



Be Priceless

Community Flourishing
Autumn Report
Sept 2023 - Nov 2023

SEED Courses for Children and Caregivers





Flourish with Be Priceless!

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

We are a non-profit educational organization that strengthens personal and collective **growth, well-being, and safety**, especially children and families at higher risks.

What we do

- 1) LISTEN to and PARTNER with diverse community members for shared understanding and shared solutions on growth, well-being, and safety of children, caregivers, and families
- 2) DEVELOP and PROVIDE life-changing SEED education that strengthens life skills for flourishing

Our SEED program and learning resources were co-developed by professionals from many fields (including medicine, public health, psychology, education, social work, and more) and multicultural community members (including children, youth, and caregivers) to provide practical, engaging, and empowering ways to promote the **inclusive, equitable, and regenerative flourishing** within our community.



Growth



Well-being



Safety

Children's SEED Course



During September 2023 - November 2023, Be Priceless provided 2 Sprouts' SEED courses for 4-6 years old and 1 Children's SEED courses for 7-17 years old in Hong Kong.

27 children, including 17 Sprouts(4-6 year old) and 10 Seedlings (7-17 year old) completed their life-changing SEED journey.

They came from diverse backgrounds. 6% of the children from the Seedlings Course are from ethnic minority groups, including Pakistani, Indian, Nepalese, Malaysian, and other communities.

After the SEED courses, quality of life is improved 21.5% for 4-6 years old and 14.4% for 7-17 year old children.

The SEED courses brought behavioral change in the children by providing skills for self-value, confidence, resilience, self-care, emotional regulation, well-being (healthy mind, body, and relationships), and safety (from mental stress, respiratory infection, violence, storms, and other risks).



The Children's SEED Adventure



START
HERE

A

I am a growing seed

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



B

Positive ways of seeing myself

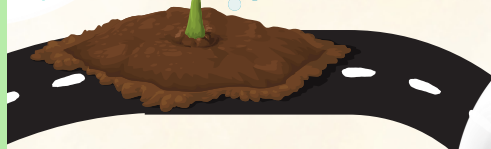
We all have the superpowers to face challenges. Let's discover our limitless strengths for healthy mind, body and relationships.



C

Risk reduction

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



D

The Pause

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



Stay away from respiratory tract infections

We have many superpowers to stay safe from germs like COVID-19. We can strengthen our body to fight infections. Let's help each other to protect our community.



Mental health and well-being

Learn to handle our emotions and thoughts healthily to take great care of our mind. Do get support from others when facing mental disorders or stress. Remember that you are not alone.



My mind and body belong to me

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



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!

We flourish!



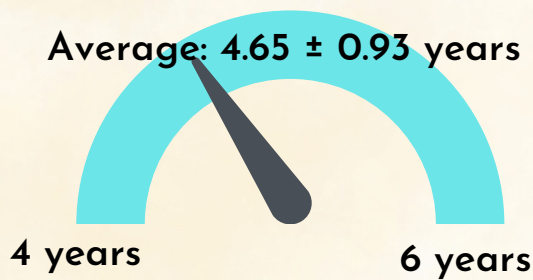


17 children joined the Sprouts SEED Course (4-6 year-old) from September 2023 to November 2023!

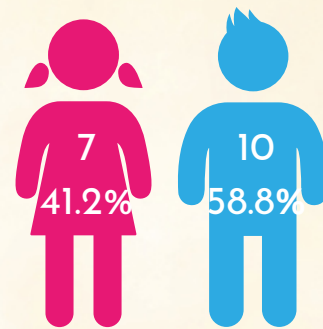
Children joined directly from the community, signing up from our social media.

All the courses were in-person.

