

家庭議會家庭教育系列 — 「童心同步」

Family Council Family Education Package — Caring for Our Kids

第三集：朋友叫過你做最曳嘅事

Episode 3: The Naughtiest Things You've Done Following Your Friend's Request

字幕稿

Transcript

主持：大家好

Host: Hello, everyone

主持：你們有沒有發覺現在的青少年

Host: Have you noticed that teenagers today

主持：其實會為了「埋堆」或迎合朋友

Host: do things they don't want to

主持：而做了一些自己不太想做的事情呢？

Host: in order to blend in with their friends or to live up to their expectations?

主持：究竟現在的學生

Host: What is the naughtiest thing

主持：曾被朋友叫他做最「曳」的事情又是甚麼呢？

Host: students today have ever done, following what their friends said?

主持：我們快些調查一下吧！

Host: Let's find it out!

主持：想問你們平時放學後會做甚麼？

Host: What do you usually do after school?

受訪學生：通常會去別人家玩一會兒

Student: I usually play at my friend's house

主持：玩甚麼呢？

Host: What do you guys play?

受訪學生：玩遊戲機

Student: Video games

受訪學生：回家

Student: I go home

主持：真的？

Host: Really?

受訪學生：回家玩遊戲機

Student: I play video games at home

受訪學生：吃東西、打乒乓球

Student: I eat and play ping-pong

主持：這麼健康？

Host: What a healthy life!

主持：你有沒有試過應朋友要求做一些「曳」事情去迎合他們？

Host: Have you ever accepted your friends' requests to do something naughty just to string them along?

受訪學生：把別人的東西藏起來

Student: I hid the stuff

受訪學生：藏起某一個同學的東西

Student: that belonged to one of our classmates

受訪學生：在班上作弄同學

Student: I played a prank on a classmate

受訪學生：打破課室內的東西

Student: I broke something in the classroom

受訪學生：在入面踢球

Student: I played football in the classroom

受訪學生：作弄老師

Student: I played a prank on the teacher

受訪學生：一起作弄老師

Student: I played a prank on the teacher together with my friends

受訪學生：那次是藏起別人的筆袋 後來有還給他

Student: I hid someone's pencil bag, but I gave it back to him afterwards

受訪學生：跟別人打架

Student: I got into a fight with someone

受訪學生：把他的橡皮擦塗滿黑色的顏料

Student: I painted his eraser black

受訪學生：讓他刷到整本簿子變成黑色

Student: so that his notebook went black as he used the eraser

受訪學生：嚇老師 在她生日的時候嚇她

Student: I scared my teacher on her birthday

受訪學生：嚇到她哭了出來

Student: She was so scared that she cried

受訪學生：弄髒地板 然後他一進來就滑倒

Student: I made the floor dirty so that he would slip as he entered

受訪學生：這個不能播出來的

Student: This can't go on the air

受訪學生：在學校脫褲子

Student: He took off the trousers

主持：在學校脫褲子？

Host: You took off your trousers?

受訪學生：自己脫落的

Student: They fell off themselves

受訪學生：上課時吃東西

Student: I ate in class

受訪學生：試過踢倒校長

Student: I tripped the principal up

受訪學生：絆校長的腳

Student: with my foot

受訪學生：說一些不好的說話

Student: I said something bad

主持：即是髒話？

Host: Do you mean foul languages?

受訪學生：差不多這種說話

Student: Kind of

主持：差不多 有比髒話更難聽的說話嗎？

Host: Kind of... Is there anything sound worse than foul languages?

受訪學生：當著老師的面罵老師

Student: I scolded my teacher

主持：你享受說這些說話

Host: Did you enjoy saying these hurtful things

主持：還是朋友說你就聽？

Host: or you just followed what your friend told you?

受訪學生：朋友說就聽

Student: I just followed what my friend told me

受訪學生：朋友說的

Student: Followed what my friend told me

主持：都是朋友建議的？

Host: Was your friend the one suggested doing it?

受訪學生：對

Student: Yes

主持：你有沒有一起說？

Host: Did you say it with your friend?

受訪學生：某位同學說的

Student: My classmate said it

主持：某位同學說 是否就是你身旁這位？

Host: Is this classmate the one standing next to you right now?

受訪學生：是的

Student: Yes

主持：為甚麼你會願意做？

Host: Why did you agree to do it?

受訪學生：甚麼事情都想試一下

Student: I wanted to give everything a try

受訪學生：我不知道如何拒絕

Student: I didn't know how to say no

受訪學生：學姐告訴我這是傳統習俗

Student: The seniors told me it is a tradition

受訪學生：結果只有她們那屆這樣做

Student: But it turned out they were the only one doing it

受訪學生：然後我們這屆被她們騙了跟着做

Student: We were fooled

受訪學生：朋友說我就跟着說

Student: I just followed what my friend said

受訪學生：挺有趣的

Student: It was interesting

主持：有趣即是享受？

Host: Does "interesting" mean you enjoyed it?

受訪學生：痛快的

Student: Exciting

受訪學生：因為覺得很痛快

Student: Because it was exciting

主持：你覺得好玩？

Host: Did you find it fun?

