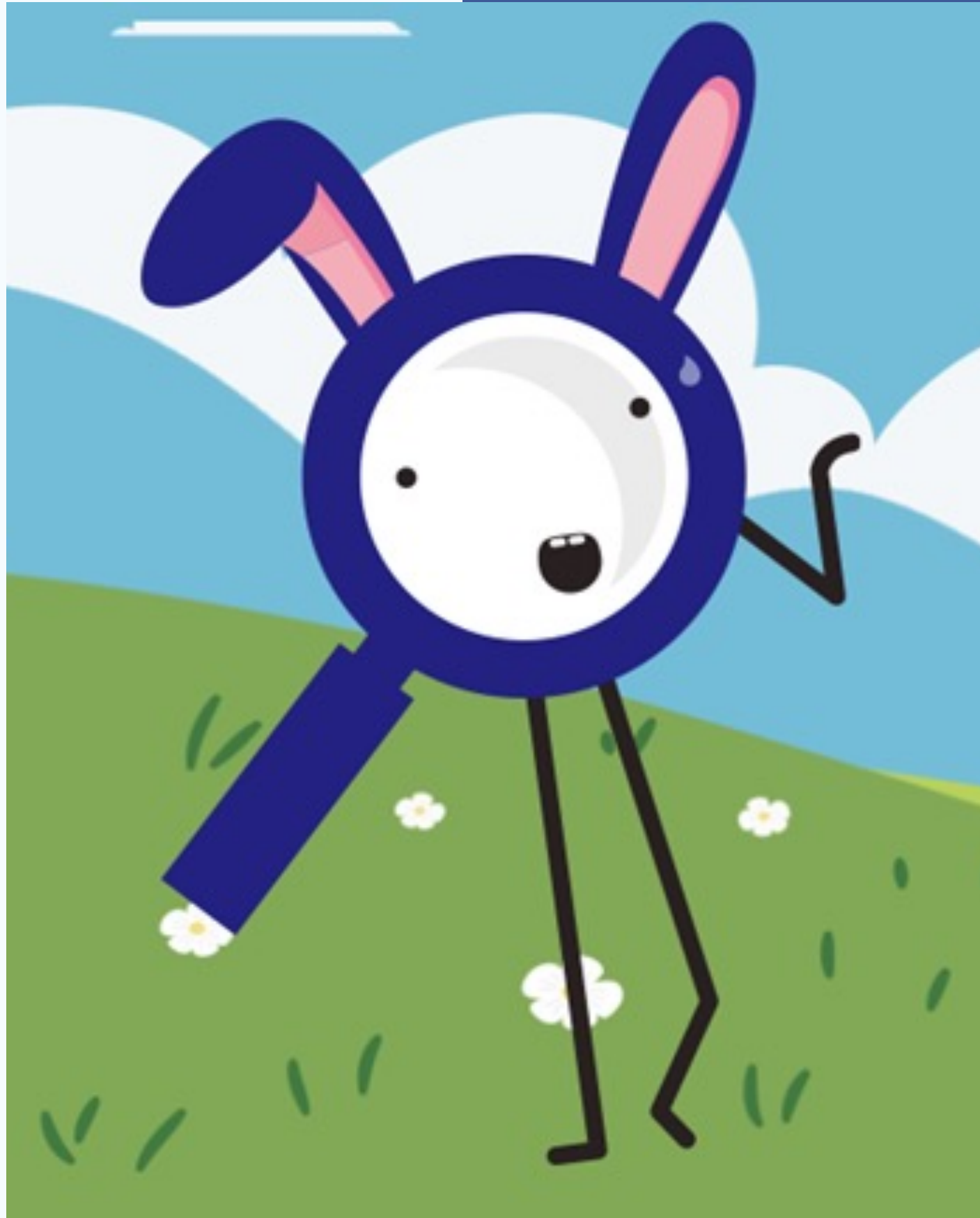


REPORT ON
KNOWLEDGE EXCHANGE (KE) FUNDING

**WELLBEING
GUARDIANS**

Use of IT in Education



ABOUT WELLBEING GUARDIANS

Fostering resilience and optimistic thinking amongst the younger generation

The “Wellbeing Guardians” program is an online well-being educational initiative, grounded in the evidence-based Bio-Psycho-Social (BPS) model, which emphasizes the interaction of biological, psychological, and social factors in contributing to overall well-being. Designed to nurture parent-child relationships, this 24-day program offers individual and parent-child activities, encouraging families to practice positive character strengths, enhance mental health, and foster resilience and optimistic thinking.

