind kids don't talk to strangers and tell the kids how to be safe.

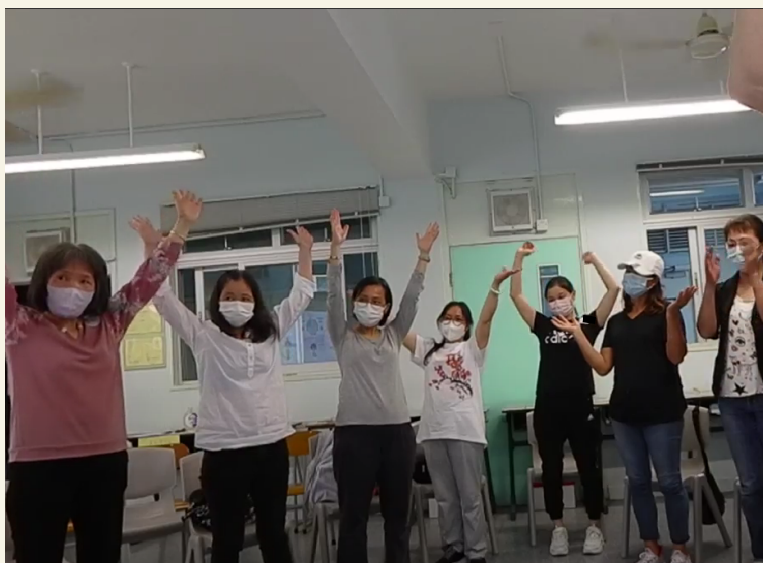
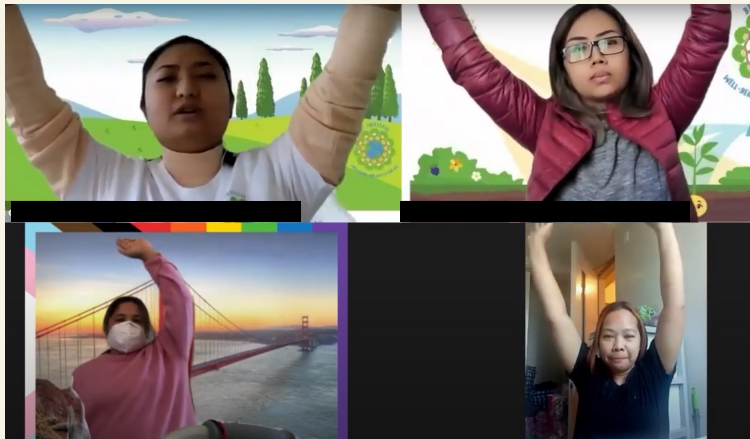
I apply STAR power to do in rightful manner.



# Glimpses of our SEED Course



# Glimpses of our SEED Course



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

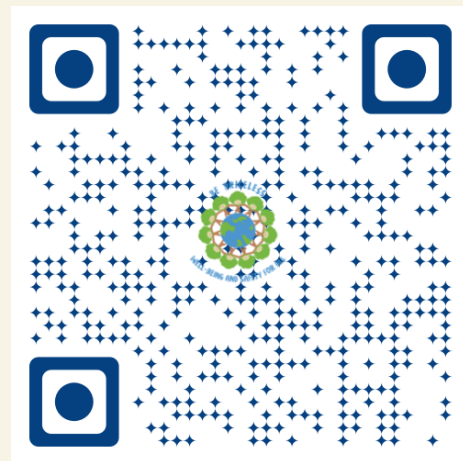


## Start your SEED Journey now!



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

or Scan



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