主題：關注青少年的精神健康

A. 內容撮要：

1. 心理壓力會轉化為身體警號

- **隱性表達**：青少年未必懂得以言語表達焦慮。
- **生理症狀**：壓力往往透過**頭痛、胃痛**等身體不適呈現。
- **行為習慣**：焦慮可能引發不自覺的行為，如**咬指甲、扯頭髮**。
- **生活失調**：部分同學會出現**睡眠不足、食慾不振**等現象。

2. 家長應以正確態度面對焦慮

- **接納情緒**：家長需明白焦慮是正常的心理反應。
- **建立信心**：對子女的抗逆力要保持信心。
- **肯定努力**：鼓勵子女勇敢面對恐懼，無論成功與否都應認同其付出。
- **堅持面對**：當子女想退縮時，不要馬上帶離現場或代為完成任務。

3. 家庭日常支援與身教

- **一致管教**：全家人應盡量對子女採用一致的管教方法。
- **身教示範**：家長面對自身恐懼時應身體力行去面對，成為子女榜樣。
- **均衡生活**：為子女建立健康生活模式，確保充足睡眠，並定時進行放鬆身心的活動。
- **專業求助**：若焦慮情況日益嚴重並影響日常學業和社交，應尋求專業協助。

4. 提早偵測青少年自殺念頭的方法

- **多加傾談**：透過加強溝通，多了解子女的日常生活。
- **留意作品**：從日常寫作和功課中，觀察是否流露出自殺訊息或失落感。
- **關注社交**：透過其朋友或社交媒體，留意不同的資訊與動態。
- **家校聯絡**：多與學校老師聯絡，全面掌握子女在校的情況。

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B. 家長反思題：

1. 當子女出現頻繁頭痛、胃痛，或者出現咬指甲、睡眠不足等情況，而醫生檢查又顯示身體沒有大礙時，我第一時間的反應是甚麼？
2. 當子女在面對擔心或害怕的事情想要退縮時，我是否會因為心疼或想快點解決問題，而馬上將他們帶離現場，或是立刻代替他們完成任務？

影片連結：

https://www.youtube.com/watch?v=HbUgkIHuC7w

Topic: Focusing on Youth Mental Health

A. Content Summary:

1. Psychological stress manifests as physical warning signs

- **Hidden expression:** Youth may not know how to express anxiety in words.
- **Physical symptoms:** Stress often presents through physical discomforts like headaches and stomach aches.
- **Behavioral habits:** Anxiety can trigger involuntary behaviors, such as nail-biting or hair-pulling.
- **Lifestyle disruptions:** Some students may experience sleep deprivation and a loss of appetite.

2. Parents should face anxiety with the right attitude

- **Accept emotions:** Parents need to understand that anxiety is a normal psychological response.
- **Build confidence:** Maintain confidence in their children's resilience.
- **Acknowledge effort:** Encourage children to face fears bravely and validate their efforts regardless of the outcome.
- **Persist in facing challenges:** Do not immediately remove children from the situation or complete tasks for them when they want to back out.

3. Daily family support and leading by example

- **Consistent parenting:** The whole family should try to adopt a consistent parenting approach for their children.
- **Lead by example:** Parents should face their own fears directly to serve as a role model for their children.
- **Balanced lifestyle:** Establish a healthy lifestyle for children, ensuring adequate sleep and regular relaxing activities.
- **Professional help:** Seek professional assistance if anxiety worsens and affects daily academics and social life.

4. Methods for early detection of suicidal thoughts in youth

- **Talk more:** Enhance communication to learn more about their children's daily lives.

- **Notice creative work:** Observe daily writings and homework for signs of suicidal messages or feelings of loss.
- **Monitor social circles:** Pay attention to updates and information through their friends or social media platforms.
- **Home-school connection:** Stay in close contact with school teachers to fully understand their children's situation at school.

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B. Parent Reflection Questions:

1. When my child experiences frequent headaches, stomach aches, nail-biting, or sleep deprivation, but medical checkups show nothing physically wrong, what is my immediate reaction?
2. When my child wants to back out of something they worry about or fear, do I immediately remove them from the scene or complete the task for them because I feel bad for them or want to resolve the issue quickly?

Video link：

https://www.youtube.com/watch?v=HbUgkIHuC7w