



## RAIMONDI COLLEGE

2 Robinson Road  
Hong Kong

Tel. (852) 2522 2159

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<http://www.raimondi.edu.hk>

### Letter to Parents

3 December 2009

Dear Parents,

Recently, some students have revealed their emotional disturbance and expressed their negative feelings about life on social networking sites. We are very concerned about this matter.

Our school has attached much importance to life education and fostering of students' whole-person development. To forestall the spread of such negative emotions, we will continue to implement Healthy School Policy. Furthermore, we need your support so that we can work jointly in enhancing the physical, psychological and social-emotional well-being of our students.

I would like to appeal to your support in paying more attention to your children's daily life and internet habit and helping them build up healthy daily habits, develop positive outlook on life and values, acquire life skills and techniques to deal with adversity and resist temptation. You are also urged to spend more time with your children, have more discussion with them and pay attention to their emotions so that they will be aware of your support. For children who are emotionally disturbed, parents' concern and encouragement are very much needed.

Appendix 1 provides information for assessing youngsters' internet habit and suicide risk; such could facilitate your understanding of your children's current condition. Please see if it is applicable to your situation. If you need support or have any enquiry, please contact the form teachers or our school guidance personnel/school social worker at telephone: 2522 2159 to discuss effective strategies so that timely support can be provided for your children.

Yours faithfully,

G. W. Au  
Principal



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### 給家長的信

各位家長：

近日在互聯網的社交網頁上有學生透露情緒受到困擾，在宣泄感受時，有輕視生命的留言。我們對事件亦深表關注。

本校一向重視生命教育，全面照顧學生的成長。為防止歪風蔓延，本校將繼續推動「健康校園」政策，同時亦需藉著家校合作，幫助學生在生理、心理及社交方面均衡發展，成為一個健康快樂的人。

我們籲請各家長多注意子女日常生活和上網情況，幫助他們培養健康的生活習慣、建立正面的人生觀與價值觀，加強教導他們重視和愛惜生命，以及面對逆境和抗拒誘惑的技巧。此外，請家長多與子女傾談，關注他們的情緒，讓他們感受到家人對他們的支持。對可能受情緒問題困擾的子女，家長宜多加關心和鼓勵。

附件一提供有關評估青少年網絡使用習慣和自殺危機的資料，可幫助家長了解子女的現況，請家長考慮是否合用。如有需要或查詢，請致電學校 2522 2159 予班主任老師/輔導老師/駐校社工，共同商討有效策略，務使子女能得到適時的支援。

校長  
區嘉為

二零零九年十二月三日

Assessment of the Internet Habit of Youngsters and Suicide Risk

**Part 1: Understand Internet Habit of Youngsters**

To help understand your child's/student's internet habit and its impact so as to arrange appropriate guidance strategies and support services.

(A) Internet Habit	Suggested questions				
Years of internet experience	1. How long has your child/student been using the internet? _____				
Duration	2. On average, how many hours does your child/student spend on using the internet every day? _____				
Venue	3. Where does your child/student usually use the internet? (Please circle the appropriate answer) a. at home b. at school c. others: (e.g. mobile phone, coffee shop, etc.) _____				
Internet Preference	4. What mode of internet use is most preferred by your child/student? (Please circle the appropriate answer) a. online messenger (e.g. e-mail, chat room, etc.) b. interactive on-line games c. others: (e.g. sex, gambling websites, etc.) _____				
(B) Impact of Internet Habit	Suggested questions		Degree of impact (Insert "✓" in the appropriate box)		
			Not Accurate	Accurate	Very Accurate
Emotion Control	1. When gets interrupted or stopped while using the Internet, your child/student will exhibit extreme emotion.				
	2. When life is without the Internet, your child/student becomes very agitated, moody, lonely and depressed.				
	3. When offline, your child/student feels depressed. This disappears immediately once he/she is back online.				
	4. Your child/student still gets pre-occupied with the Internet when he/she is offline.				
	5. When your child/student feels emotionally disturbed, he/she needs to rely on the Internet to calm down.				
Social Competence	6. Your child/student spends far more time on the Internet than going out with friends.				
	7. Using the Internet is the only way your child/student adopts to make friends.				
Self Control	8. Your child/student will not let go any opportunity to use the Internet.				
	9. No matter under what circumstances, your child/student cannot cut down the amount of online time.				
	10. When you ask your child/student to get offline, he/she can never stop promptly.				
Learning/ Work Performance	11. Using the Internet makes your child/student: a. Lose all interests towards studies/work b. Perform extremely badly at studies /work (e.g. messy homework, poor achievement) c. Non productive in studies/work (e.g. late or no submission of homework)				
Daily Routine	12. Using the Internet makes your child/student: a. Stay up late every night and hard to fall asleep b. Always late for school and doze off during lessons c. Withdraw completely from any extra-curricular or family activities (e.g. picnic, outings, going to restaurant, etc.)				



