

**Final Report of the Committee on Prevention of Student Suicides
Follow-up Measures
(as at October 31, 2017)**

| Key Areas | Measures |
|---|--|
| Promotion of Students' Mental Well-being and Health | <ul style="list-style-type: none">• The Education Bureau (EDB) and the Department of Health (DH) are promoting the Joyful@School Campaign in primary and secondary schools in the 2016/17 school year. Multi-media emotional health tips including stress, emotion management, relaxation and adjustment skills, etc were uploaded in the website of Student Health Service and these resources were introduced and disseminated via CD-Rom to over 1,000 primary and secondary school at the kick off ceremony of Joyful@School Campaign in August 2016. The Joyful@HK Run was held on 11 December 2016, with 42 participating teams from schools. To facilitate schools to conduct school-based activities for the Campaign, for instance, promoting mental health, starting the new school year in a good mood, meeting challenges positively and relaxing in preparing for examination, EDB has uploaded relevant information including suggested activities and teaching materials on its website, and will update them regularly for schools' reference and deployment. In the 2016/17 school year, EDB and the DH organised the "Your Joyful Record" video competition, which aims to enhance the public and students' understanding of mental health. Nearly 70 entries from schools were received which competed for different prizes of the junior secondary and senior secondary categories. A prize presentation ceremony was successfully held on 14 July 2017. (EDB and DH)• To encourage more non-governmental organisations (NGOs)/tertiary education institutions, etc to form partnerships with schools to conduct Joyful@School programmes and activities relating to the promotion of mental health, the Quality Education Fund (QEF) Steering Committee has agreed that collaborative mini applications under the "Joyful@School" Campaign will not be subject to the quota for mini applications. The Steering Committee has also agreed to raise the grant ceiling for mini applications to \$200,000. (EDB)• The Food and Health Bureau (FHB), in collaboration with EDB, the Hospital Authority (HA) and the Social Welfare Department (SWD), launched in September 2016 a two-year pilot scheme "Student Mental Health Support Scheme", with 9 schools participating in the first phase. Advanced Practice Nurses in psychiatric stream pay regular visits to schools and form a multi-disciplinary team with designated teacher(s), school social workers and educational psychologists to conduct professional deliberations on specific cases. Up to 30 June 2017, a total of 50 students across 9 schools have joined this Scheme. The Scheme entered the second phase in September 2017 and covered 17 schools. |

| Key Areas | Measures |
|-----------|--|
| | <p>(FHB, HA and SWD)</p> <ul style="list-style-type: none"> • EDB has invited Department of Psychiatry, the University of Hong Kong to collaborate with schools in developing mental health promotion programmes through the “Education Development Fund – University Support Programme”, named as “Mindshift+ Educational Programme”. 15 secondary schools participate. Relevant activities have been launched in schools starting from September 2017. (EDB) • EDB continues to encourage schools to strengthen the element of enhancing students’ mental well-being in the bridging programmes for Secondary 1 and Secondary 4 students. EDB has conducted a seminar for secondary school teachers in February 2017 to share good practices on S1 bridging programmes as well as assessment and intervention strategies for suicidal risks. About 200 school principals and teachers attended the seminar. EDB has also conducted a sharing of good practices on supporting P6 students for smooth transition to secondary schools among student guidance personnel in primary schools in May 2017. EDB will continue encouraging schools to make use of the case referral mechanism to enable students in need to receive continuous support after promoting or transferring to other schools. (EDB) • HA will further promote the psychiatric advisory hotline, namely “Mental Health Direct”, in the community (through mass media, school, etc.) and so as to provide over-the-phone professional consultation by psychiatric nurses on mental health issues and support for patients, their care-takers and other stakeholders. (HA) • EDB has produced TV/Radio APIs and poster on “Think on a Broader Plane: Unwind and Relax” to promote the message of positive thinking in face of challenges in life. (EDB) • EDB has sent letters to principals of all primary and secondary schools in February and October 2017 respectively to call on schools to promote mental well-being and health to students and to recommend relevant resources. (EDB) • DH will launch a designated website “YOUTHCAN” in school year 2017/18 targeting secondary school students. Tying in with school events, its contents will be updated monthly to explore different developmental challenges. Videos, motion graphics and infographics will be used with the aim to promulgate mental health and well-being. (DH) • DH’s Student Health Service Centres (SHSCs) and Adolescent Health Programme (AHP) incorporated three key messages of Joyful@School Campaign (i.e. Sharing, Mind, Enjoyment) in health talks and out-reaching services with the aim to disseminate the importance of emotional health to students, teachers and parents. (DH) • Under the 2017 Mental Health Month in collaboration with bureaux/departments and NGOs, 3 competitions, on design of parent-child games, mental health-promoting products and wellness menus were conducted in July to October 2017 among kindergarten, primary, secondary and post-secondary students. A mini-exposition on promotion of mental |

