



**FEBRUARY  
NEWSLETTER**

**2022**

Against Child Abuse wishes you and your family a happy and healthy Year of the Tiger! At the start of this New Year, we would like to thank all who have unfailingly supported ACA through the years. May we continue to work together to create a safe and caring environment for the optimal growth of our children.

On 18 November 2021, we concluded our work in 2020/21 at the Annual General Meeting and released our significant events, service statistics and recommendations on child protection through a press conference. Our statistics showed that the majority of suspected abused children were aged six to eight. Nearly 80% of suspected abusers were family members. Of the suspected child abuse cases, physical abuse ranked the highest in number, followed by sexual abuse. Physical and psychological abuse accounted for the largest number of multiple abuse cases, and child neglect cases were mainly related to leaving children unattended and inadequate physical care. As for the risk factors of suspected child abuse or parenting difficulty cases, about 80% were related to suspected abusers. The highest proportions were lack of child rearing and parenting skills, emotional or psychological problems, and marital problems. During the COVID-19 pandemic, we received many calls from parents about school closures, children's learning, child care, conflicts between parent-child and siblings. In addition, children spent more time using the Internet and smart phones to learn or communicate with the outside world. This increased the risk of their coming into contact with potential offenders on online platforms. We support the government to enact legislation on mandatory reporting of suspected child abuse cases. Our other major recommendations to the government are to accept the recommendations of the Report by The Law Reform Commission of Hong Kong on "Causing or allowing the death or serious harm of a child or vulnerable adult" introducing the new offence and reviewing the maximum penalty under section 27 of the Offences against the Person Ordinance (Cap. 212); to totally ban corporal punishment including punishment inflicted at home, and promote non-violent ways in managing children and child protection policy in the community; to set up a mandatory Sex Conviction Record Check System, implement comprehensive school sex education and formulate policies/regulations



to ensure the safety of online platforms to respond to online sex crimes and prevent child sexual abuse; to allocate more resources to services targeted to early prevention of child abuse and parent support, etc. At the press conference, a social worker of Daylily Project for Young/Single Mothers shared with those present how the project helped single mothers overcome difficulties and regain their laughter and hope. For details of the press release, please visit our website ([www.aca.org.hk](http://www.aca.org.hk)).

We held an online Professional Forum on Child Protection on 9 December 2021. The theme was "Overview of the Impacts of COVID-19 Pandemic on Hong Kong Children for Better Child Protection". About 160 professionals participated. Five guest speakers in the forum shared how the epidemic affected children's physical, psychological, social emotional, behavioural, and learning development and performance, and discussed coping strategies. They also pointed out that the crisis of child abuse has increased during the pandemic. The number of cases of sexual abuse and sexual grooming was on the rise, and the situation was worthy of attention. This forum promoted exchange of professional knowledge, and led everyone to reflect on the future direction of services. It is hoped that fellow professionals could work together to deal with the challenges brought by the pandemic, and provide children with an environment conducive to their growth and development.

Child abuse cases that occurred in recent years arouse concern from all sectors. We sincerely thank the Dutch Chamber of Commerce in Hong Kong for their support of our prevention work in child abuse by donating all proceeds from their charity auction and lottery ticket sales at their 30th Anniversary Gala. On 11 November 2021, the Director and Development and Training Manager of the Agency attended their Gala and introduced our Agency services. The enthusiasm of the Gala participants who care about the society and their willingness to help others are much appreciated.

**Donna Wong**  
Director

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# Summary of Major Activities for October to December 2021