受訪學生：是的

Student: Yes

主持：但是你之後有沒有感到後悔？

Host: Did you feel regret after that?

受訪學生：也有的 因為那個同學很不開心

Student: Yes, because the classmate was very sad

受訪學生：也有的

Student: Yes, I did

受訪學生：不做了

Student: I'm done

主持：為甚麼？

Host: Why?

受訪學生：因為覺得玩夠了

Student: Because I've had enough

主持：你之後有否道歉？

Host: Did you apologise after that?

受訪學生：有的

Student: Yes

受訪學生：有說對不起

Student: I said sorry

受訪學生：當然都有歉疚

Student: I felt sorry for sure

受訪學生：還有一點害怕

Student: and a bit scared

主持：不知道你們覺得剛才他們說的哪一件事是最「曳」的？

Host: Which behaviour by these students sounds the naughtiest to you?

主持：其實原來朋友對於青少年的成長有很大影響

Host: Peers have great influence on teenagers' growth

主持：尤其他們在尋找自我的階段

Host: Especially when they are searching for their identity,

主持：他們會感到迷惘

Host: They will feel lost

主持：然而家長可以做甚麼去引導和支持他們呢？

Host: What can parents do to guide them and support them?

主持：我們一起聽聽專家有甚麼分享

Host: Let's hear what our expert has to say

### **【專家分享】 [Expert Advice]**

香港有品運動機構總監 凌葉麗嬋女士

Hong Kong Character City, Chief Executive, Ms Josephine Ling

從剛才的街訪片段可以看到

From the interview, we can tell that

年輕人受朋輩的影響

peer pressure and influence induce

「跟風」做一些頑皮的事情  
teenagers to do naughty things,

其實是很不理想的  
which are something we don't want to see

他們沒有顧及後果  
These teenagers are reckless

以下有三個重點我想讓各位家長參考一下  
Here are three key points that parents can take as reference

第一 家長要理解年輕人的成長過程和心理  
First, parents need to understand the growth and mindset of teenagers

他們會有貪玩和好奇的時候  
Their mischievous behaviour and curiosity is a result of

這些都是年輕人受到朋輩的影響和壓力  
peer influence and peer pressure

第二 我們可以幫助年輕人建立同理心  
Second, we can help develop empathy in teenagers

例如影片中那位中學生  
For example, the secondary school student in the video said

他說自己作弄同學  
he pranked his classmate

弄黑別人的橡皮擦  
by painting his eraser black

當家長跟孩子聊天的時候  
As parents, when we find out what he did

發現他做了這件頑皮的事情時  
after talking to him,



我們可以讓他易地而處地思考

we can make him put himself in that classmate's shoes

問問他

by asking him

「如果你是那位同學，你會覺得怎樣？」

“If you were that classmate, how would you feel?”

讓他思考一下可以怎樣處理

in order to help him think more deeply about this matter

第三 我們可以鼓勵年輕人建立自我價值感

Third, we can help teenagers build a sense of self-worth

當他知道自己善良的

When teenagers realise they are born to be kind,

我們相信他會對自己做的事情顧及後果

I believe they will learn to take responsibility of what they did

其實我們可以主動教導孩子

In fact, we can take initiative to teach children

拒絕「跟風」做一些頑皮的行為

not to follow others to behave badly

因此我們要在家庭中建立一個充滿安全感的氣氛

We must create a sense of security in the family

當孩子遇到抉擇的時候

so that when children are facing difficulties,

他會放膽跟父母傾談

they are more willing to talk to us,

那麼家長自然能發揮影響力

and we parents can exert our influence over them

還有一個重點就是

Last but not least,

幫助年輕人建立拒絕的勇氣

we need to teach teenagers not to be afraid of rejection

對於年輕人來說

Social acceptance

他們很重視群體中的歸屬感

is very important to teenagers

很怕被人排擠

They are afraid of being rejected

期待自己被他人接受

They want to be accepted by others

所以有時即使不願意

That's why they choose to follow others' actions

還是會選擇委屈自己去「跟風」

even when they don't want to

家長要讓年輕人明白

Parents should let teenagers know that

一個成熟的人是要有愛自己的能力

mature people are capable of loving themselves

在生活中培養出「說不」的勇氣

They need to learn to say no

在朋友之間建立健康的友誼

and develop a healthy friendship with their friends

家長可以告訴年輕人有「說不」的自由與權利

Parents can tell teenagers they have the freedom and the right to say "No"

透過成熟的思考和判斷

Through thorough thinking and mature judgement,

用適當的方式跟朋友或同學說

teenagers can explain to their friends or classmates in an appropriate way

自己不想做出傷害或攻擊別人的舉動

that they don't want to perform any behaviour that intends to hurt others

要脫離這種懼怕被排擠的感覺

To overcome the fear of rejection,

年輕人必須不斷的練習及努力

teenagers must try hard to

發現自己所重視的價值

identify the values that matter to them most

為了捍衛這些價值而努力

and make an effort to defend these values

就能培養出「說不」的勇氣

They will eventually have the courage to say "No"