The programme spanned the Lunar New Year and Easter holidays, and nearly 100 primary schools, with over 6,000 participants, engaged in the program. Participants, including students and their families, accessed daily character strength-related activities through the website. With over 6,000 submitted works, including family photos and short videos, the program aims to promote parent-child bonding, enhance family resilience, and provide meaningful engagement experiences during the holidays.







OVERVIEW AND ACHIEVEMENTS

 **100+**
SCHOOLS
PARTICIPATED

16,000
WEBSITE USERS 

 **6,000**
SUBMITTED WORK

 **13,979**
TOTAL REACH ON
SOCIAL MEDIA

  **363**
 PRE & POST
 SURVEY SUBSETS





WEBSITE & MEDIA COVERAGE



PROJECT WEBSITE

WEBSITE REACH & ENGAGEMENT

16,000
USERS



241,000
EVENT COUNT



PROJECT WEBSITE

The wellbeing guardians activities is designed with 24 character strength, and hosted between Chinese New Year & Easter Holiday

Each Chapter has its own theme:

YEAR OF THE RABBIT CHALLENGE

Activities Designed with the First set of character strength



EASTER EGG HUNT CHALLENGE

Activities Designed with second set of character strength





COLLABORATION WITH OCEAN PARK HONG KONG

In collaboration with Ocean Park, the HKU HKJC Centre for Suicide Research and Prevention launched not only the “Wellbeing Guardians” program, but also the “Ocean Park Discovery Journey: Explore Your Character Strengths” activity, in which student participants watched videos about character strengths and Ocean Park’s animal ambassadors and explored how they could apply the strengths they observed on animals to themselves by creating drawings, writings, photographs or videos.

1,000

Ocean Park Sponsored Tickets

100+

Schools Participated

6,000+

Submitted Work



SOCIAL MEDIA PROMOTION

身心守護隊
兔年任務

打卡熱點
Check in

今天外出或留家聚餐，請發掘一個「美景」或「美人」來打卡吧！
When you go out or stay at home, please look for a "scenic view" or "great person".

身心守護隊
兔年任務

最強「武器」
The most powerful weapon

你知道亂發脾氣會怎樣影響到身邊的人嗎？今天一同學習強壯「武器」去化解亂發脾氣的破壞力！
Have you ever considered the impact of losing your temper on those around you? It's important to learn how to defuse the destructive power of temper tantrums together, so we can work on mastering this skill today!

身心守護隊
兔年任務

開卷有益
Reading is good

要啟發好奇心，不如多看書！
Reading together is a great way to stimulate your curiosity!

身心守護隊
兔年任務

不偏不倚
Check in

大家多走一步，讓世界公平多一些！
Let's take action and promote equality!

身心守護隊
兔年任務

真心話大冒險
Truth or dare

你知道「講真話」有幾重要？
Do you realize the significance of always being honest and truthful?

身心守護隊
兔年任務

恩重如山
The Importance of Grace

要謹記對愛我們的人表達感恩啊！
It's important to show appreciation to the people who care about us.

身心守護隊
兔年任務

跳出框框
Think out of the box

運用創造力打破固有框框！
Let your creativity flow and think outside the box!

身心守護隊
兔年任務

一齊笑嘻嘻
Let's have a laugh together!

大家有多久未曾開懷大笑過？
When was the last time you all shared a good laugh?

