



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.

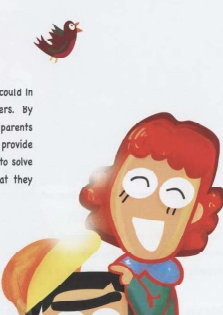
Violence cannot solve our problems.


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.

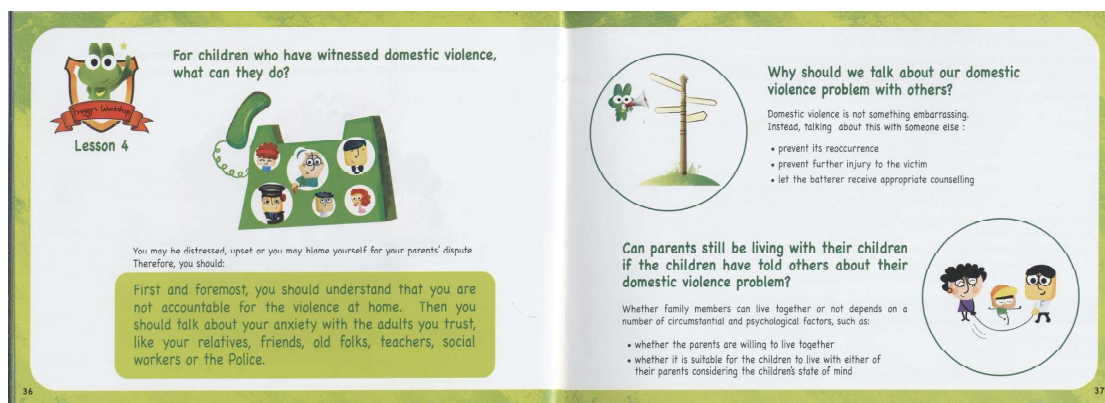


Worried that the violent behaviour of John's parents might have a negative impact on John, Miss CHAN contacted his parents to understand the situation.



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





Hotlines Providing Assistance

Social Welfare Department Hotline

Telephone No. : 2343 2255
Fax No. : 2703 5074
Website : <http://www.swd.gov.hk>

Operating Hours : Monday to Friday : 9:00am to 5:00 pm
: Saturday : 9:00am to 12:00 noon

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 organizations 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.tungwahcsd.org>

Family and Child Protective Services Units (FCPSUs)

District	Address*	Telephone	Fax
Central Western, Southern and Islands	Room 2313, 23/F, Southern Centre, 130 Hennessy Road, Wan Chai, Hong Kong	2835 2733	3107 0051
Eastern and Wan Chai	Rm. 229, 2/F, North Point Government Offices, 333 Jaua Road, North Point, Hong Kong	2231 5859	2164 1771
Kwun Tong	Unit 2101, 21/F, Kwun Tong View, 410 Kwun Tong Road, Kwun Tong, Kowloon	3586 3741	2717 7453
Wong Tai Sin and Sai Kung	3/F, Wong Tai Sin Community Centre, 104 Ching Tak Street, Wong Tai Sin, Kowloon	3188 3563	3421 2535
Sham Shui Po	6/F, Cheung Sha Wan Community Centre, 55 Fat Tung Street, Cheung Sha Wan, Kowloon	2247 5373	2729 6613
Kowloon City and Yau Tsim Mong	Room 803, 8/F, Kowloon Government Offices, 405 Nathan Road, Kowloon	3583 3254	3583 3137
Sha Tin	Room 716, 7/F, Sha Tin Government Offices, 405 Nathan Road, Sha Tin, New Territories	2158 6680	2681 2557
Tai Po and North	4/F, Tai Po Complex, 8 Heung Sze Wui Street, Tai Po Market, New Territories	3183 9323	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 Yuet House, Tin Wah Estate, Tin Shui Wai, Yuen Long, New Territories	2445 4224	2445 9077

* The addresses above are updated as at July 2021. Some of them may have changed. Please call FCPSUs or visit SWD's webpage for the latest information.