## Part 2: Recommended Support Measures

If many of the descriptions in (B) of Part 1 above are marked with “accurate” or “very accurate”, please be on the alert of your child/student’s internet habit and consider the following guidance strategies and support services.

<b>Parents and Teachers might consider the following</b>	
<ul style="list-style-type: none"> <li>● Spend more time and talk with your child/student, actively listen to him/her, try to understand the reasons behind his/her using the Internet</li> <li>● Evaluate with your child/student regularly their use of the Internet, let them understand the advantages and disadvantages of using the Internet and analyze the positive and negative impact on him/her</li> <li>● Teach your child/student how to differentiate accurate and inappropriate messages, select website content prudently</li> <li>● Set up an Internet communication platform with your child/student to enhance communication and relationship</li> <li>● Develop your child’s/student’s interests and strengths, arrange a wide variety of activities to expand his/her exposure and social network so that he/she would not be addicted to the Internet due to insufficiency in activities and social life</li> <li>● Show concern not only in your child’s/student’s academic performance but also in his/her emotions, feelings and thoughts so that he/she would not rely on the Internet to soothe his/her negative emotions</li> <li>● Maintain close and regular home-school communication</li> </ul>	
<b>Parents might also consider the following</b>	<b>School might also consider the following</b>
<ul style="list-style-type: none"> <li>● Set up appropriate daily routine and online time schedule with your child</li> <li>● Spend more time with your child for quality family interaction so as to improve understanding and connection among family members</li> <li>● Liaise with the school guidance personnel for appropriate assistance.</li> </ul>	<ul style="list-style-type: none"> <li>● Identify students showing signs of internet addiction and refer to guidance personnel or the school social worker for follow up</li> <li>● Enhance preventive measures:               <ul style="list-style-type: none"> <li>- Help students acquire information on internet addiction through classroom discussion or activities so that they can develop proper habit and attitude of using the Internet</li> <li>- Let parents, teachers, school social workers and guidance personnel work jointly on effective preventive and guidance strategies through talks, seminars or forums</li> </ul> </li> </ul>

## Part 3: Suicide Risk Assessment

If, in addition to many of the descriptions in (B) of Part 1 above being marked with “accurate” or “very accurate”, your child/student also exhibits the following signs of unusual emotion and behaviors, please refer to the “Checklist of Youth Suicidal Risk Factors” or the “Suicide Risk Assessment Checklist” on the EDB’s website for further assessment.

<http://www.edb.gov.hk/index.aspx?nodeID=623&langno=1>

[http://www.edb.gov.hk/FileManager/EN/Content\\_635/suicide%20risk%20assessment%20\(eng\).pdf](http://www.edb.gov.hk/FileManager/EN/Content_635/suicide%20risk%20assessment%20(eng).pdf):

- direct or indirect statements (verbal or written) about suicide and death
- statements (verbal or written) indicating desperation
- prior suicide attempts, self-injury behaviour
- giving away prized possessions
- sudden changes in personality
- extreme moodiness (especially depression and sadness)
- sudden change in sleeping habits or eating patterns, etc.

生活流程	12. 使用網絡令你的子女/學生：			
	a. 每晚都不願上牀睡覺，亦難於入睡			
	b. 上學經常遲到、上課時打瞌睡			
	c. 完全不參與任何課外或家庭活動（如旅行、郊遊、上茶樓等）			

### 第二部分：輔導建議

若你的子女/學生在第一部分(乙)部的描述中，出現很多“非常準確”或“準確”的情況，你應多加留意他們使用網絡的習慣，並考慮安排以下的輔導策略和支援服務。

家長和老師可考慮以下的建議	
<ul style="list-style-type: none"> <li>● 多與子女/學生傾談，細心聆聽，了解他們沉迷使用網絡的原因</li> <li>● 定期與子女/學生檢視上網的情況，讓他們了解上網對自己的好處及壞處，從而分析上網對自己帶來多少正面及負面的影響</li> <li>● 教導子女/學生辨別正確和不當的訊息，慎選網站內容</li> <li>● 與子女/學生一起建立網上溝通平台，以增進彼此的關係與溝通</li> <li>● 發展子女/學生多方面的興趣和強項，安排多元化的活動，擴闊他們的視野和生活圈子，使他們不會因為欠缺活動或社交生活而沉溺上網</li> <li>● 除關心他們的課業成績外，更應關心其情緒、感受和想法，使他們不需透過沉溺上網解決負面情緒</li> <li>● 家長與學校經常保持密切聯繫和溝通</li> </ul>	
家長還可以考慮	學校亦可以考慮
<ul style="list-style-type: none"> <li>● 與子女訂立合適的生活流程，規定他們上網時間</li> <li>● 多陪伴子女，建立有質素的親子時間，強化家庭成員彼此間的了解和聯繫</li> <li>● 與學校的輔導人員聯絡，尋求適當的支援</li> </ul>	<ul style="list-style-type: none"> <li>● 及早將有網絡成癮徵狀的學生轉介予輔導老師或社工跟進</li> <li>● 加強預防性工作： <ul style="list-style-type: none"> <li>- 透過課堂討論或活動，讓學生掌握網絡成癮的相關知識，培養正確的上網態度和習慣</li> <li>- 透過講座、研習活動或座談會等平台，讓父母、老師、社工、輔導人員結合力量，共同探討有效的預防和輔導方法</li> </ul> </li> </ul>

