主題：中二生自尊感的系統培養

A. 內容撮要：

1. 核心概念：

- 中二是「自我認同」的關鍵期，高自尊有助學習與抗逆力。
- 家長應從「關係、能力、選擇」三方面協助。

2. 家庭實踐的「五感」框架：

- 安全感： 每日專注對話、尊重私隱、視犯錯為學習。
- 獨特感： 支持子女發展一項穩定興趣，並給予肯定。
- 聯繫感： 教導社交技巧，建立家庭儀式（如共餐）。
- 能力感： 讚賞過程而非結果，賦予獨立任務，避免比較。
- 方向感： 與子女共訂 SMART 目標，並定期回顧。

3. 溝通原則：

- 三不： 不比較、不貼負面標籤、不代勞。
- 三要： 要具體欣賞、要共同解難、要允許重試。

4. 警號與求助：

- 鼓勵子女參與學校活動，累積成功經驗。
- 若發現子女持續情緒低落或社交退縮，應及早聯絡學校專業人士。

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B. 家長反思題：

1. 您讚賞子女時，多是讚賞「結果」（例如：成績好）還是「過程」（例如：很努力）？
2. 最近有哪一件小事，是您能放心交給子女獨立完成，並容許他從中犯錯的？

參考資料：

1. https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.chsc.hk%2Fchi%2Fcontent_chsc%2Fsection4_2%2Fc%2Fy_ch6.ppt&wdOrigin=BROWSELINK
2. https://www.studenthealth.gov.hk/tc_chi/resources/resources_bl/files/lf_ph_fm.pdf

Topic: Systematically Building Self-Esteem in Secondary 2 Students

A. Content Summary:

1. Core Idea:

- The second year of secondary school is a key time for developing "self-identity." High self-esteem helps with learning and resilience.
- Parents should help in three areas: relationships, ability, and choice.

2. A "Five Senses" Framework to Use at Home:

- Sense of Security: Have focused talks daily, respect their privacy, and see mistakes as a chance to learn.
- Sense of Uniqueness: Support them in a regular hobby and praise their strengths.
- Sense of Connection: Teach social skills and create family traditions (like eating meals together).
- Sense of Competence: Praise their effort, not just the outcome. Give them tasks to do alone. Avoid comparisons.
- Sense of Direction: Set SMART goals together and review them regularly.

3. Communication Rules:

- The 3 Don'ts: Don't compare, don't use negative labels, and don't do things for them.
- The 3 Do's: Give specific praise, solve problems together, and let them try again.

4. Warning Signs and Getting Help:

- Encourage them to join school activities to experience success.
- If your child seems down or avoids friends for a long time, talk to a school professional (like a teacher or counselor) right away.

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B. Parent Reflection Questions:

1. When you praise your child, do you focus more on the "result" (e.g., good grades) or the "process" (e.g., their hard work)?

2. What is a recent small task you trusted your child to handle alone, allowing them to learn from any mistakes?

Reference：

1. https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.chsc.hk%2Fchi%2Fcontent_chsc%2Fsection4_2%2Fc%2Fy_ch6.ppt&wdOrigin=BROWSELINK
2. https://www.studenthealth.gov.hk/tc_chi/resources/resources_bl/files/lf_ph_fm.pdf