



Be Priceless

School Health Education

Our mission is to **improve children mental, physical, and relational health**. We do so by providing health behavioural training to children, caregivers, and educators. **SEED** stands for **S**elf-value, **E**mpower, **E**ducate, and **P**rotect from **D**angers.

SEED's unique features:

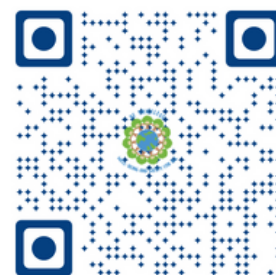
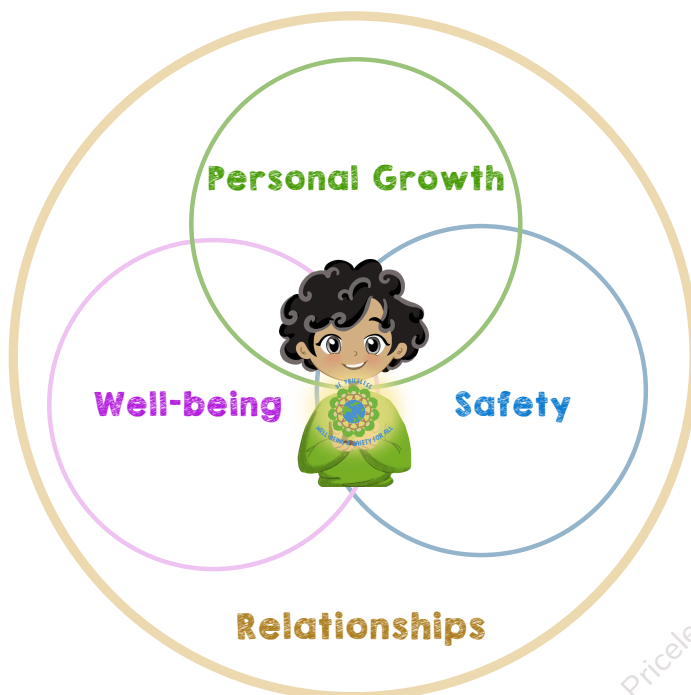
1. **Tailored** for Hong Kong's diverse children
2. **Prevent** and protect from mental health crisis and violence
3. **Builds the foundation of health, well-being and safety**
4. **Impactful:** improve health, well-being, safety for 6 months
5. **Evidence-based:** developed by 70+ professions (doctors, etc)

We are partner of the **EDB's 4R Mental Health Charter** and **WHO's Global Sustainable Preparedness Network**. We have empowered 5000+ children and caregivers, 50+ schools and non-profit organizations





SEED Health Behavioral Education



www.bepriceless.org

Principal Li's sharing

We build children's foundation of health in four domains:

1. **Personal growth:** self-value, **resilience**, **emotional regulation**
2. **Well-being** of the mind and body
3. **Safety:** prevent, prepare for, respond to, and recover from risks, including mental disorders, violence, online addiction
4. **Relationships:** equity; compassionate communication

Target learners:

1. **Children and youth** (4-17 years): the course is age and SEN adapted
2. **Caregivers** (parents, grandparents, domestic workers)
3. **Educators/ counselors/ social workers/ health workers**

Our courses and workshops are interactive, fun, reflective, and collaborative. We have animations, role playing and home practices.





School Workshops

We offer workshops for children, caregivers, families, and educators. We provide interactive exercises to co-learn and collaborate to improve health and relationships. The topics are tailored, e.g. well-being, relaxing our nervous systems, resonant communications and relationships, preventing mental health crisis.



Student community workshops



Caregivers' workshop



Family workshops



Educators' workshops

English,
Chinese

1.5 hour

20-40
Learners

Partner with Us: seed@bepriceless.org or +852 93734453



Special Workshop by Dr. Czarina Leung

Our Founder shares her insights and practices to nurture mind-body health, peace, the SDGs, building a foundation of health and healing in the context of crisis, and other emerging needs.

Dr. Leung draws from 20+ years of humanitarian experience in Be Priceless, WHO, and in serving disadvantaged areas abroad.



