

Balance Together



香港基督教服務處
HONG KONG CHRISTIAN SERVICE

全人關心 卓越創新
care for all excel in all

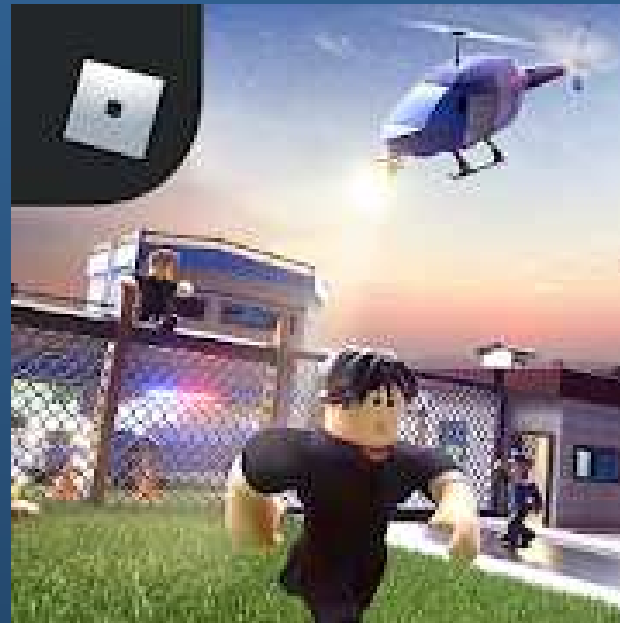
Joe Tang
Online New Page
Online Addiction Counselling Centre

Date: 25, September, 2021

Do you know the Internet World of our Youngsters?









