

家庭议会家庭教育系列 — 「童心同步」

Family Council Family Education Package — Caring for Our Kids

第三集：朋友叫过你做最曳嘅事

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：你们有没有发觉现在的青少年

Host: Have you noticed that teenagers today

主持：其实会为了「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：究竟现在的学生

Host: What is the naughtiest thing

主持：曾被朋友叫他做最「曳」的事情又是甚么呢？

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

主持：我们快些调查一下吧！

Host: Let's find it out!

主持：想问你们平时放学后会做甚么？

Host: What do you usually do after school?

受访学生：通常会去别人家玩一会儿

Student: I usually play at my friend's house

主持：玩甚么呢？

Host: What do you guys play?

受访学生：玩游戏机

Student: Video games

受访学生：回家

Student: I go home

主持：真的？

Host: Really?

受访学生：回家玩游戏机

Student: I play video games at home

受访学生：吃东西、打乒乓球

Student: I eat and play ping-pong

主持：这么健康？

Host: What a healthy life!

主持：你有没有试过应朋友要求做一些「曳」事情去迎合他们？

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

受访学生：把别人的东西藏起来

Student: I hid the stuff

受访学生：藏起某一个同学的东西

Student: that belonged to one of our classmates

受访学生：在班上作弄同学

Student: I played a prank on a classmate

受访学生：打破课室内的东西

Student: I broke something in the classroom

受访学生：在入面踢球

Student: I played football in the classroom

受访学生：作弄老师

Student: I played a prank on the teacher

受访学生：一起作弄老师

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

受访学生：那次是藏起别人的笔袋 后来有还给他

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

受访学生：跟别人打架

Student: I got into a fight with someone

受访学生：把他的橡皮擦涂满黑色的颜料

Student: I painted his eraser black

受访学生：让他刷到整本簿子变成黑色

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

受访学生：吓老师 在她生日的时候吓她

Student: I scared my teacher on her birthday

受访学生：吓到她哭了出来

Student: She was so scared that she cried

受访学生：弄脏地板 然后他一进来就滑倒

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

受访学生：这个不能播出来的

Student: This can't go on the air

受访学生：在学校脱裤子

Student: He took off the trousers

主持：在学校脱裤子？

Host: You took off your trousers?

受访学生：自己脱落的

Student: They fell off themselves

受访学生：上课时吃东西

Student: I ate in class

受访学生：试过踢倒校长

Student: I tripped the principal up

受访学生：绊校长的脚

Student: with my foot

受访学生：说一些不好的说话

Student: I said something bad

主持：即是脏话？

Host: Do you mean foul languages?

受访学生：差不多这种说话

Student: Kind of

主持：差不多 有比脏话更难听的说话吗？

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

受访学生：当着老师的面骂老师

Student: I scolded my teacher

主持：你享受说这些说话

Host: Did you enjoy saying these hurtful things

主持：还是朋友说你就听？

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

受访学生：朋友说就听

Student: I just followed what my friend told me

受访学生：朋友说的

Student: Followed what my friend told me

主持：都是朋友建议的？

Host: Was your friend the one suggested doing it?

受访学生：对

Student: Yes

主持：你有没有一起说？

Host: Did you say it with your friend?

受访学生：某位同学说的

Student: My classmate said it

主持：某位同学说 是否就是你身旁这位？

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

受访学生：是的

Student: Yes

主持：为甚么你会愿意做？

Host: Why did you agree to do it?

受访学生：甚么事情都想试一下

Student: I wanted to give everything a try

受访学生：我不知道如何拒绝

Student: I didn't know how to say no

受访学生：学姐告诉我这是传统习俗

Student: The seniors told me it is a tradition

受访学生：结果只有她们那届这样做

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

受访学生：然后我们这届被她们骗了跟着做

Student: We were fooled

受访学生：朋友说我就跟着说

Student: I just followed what my friend said

受访学生：挺有趣的

Student: It was interesting

主持：有趣即是享受？

Host: Does "interesting" mean you enjoyed it?

受访学生：痛快的

Student: Exciting

受访学生：因为觉得很痛快

Student: Because it was exciting

主持：你觉得好玩？

Host: Did you find it fun?

受访学生：是的

Student: Yes

主持：但是你之后有没有感到后悔？

Host: Did you feel regret after that?