Age



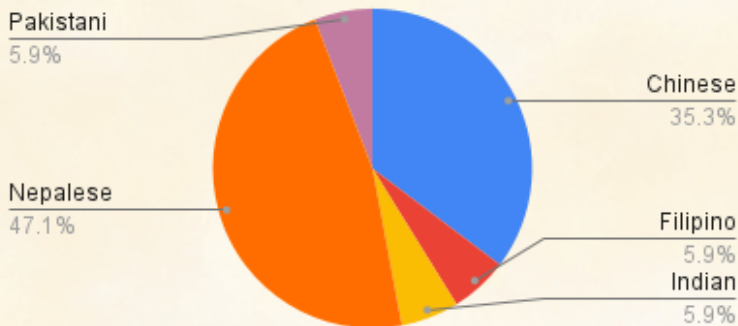
Gender



Ethnicity

Children from different ethnicities

Number of participants: 17

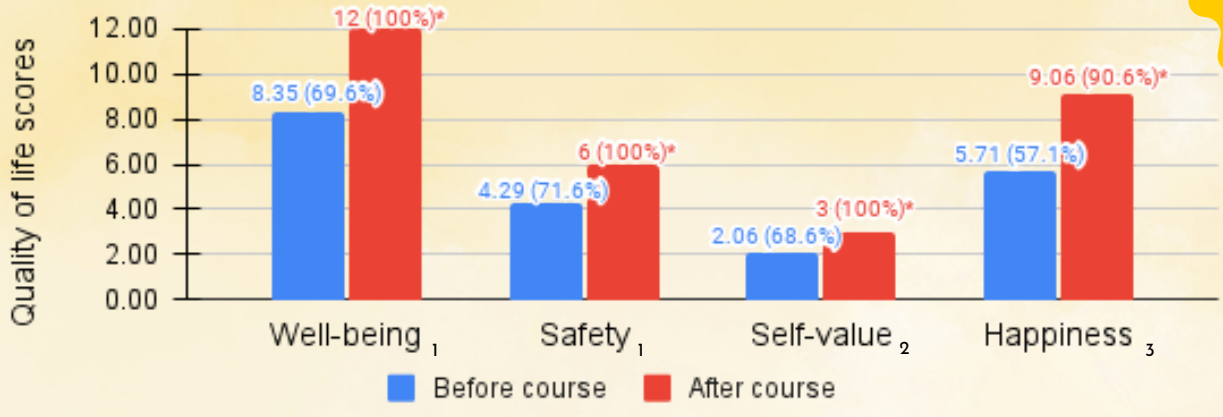


29% of the learners have special education needs (SEN)



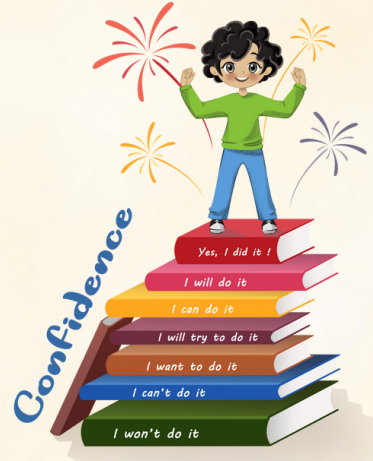
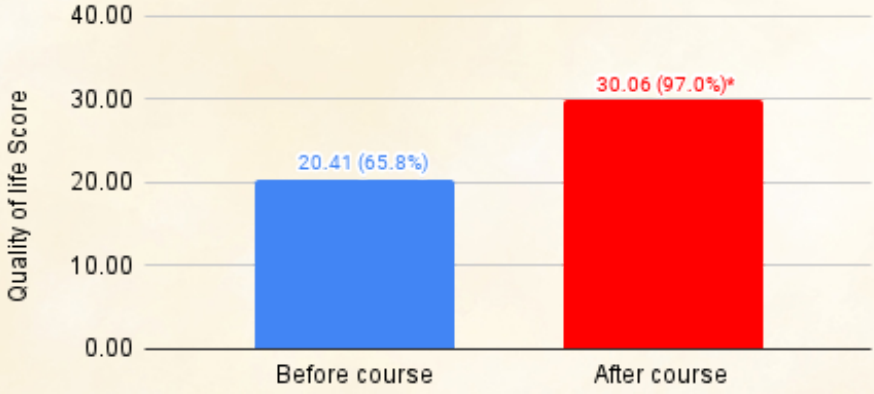
How did the children's lives change?

