主題：協助青少年建立自我認同

A. 內容撮要：

- **提供充足探索空間**：鼓勵子女參與各類活動以發掘興趣與長處，並透過提問引導他們反思自身強弱項，拼湊出完整的自我概念。
- **給予具體肯定尊重**：從微細處讚賞子女的獨立成就，藉此增強其「自我效能感」，同時不與他人作無謂比較，欣賞其獨特性。
- **開明聆聽理性引導**：當子女的選擇與家長期望有落差時，切忌急於否定，應保持開明態度傾聽，並共同分析風險與好處，培養其責任感。
- **成為最強安全後盾**：在過程中保持無比的耐心與包容，給予子女足夠的安全感與自由，陪伴他們無懼未來挑戰並建立健康正向的自我。

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B. 家長反思題：

1. 當子女嘗試新事物或完成一件小事時，我習慣先看見他們的不足並給予建議，還是能具體地給予肯定並欣賞他們的獨特性？
2. 當子女的未來規劃或選擇與我的期望出現落差時，我的第一反應是急於否定、批評，還是能放下成見，開明地聆聽並理性分析好壞？

參考資料：

1. https://www.parent.edu.hk/docs/default-source/curriculum-framework-(sec)_hkbu-exemplar-materials/1b_02_ppt_tc.pdf?sfvrsn=b7f68f58_1
2. https://parent.edcity.hk/zh-hant/resource/3465/

Topic: Helping Teenagers Build Self-Identity

A. Content Summary:

- **Provide Ample Space for Exploration:** Encourage children to participate in various activities to discover their interests and strengths. Use questioning to guide them in reflecting on their own pros and cons, helping them piece together a complete self-concept.
- **Give Specific Recognition and Respect:** Praise children's independent achievements from the smallest details to enhance their sense of self-efficacy. Avoid making pointless comparisons with others and appreciate their uniqueness.
- **Listen with an Open Mind and Guide Rationally:** When a child's choices differ from parental expectations, avoid rushing to dismiss them. Maintain an open attitude, listen closely, and analyze the risks and benefits together to foster their sense of responsibility.
- **Become the Strongest Safety Net:** Maintain immense patience and tolerance throughout the process. Give children enough security and freedom to accompany them in facing future challenges without fear, helping them build a healthy and positive self.

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B. Parent Reflection Questions:

1. When my children try new things or complete a small task, do I habitually notice their shortcomings first and offer advice, or am I able to give specific recognition and appreciate their uniqueness?
2. When my children's future plans or choices differ from my expectations, is my first reaction to rush into dismissal and criticism, or can I let go of preconceptions, listen with an open mind, and rationally analyze the pros and cons?

Reference：

1. https://www.parent.edu.hk/docs/default-source/curriculum-framework-(sec)_hkbu-exemplar-materials/1b_02_ppt_tc.pdf?sfvrsn=b7f68f58_1
2. https://parent.edcity.hk/zh-hant/resource/3465/