主題：指導子女面對戀愛與兩性關係

A. 內容撮要：

放下權威建立雙向溝通：家長應保持開明與接納的態度，不宜第一時間定下嚴苛規條，應放下權威扮演「愛情顧問」，與子女建立平等閒談的溝通橋樑。

引導正確兩性與戀愛觀：教育子女健康的戀愛建基於互相尊重與信任，懂得照顧對方感受，而非單方面的佔有或委曲求全，同時需提醒網絡交友的潛在風險。

正視性教育與學會保護自我：切勿避諱談論「性」，家長應釐清「愛必定包含性」的迷思，在子女有親密接觸時保持冷靜，客觀分析風險並教導保護方法，肯定子女有權拒絕。

提供情緒支援教導面對失去：當子女經歷分手，家長應耐心聆聽並給予情緒支援，避免責罵，教導他們以平和、理性的態度處理失戀，從中學習並重新振作。

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B. **家長反思題：**

1. 當發現子女開始談戀愛或有親密行為時，我的第一反應是想立刻定下規條限制他們，還是能放下權威、保持開明，嘗試扮演引導他們的「愛情顧問」？
2. 當子女面對親密關係的迷思或失戀的打擊時，我是否準備好冷靜地與他們分析風險，並提供足夠的情緒支援？

參考資料：

1. https://www.parent.edu.hk/docs/default-source/curriculum-framework-(sec)_hkbu-exemplar-materials/2b_03_parents-notes_tc.pdf?sfvrsn=4d57222_1
2. https://cd1.edb.hkedcity.net/cd/mce/sed/webfiles/ParentResources/files/DownloadFile.asp?DLfileName=scenario_youthsex.doc

Topic: Guiding Children Through Romance and Relationships

A. Content Summary:

- **Drop Authority for Two-Way Communication**: Parents should maintain an open and accepting attitude. Avoid setting harsh rules right away. Drop authority to act as a "love consultant" and build a bridge of equal conversation with children.
- **Guide Proper Views on Relationships and Romance**: Teach children that healthy romance is built on mutual respect and trust. They must learn to care about each other's feelings instead of seeking one-sided possession or making blind compromises. Meanwhile, remind them of the potential risks of online dating.
- **Address Sex Education and Teach Self-Protection**: Never avoid talking about sex. Parents should debunk the myth that "love must include sex". Stay calm when children have intimate contact. Objectively analyze risks, teach protection methods, and affirm their right to say no.
- **Provide Emotional Support and Teach Coping with Loss**: When children experience a breakup, parents should listen patiently and offer emotional support. Avoid scolding. Teach them to handle breakups with a peaceful and rational attitude, learning from the experience to bounce back.

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B. Parent Reflection Questions:

1. When discovering that my child is starting a romance or engaging in intimate behavior, is my first reaction to immediately set rules to restrict them, or can I drop authority, stay open-minded, and try to act as a guiding "love consultant"?
2. When my child faces myths about intimate relationships or the blow of a breakup, am I ready to calmly analyze the risks with them and provide sufficient emotional support?

Reference：

1. https://www.parent.edu.hk/docs/default-source/curriculum-framework-(sec)_hkbu-exemplar-materials/2b_03_parents-notes_tc.pdf?sfvrsn=4d57222_1
2. https://cd1.edb.hkedcity.net/cd/mce/sed/webfiles/ParentResources/files/DownloadFile.asp?DLfileName=scenario_youthsex.doc