Children's Quality of Life in 4 Key Areas of Flourishing Reported by Children
Number of children = 17

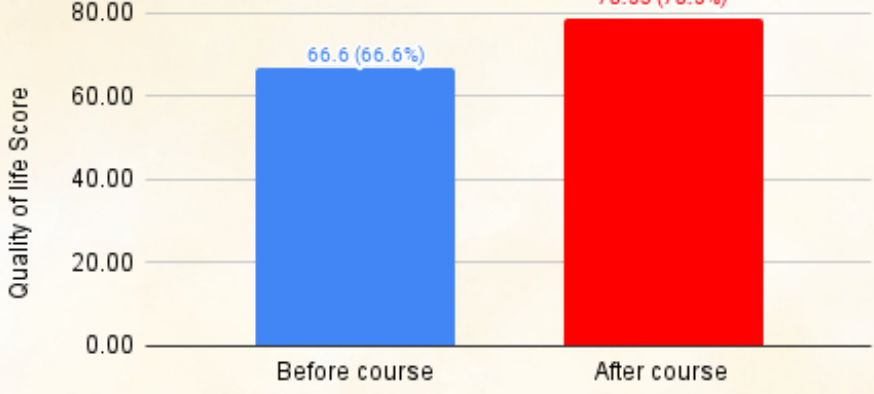


Improved: Well-being, Safety, Self-value and Happiness

Total Quality of Life survey scores of children (4 - 6 year old) as reported by children
Number of children = 17



Total Quality of Life survey scores of children (4 - 6 year old) reported by Caregiver
Number of caregivers = 15



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

References:
 1. Be Priceless. (2023). Child-centred community score card on well-being and safety - a participatory-approach led by children and caregivers stakeholders. (not yet published)
 2. Robins, R. W., Hendin, H. M., & Trzesniewski, K. H. (2001). Measuring Global Self-Esteem: Construct Validation of a Single-Item Measure and the Rosenberg Self-Esteem Scale. *Personality and Social Psychology Bulletin*, 27, 151-161.
 3. Khalek, A., & Ahmed, M. (2006). Measuring happiness with a single-item scale. *Social Behavior and Personality: An International Journal*, 34(2), 139-150.



10 children joined the Seedling SEED Course (7-17 year old) from September to November 2023!

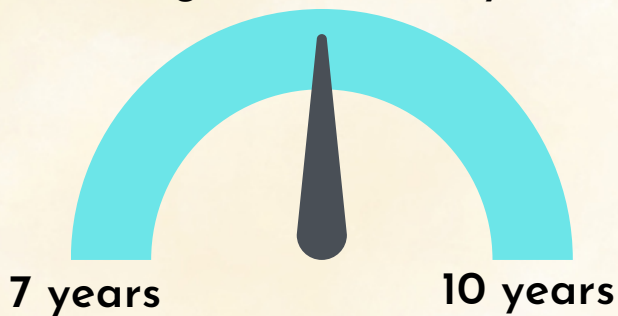
Children joined directly from the community, signing up from our partners (United Court)

All the courses were in-person.

