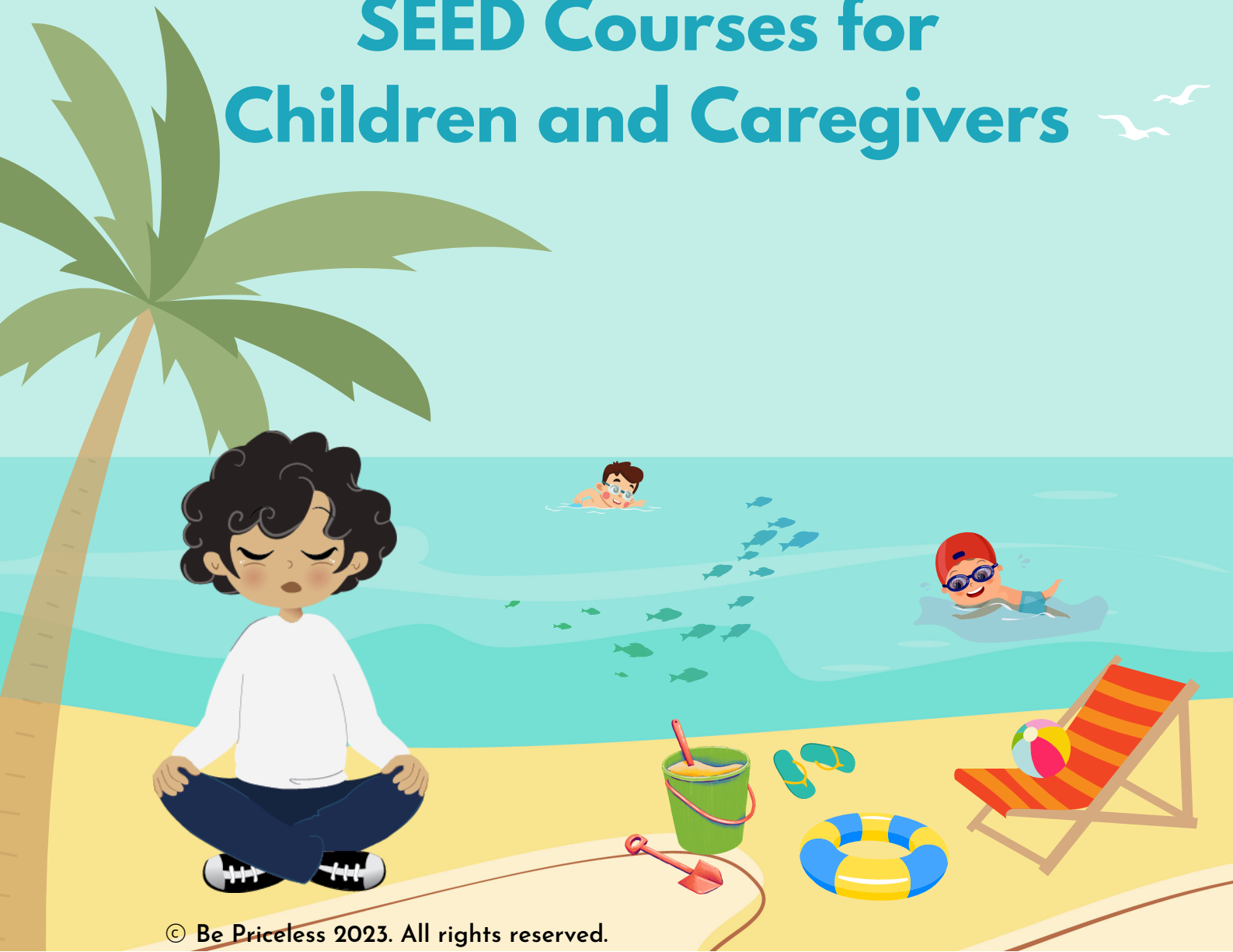




Be Priceless
Community Flourishing
Summer Report
June 2023 - August 2023
SEED Courses for
Children and Caregivers





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



Safety



Children's SEED Course



During June 2023 - August 2023, Be Priceless provided 3 Sprouts' SEED courses for 4-6 years old and 6 Children's SEED courses for 7-16 years old in Hong Kong.