| Key Areas | Measures |
|--|--|
| | wellbeing with talks and experiential activities is scheduled for 11 November 2017. (EDB and SWD) |
| Strengthening Support for Schools and Teachers | <ul style="list-style-type: none"> • In collaboration with the Department of Psychiatry, University of Hong Kong and DH, EDB has organised a seminar on supporting students with mental illness and promoting students' mental health in January 2017 to strengthen the understanding of secondary school teachers about relevant knowledge. About 300 school principals and teachers attended the seminar. In addition, EDB has collaborated with HA to organize a seminar on Prevention of Student Self-harm and Suicide for secondary schools. About 500 school principals, teachers and professionals attended the seminar. (EDB) • The Hong Kong College of Psychiatrists has been commissioned by FHB to provide training for teachers, related professional staff and supporting staff of the 17 schools participating in the "Student Mental Health Support Scheme", starting from February 2017. (FHB) • Starting from the 2017/18 school year, EDB has launched the professional development programme on mental health, including elementary course for teachers at large and in-depth course for designated teachers. (EDB) • EDB published the "Resource Handbook for Schools" in March 2017 to support schools on detecting, supporting and making referral for students with suicidal behaviours and a webpage of "Prevention of Student Suicides". In August, EDB published the "Teacher's Resource Handbook" to support schools on identifying and supporting students with mental illness, including depression, anxiety disorders and psychosis. (EDB) • EDB organised a seminar for school teachers on "Strengthening Resilience in Students" on 24 March 2017 with the participation from the associate consultant psychiatrist of Castle Peak Hospital to deliver talk on ways to promote mental health and well-being for students and teachers. Another seminar named "Promotion of Students' Mental Health and Well-being" was also conducted for school teachers on 9 June 2017 with the participation from DH's senior medical officer and clinical psychologist to deliver talks focusing on adolescents depression and share DH's online resources to assist teachers to promote mental health among students. (EDB) • Starting from the 2017/18 school year, the Learning Support Grant for public sector ordinary primary and secondary schools has covered students with mental illness, so that schools would have additional resources to provide support to these students. (EDB) • EDB and relevant bureaux/departments (including DH) are working on strengthening and consolidating the school-based programmes and work related to students' mental well-being and health, such as the Understanding Adolescent Project, Personal Growth/Life Education, Enhanced Smart Teen Project, Life Education Interactive Learning Materials, and Adolescent Health Programme, etc. Since the 2016/17 school year, the Understanding Adolescent Project (UAP) |