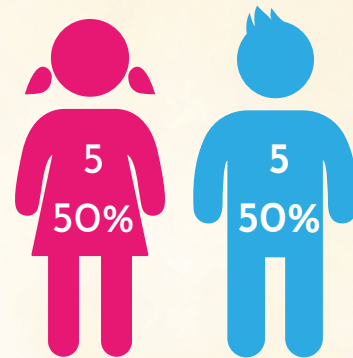


Age

Average: 8.50 ± 1.08 years



Gender



Monthly Household Income of the Participants

Number of Children (7-17 year old): 10



● Household income below median

10% of the learners have special education needs

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

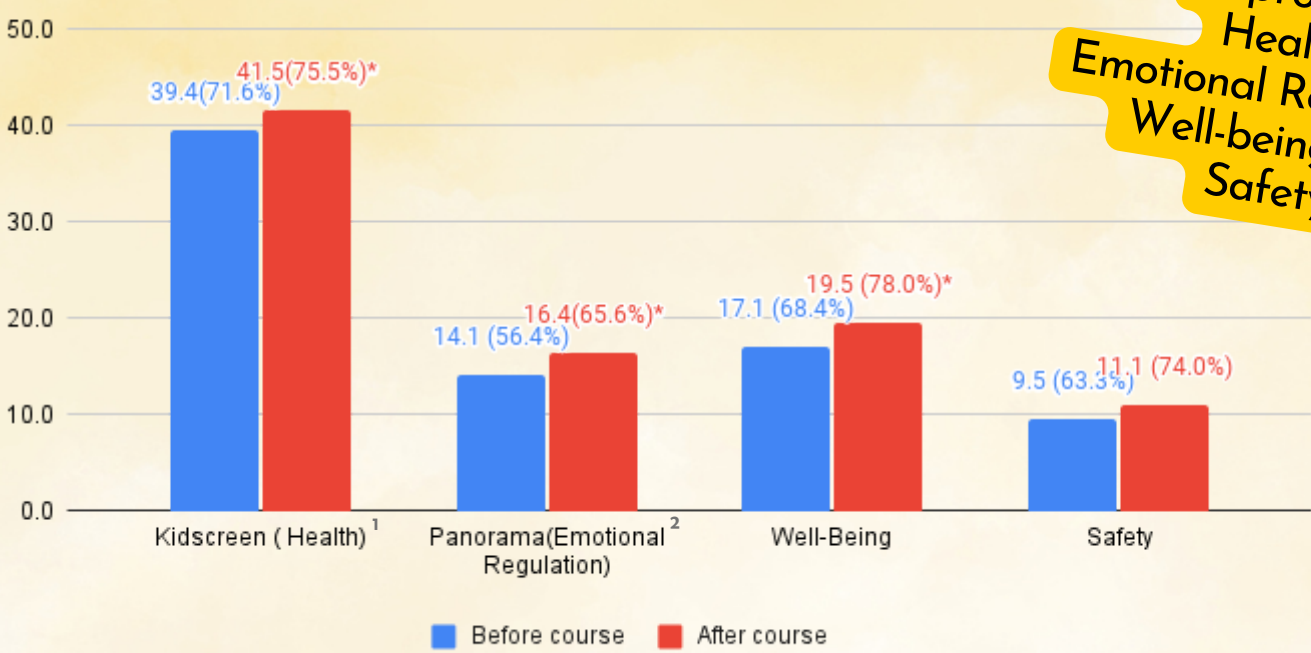




How did the children's lives change?

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

Number of children (7-17 years old): 10



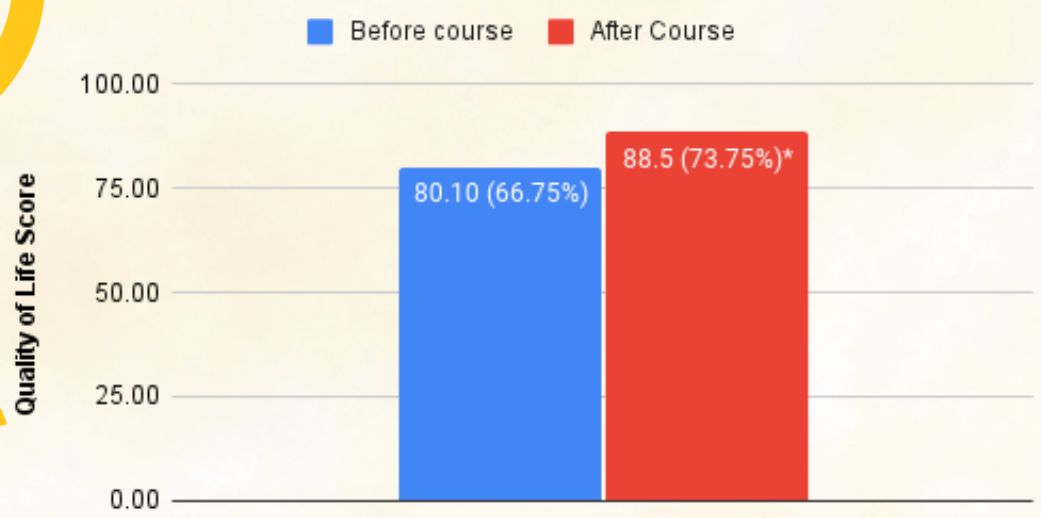
Improved: Health, Emotional Regulation, Well-being and Safety