135 children, including 52 Sprouts(4-6 year old) and 83 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

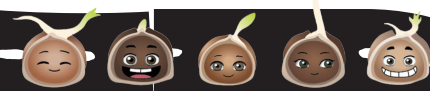


START
HERE

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.



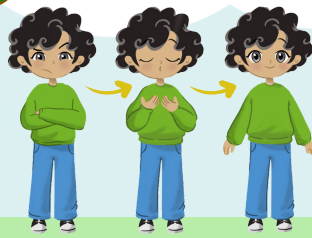
Stay away from respiratory tract infections

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.



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!



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.



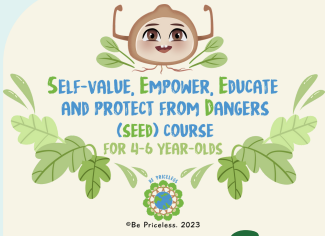
My mind and body belong to me

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



We flourish!



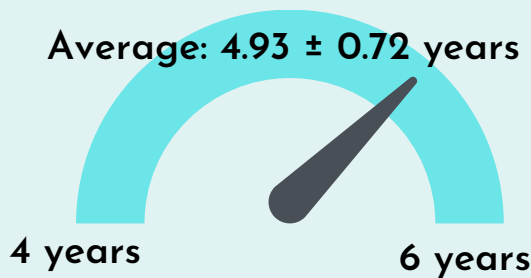


28 children joined the Sprouts SEED Course (4-6 year-old) from June 2023 to August 2023!

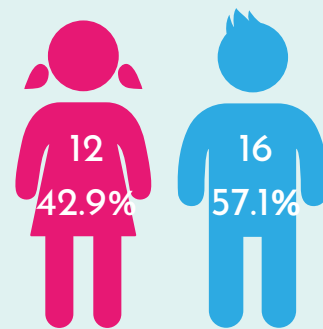
Children joined directly from the community, signing up from our social media.

All the courses were in-person.

Age



Gender



Ethnicity



29% of the learners have special education needs (SEN): 16 children this season



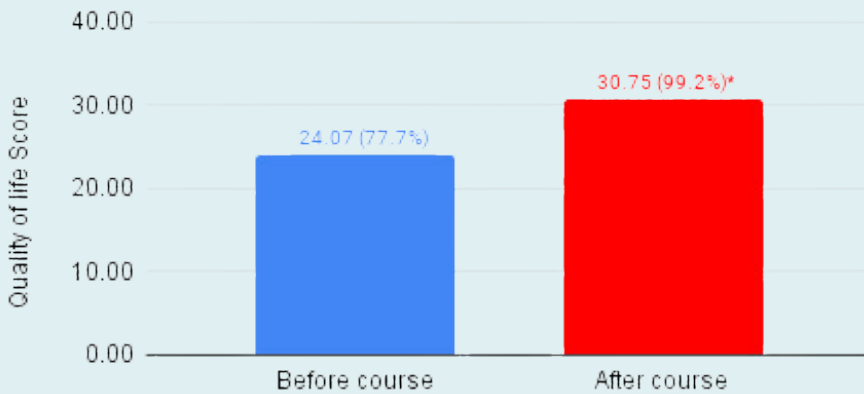
How did the children's lives change?