身心守護隊
兔年任務

心想事成
May your Wishes Come True

為自己創造希望，希望帶來動力！
Generating hope within yourself can bring about motivation.

身心守護隊
兔年任務

領袖生
Be a leader

作領袖不容易，一同學習箇中元素！
Learning the elements of leadership together can make it easier to be an effective leader.

身心守護隊
兔年任務

慷慨好施
Generosity and Giving

體會有需要的人的感受，啟發助人的精神。
Empathize with others and feel motivated to lend a helping hand.

身心守護隊
兔年任務

智勇雙全
Be Smart and Brave

勇敢並不代表你不害怕。即使害怕，你還是能克服挑戰。
Brave doesn't mean you're not scared. It means you go on even though you're scared.

身心守護隊
兔年任務

生命傳記
Legacy of life

從名人傳記或祖先的生命事蹟都讓我們學習到更多生命的意義啊！
From the biographies or the life stories of our ancestors, we can learn more about the meaning of life!

身心守護隊
兔年任務

十萬個可能
Millions of possibilities

今天我們會玩訓練腦筋遊戲，看看父母，這是孩子有創新思維！
We'll play brainstorming games to see if parents or kids have creative thinking!

身心守護隊
兔年任務

愛的語言
Love languages

每人均有不同的方式去表達和感受愛，初小學生會和家長一同以擁抱學習愛；高小學生會和家長享受貴賓時間。
Everyone has different ways to express and feel love. Junior students will learn love by hugging their parents; senior students will enjoy quality time with their parents.

身心守護隊
兔年任務

越過高山
Climb the mountain

假期可以外出走走，或作一組親子行山，最重要的是在困難時，學習堅毅，不放棄！
During the holidays, let's go hiking or a walk with families. The most important thing is to learn perseverance and never give up when tired and exhausted!

身心守護隊
兔年任務

創作復活蛋
Create Your Easter Egg

復活節沒有復活蛋？復活蛋又怎能一個人可以完成？今天與隊友互相合作，發揮精神的的時候了！
How can one person complete an Easter egg? Today is the time to learn how to cooperate and work as a team!

身心守護隊
兔年任務

你有你強項
You are uniquely capable

你懂得發掘別人的優點嗎？今天讓我們在朋友身上學習他們的獨特的優點吧！
Do you know how to discover the strengths of others? Let us learn about the uniqueness from our friends today!

身心守護隊
兔年任務

尋找新知識
Learn something new everyday

世界之大，要學習的事情何其多，今天我們可以從圖書館或網上資源尋找新知識，重啟我們對知識的渴求！
We live in a big world, and so many things to learn. Today we can find new learning from the library or online resources and restart our pursuit of knowledge!

身心守護隊
兔年任務

情緒解謎
Guess what the emotion is

你懂得解讀情緒嗎？今天我們會透過遊戲學習6個人類的基本情緒。
Do you know how to read people's emotions? Today we'll learn the primary six emotions through games.

身心守護隊
兔年任務

壞習慣bye-bye
Say good-bye to bad habits

人人都有壞習慣，你有沒有讓壞習慣乘虛而入？不如，今天我們一起商討對策抵擋壞習慣的襲擊！
Everyone has bad habits. Have you let them take advantage of you? Let's discuss the plan to resist the attack of bad habits today.

身心守護隊
兔年任務

參觀回收店
Trip to a second-hand store

今天我們的任務是參觀回收店，並從回收物品中學習改善我們的購物習慣。
Our mission today is to visit a second-hand store and learn from recycled items to improve our shopping habits.

身心守護隊
兔年任務

熱情如火
Passion and Zest

周末就是到主題公園(如海洋公園)、公園或戶外遊玩的好時間。從觀察小動物的神態中，欣賞牠們的熱情與幹勁！
Weekends are good for going to theme parks (such as Ocean Park), park or the countryside. From observing the animals, try to appreciate their Passion and Zest!