Speaker for 2025 SDG Summit Impact Fair on “Bridging the Gaps”



Keynote speaker at the UNESCO HK's Peace School Programme on topic of “A Peaceful Future of Humanity”



Youth-led Mental Health Conference



Inclusive family workshop on “Flourishing in all seasons”

Children need to be safe to be well



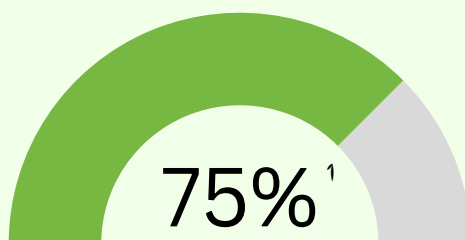
Sprouts SEED Course

4-6 year-olds

Kindergarteners' brains begin to communicate needs with words, and to understand feelings as well as cause and effect. In the course, through fun activities we build their life skills for **self-value, inner strengths, well-being, and safe relationships.**



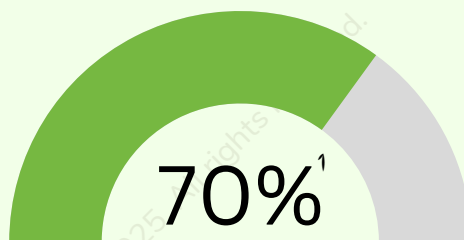
↑ Concentrate



75%¹
Focus at school



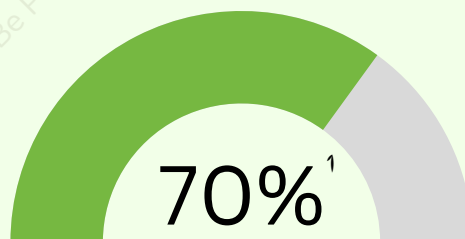
↑ Positive Relationships



70%¹
Sharing feelings with caregivers



↑ Safety



70%¹
Feel safer

English,
Chinese

12 hours

15-20
students/class

[Course video](#)

1,292 children aged 4-6 years completed the survey before and after the SEED Course



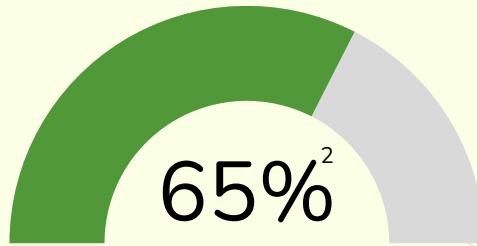
Seedling SEED Course

7-10 year-olds

In the primary school years, children grow in language skills, understanding rules, and problem solving. In the SEED Course, build on these capacities to enhance key behaviours for **self-value, confidence, resilience, emotional regulation, well-being habits, decision making, communications, risk awareness and preparedness.**



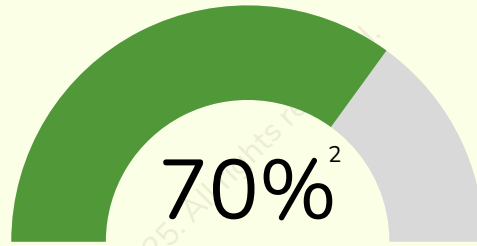
↑ Personal growth



More often to use positive mindset



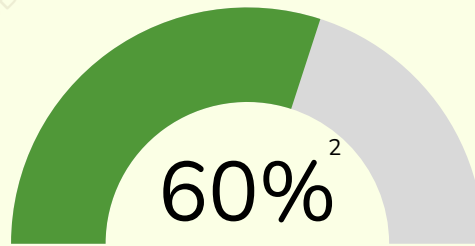
↑ Safety & Trust



More willing to say "NO!"
if feeling unsafe,



↑ Open communication



More willing to
speaks openly with caregivers

English,
Chinese

12 hours

20-40
students/class

[Course video](#)

2. 1,180 children aged 7-17 years completed the survey before and after the SEED Course

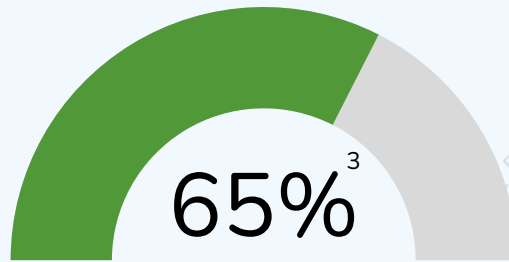


Youth SEED Course for 11-17 Year-olds

Adolescents need self-identity, belonging, and safe ways to explore. We build capacity and behaviors where they need the most support: **self-image**, emotional regulation, **nervous systems relaxation**, **facing challenges positively**, impulse control, planning, and safety (e.g. **minimizing online exploitations, addictions, mental distress**). We also promote their compassion and community engagement.