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

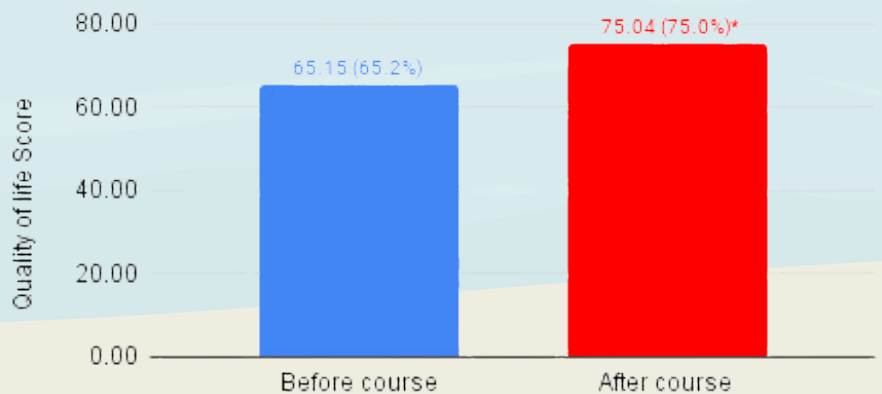
Children's Quality of Life in 4 Key Areas of Flourishing Reported by Children
Number of children = 28



Total Quality of Life survey scores of children (4 - 6 year old) as reported by children
Number of children = 28



Total Quality of Life survey scores of children (4 - 6 year old) reported by Caregiver
Number of caregivers = 25



*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.



83 children joined the Seedling SEED Course (7-17 year old) from June 2023 to August 2023!

Children joined directly from the community, signing up from our social media or from our partners (Salesians of Don Bosco Ng Siu Mui Secondary School and International Social Service Hong Kong)



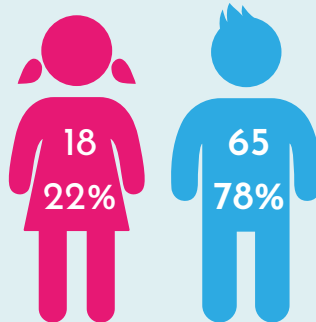
All the courses were in-person.

Age

Average: 10.4 ± 2.5 years

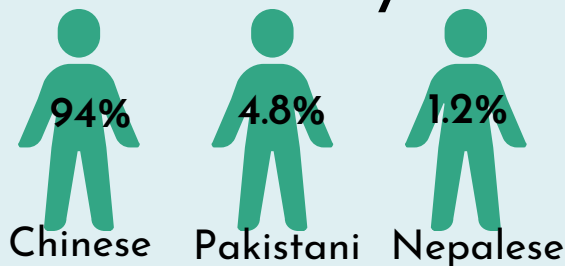


Gender



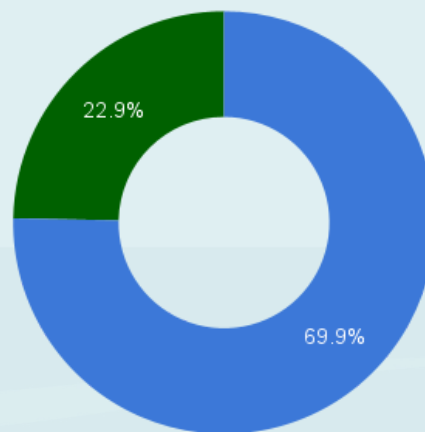
29% of the learners have special education needs
SEN: 24 children this season

