

家庭議會家庭教育系列—家·多一點愛 在乎你

Family Council Family Education Programme—Love Your Family More

第十集：談情與說愛 — 專家意見

Episode 10: Talk about Love and relationship—Expert’s Advice

字幕稿

Transcript

中文	English
<p>[父母面對年輕子女談戀愛，應抱持甚麼心態？]</p> <p>青春期子女的父母 如果知道子女開始拍拖 或多或少都有些憂慮 在這些憂慮影響 父母很容易做一些衝動的事 好像影片裡的爸爸 偷看女兒的手機 其實這樣做只會令自己更加焦慮</p> <p>子女如果知道了 也會破壞彼此的關係</p> <p>可以的話 我建議父母先要有理解和諒解的心</p> <p>因為成長中對異性有興趣 或者希望拍拖 是必經的階段 抱著這心態 就可以以開放的態度 跟子女談談</p> <p>[子女可以用甚麼方法與父母溝通，令父母明白自己？]</p>	<p>[What attitude should parents have when their children start dating at a young age?]</p> <p>Most parents of adolescent children will be worrying when they know their children are in a relationship The worries affected them to act impulsively, like the father in the video who checked his daughter's mobile phone In fact, it will only make him more anxious And if his daughter finds out about this, the father-daughter relationship will be ruined If it is possible I advise parents to have understanding attitude It is inevitable for teenagers to become interested in the opposite gender and wanting a dating relationship Bearing this in mind, Parents can talk to their children with an open attitude</p> <p>[What communication technique can children use to win their parents’ understanding?]</p>

如果你想開始
有親密一點的關係
或者談戀愛或拍拖
其實先要跟自己釐清
到底自己是抱着甚麼心態
如果你準備好自己

知道自己開始對異性有興趣
而同時也明白自己有很多事要兼顧
例如不會因為拍拖而荒廢了自己的學業
疏遠自己的朋友
甚至家人
這就代表你足夠成熟
父母一定會投你信任的一票
即使他們知道你拍拖
也不會太抗拒，甚或禁止你拍拖了

[父母該如何與子女打開關於『戀愛』
的話題？]

可以的話
我會鼓勵父母直接
開放地跟子女溝通
例如你看到他聊電話的時間多了

你可以問一下他：
「我看到你最近跟某個人常常傾電話」
「他是誰呢？」
就算子女未開始拍拖

你也可以跟他們談一下
子女長大了，真的有機會拍拖

因為這是成長裡的必經階段
只要做足一些心理準備

就算他先隱瞞你

If you fall in love with someone and
want to start an intimate relationship,
you must first be clear about
what exactly you are looking for?

If you have figured this out and prepared
yourself,

You should realise that you have many
obligations apart from the relationship
For example, you won't give up your
studies because of dating or
alienate yourself with your friends and
family

This means you are mature enough,
your parents will trust you
Even they know you are dating,
they won't be too resistant, or stop you
to date

[How do parents start the topic of “love
and dating” with their children?]

If it is possible,
I encourage parents to talk to their
children directly and with an open mind
For example, if your children have been
spending more time on the phone,
You can ask them who they are talking
to

Even if your children have not started to
date,

you can talk about this topic with them
When children grow up, there will be
one day they start dating.

This is an inevitable stage of life
As parents, you should be mentally
prepared

Even if your children hide it from you in

如果他認為你是可以傾訴的對象
他一定會來跟你討論的

the beginning,
when they realise you are someone that
they can talk to,
They will come to you for advice