

**One-off Grant on Parent Education (Secondary)**  
**Budget 2024-2025**

Total Grant: \$200,000 (for 2024-2027 school years)

Activities	Expected Expenses
<b>Strand I: Understanding of Adolescent Development</b>	
F.1 Parent's Talk	\$0
Parent's Talk: "Handling parent-child conflicts: Win-win strategies"	\$2,500
Parent's Talk on how to help their children achieve good academic results through understanding their growth and learning needs.	\$8,500
Movie/ drama watching: for parents to understand more about adolescents	\$10,000
<b>Strand II: Promotion of Healthy, Happy and Balanced Development of Adolescents</b>	
Parent's Talk on understanding adolescent's psychological and emotional needs	\$5,000
Parent's Talk "Virtual world and parent-child communication"	\$2,500
<b>Strand III: Promotion of Parents' Physical and Psychological Well-being</b>	
Activities promoting parent's psychological Well-being: <ul style="list-style-type: none"> <li>• Workshop on stress relief through singing bowls</li> <li>• Workshop on stress relief through gardening</li> <li>• Workshop on stress relief on through art</li> </ul>	\$30,000
<u>Total:</u>	\$58,500
<u>Unspent Balance:</u>	\$141,500

## Plan for Parent Education (2024-2025)

### Objectives:

1. Give parents of secondary students an understanding of adolescent development
2. Promote adolescents' healthy, happy and balanced development
3. Foster parents' physical and psychological well-being

Proposed Month	Activities	Targets	Service provider/ Speaker
<b>Strand I: Understanding of Adolescent Development</b>			
Sept 2024	<u>F.1 Parent's Talk</u> <ul style="list-style-type: none"> <li>• Let parents understand the development phase of F.1 students, the challenges they face in the transition from primary to secondary school.</li> <li>• Give parents tips on how they can help their children adapt to the new learning environment.</li> </ul>	F.1 Parents	School social worker
Nov 2024	<u>Parent's Talk: "Handling parent-child conflicts: Win-win strategies"</u> <ul style="list-style-type: none"> <li>• Help parents understand what adolescents are thinking and their needs.</li> <li>• Give parents some tips on how to communicate with their children effectively.</li> </ul>	All parents	HKFYG
Dec 2024	Parent's Talk on how to help their children achieve good academic results through understanding their growth and learning needs.	All parents	Ms. Mak Ho Siu Kuen
Pending	Movie/ drama watching: for parents to understand more about adolescents	All parents	Pending
<b>Strand II: Promotion of Healthy, Happy and Balanced Development of Adolescents</b>			
Mar 2025	Parent's Talk on understanding adolescent's psychological and emotional needs	All parents	a specialist in psychiatry
Apr 2025	<u>Parent's Talk "Virtual world and parent-child communication"</u> <ul style="list-style-type: none"> <li>• Help parents understand more about the virtual world and why adolescents are attracted to it.</li> <li>• Give parents tips on how to communicate with their children more effectively.</li> </ul>	All parents	HKFYG

<b>Strand III: Promotion of Parents' Physical and Psychological Well-being</b>			
Nov 2024 - Jun 2025	<u>Activities promoting parent's psychological well-being</u> <ul style="list-style-type: none"> <li>• Workshop on stress relief through singing bowl</li> <li>• Workshop on stress relief through gardening</li> <li>• Workshop on stress relief through art</li> </ul>	All Parents	Individual instructors and HKFYG