Ethnicity



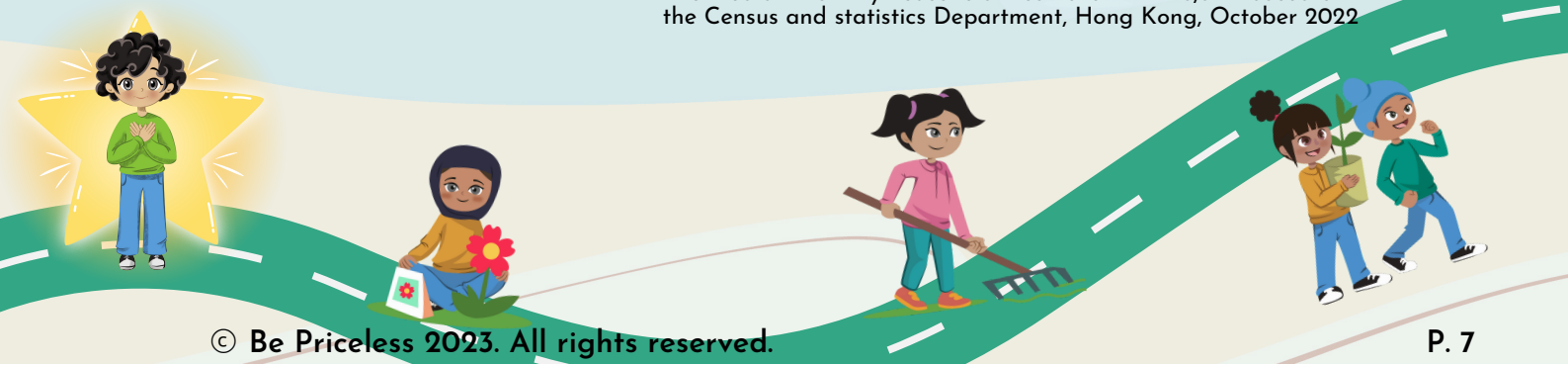
Monthly Household Income of the Participants

Number of Children (7-17 year old): 77



● 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

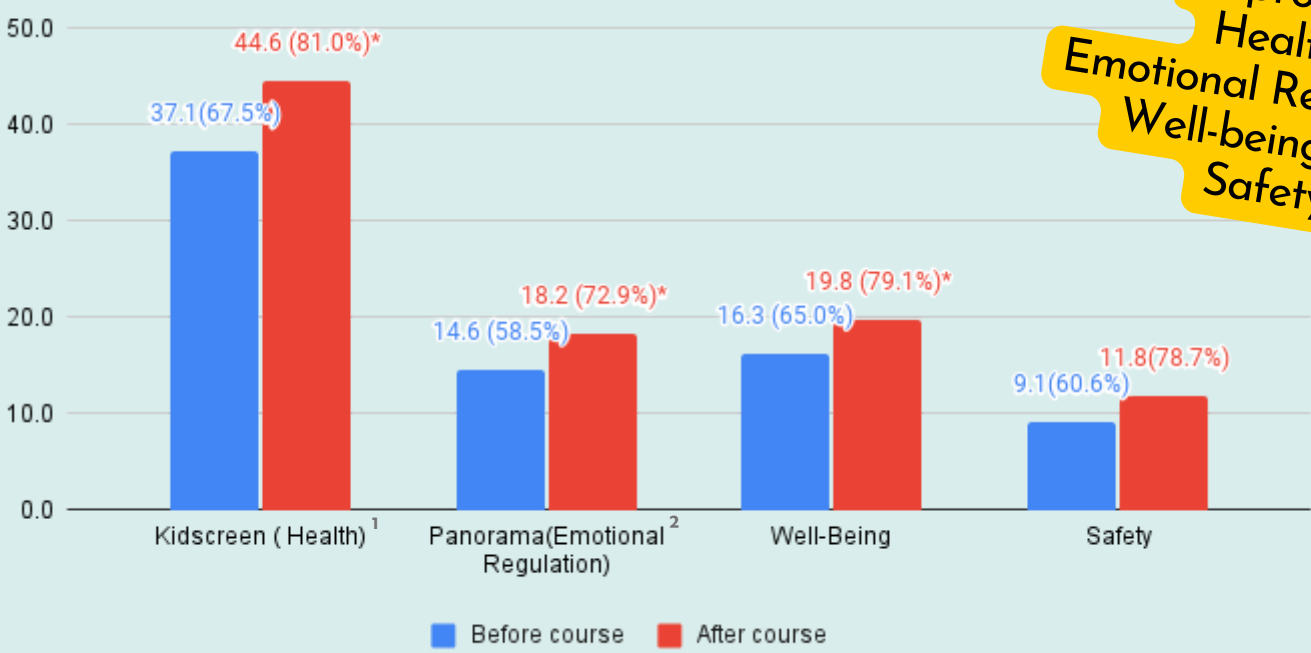




How did the children's lives change?