Month	Project/Title	Activity
October	Love Children • Stop Abuse Project	<ul style="list-style-type: none"> <li>• Roving Education Programme at Kwai Chung Estate on 30 October</li> </ul>
November	Annual Press Conference and Annual General Meeting	<ul style="list-style-type: none"> <li>• The 42<sup>nd</sup> Annual Press Conference and Annual General Meeting on 18 November</li> </ul>
December	Professional Forum	<ul style="list-style-type: none"> <li>• Professional Forum on Child Protection: Overview of the Impacts of COVID-19 Pandemic on Hong Kong Children for Better Child Protection on 9 December</li> </ul>
October to December	Kids' Dream	<ul style="list-style-type: none"> <li>• Assist in the Implementation of Children's Council 2021 from October to December</li> <li>• Retreat Camp on 20 and 21 November</li> <li>• Orientation Day and Christmas Party on 28 December</li> </ul>
	Child Protection Institute	<ul style="list-style-type: none"> <li>• Parent Group for Child-parent Relationship Therapy (Kwai Chung Centre) on 5, 12, 19, 26 October, 2, 9 November</li> <li>• Expressive Art Therapeutic Group on 5, 19 October, 2, 9, 16 November, 7 and 12 December</li> <li>• Child Protection Professional Training Workshop on 7, 15, 21, 22, 29 October, 3, 5, 12, 25, 26 November, 11 and 21 December</li> <li>• Parenting Education Parent-child Workshop               <ol style="list-style-type: none"> <li>1. Communicating with Children Non-violently on 19 October</li> <li>2. Alleviating Parental Stress on 26 October</li> <li>3. Enhancing Parent-child Relationship through Play on 2 November</li> </ol> </li> <li>• Parent Workshop               <ol style="list-style-type: none"> <li>1. Stop Using Corporal Punishment and Positive Parenting on 20, 21 October and 29 November</li> <li>2. Promoting Emotion Awareness on 6, 27 October and 13 December</li> <li>3. Let's Talk About Sex Education on 25 November and 8 December</li> </ol> </li> <li>• Workshop on Implementing Family Sex Education on 23 October</li> <li>• Parent Talk               <ol style="list-style-type: none"> <li>1. How to Promote the Children's Sense of Responsibility on 13 November</li> <li>2. Positive Communication and Conflict Management on 4 December</li> <li>3. Communicating with Children Non-violently on 8 December</li> </ol> </li> <li>• Parent Group for Positive Parenting on 23 November, 7, 14 and 16 December</li> <li>• Identification, Assessment and Intervention of Suspected Child Abuse Case Certificate Course on 18 December</li> </ul>
	Bless My Home Forever Volunteer Home Visitation Project	<ul style="list-style-type: none"> <li>• Volunteer Training on 20 October</li> <li>• Family Sharing Forum               <ol style="list-style-type: none"> <li>1. Autonomy and Choices on 30 October</li> <li>2. Enjoy the Moment on 30 October</li> </ol> </li> <li>• Happy Day Trip in Cheung Chau and Family Sharing Forum               <ol style="list-style-type: none"> <li>1. Appreciation of Beauty on 28 November</li> <li>2. Life Photo on 28 November</li> </ol> </li> <li>• Christmas Party on 22 December</li> </ul>
	Daylily Project for Young/Single Mothers	<ul style="list-style-type: none"> <li>• Family Sharing Forum               <ol style="list-style-type: none"> <li>1. Autonomy and Choice on 30 October</li> <li>2. Start By Yourself on 30 October</li> <li>3. Learn to Appreciate the People and Things Around You on 28 November</li> <li>4. Record the Good Things on 28 November</li> <li>5. Learn About the Importance of Relationship-building in Parenting on 22 December</li> <li>6. Equip Parents with Positive Psychology Skills in Interacting with Child on 22 December</li> </ol> </li> </ul>