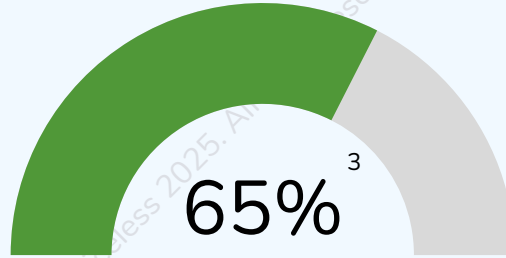
↑ Emotional Regulation



More calm and relax when upset



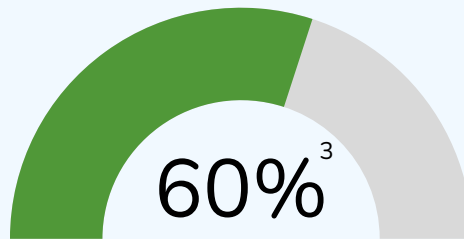
↑ Well-being



Feel happier



↑ Well-being



Self-care

English,
Chinese

12 hours

20-40
students/class

[Course video](#)

3. 1234 children and youth aged 7-17 years completed the survey before and after the SEED Course

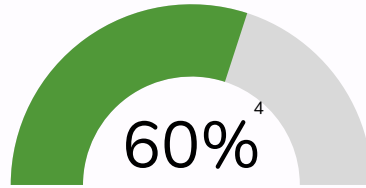


Caregivers SEED Course

We practice healthy ways to connect with ourselves and our children. We cover: 1) resonant relationship, 2) learning and growing, 3) well-being, and 4) safety (e.g. online, violence, mental health risks). Unique to our program is learning to be a “Trusted Adult” and communicating in ways that help their children’s brains grow healthily.



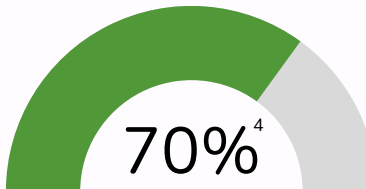
↑ Emotional Regulation



Increased control of emotions when child misbehaves



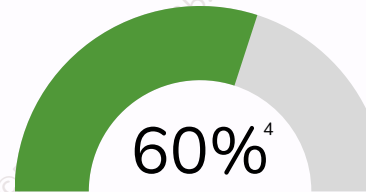
↑ Safety & Trust



Family members trust each other more



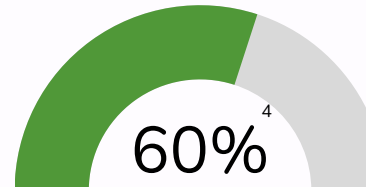
↑ Open communication



Child speaks openly with caregivers



↑ Positive Relationship



More satisfied with family relationship



English, Chinese

8 hours

20-40 Caregivers

4. 1256 caregivers completed the survey before and after the SEED Course



Be our partner

Target Audience	Course Language	Class Size	Total no. of hours
Course for 4-6 year-old children	English, Chinese	15-20	12 hours
Course for 7-11 year-old children	English, Chinese	20-40	12 hours
Course for 12-17 year-old youth	English, Chinese	20-40	12 hours
Caregivers' Course	English, Chinese	20-40	8 hours
Workshop	English, Chinese	20-40	1.5 hour
Special Workshop by Dr. Czarina	English, Chinese	20-100	1.5 hour

*Schools that reach certain conditions may be exempted from part or all of the fees

** All proceeds go towards Be Priceless to serve the community

Next steps

Align with our mission

Contact us

Meet and discuss the details

Collaboration Agreement

Coordinate and implement service

Our 55+ Partners



Contact us at: seed@bepriceless.org or **93734453**

www.bepriceless.org