



John's heart raced at that moment. He recalled the previous time when his parents quarrelled with each other, his Mummy was beaten up by his Daddy. She sneaked into his bedroom with bruises all over her face.

At that time, John was so scared that he didn't know what to do.

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John peeped through the crack of the door, and found that his Mummy's hand was cut by a broken glass. He was so scared that he dared not go out, but he was angry at the same time.

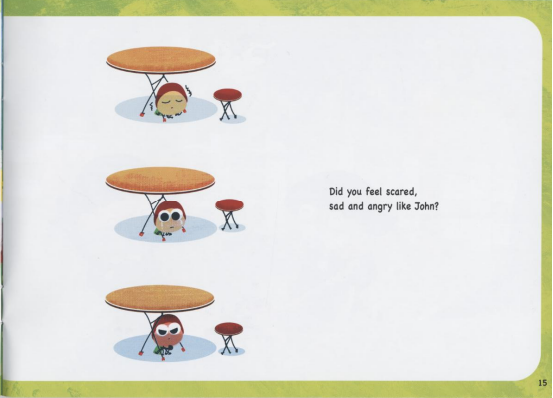
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Froggy's Workbook
Lesson 1

Froggy:
Have you ever seen your parents fighting?

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Did you feel scared, sad and angry like John?

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The next day, John walked around glumly at the school.

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Miss CHAN saw John staring blankly from far away.

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"John, is there anything bothering you? Could you tell me what it is?"

John told Miss CHAN about his parents' dispute.

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Lesson 2

Froggy:
If you are upset by your parents' dispute like John, you could find someone to talk to.



Who are you going to talk to?



John was puzzled, "The adults teach us not to fight, but why are they fighting themselves?"

"Sometimes adults behave like children. While knowing what is good for them, they have no idea how to do it."

"Of course! Some think that they could use violence to force others to obey. However, it isn't genuine obedience. Those who are forced to obey just because they don't have the ability to defend themselves."

"Can we really solve our problems without resorting to violence?"



"What if the others can defend themselves and resist?"

"Having the ability to defend ourselves doesn't mean that we have to resort to violence to solve the problems. The situation will only get worse if everyone does so."

"What should we do then?"



"We could try looking at the problem from a different point of view. For example, we could first calm down for a second."

"We must also learn to listen to others' opinions. Sometimes we have to stand firm, sometimes we have to back off, and sometimes we have to change. We can only reach a consensus through an open and frank discussion."

"Everybody is unique. Family members have to accept, support and sympathise with one another."



Lesson 3

What is anger?



Anger is one of our emotions.



We are all responsible for keeping our emotions in check. Only you yourself can figure out ways to diffuse your anger.



While being extremely angry, you can still choose a non-violent way to deal with your anger.

Can violence solve our problems?



Verbal dispute is often a prelude to violence. So we should handle our arguments in a calm way.



Violence cannot solve our problems.



Resorting to violence will draw people away from you instead of near you.



John was puzzled again, "My parents are always yelling and fighting with each other. I don't want to see them quarrelling, and I don't want to see Mummy get hurt either. I find myself completely worthless for not being able to protect Mummy."

"Well, you may not be able to stop them, but you could in fact talk to other adults about it, like your teachers. By doing so we may have the chance to advise your parents to get help. We may also find social workers to provide counselling to your parents, and teach them how to solve their problems in a peaceful way. Let's hope that they would change gradually."



"If the adults learn about it, will they ask the Police to arrest my Daddy?"

"We should find a way to stop anyone who uses violence at home. If those who resort to violence understand what they have done is unacceptable, and then learn how to keep their emotion in check and deal with their problems in a peaceful way, wouldn't it be much better?"

John was much relieved after pouring out his worries to Miss CHAN.



Worried that the violent behaviour of John's parents might have a negative impact on John, Miss CHAN contacted his parents to understand the situation.

Miss CHAN advised them to receive counselling, to deal with their problems with love and patience, and never resort to violence again.





For children who have witnessed domestic violence, what can they do?