Month	Project/Title	Activity
October to December	Healthy Start Home Visiting Project	<ul style="list-style-type: none"> <li>• Good Parent Training Course on 9 and 16 October</li> <li>• Storytelling Skills Training Class on 22, 29 October and 5 November</li> <li>• Journey to Story World - Parent-child Reading Activity on 6 November</li> <li>• Sharing Session for Post-natal Care Volunteers on 4 December</li> <li>• Volunteer Gathering on 23 December</li> </ul>
	Child Abuse Treatment Corner	<ul style="list-style-type: none"> <li>• Positive Parenting Training Course on 3 October, 23 November and 1 December</li> <li>• Volunteer Training on 20 October</li> <li>• Stress Management Group for Parents with Depressive Features XI (Sessions 1-6) on 21, 28 October, 4, 11, 18 and 25 November</li> <li>• Parent Talk - Be Authoritative Parents on 9, 13 and 17 November</li> <li>• Christmas Party on 12 December</li> <li>• Booth for Project Promotion on 15 December</li> </ul>
	Give Children the Best Start Home Visiting Project	<ul style="list-style-type: none"> <li>• Family Activity - Halloween Party on 30 October</li> <li>• Parent Education Workshop on 17 November</li> <li>• Family Activity - Christmas Party on 12 December</li> </ul>
	Good Parents' Networking Project	<ul style="list-style-type: none"> <li>• Non-violent Communication and Reduce Stress Workshop on 12, 21, 26, 28 October, 12, 16, 19, 23, 26 and 30 November</li> <li>• Perler Beads Workshop on 15 October</li> <li>• YMCA Drawing with Tea Workshop on 19 October</li> <li>• Tea Mindfulness Workshop on 22 October</li> <li>• Singing Bowl Workshop on 22 October</li> <li>• Parent-child Reading Workshop on 22 October</li> <li>• Parent-child Day Camp on 23 October</li> <li>• Halloween Party on 30 October</li> <li>• Mosaic Workshop on 3 November</li> <li>• Hand Cream Workshop on 16 November</li> <li>• Drawing with Tea Workshop on 17 November</li> <li>• Parent-child Water Color Painting Workshop on 20 November</li> <li>• Volunteer Birthday Gathering on 24 November</li> <li>• Parent-child Expressive Arts Group on 26 November</li> <li>• Parent-child Game Day on 27 November</li> <li>• Christmas Party on 18 December</li> <li>• Outing Activity on 19 December</li> </ul>
	Joyful Kids Group	<ul style="list-style-type: none"> <li>• Group Training and Halloween Party on 30 October</li> <li>• Volunteer Service - Visit to Singleton Elderly on 11 December</li> <li>• Christmas Party on 18 December</li> </ul>
	Chuk Yuen Centre Family Corner	<ul style="list-style-type: none"> <li>• Parent Leadership Training Programme (Stage 1) on 5, 19, 26 October and 2 November</li> <li>• Embrace Children, Embrace Love on 22 October</li> <li>• Committee Gathering on 26 October, 23 November and 28 December</li> <li>• Family Journey on 12, 19, 26 November, 3, 10 and 17 December</li> <li>• Parent Relaxation Group on 23, 30 November, 7, 14, 21 and 28 December</li> <li>• Children Emotion Group on 2, 9, 16, 23 and 30 December</li> <li>• Parent-child Holiday Outing on 25 December</li> </ul>
	Tuen Mun Centre Family Corner	<ul style="list-style-type: none"> <li>• Leisure Corner - Handicraft and Cooking Activities on 5, 19 October, 2, 16 November, 7 and 21 December</li> <li>• Mental Health Programme - Healing with Aromatherapy Candle on 21 October</li> <li>• Good Parents Positive Parenting Training Course on 4, 11, 18, 25 November, 2 and 16 December</li> </ul>
	Parent-child Support Line	<ul style="list-style-type: none"> <li>• Advertising on Facebook and Instagram from 1 October to 31 December</li> <li>• Advertising at Hong Kong Commercial Broadcasting Co. Ltd. from 18 to 22 October and from 8 to 12 November</li> </ul>

# Forthcoming Events for January to March 2022

Month	Project/Title	Activity
January to February	Child Protection Institute	<ul style="list-style-type: none"> <li>Expressive Art Therapeutic Group on 4 January</li> <li>Child Protection Professional Training Workshop on 7, 14, 29 January and 10 February</li> <li>Parent Workshop                             <ol style="list-style-type: none"> <li>Stop Using Corporal Punishment and Positive Parenting on 20 January and 25 February</li> <li>Promoting Emotion Awareness on 27 January</li> </ol> </li> <li>Parent Talk on Learning without Tears on 11 February</li> </ul>
	Bless My Home Forever Volunteer Home Visitation Project	<ul style="list-style-type: none"> <li>Volunteer Training on 15 January</li> <li>Family Sharing Forum - Gratitude on 19 February</li> </ul>
	Daylily Project for Young/Single Mothers	<ul style="list-style-type: none"> <li>Family Sharing Forum                             <ol style="list-style-type: none"> <li>Learning Other Than Studying on 22 January</li> <li>How to be Motivated in Learning on 22 January</li> <li>Be Grateful on 19 February</li> <li>Good Time Together on 19 February</li> </ol> </li> </ul>
January to March	Healthy Start Home Visiting Project	<ul style="list-style-type: none"> <li>Child Rearing Lesson for New Parents on 8 and 15 January</li> <li>Parent Talk - Building up Harmonious Parent-child Relationship through Play on 22 January</li> <li>Volunteer Award Ceremony and Family Sharing Session on 19 March</li> </ul>
	Child Abuse Treatment Corner	<ul style="list-style-type: none"> <li>Volunteer Training on 18 and 25 January</li> <li>Positive Parenting Training Course on 20, 27 January, 17 and 24 March</li> <li>Children Therapeutic Group X on 15, 22 February, 1, 8, 15 and 22 March</li> <li>Booth for Project Promotion on 17 February</li> <li>Batterer Intervention Therapeutic Group for Parents X on 22 February, 1, 8, 15, 22 and 29 March</li> </ul>
	Give Children the Best Start Home Visiting Project	<ul style="list-style-type: none"> <li>Parent-child Activity - Build-A-Bear Workshop on 23 and 24 February</li> <li>Project Promotion Booth in March</li> <li>Volunteer Training on 12 and 19 March</li> </ul>
	Good Parents' Networking Project	<ul style="list-style-type: none"> <li>Leisure Corner                             <ol style="list-style-type: none"> <li>Starry Kitchen on 13 January, 22 February and 14 March</li> <li>Parent Handcrafts Workshop on 20 January, 24 February and 24 March</li> </ol> </li> </ul>
	Joyful Kids Group	<ul style="list-style-type: none"> <li>Group Meeting and Training on 29 January</li> <li>Volunteer Sharing and Award Ceremony on 12 March</li> </ul>
	Chuk Yuen Centre Family Corner	<ul style="list-style-type: none"> <li>Children Emotion Group on 6 January</li> <li>Committee Gathering on 25 January, 22 February and 29 March</li> <li>Service User Gathering on 19 February</li> </ul>
	Tuen Mun Centre Family	<ul style="list-style-type: none"> <li>Leisure Corner - Handicraft and Cooking Activities on 4, 18 January, 8, 22 February, 1 and 15 March</li> <li>Good Parents Positive Parenting Training Course on 6 and 13 January</li> <li>Volunteer Chinese New Year Gathering on 17 January</li> </ul>
	March	Kids' Dream

