



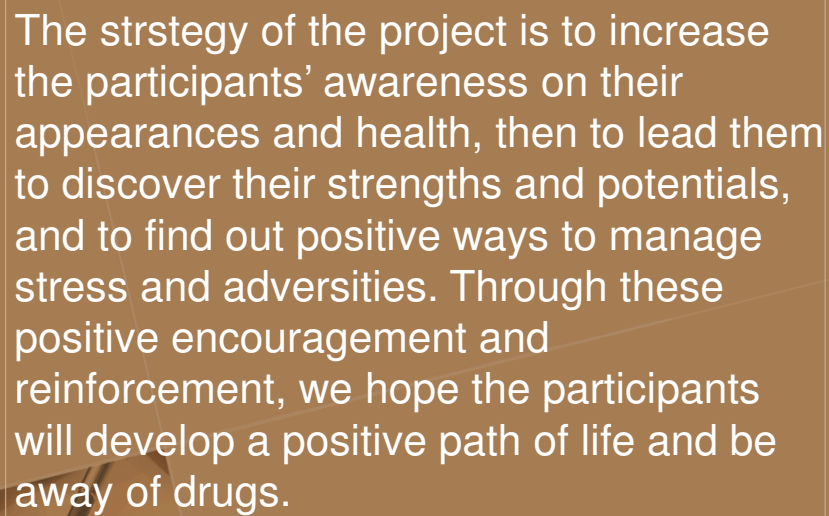
Formula for Positive Life
正向生命方程式
BDF130007

05/2014-11/2015

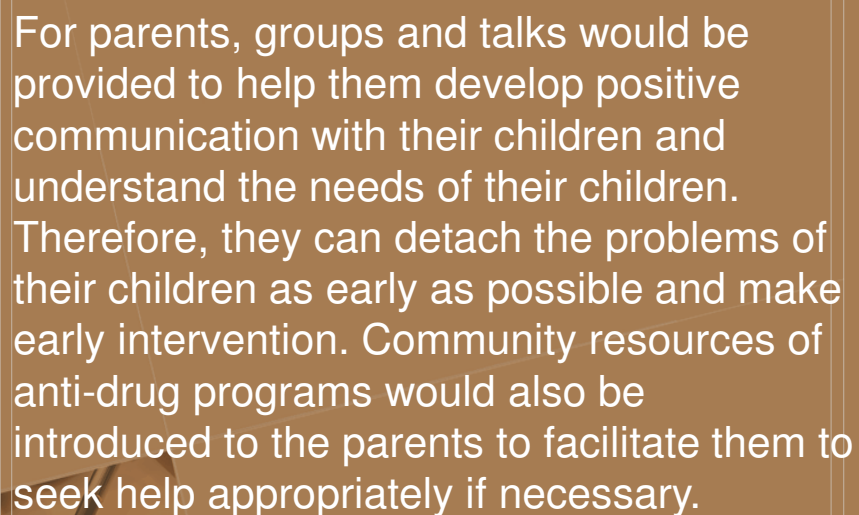
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Introduction

This project is based on the theory of Positive Psychology. Its aim is to help the primary and secondary students to attain positive subjective experiences, discover their strengths and build up positive network support through the activities of groups, visits and day camp. Our service targets are senior primary students and junior secondary students with low study motivation or behavioral difference.



The strategy of the project is to increase the participants' awareness on their appearances and health, then to lead them to discover their strengths and potentials, and to find out positive ways to manage stress and adversities. Through these positive encouragement and reinforcement, we hope the participants will develop a positive path of life and be away of drugs.

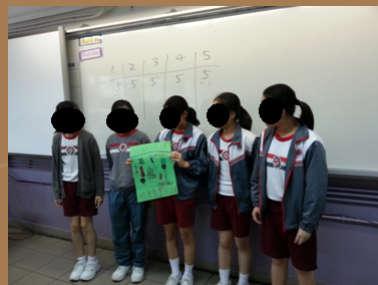
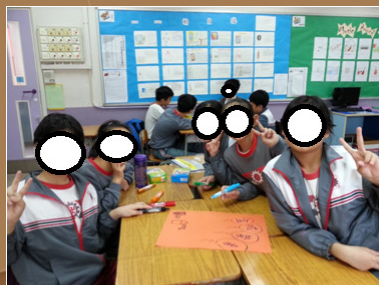


For parents, groups and talks would be provided to help them develop positive communication with their children and understand the needs of their children. Therefore, they can detach the problems of their children as early as possible and make early intervention. Community resources of anti-drug programs would also be introduced to the parents to facilitate them to seek help appropriately if necessary.