*t-test comparing scores before and after SEED course, p-value ≤ 0.05
 1. Health is measured by KIDSCREEN instruments
 2. Emotional regulation is measured by Panorama instruments

Our children's quality of life improved after the SEED Journey!

Total Quality of Life survey scores of children

Number of children (7-17 year old): 10



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



References:

1. The KIDSCREEN Group. (2004). KIDSCREEN 10-INDEX. Health Questionnaire for Children and Young People. https://www.kidscreen.org/app/download/5872641064/KIDSCREEN-10+index_parents_sample_UK.pdf?t=1394530275
2. Panorama Education. (2014). User Guide - Panorama Social-Emotional Learning Survey. <https://panorama.com/files/SEL-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 and their caregivers shared...



I know how to use growth mindset now, and I will find a trusted adult if I can't do what I'm trying to do.

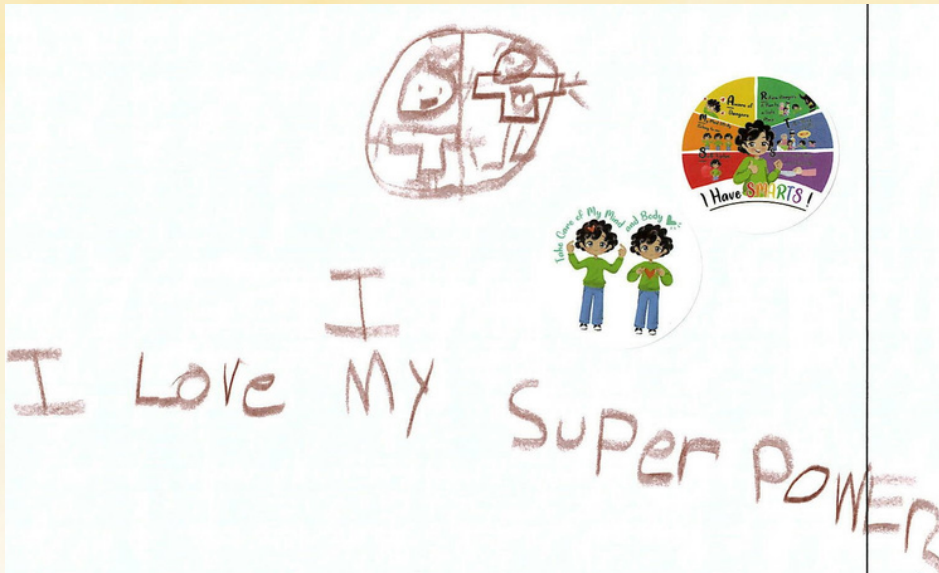
以前孩子可能會偏向考慮自己想要甚麼，現在他會關心其他人，都想為別人準備不同東西。



I learned how to use in-and-out breathing when I feel angry to calm myself down.



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



CAREGIVERS' SEED COURSE

During September - November 2023, Be Priceless provided 8 Caregivers' SEED Courses in Hong Kong.

172 caregivers from diverse communities, including Filipino, and Indonesian took part.

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

Caregivers' quality of life is improved by 6.8% after the workshops.

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



Our Caregivers' SEED Journey



1



Introduction to SEED Course
We learn about positive parenting.
We nurture strong roots so our children seedlings can flourish into healthy trees!