# Good Parents' Networking Project

## Collaborative partner: Save the Children Hong Kong

The "Good Parents' Networking Project" in Kwai Tsing District is sponsored by Save the Children. It aims at strengthening parents' positive attitude on disciplining children, enhancing parent-child emotional management and problem-solving abilities, and improving parent-child relationship. At the same time, participating parents are trained to become leaders and establish a mutual help network within the community, so that public awareness of protecting children will be raised and suspected child abuse cases will be reported.

Many parents need guidance in improving their parenting skills. Very often, when they become emotional, they resort to the use of corporal punishment. Feelings of guilt can easily appear afterwards and they become emotionally disturbed. We understand that being a parent is not easy. During the parents' journey of teaching and taking care of their children, we stand ready to provide support and company.

The events held in October to December 2021 were themed "Meditation" and "Nature". Participating parents were made to understand that in order to take care of those they loved, they needed to stabilise their own emotions and take good care of themselves first. "Meditation" could help. The sound of singing bowls and the aroma of tea allowed them to experience a moment of tranquility so that they can relax their bodies and minds. All parents reported that those exercises calmed their moods which in turn reduced the chance of losing their temper when communicating with their children. As a result, they could express themselves more effectively to their children.



In addition, we held a Parent-child Game Day on 27 November 2021. Parents took their children to the West Kowloon Cultural District to enjoy nature. Parents held whiteboards to explore different shadows with their children, and took photos of the shadows of different natural objects. On 23 October 2021, we held a parent-child Day Camp themed "Journey to Find Mythical Animals" at Sai Kung Po Leung Kuk Outdoor Recreation Center. Through different games, parents and children had more interaction and understanding for each other. Some parents said that they saw other sides of their children during the activity, and they were pleasantly surprised to find out their children's inner characters. On 19 December 2021, we held the "Journey to the Mountains and the Sea". We made sachets by collecting natural objects, and we also used magnifying glass to find out tiny things in nature. The theme of that day was "Discover the Tiny Objects". We hoped that through the activities, parents were able to understand and appreciate their children's small gradual, yet precious, progress.

Moreover, we would like to thank a group of parent volunteers for their assistance in organising many parent-child activities. It is worth mentioning that on 18 December 2021, a total of 65 families came to our Christmas Party. All the parents walked around Kwai Chung and completed given tasks with their children. In addition to taking photos with Santa Claus, the parents also needed to write a Christmas card for their children to show their appreciation towards them. The parents mentioned that the whole family felt united after completing tasks together.

If you want to improve the relationships with your children and your partner, or want to share support with other parents, I sincerely invite you to join our "Good Parents' Networking" family.

**Stone Leung**  
Project Social Worker



# THE 42<sup>nd</sup> ANNUAL PRESS CONFERENCE AND ANNUAL GENERAL MEETING

The 42<sup>nd</sup> Annual Press Conference was held on 18 November 2021. Ms Donna Wong, our Director, reported ACA's significant events and presented the statistics for the year 2020/21. She shared recommendations on different aspects of child protection work. At the press conference, our responsible social worker also shared the story of a family from the Daylily Young/Single Mother Home Visitation Programme "the Daylily project".

