

## 親子技巧篇 Parenting skills

- ▶ 留意自己一言一行，身教勝於言教。  
Pay attention to our words and deeds, personal example is better than moral precepts.
- ▶ 賦予子女信心與認同。  
Give your children confidence and recognition.
- ▶ 多欣賞子女的優點；多作肯定與鼓勵。  
Appreciate the advantages of your children more, give more affirmation and encouragement.
- ▶ 打開心窗，多與子女溝通，消除彼此隔膜。  
Communicate with your children, eliminate the generation gap between each other.
- ▶ 讓子女有多一點自己的空間及選擇。  
Give your children more personal freedom and choices.
- ▶ 提高對子女品行及學業要求。  
Improve conduct and academic requirements of your children.
- ▶ 體諒子女心理及生理變化，彼此適應。  
Understand the psychological and physiological changes of your children, adapt to each other.



## 心理轉變篇 Psychological change

- ▶ 尋找自我，追求獨立，反抗威權，不甘盲從。  
Care about self-image.
- ▶ 喜歡與同儕共聚，社交圈子漸闊，減少與父母的相處。  
Seek independence, rebel against authority.
- ▶ 看重別人對自己的評價。  
Care about peer's recognition, social network extended.
- ▶ 對異性發生興趣。  
Curious about new things and the opposite sex, willing to take risks.
- ▶ 注重外貌及裝扮。  
Full of ideals and illusions.
- ▶ 性徵明顯變化，帶給青少年尷尬、困擾、不安。  
Sexual maturity brings embarrassment, perplexity and uneasiness.
- ▶ 對「性」產生好奇。  
Curious about sex.