2

Growth

We are like gardeners creating a positive environment for our seedlings to grow!
Let's practise our superpowers, positive ways of seeing ourselves, and growth mindset.





4

Safety

We all value safety. Let's get ready to reduce risks with our children. We can teach them to get help from trusted adults and prepare a safety plan.



3

Well-being

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



We flourish!



172 caregivers joined the Caregivers' SEED Course from September to November 2023!

Caregivers joined directly from the community, signing up from our social media or from our partners (Domestic Workers Corner, Dream Catcher, and St. Andrew's primary school)

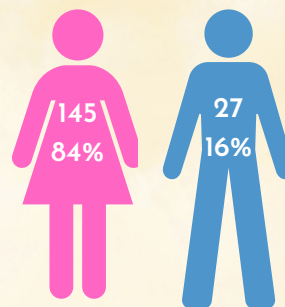
The courses were either in-person or online.

Age

Average: 38.07 ± 7.79 years



Gender



Monthly Household Income of Caregivers

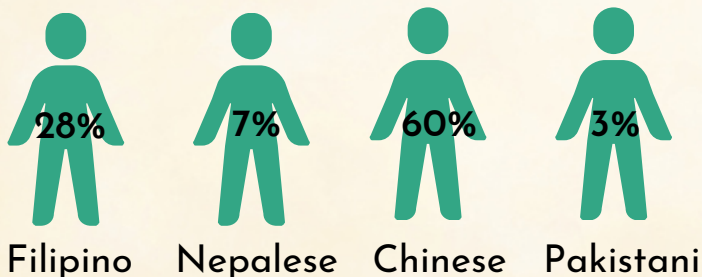
Number of caregivers : 168



● Household Income below median
● Household Income above median

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

Ethnicity

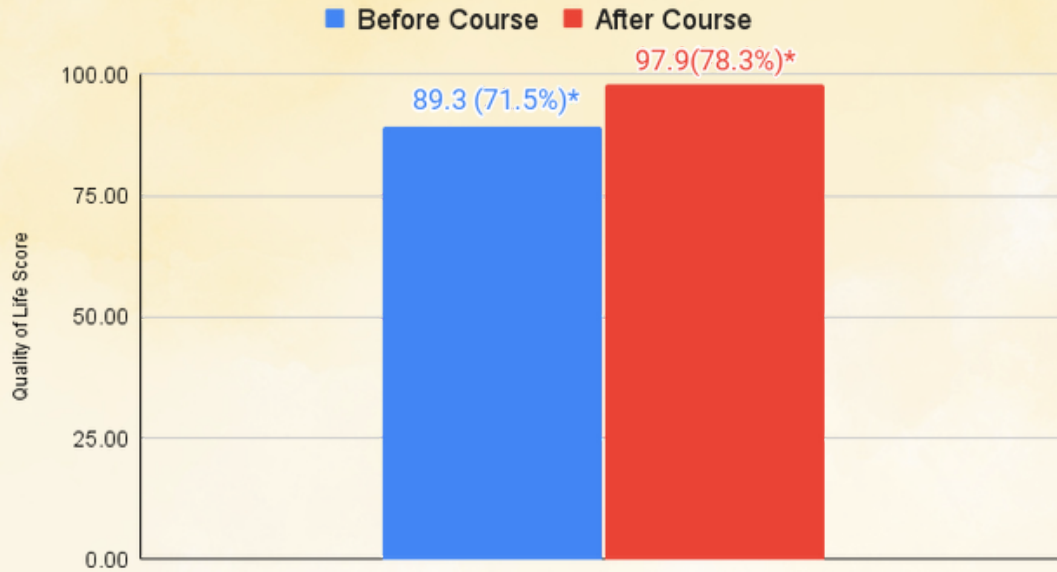


1. Census and Statistics Department. Households. Available on : <https://www.censtatd.gov.hk/en/scode500.html> [Accessed on 3rd January, 2023]

How did the caregivers' lives change?