In 2020/21, the Daylily project served 60 young/single mothers through referrals from the Paediatrics & Adolescent Medicine and Obstetrics & Gynaecology branches of the United Christian Hospital, Comprehensive Child Development Service and Integrated Family Service Centres. Among the families being served, nearly one-third of children had special educational needs ranging from autism, a lack of concentration ADHD, and dyslexia. The story of one of the families is outlined below.



Yi was referred to the Daylily project for Young/Single Mothers by our social worker, and she met two of our volunteers. The two volunteers took great care of Yi and her children's needs and helped her with her worries when she was in great need. During the epidemic, the volunteers visited them from time to time. Now, Yi faces her challenge in a positive way and is more confident in taking care of her children. She expressed her gratitude for the support and encouragement from ACA's social workers and volunteers. She is thankful for the Daylily project and encourages others to seek help early.

The 42<sup>nd</sup> Annual General Meeting was held at the ACA Head Office on the same day. Dr Patrick Cheung, Chairperson of ACA, summarised the achievements in the field of child protection in Hong Kong in the past year, mapped out prospects for its future development. Mr James Ng, Honorary Treasurer of ACA, presented the 2020/21 financial report, which indicated how we managed our activities following the principles of fiscal prudence to enable our Agency to continue with its development steadily. Then, Ms Donna Wong, Director of ACA, reported on significant events and presented the overall statistics of our work for the year 2020/21. She shared concerns and recommendations for child protection and urged society to pay more attention to child protection issues.

We take the opportunity here to thank all the volunteers who have assisted ACA and look forward to their continued support.

**Pearl Lee**  
Administration Manager

## PARENT-CHILD SUPPORT LINE

Collaborative partner: Save the Children Hong Kong

ACA Parent-child Support Line aims at promoting child protection messages to parents, children, teenagers, professionals and the public. We also provide case consultation for professionals. We encourage the public to report suspected child abuse cases. Moreover, when parents encounter difficulties in managing their children, and when children and youth have emotional needs, they are also encouraged to contact our professional hotline workers, who are more than willing to provide helpful support. We hope to encourage all parents and children in need of support to contact us through our hotline.

Parent-child support hotline : **2755 1122**

Service: 9:00a.m. - 9:00p.m. (Monday to Friday)

9:00a.m. - 1:00p.m. (Saturday)



## CHILD PROTECTION INSTITUTE

### Parenting Education Parent-child Workshop

What is the most effective type of child protection work (What)? When should early intervention be carried out (When)? Who should the service be provided to (Who)? How to implement (How)? Instead of educating children the ways to protect and express themselves, I have found from my decade-long frontline service experience that parent education is more important and urgent. Parents are the closest and most significant adults to their children. Their understanding and ways of interacting with their children are extremely influential to the children's growth. In addition to their attitudes and skills in parenting, the mental health of caregivers is also our primary concern. If we don't know how to take care of our emotions and needs, how can we teach our children to deal with their emotions? "You can't give children what you don't have" is the truest portrayal.

The Child Protection Institute has designed a three-session parent-child educational workshop for a kindergarten, teaching the parents to express love to their children in life through non-violent communication, and to use expressive art as a media to relieve the stress of parenting and care for their own needs. Finally, we used LEGO PLAY, which is a favorite among adults and children, to enhance their communication and cooperation. Just see how relaxed and happy they are!

**Karry Lau**

Development and Training Manager



## CHILD ABUSE TREATMENT CORNER-VOLUNTEERS HOME VISITATION SERVICE

Sponsored by Fu Tak Iam Foundation Limited

The Child Abuse Treatment Corner organised 3 sessions of "Be Authoritative Parents - Positive Parent Talks" and a 6-session Stress Management Group from September to December 2021.

The group aimed at assisting parents to understand the concept of Cognitive Behavioral Therapy and helping them adopt positive parenting skills and attitudes. This allowed parents to reduce their stress, thus putting a stop to corporal punishment. The following were the remarks shared by the group members:

- Parents learned how to turn negative thinking into positive thinking, and use the 5S organisation method (The Five Strategies to Cope with Emotions) to distract them from negative cognitions and feelings.
- Parents learned positive ways, such as pausing and thinking, to handle the children's issues, thus improving the parent-child relationship.
- Parents learned better emotional management, allowing themselves to think about children's negative behavioral from a different and more in-depth perspective.
- Parents realised the importance of having self-love and stopping corporal punishments.