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): 83



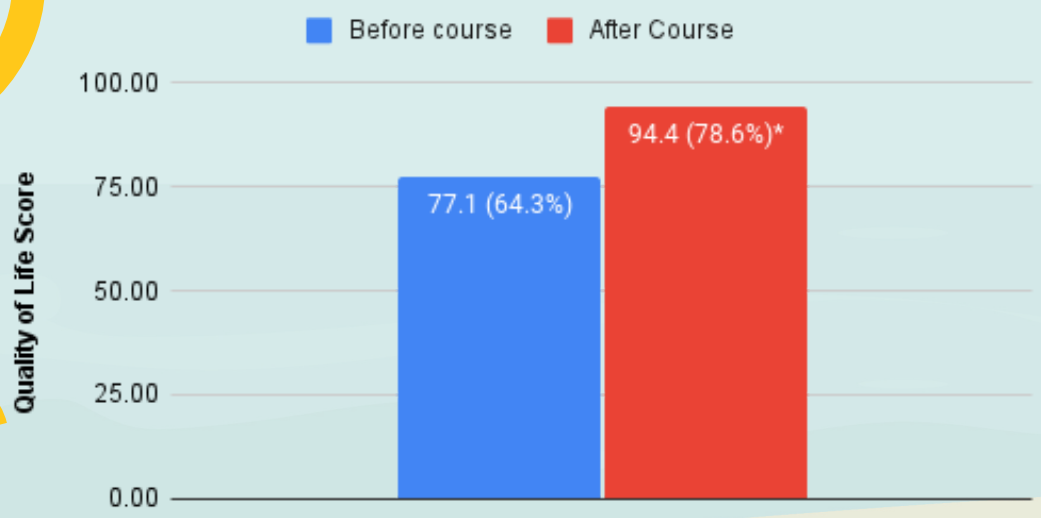
Improved: Health, Emotional Regulation, Well-being and Safety

*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): 83



*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?ft=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)

How did the SEED Course affect your life?

Here are some of what the children shared...



I don't give up easily. I want to learn things I can try. I don't have it yet, but I will keep trying.

I improved in my studies because I used the pause bubbles to control my emotions. And before the examination, I did the in-and-out breathing. I did that and I finally get better grades.

上小種子課程之前，我每次喜歡足球遊戲的時候。當我的對手贏了，我就不想繼續玩下去。但是上完小種子課程後，就算輸了我都會繼續努力，不會放棄！

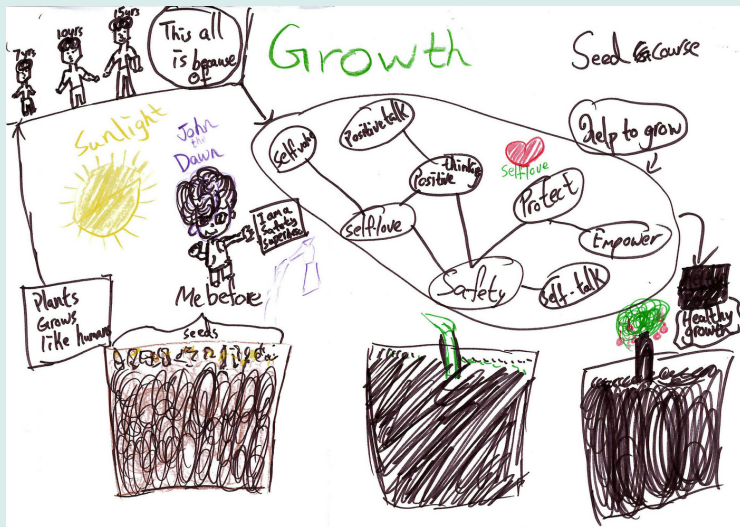


以前一棵小種子，上完小種子課程後，就成為一棵高大的樹，因為學會了怎樣運用成長型思維。

我學會怎麼保護自己。以前在學校遇到一些人對我不友善，我就不知道真麼辦，但現在學識了與信任的成年人溝通。



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





CAREGIVERS' SEED COURSE

During June 2023 - August 2023, Be Priceless provided 5 Caregivers' SEED Courses in Hong Kong.

