

## Understanding Adolescent Project (Primary) Activities of the Intensive Programme (IP)

Levels	Name of activities	No. of sessions and hours	Objectives	Targets			Coordinator	Conductor
				Students	Teachers	Parents	Student Guidance Personnel / Teacher Coordinators	Other workers
Primary 4	Teacher workshop	(2 sessions) Total 7 hrs	To enhance teachers' skills in handling students' problems and their communication skills with students		✓		✓	✓
	Parent workshop	(4 sessions) Total 8 hrs	To assist parents in enhancing their parenting skills and communication skills with their children			✓	✓	✓
	Orientation session	(1 session) 1hr	Introduction of the activities	✓		✓	✓	✓
	Launching ceremony	(1 session) 1hr	To conduct a launching ceremony and to lay down rules with students for the groups	✓	✓	✓	✓	✓
	Small group session	(6 sessions) Total 9 hrs	To increase students' resilience through group experience	✓			✓	✓
	Day / Camp of Challenge	(2 sessions) Total 7 hrs	To enable students to have a basic understanding (knowledge and skills) of "resilience" through challenging activities appealing to the participating students	✓			✓	✓
	Overnight camp	2 days 1 night Total about 16 hrs	To enable students to have an in-depth understanding (knowledge and skills) of "resilience" through challenging activities appealing to the participating students	✓			✓	✓
	Volunteer services	(2 sessions) Total 4 hrs	To arrange students to carry out community services/voluntary work and make contributions to the groups in need of help in the community or help community building, in order to foster their sense of belonging towards the community	✓			✓	✓
	Parent-child camp / activities	(2 sessions) Total 7 hrs	To foster the mutual support between parents and children and to increase their communication	✓		✓	✓	✓
	Parent-teacher sharing session	(2 sessions) Total 2 hrs	To enhance the mutual support and communication between parents and teachers so as to create a "resilience culture" to help the growth of students		✓	✓	✓	✓
Closing ceremony	(1 session) 1 hr	To conclude the Intensive Programme throughout the year and to encourage students by awarding them the certificates of merit	✓	✓	✓	✓	✓	
<b>Total: 63 hrs</b>								

Levels	Name of activities	No. of sessions and hours	Objectives	Targets			Coordinator	Conductor
				Students	Teachers	Parents	Student Guidance Personnel / Teacher Coordinators	Other workers
Primary 5	Small group session	9 sessions of students groups and 1 session of parent workshop including an individual session  <b>Total 32 hrs</b>	To further enhance the participating students and their parents' understanding of and exposure to "resilience": *To enhance students' sense of belonging towards their schools as well as their attitude towards temptations for daily application *To assist parents in further enhancing their parenting and communication skills for positive parent-child relationship	✓			✓	✓
	Outing							
	Individual session							
	Parent workshop				✓	✓	✓	
Primary 6	Small group session	9 sessions of student groups and 1 session of parent workshop including an individual session  <b>Total 32 hrs</b>	To further enhance the participating students and their parents' understanding of and exposure to "resilience": *To enhance students' sense of belonging towards their schools and/or the community as well as their sense of optimism for daily application *To assist parents in further enhancing their parenting and communication skills for positive parent-child relationship	✓			✓	✓
	Outing							
	Individual session							
	Parent workshop				✓	✓	✓	

For details, please see the Users' Manual of the Resource Package on the Understanding Adolescents Project (Primary) on EDB webpage (Chinese only):

[\[EDB webpage>Teachers Related>Student Guidance and Discipline Services>Projects and Services>Understanding Adolescent Project \(Primary\)>3. Users' Manuals in the Resource Package \(Chinese version only\) \(I to III\)>Users' Manuals \(III\): Intensive Programme \(IP\)\]](#)

