

家庭议会家庭教育系列—家·多一点爱 在乎你

Family Council Family Education Programme – Love Your Family More

第十集：谈情与说爱 — 专家意见

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

字幕稿

Transcript

中文	English
<p>[父母面对年轻子女谈恋爱，应抱持甚么心态？]</p> <p>青春期子女的父母 如果知道子女开始拍拖 或多或少都有些忧虑 在这些忧虑影响 父母很容易做一些冲动的事 好像影片里的爸爸 偷看女儿的手机 其实这样做只会令自己更加焦虑</p> <p>子女如果知道了 也会破坏彼此的关系</p> <p>可以的话 我建议父母先要有理解和谅解的心</p> <p>因为成长中对异性有兴趣 或者希望拍拖 是必经的阶段 抱着这心态 就可以以开放的态度 跟子女谈谈</p> <p>[子女可以用甚么方法与父母沟通，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</p> <p>The worries affected them to act impulsively, like the father in the video who checked his daughter's mobile phone</p> <p>In fact, it will only make him more anxious</p> <p>And if his daughter finds out about this, the father-daughter relationship will be ruined</p> <p>If it is possible I advise parents to have understanding attitude</p> <p>It is inevitable for teenagers to become interested in the opposite gender and wanting a dating relationship</p> <p>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>

如果你想开始
有亲密一点的关系
或者谈恋爱或拍拖其
实先要跟自己厘清
到底自己是抱着甚么心态
如果你准备好自己

知道自己开始对异性有兴趣
而同时也明白自己有很多事要兼顾
例如不会因为拍拖而荒废了自己的学
业
疏远自己的朋友
甚至家人
这就代表你足够成熟
父母一定会投你信任的一票
即使他们知道你拍拖
也不会太抗拒，甚或禁止你拍拖了

[父母该如何与子女打开关于『恋爱』
的话题？]

可以的话
我会鼓励父母直接
开放地跟子女沟通
例如你看到他聊电话的时间多了

你可以问一下他：
「我看到你最近跟某个人常常倾电话」
「他是谁呢？」
就算子女未开始拍拖

你也可以跟他们谈一下
子女长大了，真的有机会拍拖

因为这是成长里的必经阶段
只要做足一些心理准备

就算他先隐瞒你

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

如果他认为你是可以倾诉的对象

他一定会来跟你讨论的

the beginning,

when they realise you are someone that
they can talk to,

They will come to you for advice