身心守護隊
兔年任務

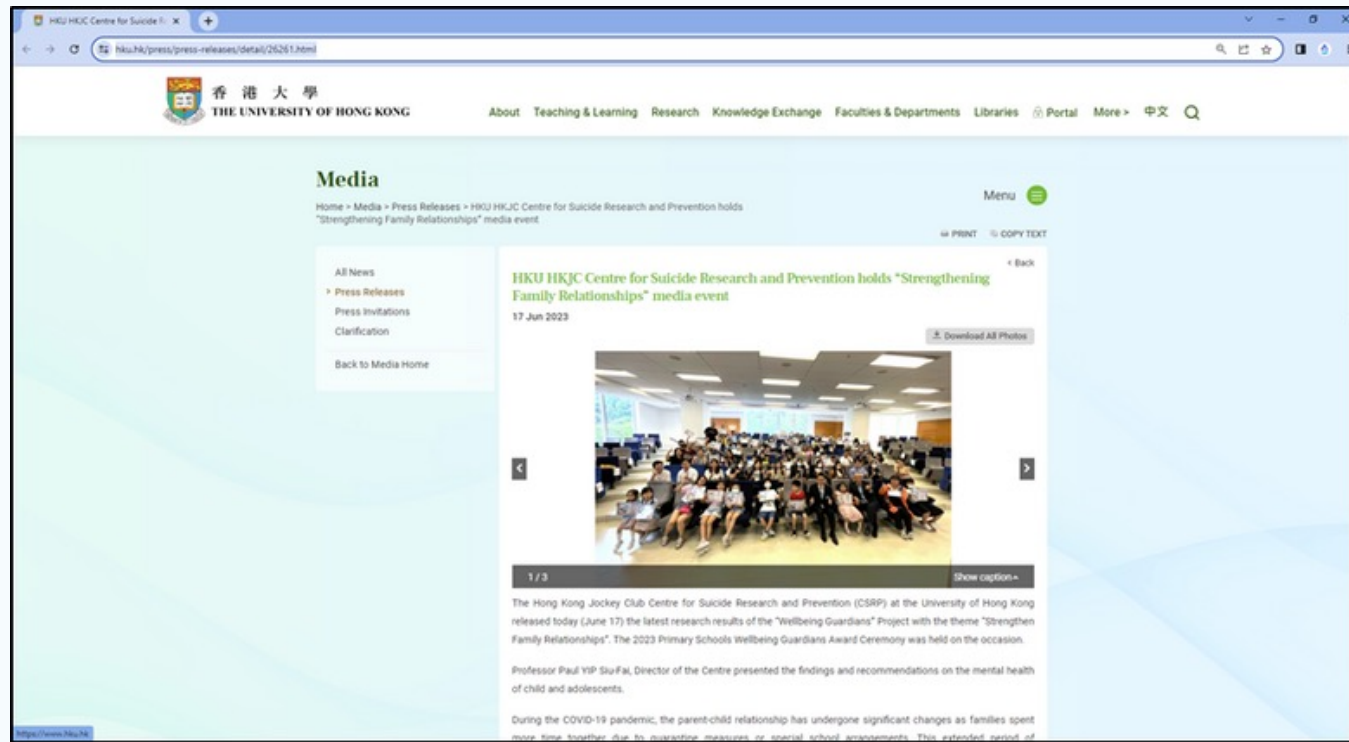
提升五感
Enhancing your 5 senses

今天是周日，鼓勵家長和孩子一同到戶外、公園或主題公園(如海洋公園)尋找新五感。
Today is Sunday. Parents and children are encouraged to visit the countryside, park or theme parks (such as Ocean Park) to find the new five senses.

