

## Education Bureau Circular Memorandum No. 184/2015

From: Secretary for Education

To: Heads of all primary, secondary and special  
schools

Ref: EDB(EID/ITE)/IT/PRO/221/3

Date: 19 November 2015

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### Public Seminar on e-Safety for Parents

#### Summary

The purpose of this circular memorandum is to inform schools of the Public Seminar on e-Safety for Parents scheduled for 12 December 2015 (Saturday). All parents are invited to participate in the seminar.

#### Details

2. The Public Seminar on e-Safety for Parents is organised by the Education Bureau (EDB). It aims to enhance and strengthen parents' understanding on issues related to e-safety through providing suggestions for managing their children's misuse of internet and computing devices behaviours.

3. The seminar will be held at the Hennessy Road Government Primary School on 12 December 2015 (Saturday). Speakers will provide an overview of arousal addiction and suggestions for helping parents better understand and manage their children's misuse of internet and computing devices behaviours. Schools are invited to encourage parents to participate in the mentioned seminar. A sample letter to inform parents of the seminar and the programme rundown are attached for school's reference at **Annex 1** and **Annex 2** respectively. For the details of application, please refer to the website: <http://goo.gl/forms/k1K3vvsN2S>.

#### Enquiry

4. For enquiries, please contact Miss Crystal KWAN of the Information Technology in Education Section at 3698 3568.

YT LAU  
for Secretary for Education

c.c. Heads of Sections – for information

Sample Letter to Parents

(Schools may revise the content according to their specific situation)

<Date>

Dear Parents,

**Public Seminar on e-Safety for Parents**

The **Public Seminar on e-Safety for Parents** is organised by the Education Bureau (EDB). It aims to enhance and strengthen parents' understanding on issues related to e-safety through providing suggestions for managing their children's misuse of internet and computing devices behaviours.

We encourage parents to participate in the seminar to be held at **Hennessy Road Government Primary School** from 9:15 a.m. to 12:30 p.m. on **12 December 2015 (Saturday)**. Speakers will provide an overview of arousal addiction and suggestions for helping parents better understand and manage their children's misuse of internet and computing devices behaviours.

For application, please refer to the website: <http://goo.gl/forms/k1K3vvsN2S> .

Yours sincerely,

<Signature>

School Principal

<Name of school>

## **Public Seminar on e-Safety for Parents**

- Target Participants : Parents, Professionals in Youth or Children Counseling and Development Sector
- Date : 12 December 2015 (Sat)
- Time : 9:15 a.m. to 12:30 p.m.
- Venue : Hennessy Road Government Primary School  
169 Thomson Road, Wanchai, HK
- Language Medium : Cantonese

### **Programme Description**

The seminar will provide an overview of arousal addiction and suggestions for helping parents better understand and manage their children's misuse of internet and computing devices behaviours.

### **Learning Objectives**

- Understanding clinical evidences regarding changes in functioning domains (e.g. sleep, concentration, study performance, social skills and moods)
- Learning the downside of using violent Internet gaming and pornography as a 'drug' to self-medicate for stress, depression and anxiety
- Healthy use of internet and computing devices and what role to play as parents for the issues

### **Programme Rundown**

<b>Time</b>	<b>Programme/ Speaker</b>
9:15 a.m. to 9: 30 a.m.	Registration
9:30 a.m. to 10:50 a.m.	Talk by Mr John POON*
10:50 a.m. to 11:00 a.m.	Break
11:00 a.m. to 12:00 noon	Talk by Mr Thomas LEUNG <sup>#</sup>
12:00 noon to 12:15 p.m.	Support Measures by the Education Bureau
12:15 p.m. to 12:30 p.m.	Q & A

\* **Mr John POON**, Clinical Health Psychologist

B. Sc. (Psych) University of Toronto, Canada GCRE, Dip Ed; PGDP; DCH; MASH, MAPS.

Mr John POON is a clinical health psychologist in private practice in Sydney, NSW, Australia. He has over 29 years of experience in the practice of Psychology, including teaching and psychotherapy. Over the years, he has been a keynote speaker in professional conferences held in Australia and other countries overseas. Mr POON also lectured in various training workshops for health care clinicians, psychologists and medical practitioners. These include the Impulse Control Clinic, Psychiatry Research and Teaching Unit at the Liverpool Hospital, the University of NSW, Training School of the Department of Corrective Services NSW, and AMA, Australian Medical Association.

# **Mr Thomas LEUNG**, Head of Internet Learning Support Programme of the Boys' & Girls' Club Association of Hong Kong. Mr LEUNG has served for youth and children counselling services for over two decades. He mainly focused on youth at risk service at his early years, then worked for adolescents and parents. Now as the Head of Internet Learning Support Programme, Mr Leung hopes to share his experience with parents to think deeply on the challenges facing the youth of using electronic media.