

**Life Education Activity Programme
Parent Programme - “Safe and Successful”
Programme Synopsis**

Session	Theme	Content
I	1. Check out the changes! 2. Behind the rebellions	<ul style="list-style-type: none"> • To identify the physiological, mental and behavioural changes during puberty • To identify the relationship between the adolescents’ psychological needs and behaviour • To handle misbehaviour
II	3. I want to be 4. The responsibilities of parents	<ul style="list-style-type: none"> • Parents understand the basic needs of children • Parents’ expectations of themselves and their children • The influence of the parents’ upbringing on parenthood • To investigate appropriate communication styles and build up parent-child relationship
III	5. A privileged role 6. Good parents? New parents’ generation	<ul style="list-style-type: none"> • To introduce the “Satir Model” of family therapy and different communication styles • To identify the different emotions during daily parenting • To handle negative emotions
IV	7. What is drug abuse? 8. A “date” with children	<ul style="list-style-type: none"> • To understand how parents’ perceptions of drugs may influence children’s behaviour • To introduce effective methods in preventing children’s substance abuse • To understand “Crisis management” • To build a “drug-free” home
V	9. Don’t close the doors! 10. What choices are there?	<ul style="list-style-type: none"> • To clarify myths of punishment • To explore other methods besides punishment, i.e. decision making skills, logic and consequence, setting boundaries and agreement • To build solid foundation of parenting by managing the children with love, care and respect

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VI	11. Win-win! 12. Over the hurdles with cuddles!	<ul style="list-style-type: none"> • To correct parents' misunderstanding of parenting and reflect on the problems • To grasp on the skills of listening, reflecting, giving and encouragement • To skillfully use "I" message
VII	13. Right time, right place 14. The sex bible	<ul style="list-style-type: none"> • To highlight the importance of parents being informed about sex education and the responsibilities they face • To explore the various dimensions behind sex education • To assist parents to overcome taboos over sex education • To transfer newly understood knowledge and to put it to good use
VIII	15. The child and sex 16. Sex and drugs	<ul style="list-style-type: none"> • To explore the influences behind a child's perception of sex • To identify the common issues that children face about sex • To explore the relationship between drugs, sex and sexual offences