



Be Priceless

Community Flourishing

Summer Report

June 2024 - August 2024

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.



Well-being



Growth



Safety



Children's SEED Course



During June 2024 - August 2024, Be Priceless provided 7 Sprouts' SEED courses for 4-6 years old and 8 Children's SEED courses for 7-16 years old in Hong Kong.

220 children, including 104 Sprouts(4-6 year old) and 116 Seedlings (7-17 year old) completed their life-changing SEED journey.

They came from diverse backgrounds. 12% of the children from the Seedlings Course are from ethnic minority groups, including Pakistani, Indian, Nepalese, and other communities.

After the SEED courses, quality of life is improved 17% for 4-6 years old and 15% 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

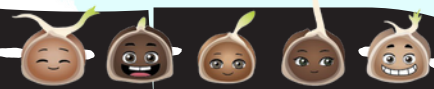


START
HERE

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

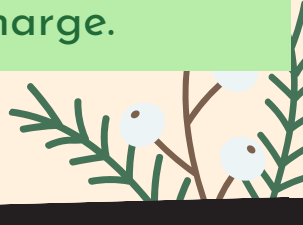
We will face storms sometimes. We can grow our superpowers to lower the chance of being hurt. We can make a safety plan and get help from our trusted adults!



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.



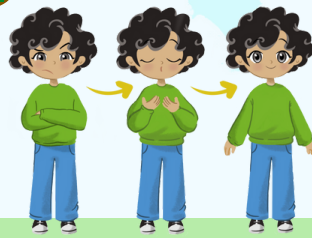
Stay away from respiratory tract infections

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!





104 children joined the Sprouts SEED Course (4-6 year-old) from June 2024 to August 2024!

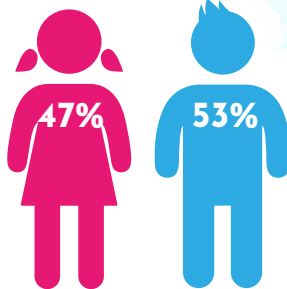
Children joined directly from the community, signing up from our social media or from our partners (Branches of HOPE and Yuen Long Town Hall).

All the courses were in-person.



Higher Score in Quality of Life

Gender

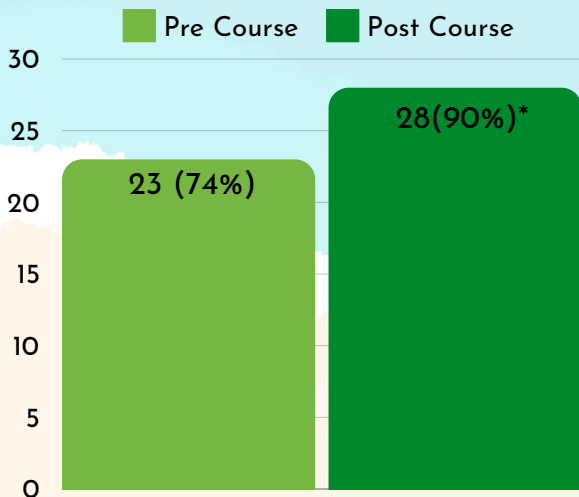


Special educational needs (SEN)

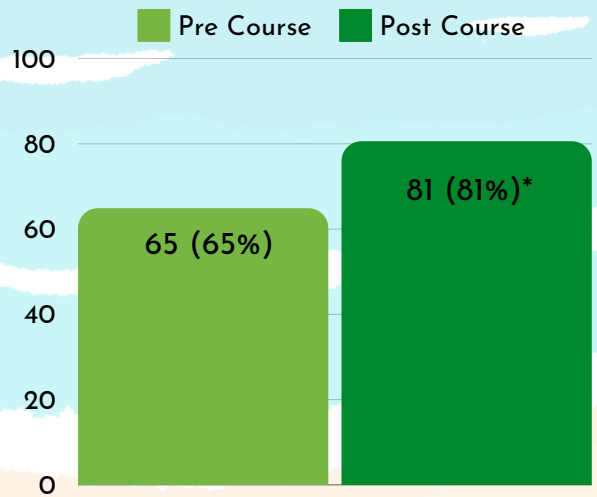


14%

Total Quality of Life Survey Scores reported by Children



Total Quality of Life Survey Scores reported by Parents

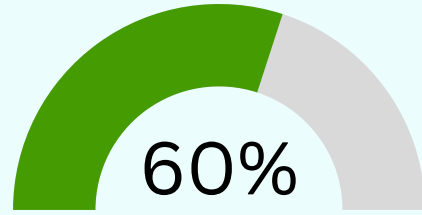


*t-test comparing scores before and after SEED course, p-value ≤ 0.05

How did the children's lives change?