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

Number of Caregivers: 172



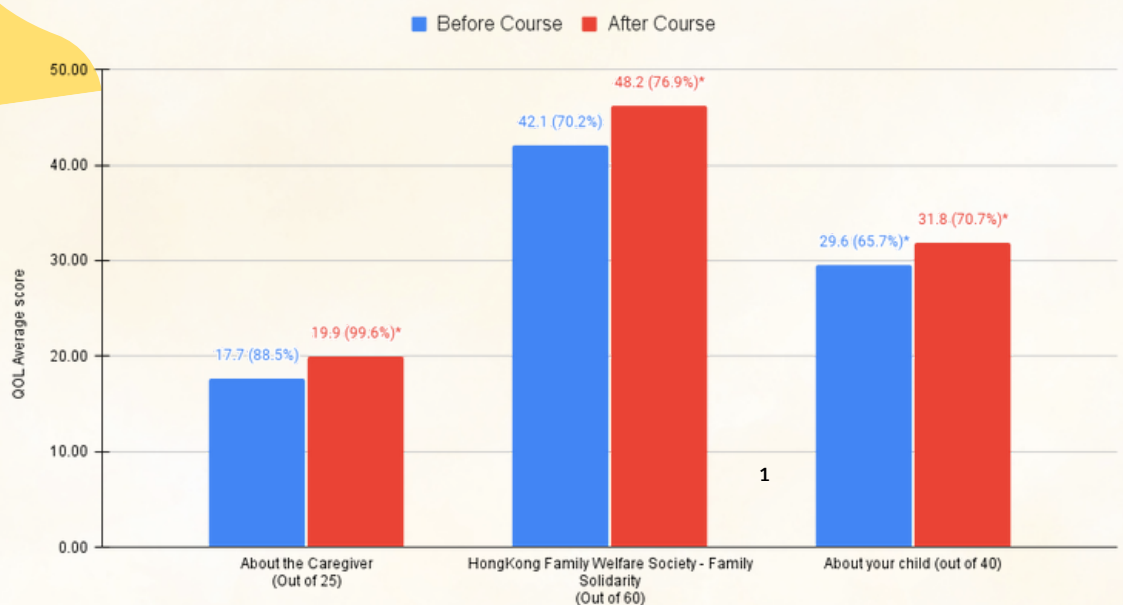
*t-test comparing scores before and after SEED course, p-value ≤ 0.05

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

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

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

Number of caregivers : 172



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



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

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



After attending these lessons though, he's become more positive, and would think, "Oh, if I want to achieve something, what should I do and what should I say," He's put more thought into these things. And now I see that his relationship with mom and dad at home as well as his emotions at home haven't been as turbulent.

We've had fewer conflicts. Back then I'd see some weird things, like he'd put his legs on the table in the middle of doing homework. He still does it now, but I need to let him now what is right, instead of telling him off when he's wrong. Kids are bound to make a ton of mistakes, they'll learn with time, I think.



It helps me a lot, like how to take care of yourself, your child your family and what dangerous situation we can get into a lot of things. It helps me to learn and I am so happy!



Glimpses of our Children's SEED Course



Glimpses of our Caregivers' SEED Course



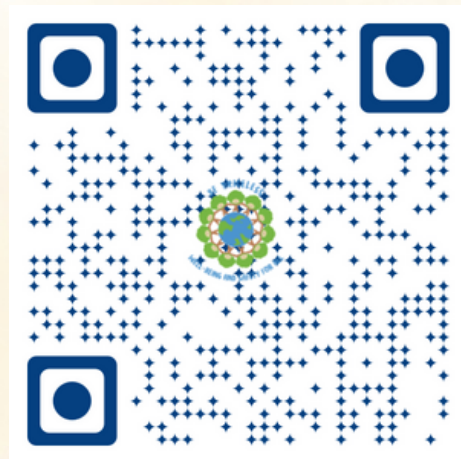
Want to improve you and your child's growth, well-being and safety?



Start your SEED Journey now!

Visit: www.bepriceless.org

or Scan



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