

家庭议会家庭教育系列 — 「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

妈妈：小柔 你可否吃快一点

Mum: Yanny, hurry up!

妈妈：校车快到了

Mum: The school bus is almost here.

妈妈：妈妈送你上校车后还要赶往上班

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

妈妈：否则迟到又要被扣钱了

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

小柔：妈妈 这钮扣好像快松脱了

Yanny: Mum, this loose button seems falling off.

妈妈：我们赶时间

Mum: We are in a hurry.

妈妈：今晚回来才帮你弄好

Mum: I will fix it tonight.

妈妈：快点走

Mum: Come on.

妈妈：一边走一边吃

Mum: Eat this on your way.

妈妈：拿着 乖

Mum: Take it. Come on.

妈妈：快点出门

Mum: Be quick!

同学 A：喂 小柔在那边

Classmate A: Hey! Yanny is over there.

同学 A：走快一点吧

Classmate A: Come on!

同学 A：好极了

Classmate A: Great.

小柔：还给我吧 水樽是我的

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

同学 A：甚么？ 你说甚么？

Classmate A: What? What did you say?

同学 A：我听不到

Classmate A: I can't hear you.

同学 B：甚么？ 有人在说话吗？

Classmate B: What? Did someone say something?

同学 A：你看看

Classmate A: Look!

同学 A：她的衣钮又扣错了 哈哈...

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

同学 A：这样便走了？

Classmate A: That's it?

子晴：小柔 你怎么了？

Sandy: Yanny, what's wrong?

子晴：你为何那么害怕她们呢？

Sandy: Why are you so afraid of them?

子晴：她们经常作弄你、又嘲笑你

Sandy: They always prank and mock you.

子晴：你怎能不跟班主任说呢？

Sandy: Why don't you tell your class teacher about it?

小柔：没用的 我已习惯了

Yanny: Its ok. I have grown used to it.

子晴：小柔 你不用不开心

Sandy: Yanny, don't be sad.

子晴：我不开心时都会找学校社工 Miss Wong

Sandy: I go to the school social worker Miss Wong whenever I feel sad.

子晴：不如我们去找她聊聊天吧

Sandy: Why don't we go find her?

小柔：不用了

Yanny: It's fine.

小柔：我不想让妈妈知道我在学校被人欺负

Yanny: I don't want my mum to know that I'm bullied at school.

小柔：她很忙 我不想让她担心

Yanny: She is busy. I don't want her to feel worried.

学校社工 Miss Wong：子晴 有甚么事？

School social worker Miss Wong: Sandy, what's wrong?

子晴：我有些事要告诉你

Sandy: I have something to tell you.

学校社工 Miss Wong：你说吧

School social worker Miss Wong: Go ahead.

子晴：刚刚小柔被人欺负

Sandy: Yanny was bullied just now.

学校社工 Miss Wong：不用担心的 小柔  
School social worker Miss Wong: Don't worry, Yanny.

学校社工 Miss Wong：我会跟进你的情况  
School social worker Miss Wong: I will follow up your case.

妈妈：喂 是  
Mum: Hello, yes.

妈妈：我是  
Mum: This is she.

妈妈：原来小柔一直把自己收藏起来  
Mum: Yanny has been keeping to herself.

妈妈：被同学欺负又不敢回来跟我说  
Mum: She is afraid to tell me about being bullied.

妈妈：都是我不好 我不应该只顾工作  
Mum: It's my bad. I shouldn't have given all my attention to my work

妈妈：忽略了小柔在学校的情况  
Mum: and neglected Yanny's situation at school.

学校社工 Miss Wong：小柔妈妈  
School social worker Miss Wong: Yanny's mother,

学校社工 Miss Wong：我知道你一个人养育小柔很不容易  
School social worker Miss Wong: I know it is not easy to raise Yanny on your own.