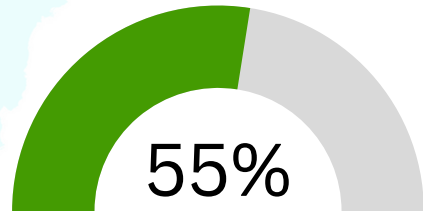
↑ Resilience



Tell myself that I can do it



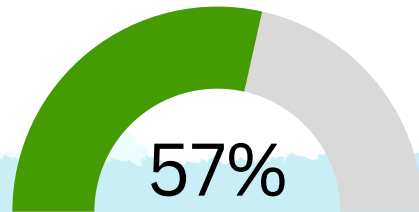
↑ Positive relationship



Get along better with others



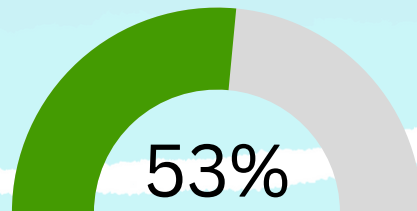
↑ Safety



Say "No!", "Stop" when unsafe



↑ Happiness



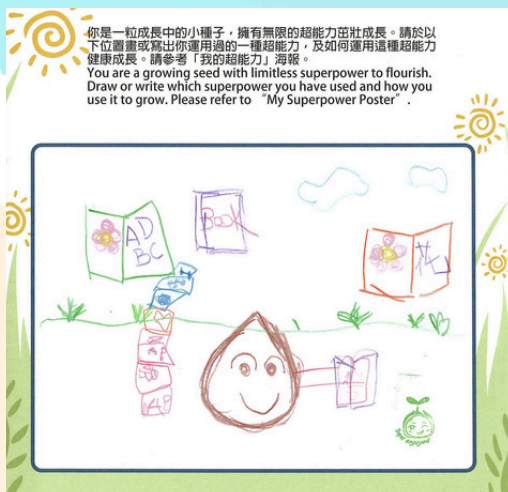
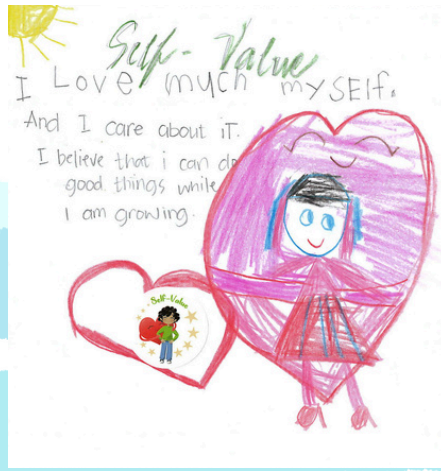
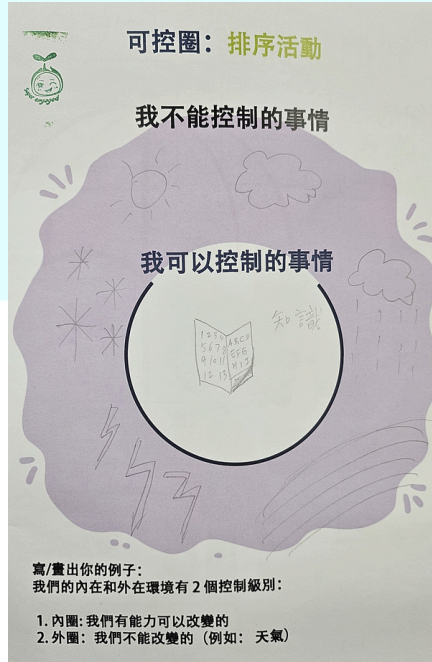
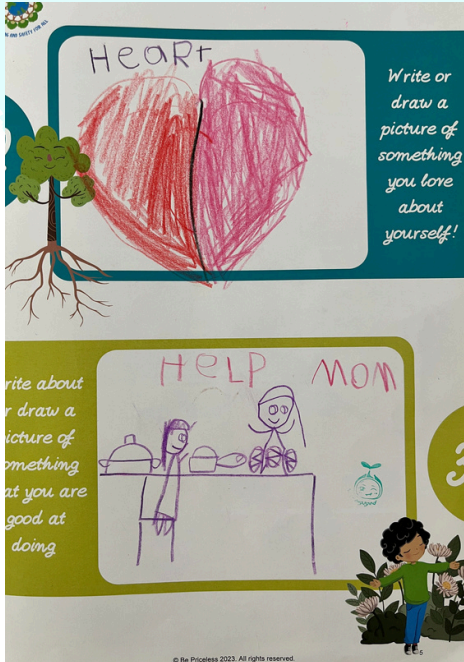
Feel Happier

