

HONG KONG TAOIST ASSOCIATION TANG HIN MEMORIAL SECONDARY SCHOOL
UNIT/SUBJECT: PARENT EDUCATION
ANNUAL PROGRAMME PLAN (2024- 2025)

1. CURRENT YEAR OBJECTIVES

1	Understanding of Adolescent Development
2	Promotion of Healthy, Happy and Balanced Development of Adolescents
3	Promotion of Parents' Physical and Psychological Well-being
4	Fostering Home-school Co-operation and Communication

2. IMPLEMENTATION PLAN

Objective 1: Understanding of Adolescent Development

Targets	Strategies / Tasks	Success Criteria	Method of Evaluation	Time Scale	Responsible People	Resources Required
1.1. Help parents understand the unique characteristics and needs of adolescents. 1.2. Appreciate the traditional parenting wisdom of Chinese culture.	<ul style="list-style-type: none"> Parent Education Seminar 	<ul style="list-style-type: none"> 80% of parents demonstrate their understanding of the unique characteristics and needs of adolescents. 80% of parents demonstrate a good understanding of the traditional parenting wisdom of Chinese culture. The number of parents attendance is more than 100. 	<ul style="list-style-type: none"> Feedback from parents Questionnaire 	End of Jan 2025	Members of PTA	One-off grant on parent education
1.3. Help parents acquire the knowledge of the key developmental tasks of adolescence and the skills to support the completion of these tasks 1.4. Help parents acquire the ideas for family fun to maintain positive relationships with adolescents	<ul style="list-style-type: none"> Parent-child reading sharing sessions and seminars on the knowledge of the key developmental tasks of adolescence. 	<ul style="list-style-type: none"> 80% of parents understand the scope and processes of adolescent development. 80% of parents will be able to apply knowledge of adolescent development to set reasonable expectations on their adolescent children. 80% of parents acquire appropriate strategies to facilitate the development and well-being of adolescent. 	<ul style="list-style-type: none"> Feedback from parents Survey findings 	Jan 2025 to Aug 2025	Members of Library and Counseling Unit	One-off grant on parent education

Objective 2: Promotion of Healthy, Happy and Balanced Development of Adolescents

Targets	Strategies / Tasks	Success Criteria	Method of Evaluation	Time Scale	Responsible People	Resources Required
<p>2.1. Help parents understand early mental health symptoms in adolescence and the different levels of severity of symptoms.</p> <p>2.2. Help parents gain an enhanced awareness of issues including school refusal, self-harm behaviours and substance misuse.</p> <p>2.3. Help parents acquire the skills on how to support their adolescent children and learn to seek help without fear of stigmatization.</p>	<ul style="list-style-type: none"> • Healing Journey Parent Workshop • Seminar by experience psychiatrist 	<ul style="list-style-type: none"> • 80% of parents gain awareness of early signs of mental illness in adolescent children for early intervention • More parents start to read books relevant to mental illness in adolescent 	<ul style="list-style-type: none"> • Feedback from parents • Google form survey findings 	<p>Seminar: March 2025</p> <p>Workshop: March to June 2025</p>	Members of PTA and Counseling Unit. Social Workers.	One-off grant on parent education
<p>2.4. Help parents understand their role in sex education for the psychosexual development of adolescents</p> <p>2.5. Help parents acquire the techniques to discuss with adolescent children their dating issues</p> <p>2.6. Help parents understand and build up their confidence to support their adolescent children facing the issues related to sexual orientation, gender identity, romantic and sexual relationship, sexual consent and risks of online dating</p>	<ul style="list-style-type: none"> • Parent-child reading sharing sessions and seminars on sex education. 	<ul style="list-style-type: none"> • 80% of parents are equipped with the knowledge of physical and psychological development of adolescents at puberty. • 80% of parents understand the common stress faced by adolescents. • 80% of parents understand how to manage specific issues encountered by adolescents. 	<ul style="list-style-type: none"> • Feedback from parents • Google form questionnaire 	Whole year	Members of Library and Counseling Units.	One-off grant on parent education