Lesson 4



You may be distressed, upset or you may blame yourself for your parents' dispute. Therefore, you should:

First and foremost, you should understand that you are not accountable for the violence at home. Then you should talk about your anxiety with the adults you trust, like your relatives, friends, old folks, teachers, social workers or the Police.

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Why should we talk about our domestic violence problem with others?

Domestic violence is not something embarrassing. Instead, talking about this with someone else:

- prevent its recurrence
- prevent further injury to the victim
- let the batterer receive appropriate counselling

Can parents still be living with their children if the children have told others about their domestic violence problem?

Whether family members can live together or not depends on a number of circumstantial and psychological factors, such as:

- whether the parents are willing to live together
- whether it is suitable for the children to live with either of their parents considering the children's state of mind



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Hotlines Providing Assistance

Social Welfare Department Hotline

Telephone No.: 2343 2255
 Fax No.: 2763 5874
 Website: <http://www.swd.gov.hk>

Operating Hours: Monday to Saturday: 9:00 a.m. to 10:00 p.m.;
 Sunday and Public Holidays: 1:00 p.m. to 10:00 p.m.

Outside the above operating hours, callers who dial up the Hotline Service of Social Welfare Department can leave their message on the recording machine or press "0" to approach social workers of designated non-governmental organisations for assistance. In case of emergency, callers can dial "999" to seek assistance from the Police.

(Callers can obtain information on welfare services in the form of voice messages or facsimile transmission through the 24-hour interactive voice response system).

Family Crisis Support Centre 24-hour Hotline

Telephone No.: 18288
 Fax No.: 2383 2231
 Website: <http://fscs.caritas.org.hk>

CEASE Crisis Centre 24-hour Hotline

Telephone No.: 18281
 Fax No.: 2703 4111
 Website: <http://ceasecrisis.fungwahcsd.org>

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Family and Child Protective Services Units (FCPSUs)

District	Address*	Telephone	Fax
Central, Western, Southern and Islands	Room 229, 2/F, North Point Government Offices, 333 Java Road, North Point, Hong Kong	2231 5858	2164 1771
Eastern and Wanchai	Room 229, 2/F, North Point Government Offices, 333 Java Road, North Point, Hong Kong	2231 5859	2164 1771
Kwun Tong	Room 502, 5/F, Nat Fung Commercial Centre, 19 Lam Lok Street, Kowloon Bay, Kowloon	2707 7681	2717 7453
Wong Tai Sin and Sai Kung	3/F, Wong Tai Sin Community Centre, 104 Ching Tak Street, Wong Tai Sin, Kowloon	3188 3569	3421 2535
Sham Shui Po	6/F, Cheung Sha Wan Community Centre, 55 Fat Tsang Street, Cheung Sha Wan, Kowloon	2247 5373	2729 6613
Kowloon City and Yau Tsim Mong	9/F, Cheung Sha Wan Community Centre, 55 Fat Tsang Street, Cheung Sha Wan, Kowloon	3583 3254	3583 3137
Shatin	Room 716, 7/F, Shatin Government Offices, 1 Sheung Wo Che Road, Sha Tin, New Territories	2158 6680	2681 2557
Tai Po and North	Room 714, 7/F, Shatin Government Offices, 1 Sheung Wo Che Road, Sha Tin, New Territories	2158 6696	3104 1357
Tuen Mun	4/F, On Ting/Yau Oi Community Centre, On Ting Estate, Tuen Mun, New Territories	2618 5710	2618 7976
Tsuen Wan and Kwai Tsing	21/F, Tsuen Wan Government Offices, 38 Sai Lau Kok Road, Tsuen Wan, New Territories	2940 7350	2940 6421
Yuen Long	6/F, Wah Lung House, Tin Wah Estate, Tin Shui Wai, Yuen Long, New Territories	2445 4224	2445 9077

* The addresses above are updated as at January 2008. Some of them may have changed. Please call FCPSUs or visit SWD's webpage for the latest information.

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