

家庭議會家庭教育系列 — 「童心同步」

Family Council Family Education Package — Caring for Our Kids

第一集：Voice Out

Episode 1: Voice Out

字幕稿

Transcript

媽媽：小柔 你可否吃快一點

Mum: Yanny, hurry up!

媽媽：校車快到了

Mum: The school bus is almost here.

媽媽：媽媽送你上校車後還要趕往上班

Mum: I have to take you to the school bus and then rush to work.

媽媽：否則遲到又要被扣錢了

Mum: If I'm late, my pay will get deducted again.

小柔：媽媽 這鈕扣好像快鬆脫了

Yanny: Mum, this loose button seems falling off.

媽媽：我們趕時間

Mum: We are in a hurry.

媽媽：今晚回來才幫你弄好

Mum: I will fix it tonight.

媽媽：快點走

Mum: Come on.

媽媽：一邊走一邊吃

Mum: Eat this on your way.

媽媽：拿著 乖

Mum: Take it. Come on.

媽媽：快點出門

Mum: Be quick!

同學 A：喂 小柔在那邊

Classmate A: Hey! Yanny is over there.

同學 A：走快一點吧

Classmate A: Come on!

同學 A：好極了

Classmate A: Great.

小柔：還給我吧 水樽是我的

Yanny: Give it back to me. This water bottle is mine.

同學 A：甚麼？ 你說甚麼？

Classmate A: What? What did you say?

同學 A：我聽不到

Classmate A: I can't hear you.

同學 B：甚麼？ 有人在說話嗎？

Classmate B: What? Did someone say something?

同學 A：你看看

Classmate A: Look!

同學 A：她的衣鈕又扣錯了 哈哈...

Classmate A: She buttoned her cardigan wrong again. Ha ha...

同學 A：這樣便走了？

Classmate A: That's it?

子晴：小柔 你怎麼了？

Sandy: Yanny, what's wrong?

子晴：你為何那麼害怕她們呢？

Sandy: Why are you so afraid of them?

子晴：她們經常作弄你、又嘲笑你
Sandy: They always prank and mock you.

子晴：你怎能不跟班主任說呢？
Sandy: Why don't you tell your class teacher about it?

小柔：沒用的 我已習慣了
Yanny: Its ok. I have grown used to it.

子晴：小柔 你不用不開心
Sandy: Yanny, don't be sad.

子晴：我不開心時都會找學校社工 Miss Wong
Sandy: I go to the school social worker Miss Wong whenever I feel sad.

子晴：不如我們去找她聊聊天吧
Sandy: Why don't we go find her?

小柔：不用了
Yanny: It's fine.

小柔：我不想讓媽媽知道我在學校被人欺負
Yanny: I don't want my mum to know that I'm bullied at school.

小柔：她很忙 我不想讓她擔心
Yanny: She is busy. I don't want her to feel worried.

學校社工 Miss Wong：子晴 有甚麼事？
School social worker Miss Wong: Sandy, what's wrong?

子晴：我有些事要告訴你
Sandy: I have something to tell you.

學校社工 Miss Wong：你說吧
School social worker Miss Wong: Go ahead.

子晴：剛剛小柔被人欺負
Sandy: Yanny was bullied just now.

學校社工 Miss Wong：不用擔心的 小柔

School social worker Miss Wong: Don't worry, Yanny.

學校社工 Miss Wong：我會跟進你的情況

School social worker Miss Wong: I will follow up your case.

媽媽：喂 是

Mum: Hello, yes.

媽媽：我是

Mum: This is she.

媽媽：原來小柔一直把自己收藏起來

Mum: Yanny has been keeping to herself.

媽媽：被同學欺負又不敢回來跟我說

Mum: She is afraid to tell me about being bullied.

媽媽：都是我不好 我不應該只顧工作

Mum: It's my bad. I shouldn't have given all my attention to my work

媽媽：忽略了小柔在學校的情況

Mum: and neglected Yanny's situation at school.

學校社工 Miss Wong：小柔媽媽

School social worker Miss Wong: Yanny's mother,

學校社工 Miss Wong：我知道你一個人養育小柔很不容易

School social worker Miss Wong: I know it is not easy to raise Yanny on your own.