127 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 12.5% 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.



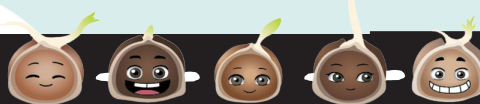
Our Caregivers' SEED Journey



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!



127 caregivers joined the Caregivers' SEED Course from June 2023 to August 2023!

Caregivers joined directly from the community, signing up from our social media or from our partners (Domestic Workers Corner, and Dream Catcher)

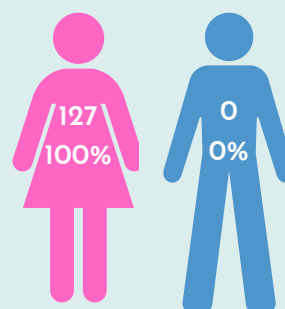
The courses were either in-person or online.

Age

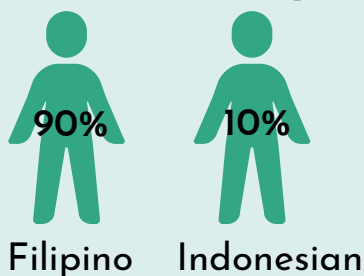
Average: 39.07 ± 6.46 years



Gender



Ethnicity



Monthly Household Income of Caregivers

Number of caregivers : 127



- 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

*6% of Chinese caregivers were cross-border caregivers



Migrant Domestic Worker: 100 %

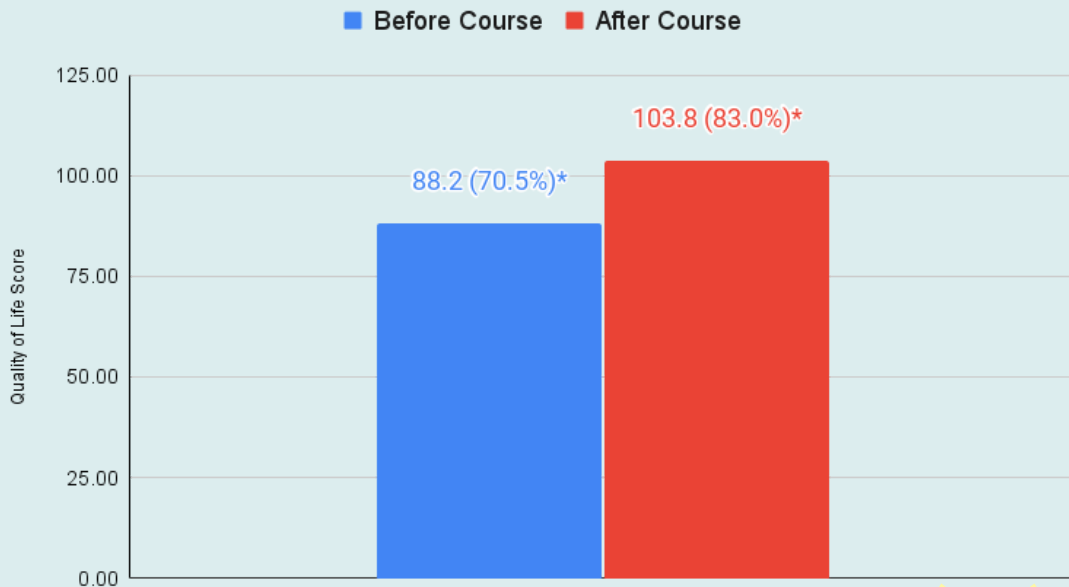


1. Census and Statistics Department. Households. Available on : <https://www.censtatd.gov.hk/en/scode500.html> [Accessed on 3rd January, 2023]

How did the caregivers' lives change?

