

強化預防童年逆境經驗 (ACES) 的機制

STRENGTHENING MECHANISMS TO PREVENT ADVERSE CHILDHOOD EXPERIENCES (ACES)



此外，ACES 對兒童未來的身心健康具有深遠的影響，包括情緒調節困難、學業表現不佳、行為問題甚至成年後的身心疾病。作為照顧者與教育者，應該充分了解這些潛在的風險，並在日常生活中密切留意自己的管教行為。

研究團隊建議，政府與NGOs透過社區講座、工作坊等不同的教育形式，增強父母對於正向育兒的認識，強調建立安全、穩定、充滿愛的家庭環境，從源頭預防ACES的發生。早期介入不僅可以減少兒童未來出現心理、行為問題的風險，也有助於促進家庭和諧與社區的整體福祉。

Research shows a high prevalence of intergenerational ACEs. Therefore, the research team recommends that the government and relevant NGOs collaborate with family service centers and maternal and child health clinics to establish a comprehensive screening mechanism for high-risk families.

ACEs have profound effects on children's future physical and mental health, including difficulties with emotional regulation, poor academic performance, behavioral problems, and even physical and mental illnesses in adulthood. Caregivers and educators should be fully aware of these risks and pay close attention to their disciplinary practices in daily life.

“新手父母”

在香港這個多元且繁忙的城市環境中，要有效預防童年逆境經驗 (ACEs) 的發生，社區的早期介入與預防工作非常重要。研究結果顯示跨代ACEs的出現率高。

因此，研究團隊建議政府、相關NGOs可以與家庭服務中心、母嬰健康院等合作，建立一套完整的高風險家庭篩查機制。在這些措施中，專業人員可以透過問卷調查、個案評估等方式，提前識別曾經經歷多項ACEs或存在潛在風險的家庭。識別後，提供針對性的家庭教育與輔導，讓父母了解自己的教養模式可能對兒童產生的長遠影響。

"New Parents"

In Hong Kong's diverse and fast-paced urban environment, preventing Adverse Childhood Experiences (ACEs) requires early community intervention and proactive measures.

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Through questionnaires and case assessments, professionals can identify high-risk families or those experiencing multiple ACEs at an early stage. Once identified, these families should receive targeted parenting education and counseling to help parents understand the long-term impact of their parenting styles on their children.



再者，政府與NGOs可以推廣非暴力管教理念，反對一切形式的身體或情緒暴力。這是打破暴力循環的重要一步。建議父母應該學習如何運用積極管教策略，如建立明確的一致規範、運用正向獎勵、有效溝通、情緒管理技巧等，來取代傳統的懲罰方式。透過持續的宣傳和教育，營造一個尊重、理解和支持兒童成長的環境，讓他們在充滿愛與安全感的氛圍中成長，從源頭上降低ACEs的發生率。

“正受ACES影響青少年”

在青少年的成長過程中，學校扮演著關鍵的社教化角色，亦是他們日常生活中最重要的社交與學習場所。因此，學校有責任成為早期識別及介入ACEs的前線平台。建議政府及學校可以為中小學教師及駐校社工提供專業的培訓與資源，使他們能夠辨識青少年可能受到ACEs影響的徵兆，例如情緒不穩、行為異常、學習困難等。透過建立系統化的觀察與評估機制，教師與社工可以在日常互動中及早發現潛在的風險，並適時提供適合的輔導與支援。

此外，學校也可以設計適合青少年的身、心、靈全人健康教育課程，幫助他們理解自身情緒與行為的背景，學習應對策略，提升自我調適能力。同時，建立安全、包容的校園環境，讓受影響的青少年願意主動尋求幫助，打破沉默與疏離的困境。



和諧之家，不時舉辦各種類型的親子教育工作坊、到校服務、講座等，藉此促進親子互動並加強家庭關係。透過這些工作坊，參加者可學習實用技巧與心得，提升溝通、理解及情感連結，營造更和諧的家庭氛圍。

和諧之家提供多元化的企業合作方案及講座，致力提升公眾對家庭暴力的認識，並推動有效的預防工作，同時宣揚家庭和諧的信息。我們誠意歡迎各界查詢，了解貴機構如何參與並支持我們的工作。每一筆捐款，都是對受暴婦女及家庭的愛與支持的具體行動。讓我們攜手，為受暴倖存者帶來希望與改變

At **Harmony House**, we offer a variety of corporate packages and talks tailored to raise awareness and foster meaningful change. We warmly welcome inquiries please don't hesitate to contact us for more details on how your organization can contribute. Every donation is a powerful symbol of love and support for victims of violence. Together, we can make a difference.

The research team recommends that the government and NGOs offer community seminars and workshops to deepen parents' understanding of positive parenting. These initiatives should emphasize the importance of creating a safe, stable, and loving home environment to prevent ACEs at their source.

"Adolescents currently affected by ACEs"

Early intervention not only reduces the risk of future psychological and behavioral issues in children but also promotes family harmony and overall community well-being.

Furthermore, governments and NGOs should advocate for non-violent discipline and oppose all forms of physical or emotional violence—an essential step toward breaking the cycle of abuse.

Parents should be encouraged to adopt positive discipline strategies, such as setting clear and consistent rules, using positive reinforcement, communicating effectively, and practicing emotional management, rather than relying on traditional punitive methods.

Ongoing education and awareness campaigns can help create an environment of respect, understanding, and support for children's development. This enables them to thrive in a loving, secure atmosphere and reduces the incidence of ACEs at the root.



Harmony House regularly hosts a variety of parent-child education workshops, school-based programs, and seminars aimed at fostering parent-child interaction and strengthening family bonds. These initiatives provide participants with practical skills and valuable insights to improve communication, deepen understanding, and enhance emotional connection ultimately creating a more harmonious family environment.