| Key Areas | Measures |
|--|---|
| | <p>has been enriched with the UAP Guides Award Scheme to further extend P5-6 students' resilience through voluntary services and practical experiences. The Enhanced Smart Teen Project will expand its service by 20% by phases in the coming 5 years to support more secondary students on their resilience building. (EDB)</p> <ul style="list-style-type: none"> • EDB has written to post-secondary institutions, encouraging them to consider allocating more resources to enhance their promotion of mental health and well-being, screening services, gatekeeper training and follow-up support for students at risk. (EDB) • EDB continues to encourage schools to review the implementation of their school-based homework and assessment policies in accordance with students' learning needs. (EDB) |
| Reviewing Relevant Domains in the Education System | <ul style="list-style-type: none"> • EDB continues to review the relevant domains in the education system, which as a whole should give due recognition to students' non-academic achievements in order to duly support and address the developmental and diverse needs of students and young people. (EDB) • EDB continues to support schools in implementing the New Academic Structure, so as to support the diverse learning needs of schools and students. Measures include: streamlining the school curriculum and assessment to release space for enhancing learning and teaching, having more Applied Learning courses registered in the Qualifications Register, and encouraging students interested in Vocational and Professional Education and Training to study a maximum of two Applied Learning courses, etc. The Chief Executive has announced in the 2017 Policy Address that EDB will set up a number of task forces to, among others, review the existing curricula. (EDB) • EDB will encourage the University Grants Committee-funded universities to take into account both academic and non-academic achievements in their undergraduate admission. (EDB) • To foster a culture of multi-faceted excellence, the Government has set up a \$100 million Multi-faceted Excellence Scholarship in 2014 to support universities and tertiary institutions in admitting about 20 local undergraduate students a year who excel in sports, arts and/or community services. In 2017/18, an additional \$200 million has been allocated to the Scholarship and the number of beneficiaries each year will be doubled to 40. (HAB) • EDB continues to endeavour to develop life planning education so that students can understand their own interests, abilities and aspirations, develop positive attitudes and values as well as gain knowledge about different industries and articulation pathways through career exploration activities. EDB in collaboration with schools and stakeholders continue to step up publicity about alternative pathways, job-tasting programmes and the Qualifications Framework. For example, information on various articulation opportunities is further promoted among secondary school graduates through the annual Information Expo on Multiple Pathways. Through the INFO Day held by Vocational Training |

| Key Areas | Measures |
|---|---|
| | <p>Council's member institutes, students can learn more about the provision of multiple pathways in the professional education and training programmes. Also, through a variety of activities such as talks, workshops and fieldtrip activities, secondary school students can learn about related industries and progression pathways under the Qualifications Framework, thereby assisting them in their planning of further studies and career development. Moreover, EDB will disseminate updated information on multiple pathways to various stakeholders through different channels, including the EDB website, parent talks, focus group meetings and publications, etc. (EDB)</p> <ul style="list-style-type: none"> • The 2017 Policy Address announced various measures to provide multiple pathways and further study opportunities for young people so that they can develop according to their capacities and interests. The related measures include suggesting the Standing Committee on Language Education and Research consider launching a vocational English programme with the support from the Language Fund for senior secondary students who aspire to pursue vocational and professional education and training or who are prepared to work, with a view to enhancing their English proficiency and enabling them to obtain relevant qualifications from recognised courses for further studies and employment. Besides, the Government decides to regularise the Study Subsidy Scheme for Designated Professions/Sectors from the 2018/19 academic year onwards. Current students of the designated programmes will also receive the subsidy from the 2018/19 academic year. (EDB) |
| Enhancement of Family Life and Parent Education | <ul style="list-style-type: none"> • The Committee on Home-School Co-operation (CHSC) takes an active role in promoting the "Happy Kids Charter" for schools and parents. The CHSC's work foci in the 2016/17 school year include enhancing parents' efficacy in nurturing their children, assisting them in early identifying their children's emotional problems and fostering positive thinking in their children. EDB also actively encourages the Federations of Parent-Teacher Associations of different districts and schools' parent-teacher associations to organise activities based on the content of the Charter to enhance students' mental health and well-being. EDB will set up a number of task forces to review various areas of education, for example parent education, with the objective of discouraging the culture of excessive competition so that children can grow up happily and healthily. (EDB) • The Maternal and Child Health Centres of DH provide parenting programme to parents of preschool children with the aim of enhancing parenting skills and efficacy to bring up healthy, happy and well-adjusted children. Anticipatory guidance on child development, childcare and parenting are provided in the form of individual counseling, information leaflets, videos, website, electronic social media and parenting workshops. For parents of children with early signs of behaviour problems or those who encounter difficulties in parenting, an intensive programme on positive parenting skills will be arranged. Children with suspected developmental or behavioural problems will be referred to the Child Assessment Centres (CACs) of DH for detailed assessment. DH continues to further promote the parenting programmes |