Developmental needs

Pleasure

Self esteem/Self identity

Achievement/Mastery/Control

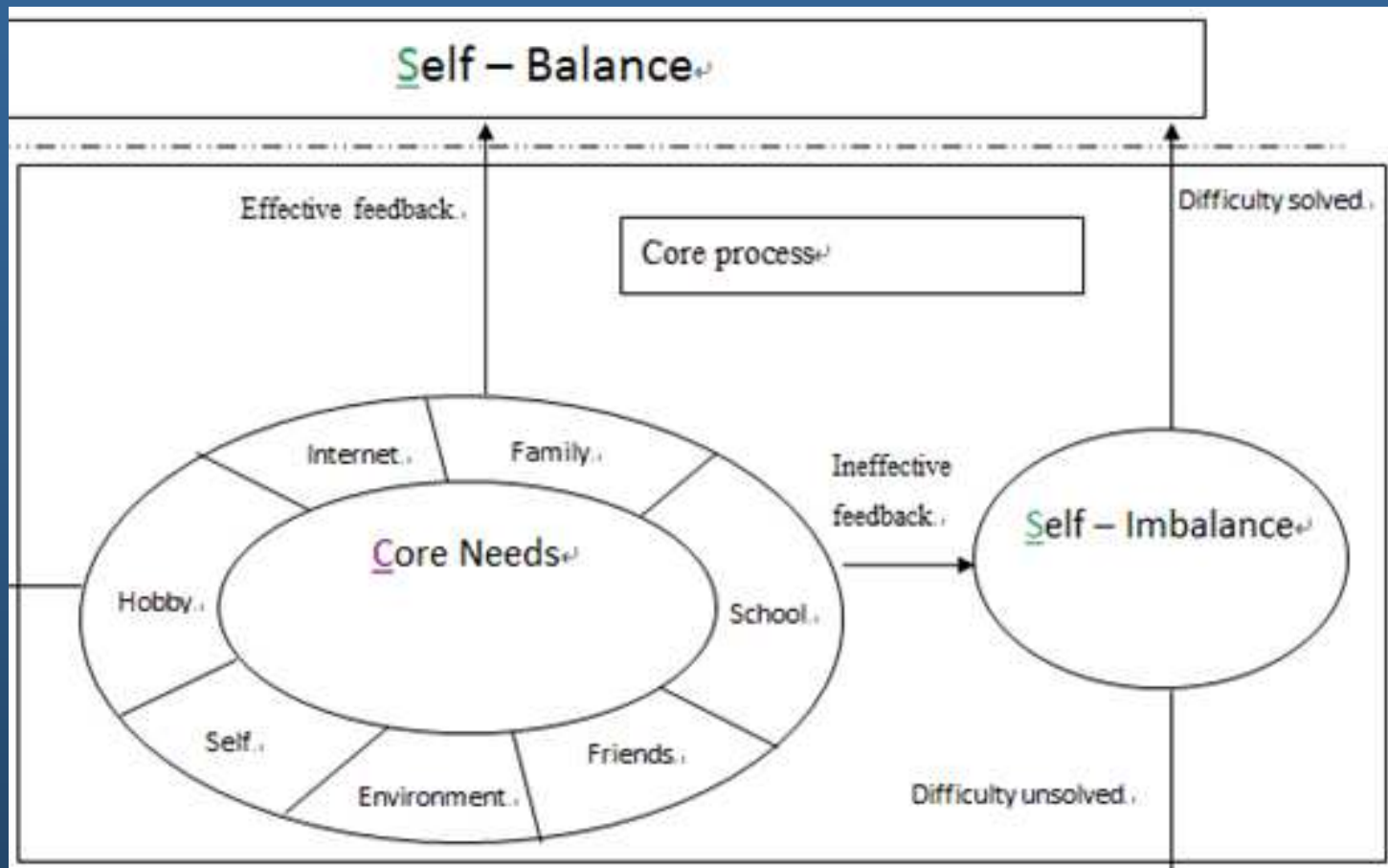
Affiliation/Intimacy

Sense of security

...

Can Internet meet their needs?





Only Internet?

Boring → Lack of other activities

Bullying

Poor social skills → Difficult to maintain friendship
in real world

Low self-esteem/self image

Divorce/unhealthy marriage

Death of family members

Poor family relationship

Parenting style (Restrictive/neglect)

Other critical issues?

A way of escaping from problems → Shelter →





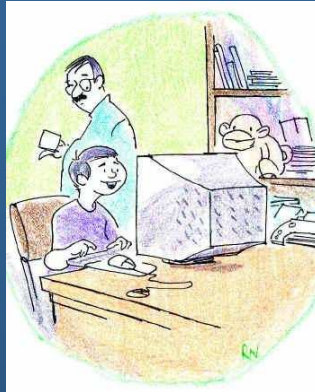
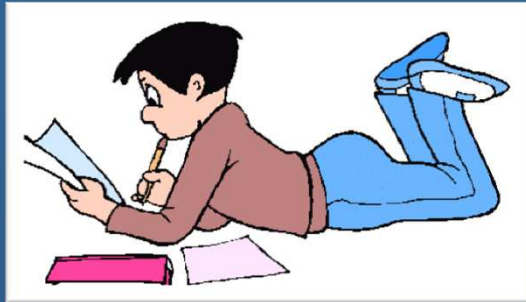
1) Enhance social network



2) Build up other interests

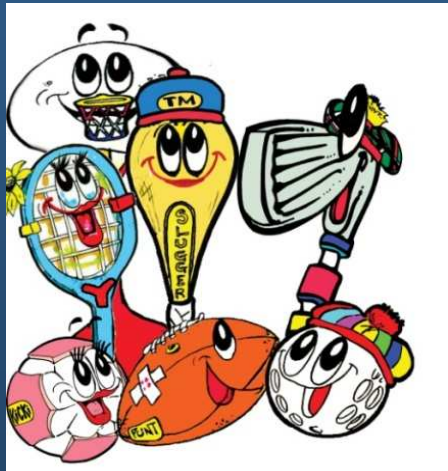


3) Balanced timetable



My Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							



4) Tips for parents to talk with youth

1. Opportunity

2. Attitude

Non-judgmental
Listen to them

3. Youth culture



家長支援網絡

家P

PARENT SUPPORT GROUP



家長支援網絡
1位訂閱者

訂閱

首頁 影片 播放清單 頻道 討論 簡介

故事分享 ▶ 全部播放



父親的痛苦與無奈X共勉

家長支援網絡
觀看次數: 6次 · 2個月前

迎接陌生的轉變-媽媽的智慧

家長支援網絡
觀看次數: 3次 · 2個月前

父子情永不變

家長支援網絡
觀看次數: 3次 · 2個月前

網開新一面 家長支援網絡

因為子女長時間上網而感到徬徨、無助及傷痛嗎?

那些歲月，我們也經歷過。
就讓我們與你一起走過艱辛漫長的親子之路。



網開新一面 家長支援網絡



家長支援網絡是由一群經歷過子女長時間上網而感到徬徨無助、傷痛、情緒困擾的同路人組成。期望扶持有需要的家長，使他們不再孤單走過艱辛漫長的親子之路。



香港基督教服務處 HONG KONG CHRISTIAN SERVICE

Hotline

2561-0363

Our Registered Social Workers will provide follow up counseling service after receiving the hotline enquiries.

Operating hours of the hotline: on Every Monday to Friday, from 10am to 1pm and 2pm to 6pm



Q & A



Thank you!