How did the SEED Course affect your life?

Here are some of what the children and their caregivers shared...



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



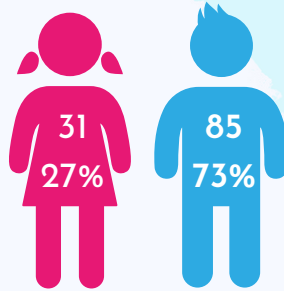


116 children joined the Seedling SEED Course (7-17 year old) from June 2024 to August 2024!

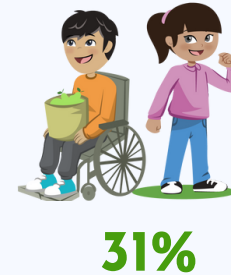
Children joined directly from the community, signing up from our social media or from our partners (Salesians of Don Bosco Ng Siu Mui Secondary School and The Neighbourhood Advice-Action Council TOUCH-Support Service Centre)
All the courses were in-person.



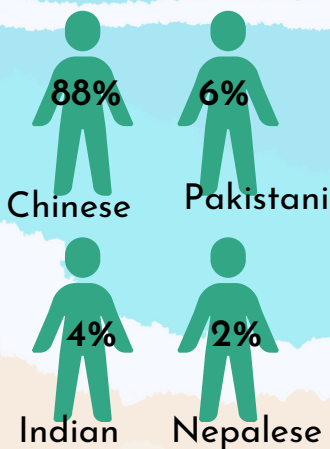
Gender



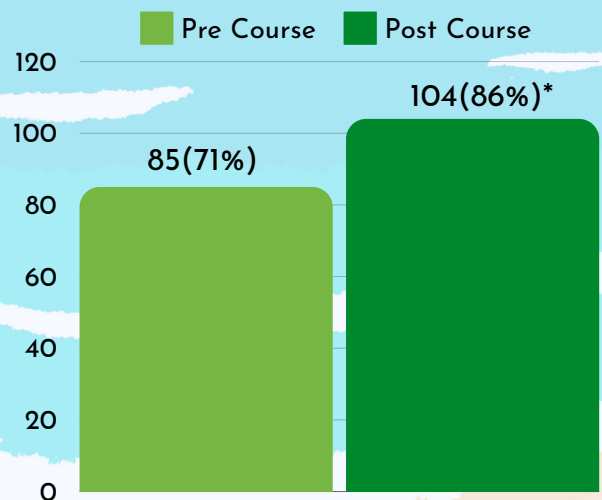
Special educational needs (SEN)



Ethnicity



Total Quality of Life Survey Scores reported by Children

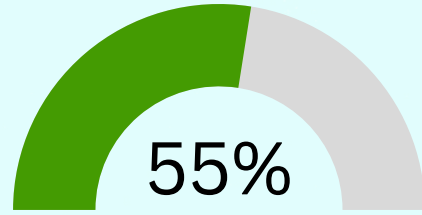


*t-test comparing scores before and after SEED course, p-value ≤ 0.05

How did the children's lives change?