### 第三部分：自殺危機的評估

若你的子女/學生在第一部分(乙)部的描述中，出現很多“非常準確”或“準確”的情況，同時亦出現以下一些異常的情緒或行為，請參考教育局網頁「評估青少年自殺危險的清單」或「自殺危機評估表」作進一步評估：

[http://csrpl.hku.hk/files/152\\_764\\_165.pdf](http://csrpl.hku.hk/files/152_764_165.pdf)

[http://www.edb.gov.hk/FileManager/TC/Content\\_635/suicide%20risk%20assessment.pdf](http://www.edb.gov.hk/FileManager/TC/Content_635/suicide%20risk%20assessment.pdf)

- 在言談間或在文章內，直接或間接地談及自殺和死亡的念頭
- 在言談間或在文章內表現出絕望
- 出現危險或自毀的行為
- 送出心愛的物品
- 個性突然改變
- 極端的情緒變化(特別是抑鬱及憂傷)
- 睡眠或飲食習慣突然改變

**Part 4: Helpline and Community Resources---Youth and Children Counselling Service \***

Institution	Tel No.	Website	Service Information
Social Welfare Department	2343 2255	<a href="http://www.swd.gov.hk/en/index/site_pubs_vc/page_cps/sub_applicatio/">http://www.swd.gov.hk/en/index/site_pubs_vc/page_cps/sub_applicatio/</a>	<b>Hotline Service:</b> Monday to Friday 9:00 am to 5:00 pm Saturdays 9:00 am to 12:00 noon (At other hours, callers can press '0' to directly transfer their calls to the Hotline and Outreaching Service Team of Tung Wah Group of Hospitals to seek assistance from the social workers. They may also leave messages on the recording machine and the SWD social workers on-duty will call back as soon as possible)
The Samaritan Befrienders Hong Kong	2389 2222	<a href="http://www.sbhk.org.hk/en_index.htm">http://www.sbhk.org.hk/en_index.htm</a>	<b>Hotline Service:</b> 24 hours
Breakthrough	2377 8511	<a href="http://www.breakthrough.org.hk/eng/interpersional/cc.html">http://www.breakthrough.org.hk/eng/interpersional/cc.html</a>	<b>Counselling Service:</b> Monday, Wednesday to Friday 9:30 a.m. to 5:30 p.m. (Service Targets: Individual Psychological Counselling -- Young People aged 18 to 30; Youth and Family Counselling -- Youth aged 11 to 18 and their families)
The Boys' and Girls' Clubs Association of Hong Kong	2520 6800	<a href="http://www.bgca.org.hk/bgca06/main/press.asp?lang=C&amp;id=317">http://www.bgca.org.hk/bgca06/main/press.asp?lang=C&amp;id=317</a> (Chinese Website Only)	<b>Hotline for Children:</b> Monday to Friday 5:30 p.m. to 7:30 p.m. Saturday 10 a.m. 12:00 noon (Service Targets: Children and Youth aged 6-15)
The Hong Kong Federation of Youth Groups	2777 8899	<a href="http://www.hkfyg.org.hk/eng/ygs/27778899.html">http://www.hkfyg.org.hk/eng/ygs/27778899.html</a>	<b>Youthline:</b> Monday to Saturday 2:00 p.m. to 2:00 a.m. (Service Targets: Children and Youth aged under 25 and their families).
Youth Outreach	9088 1023	<a href="http://www.youthoutreach.org.hk/index_e.htm">http://www.youthoutreach.org.hk/index_e.htm</a>	<b>Hotline Service:</b> 24 hours (Service Targets: Children and Youth aged 6-24)
End Child Sexual Abuse Foundation	2889 9933	<a href="http://www.ecsaf.org/English/work.php?expandable=1&amp;item_id=60">http://www.ecsaf.org/English/work.php?expandable=1&amp;item_id=60</a>	<b>"Hugline" and Counselling:</b> Service (provide information and counseling related to child sexual abuse): Monday to Friday 10:00 a.m. to 6:00 p.m. (Service Targets: Children and Youth aged under 18 and their families)
Mother's Choice	2868 2022	<a href="http://www.motherschoice.org/pages/index.asp?lang=en&amp;pg=pgs_overview">http://www.motherschoice.org/pages/index.asp?lang=en&amp;pg=pgs_overview</a>	<b>Hotline Service (crisis pregnancy and/or sex-related issues):</b> Monday to Sunday 9:00 a.m. to 10:00 p.m. (Telephone calls are handled by registered social workers and qualified counselors from 9:00am to 5:30pm, Monday to Friday.)
Kely Support Group	2521 6890 (Office Tel)	<a href="http://www.kely.org">http://www.kely.org</a> E-hotline: help@kely.org	<b>E-hotline Service</b> (Service Targets: Youth)
Family Crisis Support Centre Operated by Caritas - Hong Kong	18288	<a href="http://fcsc.caritas.org.hk/">http://fcsc.caritas.org.hk/</a>	<b>Hotline Service:</b> 24 hours