13,979
TOTAL REACH

PRESS CONFERENCE & MEDIA COVERAGE

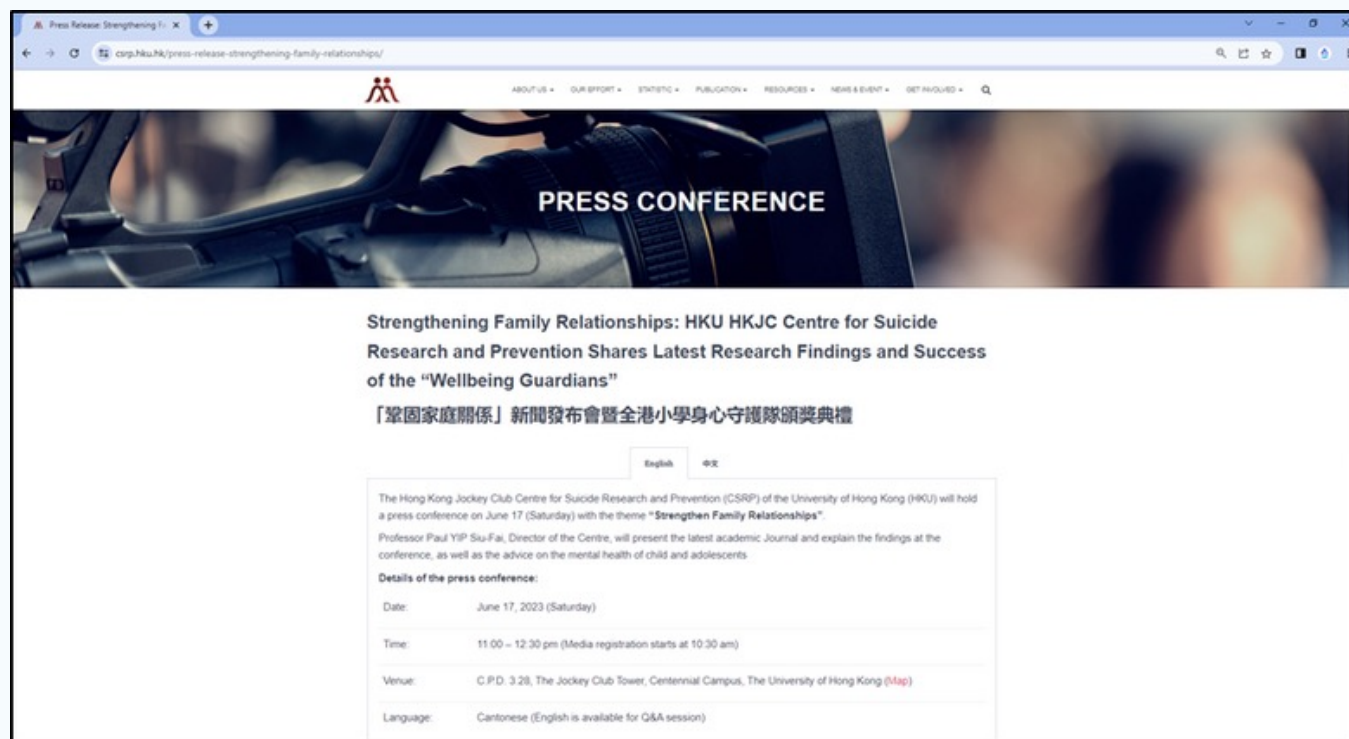
HKU CPAO



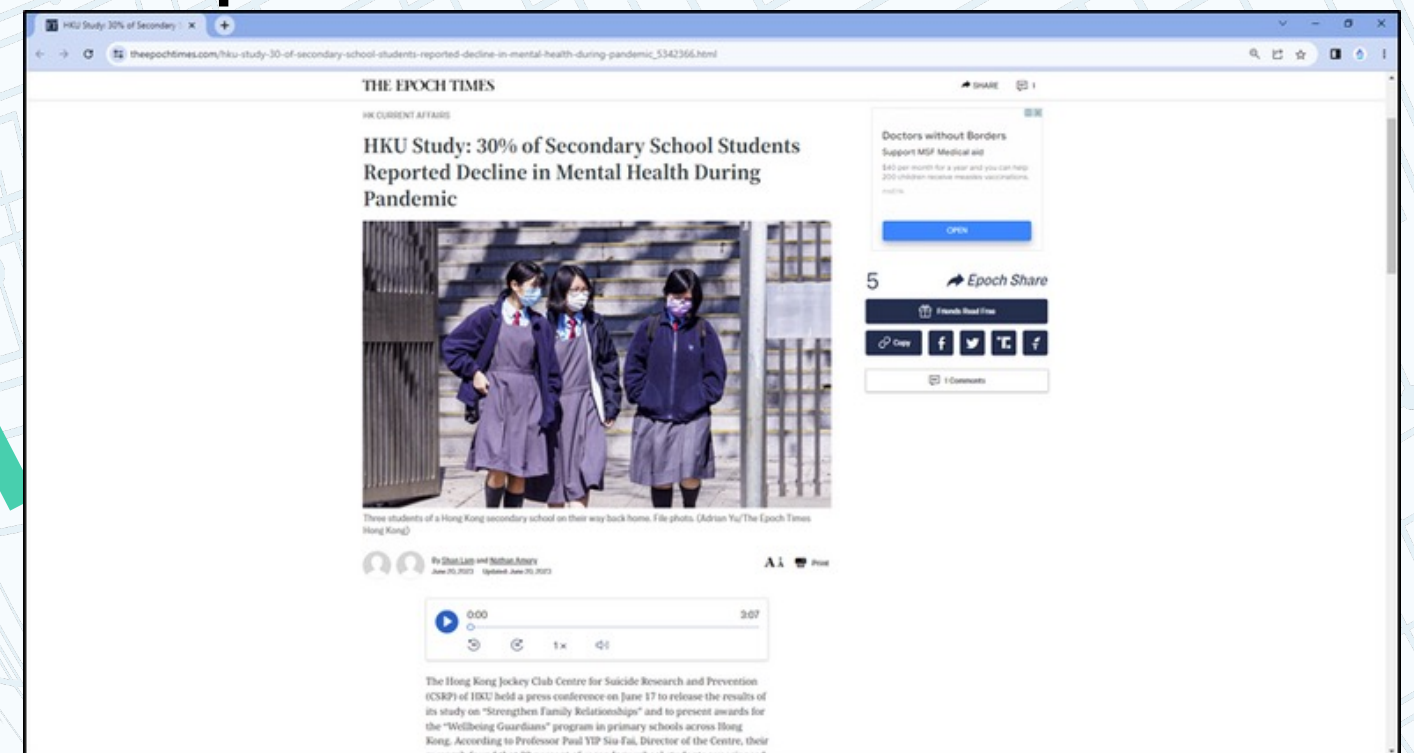
On.CC



HKJC CSRP Website



The Epoch Times



AWARD CEREMONY (17/JUN/2023)



Feedback From Parent Participants

藉此多謝有關團隊，謝謝你們安排兩次活動，讓我和孩子過了個有精彩，又有趣的新年及復活節。



Thanks for organizing this meaningful activities! Let me know if there will be any other similar activities in the future!



Many thanks for arrange such a great campaign and sent us the certificate.



KEY OUTCOME AND IMPACT

The “Wellbeing Guardians@24-day challenge” is a project sought to enhance mental wellbeing, foster family bonding, and fortify support networks among primary school children. The project has yielded considerable benefits for the target non-academic sectors, primarily focusing on primary school students and their families. The study’s quantitative results were derived from a subset of 363 participants who diligently completed both pre- and post-assessments during the Easter and Lunar New Year periods.

The data analysis reveals that the 24-day challenge exerted a positive influence on the Child-Parent Relationship Scale (CPRS) scores, indicating parents have exhibited a reduction in psychological symptoms subsequent to the intervention.

Incorporating a holistic approach that combines individual-focused interventions with family-centered and community-based strategies, the 24-day challenge has the potential to promote overall mental health and resilience. It is vital to acknowledge that students self-reported their resilience through the CYRM, while parents assessed their children’s performance using the CPRS and SDQ and evaluated their mental health via the PHQ-4.