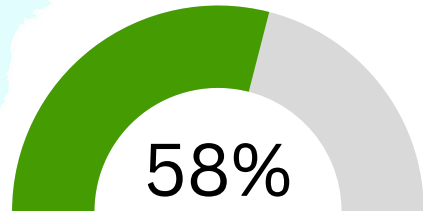
↑ **Emotion regulation**



control emotion



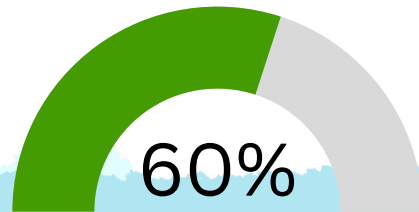
↑ **Positive relationship**



Speak openly with caregivers



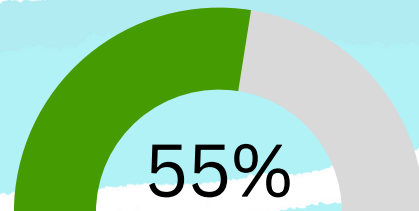
↑ **Safety**



Say "No!", "Stop" when unsafe



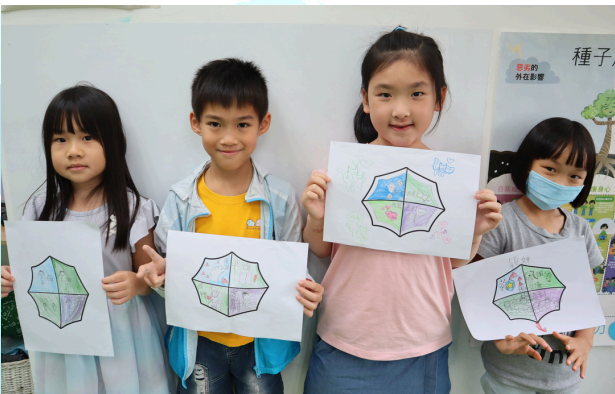
↑ **Happiness**



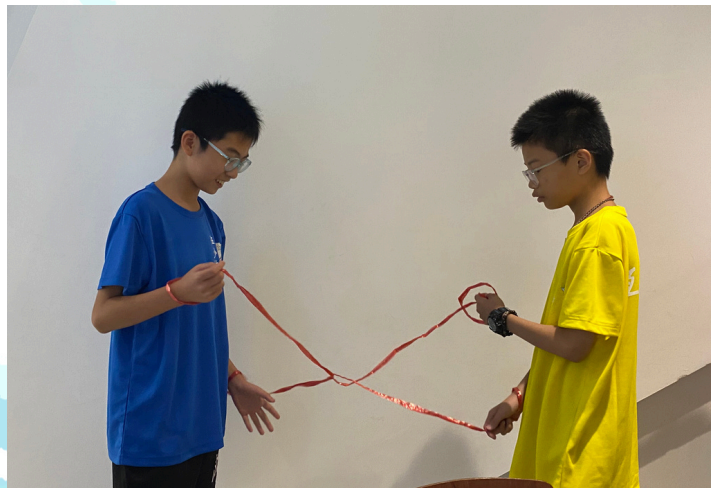
Feel Well and Happier

How did the SEED Course affect your life?

Here are some of what the children shared...



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





CAREGIVERS' SEED COURSE

During June 2024 - August 2024, Be Priceless provided 4 Caregivers' SEED Courses in Hong Kong.

68 caregivers from diverse communities, including Filipino, Nepalese and Chinese took part.

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

Caregivers' quality of life is improved by 13% 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!



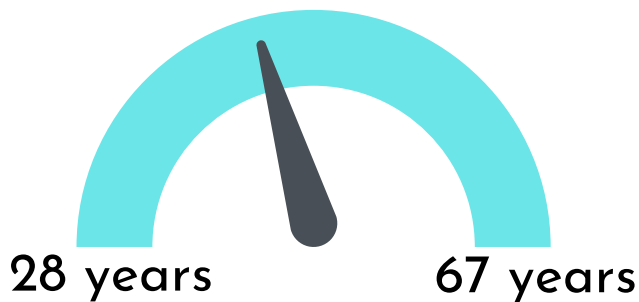
68 caregivers joined the Caregivers' SEED Course from June to August 2024!

Caregivers joined directly from the community, signing up from our social media or our partners (HELP, ChickenSoup, Yuen Long Town Hall).

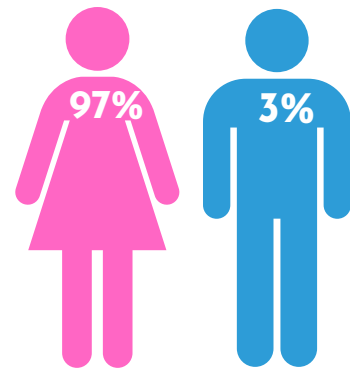
The courses were conducted either in-person or online.