\* The above list is not exhaustive. Please contact the school social worker or guidance personnel for further information if other resources are required.

第四部分：社區資源-----青少年輔導服務舉隅\*

機構	電話	網址	服務資料
社會福利署	2343 2255	<a href="http://www.swd.gov.hk/tc/index/site_pubsvc/page_cps/sub_applicatio/">http://www.swd.gov.hk/tc/index/site_pubsvc/page_cps/sub_applicatio/</a>	<p>熱線服務： 星期一至五 星期六 上午9時至下午5時 上午9時至中午12時</p> <p>(其餘時段，可選擇按‘0’字，將電話轉駁到東華三院熱線及外展服務隊，與當值社工聯絡。亦可使用留言服務，社會福利署社會會於當值時間盡快與查詢者聯絡)</p>
香港撒瑪利亞防止自殺會	2389 2222	<a href="http://www.sbhk.org.hk/b5_touch_service.htm">http://www.sbhk.org.hk/b5_touch_service.htm</a>	<p>熱線服務： 24小時</p>
突破輔導中心	2377 8511	<a href="http://www.breakthrough.org.hk/chi/interpersonal/c.html">http://www.breakthrough.org.hk/chi/interpersonal/c.html</a>	<p>輔導服務： 星期一、三、四、五 上午9時30分至下午5時30分 (服務對象： 個人心理輔導服務：十八至三十歲的青年人； 青少年及家庭輔導服務：十一至十八歲的青少年人及家庭)</p>
香港小童群益會	2520 6800	<a href="http://www.bgca.org.hk/">http://www.bgca.org.hk/</a>	<p>「童心線」： 星期一至五 下午5時30分至7時30分 星期六 上午10時至中午12時 (服務對象：6至15歲的兒童及青少年)</p>
香港青年協會	2777 8899	<a href="http://www.hkfyg.org.hk/chi/vcs/27778899.html">http://www.hkfyg.org.hk/chi/vcs/27778899.html</a>	<p>「關心一線」： 星期一至六 下午2時至凌晨2時 (由專業社工接聽) (服務對象：25歲以下的青少年及其家長)</p>
協青社	9088 1023	<a href="http://www.youthoutreach.org.hk/">http://www.youthoutreach.org.hk/</a>	<p>熱線服務：24小時 (服務對象：6至24歲的青少年)</p>
香港護苗基金	2889 9933	<a href="http://www.ecsaf.org/Chinese/work.php?expandable=1&amp;item_id=52">http://www.ecsaf.org/Chinese/work.php?expandable=1&amp;item_id=52</a>	<p>「護苗線」及輔導服務 (提供兒童性侵犯的資料及輔導)： 星期一至五 上午10時至下午6時 (服務對象：18歲以下的兒童、青少年及其家人)</p>
母親的抉擇	2868 2022	<a href="http://www.motherschoice.org/pages/index.asp?pg=pgs_overview">http://www.motherschoice.org/pages/index.asp?pg=pgs_overview</a>	<p>熱線服務： (解答意外懷孕及與性有關的問題)： 星期一至日 上午9時至晚上10時 (星期一至五上午9時至下午5時30分，由註冊社工及合格輔導員接聽來電)</p>
啟勵扶青會	2521 6890 (辦事處電話)	<a href="http://www.kely.org">http://www.kely.org</a> 聯絡電郵： <a href="mailto:chi.help@kely.org">chi.help@kely.org</a>	<p>線上熱線： (服務對象：青少年)</p>
明愛向晴軒	18288	<a href="http://fcsc.caritas.org.hk/">http://fcsc.caritas.org.hk/</a>	<p>「向晴熱線」熱線服務：24小時</p>

\*以上資料未能盡錄，如有需要尋求其他機構的資料，可與學校社工、輔導人員等聯絡。