This project will be lasted for 18 months and will include 24 groups with 6 sessions for each, 10 to 12 times of agency visits and day camps for youths, 12sessions of talk for parents and 12 parent groups with 6 sessions for each. It is expected about 240 youths and 120 parents to be benefited.

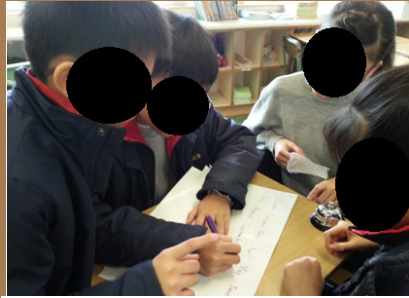
Project Content

小組活動



學生正進行設計禁毒宣傳海報

小組活動



反毒人生—劇本創作



活得健康—運動的習慣



參觀預防犯罪教育中心



日營活動—團隊訓練



家長講座/小組



Evaluation methods

pre- and post-test survey, post-test survey, focus group, staff observation, participant's feedback form

Output and outcome benchmarks

- 配對樣本t 檢定 (paired t-test) 顯示有顯著改善或70%參加者有改變

Evaluation results

- 收回17號問卷中，在378個受訪者中，有130個(50%)在前測時，已達滿分，所以不能再有進步。
- 收回有效的18號問卷共148份，96.6%參加者對吸毒所持的態度有正向的改變或配對樣本t 檢定 (paired t-test) 顯示有顯著改善。
- 禁毒基金2號評估問卷，共收回325份有效問卷，100%參加者對吸毒禍害的認識有增加或配對樣本t 檢定 (paired t-test) 顯示有顯著增加。

- 禁毒基金19號評估問卷，共收回777份有效問卷，99.6%家長識別隱蔽吸毒者的意識有所提升，或配對樣本t 檢定 (paired t-test) 顯示有顯著提升。
- 禁毒基金19號評估問卷，共收回104份有效問卷，100%家長識別隱蔽吸毒者的意識有所提升或配對樣本t 檢定 (paired t-test) 顯示有顯著提升。
- 禁毒基金4號評估問卷，共收回350份有效問卷，100%參加者拒絕毒品的自我效能感有所提升或配對樣本t 檢定 (paired t-test) 顯示有顯著提升。

- 生活滿意度量表，共收回260份有效問卷，86.9%參加者的生活滿意度有所提升或配對樣本t 檢定 (paired t-test) 顯示有顯著提升
- 主觀快樂度量表，共收回260份有效問卷，92.7%參加者的主觀快樂度有所提升或配對樣本t 檢定 (paired t-test) 顯示統計上有顯著提升
- 感恩量度量表，共收回260份有效問卷，100%參加者的感恩量度有所提升或配對樣本t 檢定 (paired t-test) 顯示統計上有顯著提升

Process Evaluation

- 定期開會檢討小組/活動成效
- 針對不同學生之情況調節小組活動內容
- 與合作學校開會檢討

Experience Gained

● Lesson learnt

正向生命建立小組：參加者透過學習正向心理學的理論，建立正向積極的思想，提升其解難能力，來對抗毒品誘惑。

參觀戒毒治療機構：了解戒毒治療的方法及歷程，讓他們有更深切的體會，從而完全拒絕毒品。

Experience Gained

● Lesson learnt

正向生命日營：協助參加者建立正向群體，獲得正向經歷，增加他們的解難能力，從而提升自信。

家長講座：讓家長認識吸食危害精神毒品的最新情況和辨別及處理子女吸食危害精神毒品的技巧。

Experience Gained

● Lesson learnt

家長小組：加強家長對毒品問題的認識及了解，從而學習辨識及處理子女吸毒的問題；透過「正向思想」技巧提升與子女的溝通及管教能力。

Conclusion

● Conclusion

於整個計劃完結後，工作人員認為整體目的都能達到，無論在招募或實際參加者上都能按預期目標完成

Suggestions

- 行政彈性比較低
- 小組節數建議為8至10節，能更有效提倡預防禁毒教育
- 學生參加者須同時參加計劃所有部份(包括小組、參觀及日營)，不同形式的活動配合，可加強參加者對毒品禍害的認識及協助他們建立正面價值。

Suggestions

- 在小學來說，往往提及毒品相關方面資訊都會比較敏感，尤其在基金設定問卷對毒品字眼，對小學生而言相對較深及難理解

Way forward

- 此形式計劃應繼續向推廣，從活動成效中、學校回應、家長回應及社會風氣，更應向小學生提早作出預防犯毒的行為，加強學生對毒品禍害的認識，從小培養正面的價值觀。

End