Age

Average: 36 ± 0.6 years



Gender



44%

Migrant Domestic Workers



59%

Live in poverty*

*monthly household income below poverty line Census and statistics Department, Hong Kong



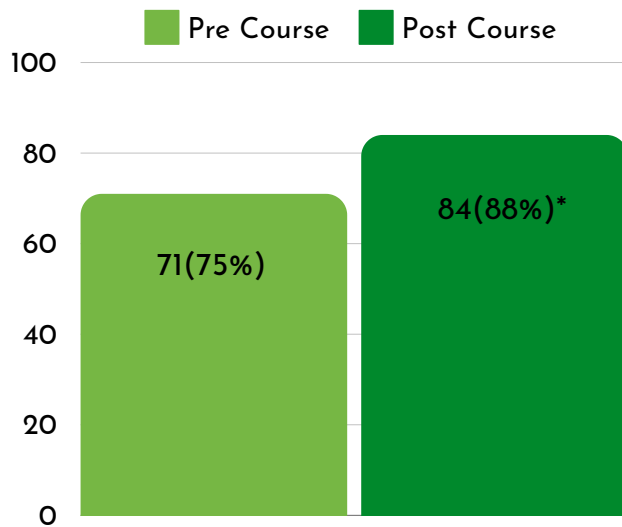
18%

Have children with special educational needs (SEN)



How did the caregivers' lives change?

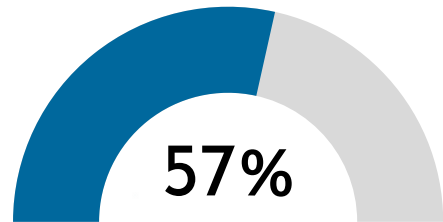
Total Quality of Life Survey



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



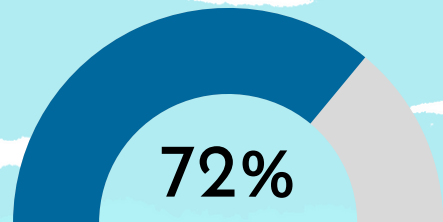
↑ Emotional support



Control emotions when children misbehave



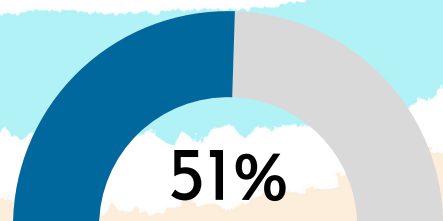
↑ Safety & Trust



Make a safety plan for children



↑ Empathy



Understand others' feelings better

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



對風險了解更多，知道如何評估風險

更多地慢一點，等候孩子多點

鼓勵身邊的人正面對待孩子，共同保護孩子

切身處地考慮孩子的想法，進行有效溝通，
不要先責備

明白更多小朋友相關的安全風險評估和管理

個人情緒管理，對女兒的態度，處事的方式、思考點都有所改變，記住此時此刻，正面處理，接受自己及家人的情緒

改善與孩子相處方式

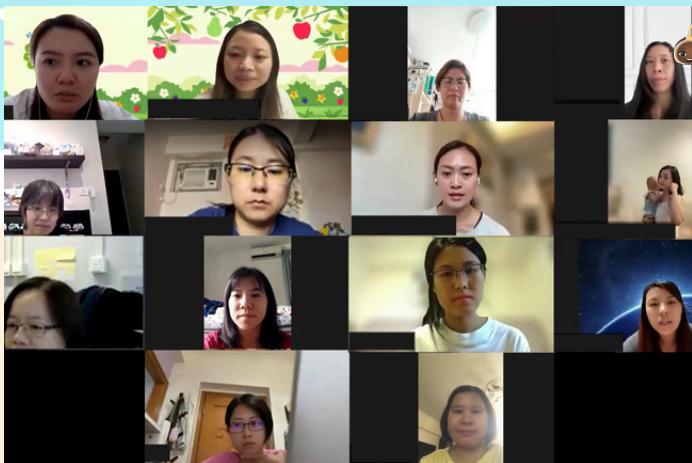


I have learned a lot about family relationship that I can share to my own family too. Like, sharing a good words, wisdom and knowledge. And they can teach to their own family as well.

By learning this course, it gives me idea how to tell my child in a positive way so that he can understand very well without pressure.



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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