**Naam Wong**

Project Social Worker

# CHILD PROTECTION INSTITUTE

## Positive Parental Talk



"You can raise good children without corporal punishment" has become a popular topic for discussion in schools and among parents this year. We often emphasise the disadvantages of corporal punishment. We talk about protecting children. The government has also enacted different laws to prevent child abuse. However, with all the various administrative measures, do we have enough space to listen to and understand what is happening in each family? What difficulties do the parents face in disciplining and raising children? The public often laugh at the parents by saying "one needs a licence to raise a child", what support can be given to parents to help them face the challenges and reduce their feeling of powerlessness? Let's listen to the voices of parents together! Can you imagine the biggest challenges faced by children's parents in kindergartens and primary schools? The parents of kindergarten children use corporal punishments when their children are "disobedient", "having tantrums" and "beating people", while the parents of primary school children use corporal punishment when their children are "not doing homework", "playing electronic games", and "being slow".



On 20, 21 October and 29 November 2021, Child Protection Institute organised talks on positive parenting for parents. The talks outlined some cultural misunderstandings of what corporal punishment could do, gave parents time to reflect on the negative impacts of corporal punishment on their children, on themselves and their relationships, and sketched how corporal punishment could adversely affect children's brain development from a neuroscience perspective. It also helped parents understand their children's behavior, emotional responses and needs. Positive attitude and positive methods in discipline were encouraged. Finally, participants were reminded that there was "a vast field between right and wrong". In other words, they should try to compromise.

Participants gave the following feedback:

- I learned how to communicate with children and how to make my child feel listened to and cared about.
- It was lively and interesting. It helped me understand the child's inner needs, and when disciplining, I need to deal with the child's emotions first.
- I learned that violence will affect children's brains and that it was important to understand children's needs. I also learned to see things from a child's perspective.
- I learned that both parents and children have emotional needs. I learned how to manage our own emotions and talk more to children about their feelings. I hope the talk could be longer.
- I learned to understand children not at face value but on a deeper level. I also learned about the impact of corporal punishment on children's brain development and the benefits of parenting with a positive attitude.
- I learned communication skills and techniques with children which helped me to better understand the children's emotional needs. I learned about the children's feeling and their needs and how to improve parent-child relationship. Hope more workshops can be arranged!

**Karry Lau**  
Development and Training Manager





# BLESS MY HOME FOREVER VOLUNTEER HOME VISITATION PROJECT

Sponsored by the Community Chest of Hong Kong

We held a "Happy Day Trip in Cheung Chau" event on 28 November 2021. With the theme of "Appreciation of Beauty and Excellence", this day trip provided opportunities to experience and reflect. When we notice and value the world's beauty, people's skills or talents, and moral goodness, we will start associating these with positive emotions, such as admiration, affection, and joy. As such, we designed different parent-child activities to encourage the families to appreciate the nature's beauties with their five senses. The families expressed that they loved the activities, as during these they found that they were surrounded by lots of beautiful things. They gained happiness and satisfaction through the process of appreciating such creations. Apart from scenery, the parents also appreciated people's goodness like the children's cooperation, volunteers' help and worker's preparation, all of which made the event very meaningful.

**Yan Yu**  
Social Worker



## DAYLILY PROJECT FOR YOUNG / SINGLE MOTHERS

Sponsored by the Community Chest of Hong Kong

Volunteers from SHKP's Chelsea Heights and the Daylily project accompanied our project families to join the Kwai Chung Centre's Halloween Party on 30 October 2021. The parents first learned to let the children make choices independently, and be a role model for the children. After that, parents and children learned to make face and hand painting together. Parents were encouraged to allow their children to take the initiative to paint on their parents. All of the children enjoyed painting beautiful patterns on their mothers.



A total of 8 parents, 11 children and 21 volunteers attended the activity. We would like to extend our gratitude to the staffs of Chelsea Heights for helping out in this programme and bringing us this enjoyable and delightful afternoon.

**Terri Chu**  
Social Worker

## JOYFUL KIDS GROUP

Joyful Kids Group held a Halloween party on 30 October 2021, and a total of 27 children participated. During the party, youth volunteers shared the joy by leading different mini-games and teaching the children to make Halloween decorations artwork.

On 11 December 2021, Joyful Kids Group, together with the Hong Kong Lutheran Social Service Community Liaison Team in Hung Shui Kiu New Development Area, visited the elderly in Chung Uk Tsuen squatter area. Children got farming experience during the visit, and they presented Christmas gifts and handmade Christmas cards to the elderly, hoping to bring them some warmth.

