



Po Leung Kuk  
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

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Dear Parents,  
各位家長：

P24140

**“Growing along with Adolescents: Empathy and Companionship”**  
**Parent Education Course for Parents of Secondary Students**  
**(2024/25 and 2025/26 School Years)**  
**「同你·同理·同行」中學家長教育課程**  
**(2024/25 及 2025/26 學年)**

The Education Bureau (EDB) is committed to promoting parent education, and the Curriculum Framework on Parent Education (Secondary School) (the Curriculum Framework) was launched in 2024. To enhance parents' relevant knowledge and skill and to foster a positive parenting attitude, EDB has organized the “Growing along with Adolescents: Empathy and Companionship” Parent Education Course for parents of secondary students with reference to the Curriculum Framework.

The Parent Education Course has two rounds, with each round consisting of five sessions. The first round of the course will be conducted from 3 April to 24 May 2025, and the second round from 5 September to 11 October 2025. The course contents of the two rounds are identical, and parents may choose to enrol in either round. The course will be delivered in face-to-face and online modes concurrently. Parents may choose to enrol in either face-to-face or online mode for the course.

Our school has all along been actively promoting home-school co-operation and parent education. We encourage parents to actively participate in the aforementioned course to acquire relevant knowledge and skills. Through the Parent Education Course, parents can understand the uniqueness and characteristics of adolescent children, learn the skills to maintain positive communication and parent-child relationship, set reasonable expectations for one self and children, and support children's smooth transition from adolescence to adulthood.

For the course details and enrolment method, please refer to Annex 1 or visit the organizer's website (Chinese only): <https://bit.ly/qsiparent?r=qr>.

教育局致力推廣家長教育，並於 2024 年推出《家長教育課程架構（中學）》（「課程架構」）。為增進家長的相關知識及技能，並培養正面的育兒態度，教育局為中學學生家長舉辦「同你·同理·同行」家長教育課程。

家長教育課程設有兩輪課程，各有五個課節。首輪課程在 2025 年 4 月 3 日至 5 月 24 日舉行，第二輪課程則於 2025 年 9 月 5 日至 10 月 11 日舉行。兩輪課程內容相同，家長可選擇參與其中一輪。課程以面授及網上模式同步進行，家長可選擇以實體或網上模式參與課程。

本校一直積極推動家校合作和家長教育，現鼓勵家長積極參加上述課程，學習相關的知識和技能。家長可透過課程了解青少年子女的獨特性和特點，認識與他們維持良好的溝通及親子關係的技巧，為自己及子女訂立合理的期望，支援子女順利從青少年期過渡至成年階段。

有關家長教育課程的詳情及報名方法，請參閱《附件一》或瀏覽主辦機構網頁：<https://bit.ly/qsiparent?r=qr>。

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保良局羅傑承(一九八三)中學



Law Wing Chung, Principal 羅穎忠校長  
17<sup>th</sup> March 2025 二零二五年三月十七日

**“Growing along with Adolescents: Empathy and Companionship”  
Parent Education Course for Parents of Secondary Students  
(2024/25 and 2025/26 School Years)**

Details and enrolment method of the “Growing along with Adolescents: Empathy and Companionship” Parent Education Course for parents of secondary students:

<b>Course Content</b>	<p>Session 1: <b>Wise Communication</b> Understanding the developmental characteristics of adolescent children and effective communication strategies</p> <p>Session 2: <b>Resilient Growth</b> Acquiring practical skills to support children to cope with challenges during adolescence</p> <p>Session 3: <b>Growth Perspective</b> Understanding the development of adolescents’ self-concept and mastering coping strategies and techniques for nurturing children</p> <p>Session 4: <b>Self-care in Parenting</b> Understanding the concepts and strategies of parent self-care as well as its importance in the parenting of adolescents</p> <p>Session 5: <b>Home-school Co-operation</b> Gaining insights into career planning and values education to master strategies for home-school collaboration and communication</p>
<b>Date, Time and Venue</b>	<p><b><u>First round of the course</u></b> Session 1: 3 April 2025 (Thursday) (7:00 p.m. to 9:00 p.m.) Session 2: 14 April 2025 (Monday) (7:00 p.m. to 9:00 p.m.) Session 3: 29 April 2025 (Tuesday) (7:00 p.m. to 9:00 p.m.) Session 4: 14 May 2025 (Wednesday) (7:00 p.m. to 9:00 p.m.) Session 5: 24 May 2025 (Saturday) (9:30 a.m. to 11:30 a.m.)</p> <p>Venues of the face-to-face sessions Sessions 1 to 4: Rm 209B, 2/F, Cheng Yu Tung Building (CYT), The Chinese University of Hong Kong Session 5: Rm 109, 1/F, Chen Kou Bun Building (CKB) The Chinese University of Hong Kong</p> <p><b><u>Second round of the course (re-run)</u></b> Session 1: 5 September 2025 (Friday) (7:00 p.m. to 9:00 p.m.) Session 2: 11 September 2025 (Thursday) (7:00 p.m. to 9:00 p.m.) Session 3: 17 September 2025 (Wednesday) (7:00 p.m. to 9:00 p.m.) Session 4: 23 September 2025 (Tuesday) (7:00 p.m. to 9:00 p.m.) Session 5: 11 October 2025 (Saturday) (9:30 a.m. to 11:30 a.m.)</p> <p>Venue of the face-to-face sessions Rm G02, G/F, POH 80<sup>th</sup> Anniversary Tang Ying Hei College, Tseung Kwan O</p>