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

Number of Caregivers: 127



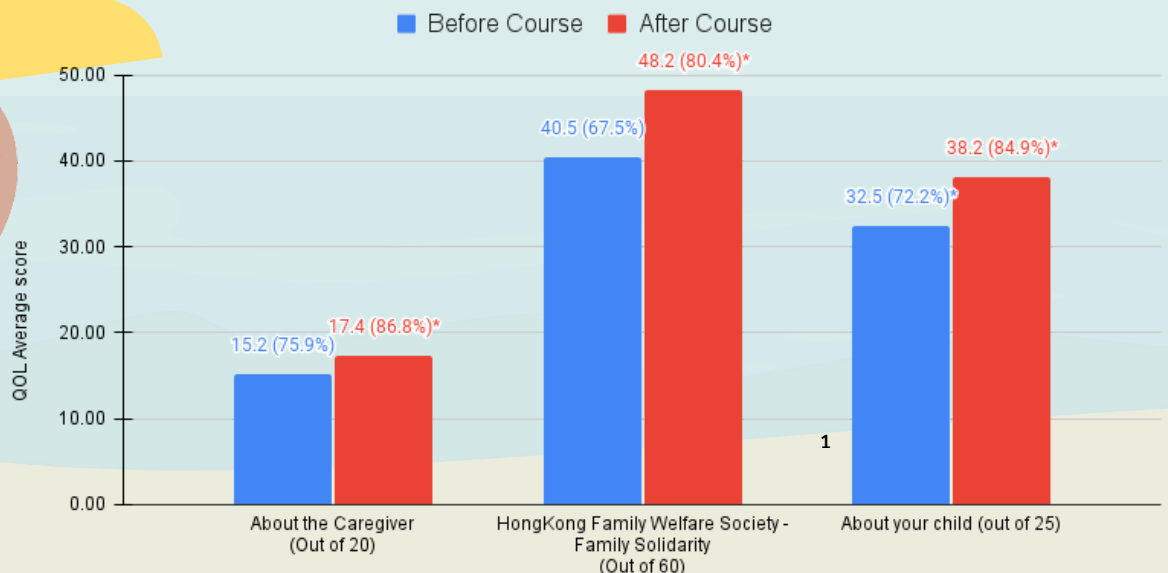
*t-test comparing scores before and after SEED course, p-value ≤ 0.05

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 : 127



*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/hkfwl-survey>

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



Now I know that i need to love myself 100% and all the knowledge that i have learnt here and i will apply not only to my children but also to the children that I'm taking care of right now. And now I know that I am priceless and limited.

I become strong and open minded. And this workshop is very helpful for me, Thank you so much for this opportunity.

This workshop makes me become more resilient as a parent.

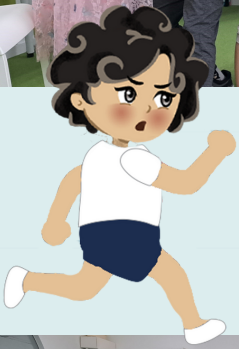


For me, this workshop helped me a lot, for these 3 positive important superpowers I need to apply to myself.

I'm so happy because we're seeing one of the things I need to practice on. What I've learned from this course is how to control my own feelings and help deal with the things that are out of control.



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?

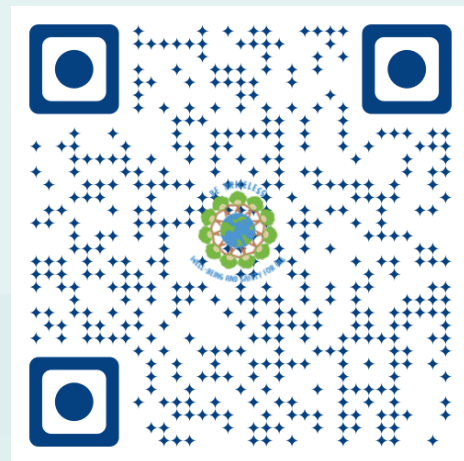


Start your SEED Journey now!



Visit: www.bepriceless.org

or Scan



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