受访学生：也有的 因为那个同学很不开心

Student: Yes, because the classmate was very sad

受访学生：也有的

Student: Yes, I did

受访学生：不做了

Student: I'm done

主持：为甚么？

Host: Why?

受访学生：因为觉得玩够了

Student: Because I've had enough

主持：你之后有否道歉？

Host: Did you apologise after that?

受访学生：有的

Student: Yes

受访学生：有说对不起

Student: I said sorry

受访学生：当然都有歉疚

Student: I felt sorry for sure

受访学生：还有一点害怕

Student: and a bit scared

主持：不知道你们觉得刚才他们说的哪一件事是最「曳」的？

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

主持：其实原来朋友对于青少年的成长有很大影响

Host: Peers have great influence on teenagers' growth

主持：尤其他们在寻找自我的阶段

Host: Especially when they are searching for their identity,

主持：他们会感到迷惘

Host: They will feel lost

主持：然而家长可以做甚么去引导和支持他们呢？

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

主持：我们一起听听专家有甚么分享

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

【专家分享】 [Expert Advice]

香港有品运动机构总监 凌叶丽婵女士

Hong Kong Character City, Chief Executive, Ms Josephine Ling

从刚才的街访片段可以看到

From the interview, we can tell that

年轻人受朋辈的影响

peer pressure and influence induce

「跟风」做一些顽皮的事情
teenagers to do naughty things,

其实是很不理想的
which are something we don't want to see

他们没有顾及后果
These teenagers are reckless

以下有三个重点我想让各位家长参考一下
Here are three key points that parents can take as reference

第一 家长要理解年轻人的成长过程和心理
First, parents need to understand the growth and mindset of teenagers

他们会有贪玩和好奇的时候
Their mischievous behaviour and curiosity is a result of

这些都是年轻人受到朋辈的影响和压力
peer influence and peer pressure

第二 我们可以帮助年轻人建立同理心
Second, we can help develop empathy in teenagers

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

他说自己作弄同学
he pranked his classmate

弄黑别人的橡皮擦
by painting his eraser black

当家长跟孩子聊天的时候
As parents, when we find out what he did

发现他做了这件顽皮的事情时
after talking to him,

我们可以让他易地而处地思考
we can make him put himself in that classmate's shoes

问问他
by asking him

「如果你是那位同学，你会觉得怎样？」
“If you were that classmate, how would you feel?”

让他思考一下可以怎样处理
in order to help him think more deeply about this matter

第三 我们可以鼓励年轻人建立自我价值感
Third, we can help teenagers build a sense of self-worth

当他知道自己是善良的
When teenagers realise they are born to be kind,

我们相信他会对自己所做的事情顾及后果
I believe they will learn to take responsibility of what they did

其实我们可以主动教导孩子
In fact, we can take initiative to teach children

拒绝「跟风」做一些顽皮的行为
not to follow others to behave badly

因此我们要在家庭中建立一个充满安全感的气氛
We must create a sense of security in the family

当孩子遇到抉择的时候
so that when children are facing difficulties,

他会放胆跟父母倾谈
they are more willing to talk to us,

那么家长自然能发挥影响力
and we parents can exert our influence over them

还有一个重点就是

Last but not least,

帮助年轻人建立拒绝的勇气

we need to teach teenagers not to be afraid of rejection

对于年轻人来说

Social acceptance

他们很重视群体中的归属感

is very important to teenagers

很怕被人排挤

They are afraid of being rejected

期待自己被他人接受

They want to be accepted by others

所以有时即使不愿意

That's why they choose to follow others' actions

还是会选择委屈自己去「跟风」

even when they don't want to

家长要让年轻人明白

Parents should let teenagers know that

一个成熟的人是要有爱自己的能力

mature people are capable of loving themselves

在生活中培养出「说不」的勇气

They need to learn to say no

在朋友之间建立健康的友谊

and develop a healthy friendship with their friends

家长可以告诉年轻人有「说不」的自由与权利

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

透过成熟的思考和判断

Through thorough thinking and mature judgement,

用适当的方式跟朋友或同学说

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

自己不想做出伤害或攻击别人的举动

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

要脱离这种惧怕被排挤的感觉

To overcome the fear of rejection,

年轻人必须不断的练习及努力

teenagers must try hard to

发现自己所重视的价值

identify the values that matter to them most

为了捍卫这些价值而努力

and make an effort to defend these values

就能培养出「说不」的勇气

They will eventually have the courage to say "No"