學校社工 Miss Wong：不過我還是建議你每日多抽一點時間

School social worker Miss Wong: But I suggest that you spend more time

學校社工 Miss Wong：跟小柔聊聊天

School social worker Miss Wong: talking to Yanny

學校社工 Miss Wong：因為溝通真的很重要

School social worker Miss Wong: because communication is important.

學校社工 Miss Wong：如果察覺到有問題

School social worker Miss Wong: If you spot any problems in her,

學校社工 Miss Wong：便能及早了解發生甚麼事情

School social worker Miss Wong: you can find out the ins and outs earlier

學校社工 Miss Wong：幫他處理及解決困難

School social worker Miss Wong: and help her handle the problems.

媽媽：嗯... 我明白了

Mum: OK... I got it.

媽媽：我會給小柔多付出一點時間

Mum: I will spend more time with her.

媽媽：謝謝你 Miss Wong

Mum: Thank you, Miss Wong.

小柔：媽媽 老師說我畫畫很漂亮

Yanny: Mum, my class teacher said my drawing is nice.

媽媽：是啊 真的畫得很漂亮

Mum: Yes, it is very nice.

媽媽：小柔一定很用心畫 很棒

Mum: You must have put a lot of effort into it. That's good.

小柔：老師還叫我參加畫畫比賽

Yanny: My class teacher also asked me to join the drawing competition.

媽媽：真的嗎？

Mum: Really?

媽媽：那麼你要加倍用心畫

Mum: Then you must give it all out.

媽媽：你這幅畫作真的很漂亮

Mum: Your drawing is really nice.

同學 B：喂 你們一會放學後會做甚麼？

Classmate B: Hey, are you free after school?

同學 B：不如一起來我家玩吧

Classmate B: Why don't you both play at my place?

小柔：好啊

Yanny: That's great!

【專家分享】 [Expert Advice]

心理治療培訓導師及註冊社工 袁嘉華女士

Psychotherapy Trainer and Registered Social Worker, Ms Clara Yuen

小柔的媽媽在影片中

In the video,

雖然為口奔馳

Although Yanny's mother lives from hand to mouth,

但她已在日常的起居飲食上

She has tried her best to

盡力把小柔照顧到最好

take care of Yanny's everyday needs.

這些日常照顧很重要卻未必足夠

It is important to take care of children's everyday needs,

因為我們更要關顧孩子的心靈需要

but we shouldn't forget about their spiritual needs

究竟他們每天發生了甚麼事呢？

and find out what happen to them every day.

如果家長能多些觀察

If we pay more attention

不時關懷

and show our care more often,

他們有需要時可以跟我們說

they are more likely to open up to us when they are in need.

當面對子女被欺凌時

If our children are being bullied,

家長可以做以下四個步驟

here are four things that we can do:

首先 我們可以多聆聽

First, be a listener

不要過早說教

and do not give them a lecture

我們可以多了解孩子的看法和心聲

so that we can better understand their minds and thoughts.

第二 我們可以多探聽

Second, be curious.

究竟這件事是怎樣發生的？

How did the incident happen?

有沒有其他同學有相同的遭遇呢？

Are there other classmates who had the same experience?

其他同學是怎樣應對呢？

How did they deal with it?

第三 我們可跟孩子作一些探討

Third, discuss the matter with our children.

例如他們有否嘗試用不同方法解決呢？

For example, did they try to solve the problem in different methods?

結果會如何呢？

How did it turn out?

孩子會比較認同哪一種方法呢？

Which method do they prefer?

第四 我們可以跟孩子作出一些解難

Forth, find some possible solutions with our children.

如果孩子較認同某一個方法

If our children prefer using a certain method,

那麼他下一步可以如何實踐出來？

how can they work it out?

有甚麼人能給他一些助力？

Who can help them during the process?

少年人其實都有很多智慧

In fact, young children are very intelligent.

他們從日常生活跟不同的人相處中

They learn a lot

可能有很多領會

from daily interactions with different people.

只要我們用多一點誘導的方式跟他們探討

We can simply help them look into the matter with guidance.

其實解決問題的方案

In fact, children already know the solutions

他們可能已經心中有數

to their problems.

無論如何 當孩子感到被愛

Anyway, when children feel loved,

他們會更有自信

they will grow to be more confident.

而有自信的孩子

When facing different difficulties,

即使生活上面對不同的困難

confident children are usually

他都會更有勇氣、更有方法

braver and smarter to

幫助自己去面對

face the difficulties.