In addition, Joyful Kids Group held a Christmas party on 18 December 2021, and 45 children participated. On that day, social workers led games and taught children to handmade hand cream as Christmas gifts for their parents to share the festive joy and express gratitude.

**Vinky Lam**  
Project Social Worker





## THE HONG KONG JOCKEY CLUB COMMUNITY PROJECT GRANT - HEALTHY START HOME VISITING PROJECT

Sponsored by the Hong Kong Jockey Club Charities Trust

### Advanced Volunteer Training in Storytelling

We organised 3-session of storytelling training for our volunteers on 22, 29 October and 5 November 2021, with a total of 18 volunteers participated. Given that our volunteers already have considerable experience in storytelling, we specifically invited an experienced voice actress, Ms Rebecca Tam, to teach precise Cantonese pronunciations and vocal skills. We also shared some tips on controlling the pacing in storytelling and using props to attract the audience. The volunteers thought the training was fruitful and that it had inspired them to try using different voices to act out various characters to capture the children's attention.

### Good Parents Training Course 2021

A total of 19 parents, some being couples, participated in our 4-session parents training course conducted on 18, 25 September, 9 and 16 October 2021. The course was offered by our project social worker, Ms Vinky Lam, and it's based on the Circle of Security Programme in the U.S.A. Through designated videos and group discussion, we guided the parents to understand what attachment needs were and how to build up a safety basement for their children, which helps in raising a child with a high sense of security and self-esteem. The parents were equipped with a better sensitivity on their children's emotional needs and they also reflected on how their parenting model affects the children's growth.

### Parent-child Journey to Story World

On 6 November 2021, we visited a picture book store located at Lam Tei Main Street, Tuen Mun to promote parent-child reading, with a total of 14 project families participated. The storyteller, Vancy, shared several picture books about moral education and led various interactive games, e.g. "imitate the sunflower", music jam through simple instruments and "big fish catching small fishes". The activity had a great atmosphere; not only did it facilitate parent-child interaction, it also raised the children's interests in reading picture books.

**Peter Ng**  
Project Social Worker



# GIVE CHILDREN THE BEST START HOME VISITING PROJECT

Sponsored by The Community Chest of Hong Kong

Homemakers are sometimes perceived to have too much spare time. However, taking care of children and managing housework are more complicated and demanding than we thought. Though it is not a "job" per se, it can be a 24-hour responsibility, at the expense of homemakers' self-care and leisure time, and even when they are sick. Hence, we held a parenting workshop with the theme of making dried flower photo frame in November 2021, encouraging the parents to bond with and support each other. With volunteers helping out with the children, the parents had the time and space to take care of their well-being, thus striking a balance between childcare and self-care.

On 12 December 2021, we had a total of 20 families joining the 2021 Christmas Party and all 57 of them shared festive joy together! The group activities allowed the parents and children to cooperate together while celebrating Christmas. This programme also provided a platform for participants to observe how other families show care and communicate in a positive manner.

**Chan Wing Yan**  
Project Social Worker



## TUEN MUN CENTRE FAMILY CORNER Good Parents Positive Parenting Training Course 2021

In order to help parents improve their skills and knowledge in parenting and to establish a parent support network, an 8-session "Good Parents Positive Parenting Training Course" was held from 4 November 2021 to 13 January 2022 in Tuen Mun Centre. One of the characteristics of this course was that we adopted the parent-child communication programme designed by Ms Adele Faber and Ms Elaine Mazlish, who are renowned parenting experts in the U.S.A. The course emphasised positive communication which helped build good parent-child relationship and boosted the child's self-esteem.

Volunteers from the Family Corner led the group discussion and shared their parenting experiences. The participants reflected that their parenting skills with improvement after the group discussions, role play and the experience-sharing sessions. They have also developed a mutual support network. 18 parents completed the course while 14 of them joined our Family Corner Volunteer Group to support ACA in promoting child protection services.

## Mental Health Programme - Scented Candle DIY

Following the Zentangle Drawing and Singing Bowl Experience held in June and September 2021 respectively, we organised a Scented Candle DIY workshop in October 2021 to promote mental health among the Family Corner Volunteer Group members.

Aromatherapy brings about relaxation and helps release emotions. The process of candle making also puts emphasis on calmness, thus allowing participants to improve concentration. Under the worker's guidance, the participants fine-tuned their favorable aroma and made the candles into different kinds of flower artwork. To conclude, this series of mental health programme reminded the participants to take care of their mental status and to learn to build up daily habits of self-care.