<b>No. of sessions</b>	5 sessions
<b>Duration of each session</b>	2 hours
<b>Mode of delivery</b>	Hybrid mode (concurrent face-to-face and online delivery)
<b>No. of participants</b>	Face-to-face: 40 (No limit for the number for online participants)
<b>Target participants</b>	Priority will be given to parents of secondary students
<b>Medium of instruction</b>	Cantonese
<b>Enrolment deadline</b>	28 March 2025 (First round) 29 August 2025 (Second round)
<b>Enrolment method</b>	Interested parents can scan the QR code on the right to complete and submit the electronic application form (Chinese version only). For enquires on the enrolment matters, please contact Ms TIN of the Hong Kong Institute of Education Research of the Chinese University of Hong Kong on 3943 5096.




Remarks:

- (1) Applicants should ensure that the email address provided is accurate for receiving the confirmation notification, information of the course sessions and login details for the online sessions.
- (2) Enrolment will be processed on a first-come-first-served basis. Successful applicants will receive an e-mail notification. If the face-to face sessions are full, applicants will be arranged to participate in the online sessions.
- (3) Participants with an attendance rate of 80% or above will be awarded a certificate of attendance.
- (4) No parking space will be provided for participants at the venues of the face-to-face sessions.
- (5) In the event that face-to-face sessions are cancelled due to inclement weather or other special circumstances, the sessions will be delivered online only. Details of the arrangement will be announced separately.

「同你·同理·同行」中學家長教育課程  
(2024/25及2025/26學年)

「同你·同理·同行」家長教育課程詳情及報名方法：

<p>課程內容</p>	<p>課節一：<b>智慧溝通</b> 認識青少年子女發展的特點及有效的溝通方法</p> <p>課節二：<b>堅韌成長</b> 掌握陪伴子女應對青春期的挑戰的實務技巧</p> <p>課節三：<b>成長視角</b> 認識青少年自我概念的發展，並掌握培育子女的應對策略及技巧</p> <p>課節四：<b>渡己育人</b> 認識青少年養育中家長自我關懷的理念、策略及其重要性</p> <p>課節五：<b>家校共力</b> 透過認識生涯規劃及價值觀教育掌握家校之間的合作與溝通策略</p>
<p>日期、時間及地點</p>	<p><b>第一輪</b></p> <p>課節一：2025年4月3日（星期四）（晚上7:00 – 9:00） 課節二：2025年4月14日（星期一）（晚上7:00 – 9:00） 課節三：2025年4月29日（星期二）（晚上7:00 – 9:00） 課節四：2025年5月14日（星期三）（晚上7:00 – 9:00） 課節五：2025年5月24日（星期六）（早上9:30 – 11:30）</p> <p>實體上課地點： 課節一至四：香港中文大學鄭裕彤樓2樓209B 課節五：香港中文大學陳國本樓1樓109室</p> <p><b>第二輪（重辦）</b></p> <p>課節一：2025年9月5日（星期五）（晚上7:00 – 9:00） 課節二：2025年9月11日（星期四）（晚上7:00 – 9:00） 課節三：2025年9月17日（星期三）（晚上7:00 – 9:00） 課節四：2025年9月23日（星期二）（晚上7:00 – 9:00） 課節五：2025年10月11日（星期六）（早上9:30 – 11:30）</p> <p>實體上課地點： 將軍澳博愛醫院八十週年鄧英喜中學地下G02室</p>

課堂節數	5 節
每節時間	2 小時
模式	混合模式（現場實體及網上同步進行）
人數	實體面授40人（線上參加人數不限）
對象	中學學生的家長優先
授課語言	粵語
報名截止日期	2025 年 3 月 28 日（第一輪） 2025 年 8 月 29 日（第二輪）
報名方法	<p>有興趣報名的家長可掃瞄右方的二維碼，填寫並遞交電子報名表格。如就報名事宜有任何查詢，請致電 3943 5096 與香港中文大學香港教育研究所田小姐聯絡。</p> 

備註：

- (1) 請參加者確保填寫的電郵地址正確，以便收取有關取錄通知、講座資料及線上講座登入資料等。
- (2) 報名將以先到先得方式處理，獲取錄者將收到電郵通知。如實體講座名額額滿，參加者將會安排以網上形式參與講座。
- (3) 出席課程 80%或以上的參加者可獲頒聽講證書。
- (4) 實體上課場地不設車位予與會人士。
- (5) 如因惡劣天氣或其他特殊原因而需取消實體上課，課堂將以網上進行，詳情將另行通知。