

## 學校社工致家長的信-「火星撞地球」

在停課期間，孩子在家中少不免會使用電子產品，使用電子產品實是利有弊，利是可以透過手機獲取更多最新資訊及擴闊想像力，亦可以利用「它」來消遣時間。但弊處是使用這些電子產品上癮性較高，所以一旦染上了這種「癮」，要撇除這種習慣便會相對地困難了。要如何讓小朋友戒掉上網或打機癮，相信令不少家長感到頭疼，沉迷上網的習慣不是一時三刻可以改掉，而且現在的小朋友大多渴求自主獨立，不喜歡被別人束縛及限制，若然家長過份地管束小朋友，想必會遇上「火星撞地球」吧!那麼如何讓小朋友走出「五光十色」的電子世界呢?首先，在不影響孩子的私隱前提下，家長不妨走進他們的電子世界，了解他們的上網模式和喜歡打的機究竟是好是壞，參與他們的網絡世界，與他們成為「戰友」。但家長切記不能沉迷，嘗試用第三身的角度為孩子分析打機的好與壞。其次，家長可以嘗試讓孩子跑出自己的「網絡世界」，讓他們多參與「地球」的活動，製造多些親子互動的機會，例如一起摺紙、做運動及玩桌上遊戲等。最後，家長亦需要以身作則，在親子遊戲時間裡，亦盡量不要使用手機，為孩子作一個好榜樣。

梁姑娘 曾姑娘

### 家長篇

1. 「別讓孩子只與手機溝通」(資料來源：AM730 樂苗坊)

<https://www.am730.com.hk/column/Family/%e5%ad%90%e5%a5%b3%e7%9a%84%e6%89%8b%e6%a9%9f%e7%99%ae-199571>

2. 基層家庭上網服務優惠 (資料來源:有機上網)

<http://www.weborganic.hk/> (有需要可以致電學校社工查詢)

3. 《「疫」境中的靜觀空間》(資料來源:賽馬會「樂天心澄」靜觀校園文化行動)

<http://www.jcpanda.hk/ms2020/webpage.pdf>[https://www.swd.gov.hk/tc/index/site\\_pubsvc/page\\_cps/sub\\_20/20/](https://www.swd.gov.hk/tc/index/site_pubsvc/page_cps/sub_20/20/)

4. 繪本聆聽-《我討厭媽媽》反思親子衝突 (資料來源:童學讀書會 Ling Wong)

[https://www.youtube.com/watch?v=C9ljd\\_JTvM8&feature=youtu.be](https://www.youtube.com/watch?v=C9ljd_JTvM8&feature=youtu.be)

## 學生篇

1. 「抗疫我最叻」-社交故事系列 (資料來源: 東華三院何玉清教育心理服務中心)

<https://drive.google.com/file/>

建議家長可以利用上述社交故事，與小孩一齊商討答案

建議答案(可作參考):

<https://drive.google.com/file/d/1SO31O-IJ5r2ZwMRVU8IBDQ684g2FJ32D/view?fbclid=IwAR28j-gOCOJjxmAcIe8KoDZmBZjOY4aLMmuhpD6LoP2NUiZFGNcwgkmJiY4>

## 親子活動篇

1. 50 種親子室內活動 (資料來源:familygo 親子遊)

<https://familygohk.blogspot.com/2020/01/50-indoor-bucket-list-screen-free.html>

2. 「停課不停運動」YM Home Sports 第 4 集 上肢鍛鍊 (資料來源: YMCA)

<https://www.youtube.com/watch?v=d2YhBPQAIj8>

3. 建議親子觀看的七套生命教育電影，透過觀看電影，學習建立正面的人生觀及勇於面對生命的不同挑戰。網頁

附上教材，在 3 月 31 日前可以下載教材。(資料來源: 愛電影愛生命)

<http://movielife.erc.org.hk/material-1819/?v=69e1aafccc5>

## A letter to parents-To reduce parent-child conflict

Dear parents,

During the class suspension period, children might use electronic devices at home inevitably. There are both advantages and disadvantages to using electronic devices. The advantage is that children can get more up-to-date information and expand the imagination, and they can also use it to fill up time. But the disadvantage is that using these electronic devices are highly addictive, so once they obsess with playing video games, it will be difficult to quit this habit comparatively. Many parents might feel difficult to ask your children get rid of “Internet addiction”, and parents need to acknowledge quitting the habit of immersing in video games is not easy.

Nowadays, a lot of children are more independent, do not like to be restrained and restricted by others. If parents do have excessive control of children, presumably clashes will happen between both of them. So how to let children quitting the habit of playing games? First of all, without affecting the privacy of children, parents can try to know their children’s interest and become a “teammate” with them. Importantly, parents must not be addicted and try to analyze the good and bad of playing these video games perspectively. Secondly, parents can try to create more parent-child activities at home, and thus can enhance interaction with your children, such as origami, physical exercise and playing board games, etc. Finally, parents also need to be a role model to children, and avoid using mobile phones during the family time.

Best regards,

Miss Leung & Miss Tsang

### For the Non-Chinese Speaking Parents and Students

**1. Dr Lucci Lugee Liyeung: Tips for fight against epidemic** (Source: Dumo. art)

[https://drive.google.com/file/d/1J3mAE8cz29-ITplusigycejb9zi\\_3NRv/view?fbclid=IwAR3JISXEzxK95W\\_i2rd2Q\\_iGxNE-PGdSxlS2cvd\\_iM1XBcTyHn7j1zHyocU](https://drive.google.com/file/d/1J3mAE8cz29-ITplusigycejb9zi_3NRv/view?fbclid=IwAR3JISXEzxK95W_i2rd2Q_iGxNE-PGdSxlS2cvd_iM1XBcTyHn7j1zHyocU)

**2. Urdu Version :Fun at home activity Booklet** (Source: Y Joy Early Childhood School Service Work Service)

[https://drive.google.com/file/d/1kkOcOynrrg818qn6BhJtFJSG9bdHZY3a/view?fbclid=IwAR2iWcFP2kkg\\_Vv6-KIPHOVeeB2HCEXI9zv3o5TM54CQsd\\_cTAWiglHcSrc](https://drive.google.com/file/d/1kkOcOynrrg818qn6BhJtFJSG9bdHZY3a/view?fbclid=IwAR2iWcFP2kkg_Vv6-KIPHOVeeB2HCEXI9zv3o5TM54CQsd_cTAWiglHcSrc)

**3. English Version :Fun at home activity Booklet** (Source: Y Joy Early Childhood School Service Work Service)

<https://drive.google.com/file/d/1aBZ65sdXjSSin5CgHGbEreNmtRgrPsP1/view?fbclid=IwAR06B99JSHtBbJ81V5rzWYb-3NR04pN4wREXqBITT0oNygEZTiJ63ZmZ-Xg>