Objective 3: Promotion of Parents' Physical and Psychological Well-being

Targets	Strategies / Tasks	Success Criteria	Method of Evaluation	Time Scale	Responsible People	Resources Required
<p>3.1 Help parents managing stress with a wellness lifestyle approach</p> <p>3.2 Appreciate traditional Chinese culture</p>	<ul style="list-style-type: none"> PTA Chinese Culture Fun Day 	<ul style="list-style-type: none"> 80% of parents agree that they have regular exercise with adolescents can serve as valuable 'family time' for parents, so as to maintain healthy parent-child relationship. 	<ul style="list-style-type: none"> Feedback from parents Number of parents participated. Atmosphere on that day. 	8-12-2024	Members of PTA.	One-off grant on parent education.
<p>3.2 Help parents understand the changing nature of the parent-child relationship during adolescence.</p> <p>3.3 Help parents understand the importance of effective communication and acquire the relevant skills in facilitating and supporting a healthy and positive family environment.</p> <p>3.4 Equip parents with strategies and skills to manage parent-child conflicts in difficult situations (e.g. problematic internet use)</p>	<ul style="list-style-type: none"> Parent-child reading sharing sessions and seminars on parent-child relationship. 	<ul style="list-style-type: none"> 80% of parents recognize and understand the significance of parental well-being on adolescent development. 80% of parents learn effective stress management and self-care strategies that facilitate self-compassion and enhance parental well-being. 80% of parents acquire appropriate strategies for effective communication within the family. 	<ul style="list-style-type: none"> Feedback from parents Google form questionnaire 	Jan 2025 to Aug 2025	Members of Library and Counseling Unit.	One-off grant on parent education

Objective 4: Fostering Home-school Co-operation and Communication

Targets	Strategies / Tasks	Success Criteria	Method of Evaluation	Time Scale	Responsible People	Resources Required
4.1 Help parents understand the concepts and skills of supporting adolescents in life planning and career development. 4.2 Help parents understand the processes of career and life planning and how to make use of the opportunities to connect with their adolescent children. 4.3 Help parents develop appropriate strategies to facilitate life planning of their adolescent children through building a positive and supportive environment.	<ul style="list-style-type: none"> How to discuss career planning with your children? 	<ul style="list-style-type: none"> 80% of parents agree that they are empowered to support adolescents' life planning and career development. 	<ul style="list-style-type: none"> Feedback from parents Google form Survey findings 	Jan 2025	Members of Career Unit, Social Worker	One-off grant on parent education
4.4 Organize meaningful home-school activities. 4.5 Both parents and school have an increased awareness of the importance of home-school co-operation in nurturing adolescents, creating a positive environment conducive to their learning, and establishing mutual trust and respect through effective communication and parent participation.	<ul style="list-style-type: none"> Parent-child Board Game Workshop by BG INFINITY 	<ul style="list-style-type: none"> 80% of parents agree that these activities provide platforms and valuable opportunities for parent-adolescent children, parents-parents and parents-school communication. 	<ul style="list-style-type: none"> Feedback from parents Numbers of parents participated Atmosphere during the activities. 	Jan-Aug 2025	Members of PTA and Social Worker	One-off grant on parent education
4.6 To explore different career fields Eg. Art, museum jobs.	<ul style="list-style-type: none"> Seminar in Careers related to art and museum. 	<ul style="list-style-type: none"> 80% of parents agree that the exhibition can help to equip themselves in career knowledge. 	<ul style="list-style-type: none"> Feedback from parents Google form questionnaire 	Jan -Aug 2025	Members of Career Unit	One-off grant on parent education

3. FINANCIAL ESTIMATES				
Item	Description	Amount	Remarks	
1	Procure service from individual speakers or experts (Seminars) (3-5 seminars)	\$15000	One-off Grant on Parent Education (Secondary)	
2	Procure service from service providers (workshop, activities, programs)	\$20000	One-off Grant on Parent Education (Secondary)	
3	Book reading and sharing sections (including buying books) (3-5 sharing sessions)	\$10000	One-off Grant on Parent Education (Secondary)	
Estimated Total:		\$ 45000		