学校社工 Miss Wong：不过我还是建议你每日多抽一点时间  
School social worker Miss Wong: But I suggest that you spend more time

学校社工 Miss Wong：跟小柔聊聊天  
School social worker Miss Wong: talking to Yanny

学校社工 Miss Wong：因为沟通真的很重要  
School social worker Miss Wong: because communication is important.

学校社工 Miss Wong：如果察觉到有问题

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

学校社工 Miss Wong：便能及早了解发生甚么事情

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

学校社工 Miss Wong：帮他处理及解决困难

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

妈妈：嗯... 我明白了

Mum: OK... I got it.

妈妈：我会给小柔多付出一点时间

Mum: I will spend more time with her.

妈妈：谢谢你 Miss Wong

Mum: Thank you, Miss Wong.

小柔：妈妈 老师说我的画画很漂亮

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

妈妈：是啊 真的画得很漂亮

Mum: Yes, it is very nice.

妈妈：小柔一定很用心画 很棒

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

小柔：老师还叫我参加画画比赛

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

妈妈：真的吗？

Mum: Really?

妈妈：那么你要加倍用心画

Mum: Then you must give it all out.

妈妈：你这幅画作真的很漂亮

Mum: Your drawing is really nice.

同学 B：喂 你们一会放学后会做甚么？

Classmate B: Hey, are you free after school?

同学 B：不如一起来我家玩吧

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

小柔：好啊

Yanny: That's great!

### 【专家分享】 [Expert Advice]

心理治疗培训导师及注册社工 袁嘉华女士

Psychotherapy Trainer and Registered Social Worker, Ms Clara Yuen

小柔的妈妈在影片中

In the video,

虽然为口奔驰

Although Yanny's mother lives from hand to mouth,

但她已在日常的起居饮食上

She has tried her best to

尽力把小柔照顾到最好

take care of Yanny's everyday needs.

这些日常照顾很重要却未必足够

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

因为我们更要关顾孩子的心灵需要

but we shouldn't forget about their spiritual needs

究竟他们每天发生了甚么事呢？

and find out what happen to them every day.

如果家长能多些观察

If we pay more attention

不时关怀

and show our care more often,

他们有需要时可以跟我们说

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

当面对子女被欺凌时

If our children are being bullied,

家长可以做以下四个步骤

here are four things that we can do:

首先 我们可以多聆听

First, be a listener

不要过早说教

and do not give them a lecture

我们可以多了解孩子的看法和心声

so that we can better understand their minds and thoughts.

第二 我们可以多探听

Second, be curious.

究竟这件事是怎样发生的？

How did the incident happen?

有没有其他同学有相同的遭遇呢？

Are there other classmates who had the same experience?

其他同学是怎样应对呢？

How did they deal with it?

第三 我们可跟孩子作一些探讨

Third, discuss the matter with our children.

例如他们有否尝试用不同方法解决呢？

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

结果会如何呢？

**How did it turn out?**

孩子会比较认同哪一种方法呢？

**Which method do they prefer?**

第四 我们可以跟孩子作出一些解难

**Forth, find some possible solutions with our children.**

如果孩子较认同某一个方法

**If our children prefer using a certain method,**

那么他下一步可以如何实践出来？

**how can they work it out?**

有甚么人能给他一些助力？

**Who can help them during the process?**

少年人其实都有很多智慧

**In fact, young children are very intelligent.**

他们从日常生活跟不同的人相处中

**They learn a lot**

可能有很多领会

**from daily interactions with different people.**

只要我们用多一点诱导的方式跟他们探讨

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

其实解决问题的方案

**In fact, children already know the solutions**

他们可能已经心中有数

**to their problems.**

无论如何 当孩子感到被爱

**Anyway, when children feel loved,**

他们会更有自信  
they will grow to be more confident.

而有自信的孩子  
When facing different difficulties,

即使生活上面对不同的困难  
confident children are usually

他都会更有勇气、更有方法  
braver and smarter to

帮助自己去面对  
face the difficulties.