| Key Areas | Measures |
|-----------|--|
| | <p>run by the Maternal and Child Health Centres. (DH)</p> <ul style="list-style-type: none"> • SWD continues to encourage service platforms including the Integrated Family Service Centres (IFSCs), Integrated Services Centres (ISCs), Working Group on Family Life Education Resource Development and relevant NGOs, etc., to strengthen the element of “gatekeeping” in their family life and parent education. SWD also promotes and publicises the intensive counselling and support services provided by the IFSCs, ISCs and Integrated Community Centres for Mental Wellness, in order to facilitate the families in need to receive timely service. (SWD) • SWD will further increase the number of social workers and supporting staff at Integrated Community Centres for Mental Wellness in 2017/18 to strengthen the support provided to discharged mental patients, persons with suspected mental health problems and their families / carers. (SWD) • SWD has produced TV/Radio APIs and poster on “Consider different perspectives. Take a positive view” which were launched in television channels, radio channels, buses, MTR stations and in-train televisions starting from 27 February 2017 and also launched a Publicity Campaign on "Strengthening Families and Combating Violence" to remind the public of the importance of family, to encourage them to enhance the family cohesiveness so that each of the members will feel the family warmth. Through the radio programme 「訴心事家庭」, topics such as coping with adversities or failures, supporting children to acquire stress management skills, and strengthening children’s ability to cope with adversities were explored. (SWD) • In 2017/18, the Family Council and Radio Television Hong Kong collaborated to launch territory-wide campaigns that encouraged families to strengthen communication among members and build up supportive and trustful relationships through the promotion of themes on “transgenerational harmony and communication” and “mutual help and support among family and friends”. A publicity event entitled "Inter-generational Family Day" was successfully held in May 2017 with around 200 participants to echo with the International Family Day. In addition, the Family Council launched the “Happy Moments of Family” Snapshot Competition on 1 August 2017 to collect family photos up to 30 September 2017. All entrants would receive a specially designed family board game with the family core values embedded in the rules of game. (SWD) • In the meetings of the Committee on Integrated Family Service Centres held in December 2016 and February 2017 respectively, SWD reminded and urged the Assistant District Social Welfare Officers supervising the IFSCs of various districts, Service Directors/Service Coordinators/Service Supervisors of NGOs running IFSCs and representatives of the Hong Kong Council of Social Service who participated in the meetings to encourage their units to continue to strengthen family life and parent education, promote and publicise IFSCs, ISCs and their intensive counselling and support services through district service platforms, such that families in need could receive timely assistance. SWD |

| Key Areas | Measures |
|-----------|---|
| | <p>also briefed the Committee about the “Student Mental Health Support Scheme”, encouraging relevant units to provide support to students in need and their parents through multidisciplinary collaboration. SWD also made the related appeal to the attendees in the meeting of the Working Group on Family Life Education Resource Development held on 26 April 2017. (SWD)</p> <ul style="list-style-type: none"> • In the years of 2016/17 and 2017/18 (up to June 2017), the IFSCs have conducted 752 and 212 groups related to parent-child relationships and 1 822 and 329 activities related to parenting respectively. These activities aim to enhance parents’ sensitivity towards their teenaged children’s emotions and stress conditions, understanding of emotional health and improvement of parent-child relationships, so as to allow the caring of people around as well as to learn to love oneself. (SWD) • During the years of 2016/17 and 2017/18 (up to September 2017), 22 SWD-funded Independent Family Life Education Units have conducted 1 352 and 689 family life education activities respectively. The number of participating youth, expectant parents and parents in these two years were 44 494 and 19 945 respectively. Among these activities, some are educational activities with focus on improving personal knowledge and skills in order to cope with the ever-changing roles and needs in life and to improve family relationships. (SWD) • SWD continues to subvent the Samaritan Befrienders Hong Kong to provide Web-Engagement Service with a view to providing information and support service to people with suicidal thoughts/ behavior through a thematic website. (SWD) |