

## **Tier 1 Program – Newly Added Units**

### **Background of the Project and Users' Guide for Newly Added Units**

#### **Background**

To promote holistic development among adolescents in Hong Kong, The Hong Kong Jockey Club Charities Trust has launched a 4-year project entitled “P.A.T.H.S. to Adulthood: A Jockey Club Youth Enhancement Scheme” since 2005/06 school year, in collaboration with the Research Team, Social Welfare Department and Education Bureau (former Education and Manpower Bureau). Since its inception in the 2005/06 school year, more than 200 schools have joined this project with a total of 145,000 students benefited from it. In view of the support and recognition from different sectors and the proven effectiveness of the Project P.A.T.H.S. by different modes of evaluation, The Hong Kong Jockey Club Charities Trust has decided to fund the project for another three years starting from 2009/10 school year. This enables the participating schools to consolidate the implementation experiences. It is also hoped that the participating schools can integrate the Tier 1 Program into their school curriculum for junior secondary levels, hence facilitating the holistic development of young people.

In the past few years, the Research Team has developed a comprehensive teaching kit with strong theoretical base related to the positive youth development in order to promote the holistic development of junior secondary students. Numerous evaluations were conducted on the effectiveness of the project and all the results show that different stakeholders (students, teachers and social workers) hold positive views toward the program and regard the program as beneficial to the development of participants. The objective outcome evaluations also proved that the program can enhance students' positive development.

A survey of the literature shows that there are worrying trends and phenomena related to the development of adolescents in Hong Kong, such as abuse of psychotropic substances, causal sex, mental health problems, school violence, Internet addiction, materialism, and drop in family solidarity. In order to address the aforesaid issues, new units will be included in the Tier 1 Program which focus on the topics below:

**(1) Anti-drug Education**

To enable students to understand the importance of developing a healthy life style and the adverse effects of taking drugs.

**(2) Sex Education**

To help students building up proper sex concepts and understanding the consequences of having sex as well as the expectations of parents and society on sex related issues.

**(3) Internet Use Education**

To enable students to understand that besides proper applications, there are traps such as pseudo identity and cyber bullying in the Internet.

**(4) Anti-bullying Education**

To enable students to understand different kinds of school bullying, such as physical, verbal and relationship bullying. It is hoped that students will not be perpetrators nor victims in bullying.

**(5) Money and Success Education**

To guide students to cultivate the concepts of proper money and success so as not to be too materialistic or greedy.

Sixty new units, in both Chinese and English versions, will be added to the new phase of the Tier 1 Program. Each unit lasts for 30 minutes. The distribution of units among different domains is as follows:

	Anti-drug Education	Sex Education	Internet Use Education	Anti-bullying Education	Money and Success Education	Total
S1	8	5	2	3	2	20
S2	6	5	3	2	4	20
S3	6	5	4	2	3	20
Total	20	15	9	7	9	60

### Users' Guide

In June 2010, the Research Team has designed 20 new units for the Tier 1 Program for the Secondary One Level. The guidelines for implementation are as follows:

- (1) The new units are specially designed for the above five issues to address the worrying trends and phenomena of adolescent development. Workers are advised to **spend extra hours** on teaching the new units according to students' needs and help students to consolidate their learning for the relevant topics.
- (2) The new units are related to the units in our existing teaching kits for the Tier 1 Program. Workers can take reference to the "substitute units" in the table below and take the new unit to replace the existing one. For example, you can use AD1.1 to replace EC1.1, and deepen the teaching targets of the EC1.1 when teaching the new unit.

Domain	New Unit No.	New Unit Names	Substitute Units
Anti-drug Education	AD1.1	Choosing a better way	• EC1.1
	AD1.2	Emotion, your name is ...	• EC1.2
	AD1.3	Emotional survival guide	• RE1.2
	AD1.4	Facts are facts	• CC1.1
	AD1.5	At sixes and sevens	• CC1.2
	AD1.6	Find a good friend	• BO1.2
	AD1.7	Say no to undesirable friends	• BO1.3
	AD1.8	What should I do	• SD1.2
Sex Education	SX1.1	Golden youth	• ID1.3
	SX1.2	Close relationships?	• BC1.1
	SX1.3	Sex and love	• PN1.1
	SX1.4	Sex and peer pressure	• ID1.2
	SX1.5	Gender difference in attitude to sex	• SD1.1
Internet Use Education	IT1.1	Lying or not	• MC1.2
	IT1.2	Smart user	• SD1.3
Anti-bullying Education	AB1.1	Stories of bullying	• RE1.4
	AB1.2	Behind the mask of bullying	• PI1.2
	AB1.3	A secret book of bullying prevention	• RE1.3
Money and Success Education	MS1.1	I believe I can	• SE1.1
	MS1.2	The value of life	• SP1.1

It will be grateful if you can let us have your valuable comments about the usage, design, and rationale(s) of the newly added units. Please forward your comments to us at [project.paths@polyu.edu.hk](mailto:project.paths@polyu.edu.hk) or contact our Curriculum Team at 3400-8507.