**Peter Ng**  
Project Social Worker



## CHUK YUEN CENTRE FAMILY CORNER

Chuk Yuen Family Corner encourages parents to adopt positive parenting by promoting messages of positive discipline to enhance parent-child relationships and boost family harmony. From October to December 2021, Chuk Yuen Family Corner organised different groups and activities, including: "Embrace Children, Embrace Love", "Parent Leadership Training Programme", "Family Journey Balance Group", "Parent Relaxation Group", "Children Emotion Group", and "Holiday Parent-child Fun Day".

Chuk Yuen Family Corner organised the "Embrace Children, Embrace Love" activity on 22 October 2021 to promote family harmony and social integration. More than 100 parents were invited to kiss and hug their children and share their parent-child photos with us through WhatsApp. By doing so, they received a toy gift. During the event, parents sent sweet parent-child photos one after another. We were very impressed that parents were eager and sent many photos of them hugging their children. During the process, parents and children had a good time. The children gave their parents full marks, expressing that they enjoyed their parents' hugging. Hugging and kissing children seems to be a simple matter, but apparently many families in Hong Kong have not hugged their children for a long time for different reasons. We hope that through this activity, parents will cherish the opportunity to hug their children and thus bring more warmth to the family.

Through "Parent Leadership Training Programme", parents learned different topics related to parenting like children's growth needs, active listening, "I-message", relaxation exercises and conflict management and other different disciplinary skills. The Programme ended with a hiking arranged for the participating parents. They indicated that the Programme was practical and they could also establish a supportive network among group members.

In the "Family Journey Balance Group", parents and children took part in the parent group and the children group respectively. Parents shared child rearing difficulties with each other and established a parental mutual help network while children learned how to express and recognise their emotions through drawing and manual work. After graduation, the parents said that they had benefited a lot. They were able to identify their "emotional monsters", learned how to get along with them, and thus improved the relationship with their children. The children also enjoyed the group. They said they always looked forward to the next session every week. Parents hoped ACA would organise more parent-child balance groups in the future.

In the "Parent Relaxation Group", participating parents learned to relax through different artistic creations. They also learned a lot of positive discipline messages. They found the relaxation exercises and emotion management skills very helpful.

Lastly, the "Children Emotion Group" learned to express their emotions through a series of "expressive art" methods (which include painting, music, dance, and making light clay etc.). Participants found the activities organised by the Group very useful.



**May Chan**  
Social Worker





本人樂意幫助防止虐待兒童會 I would like to help ACA :  
請在適當□內加上✓號 Please tick □ as appropriate

總會：香港北角木星街3號澤盈中心13樓  
Head Office: 13/F, Corn Yan Centre, 3 Jupiter Street, North Point, Hong Kong  
查詢電話 Enquiry: (852) 3542 5722 熱線電話 Hotline: (852) 2755 1122  
圖文傳真 Fax: (852) 3542 5709  
電子郵件 Email: aca@aca.org.hk 網址 Website: www.aca.org.hk

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	一次捐款 One Off HK\$	每月捐款 Monthly (由 月至 月) (from to ) HK\$	
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信用卡 By Credit Card			Visa <input type="checkbox"/> Master <input type="checkbox"/> AE <input type="checkbox"/> 持卡人姓名 Cardholder : _____ 信用卡號碼 Card No. : _____ 信用卡到期日 Expiry Date : _____  簽署 Signature : _____
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是否需要捐款收據？ Do you request an official donation receipt?

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捐款港幣一百元或以上，可申請扣減稅項。 Donations of HK\$100 or above is tax deductible.

2.  本人推薦防止虐待兒童會聯絡下列人士 / 公司 / 機構 By recommending ACA to contact :

姓名 Name	地址 Address	電話 Tel / 傳真 Fax / 電郵 Email

3.  本人願意成為防止虐待兒童會義工，並加入ACA之友。 By becoming friends of ACA.

本人有興趣參與以下服務 I am interested in the following services :

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4.  本人申請成為防止虐待兒童會的會員。 By becoming a member of ACA.

- 普通會員 Ordinary Member 每年港幣一百五十元 HK\$150 per annum  
 學生會員 Student Member 每年港幣五十元 HK\$50 per annum  
 贊助會員 Sponsor Member 每年港幣一萬元 HK\$10,000 per annum

姓名 Name : (中) \_\_\_\_\_ 先生/小姐/女士 (英) Mr / Miss / Ms \_\_\_\_\_

機構 Agency (如適用 if applicable) : \_\_\_\_\_

地址 Address : \_\_\_\_\_

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