Curriculum Framework on Parent Education (Secondary School)
Summary of Four Core Strands

Strand I: Understanding of Adolescent Development

Areas	Brief Content
Introduction	• Parents play a crucial role in their adolescent children's development and should actively support their growth and positive transformation. • With the proper knowledge, skills and attitudes, parents can guide their adolescent children in exploring their identities, engaging in healthy experiences outside the home, and forming strong peer connections, all of which are key to growing up to be independent adults.
Contextual Systems and Adolescent Development	• Ecological systems context of adolescent development • The life-span perspective • The developing person • Parents • Family environment • Peers • School and education system • Societal influence • Life transitions
Important Principles of Adolescent Development	• Development is a combined result of nature (epigenetics) and nurture • Development requires reasonable expectations, healthy pacing, and adequate space and respect • Support and guidance for the completion of key developmental tasks help adolescents prepare for the next developmental stage • Positive youth development requires actively teaching or creating opportunities for adolescents to nurture a variety of qualities, skills and behaviours
Areas of Adolescent Development	• Physical development • Cognitive, language and communication, and executive function development • Psychosocial development • Social development • Emotional development • Moral development

Areas	Brief Content
Issues on Understanding Adolescent Development	• Understanding and acceptance of adolescent characteristics • Continual adjustment in parenting strategies in alignment with adolescent's development • Provision of guidance and support to adolescents in the completion of developmental tasks • Open-mindedness, flexibility, and respect regarding adolescent's career or life planning

Strand II: Promotion of Healthy, Happy and Balanced Development of Adolescents

Areas	Brief Content
Introduction	• Parents need to build a positive parent-child relationship and bond with their adolescent children by practising positive parenting and understanding the challenges they face. • With parents' support, adolescents can achieve healthy, happy and balanced development and protect themselves from risky behaviours and/ or early mental health problems.
Understanding Healthy, Happy and Balanced Development of Adolescents	• Brain changes in adolescence and its relations to emotional development • Whole-person development of adolescents and their mental well-being • Stress coping and resilience • Peer influence on learning and emotional well-being • Emergence of early signs of mental illness
What Parents Should Do to Promote Healthy, Happy, and Balanced Development of Adolescents	• Adopting mindful parenting in adolescence • Social skills, peer relationships and identity formation • Supporting adolescents' learning in the community
Issues on Promotion of Healthy, Happy and Balanced Development of Adolescents	• Facilitating healthy use of Internet, electronic devices and social media • Supporting the development of healthy gender relationships • Support adolescents with special needs

Strand III: Promotion of Parents' Physical and Psychological Well-being

Areas	Brief Content
Introduction	• Parents remain significant for their adolescent children's social and emotional development, and being open-minded and adaptive to their developmental changes is important. • Parents' well-being is crucial to healthy marital and parent-child relationships, as well as a functioning and harmonious family system. • Self-care is vital for parents to effectively support their adolescent children and manage their own stress. • By understanding the link between parents' well-being and adolescent development, and adopting effective stress management, self-care strategies and communication skills, parents can foster a healthy and supportive environment for their adolescent children's development.
Understanding Stress as Parents	• Recognising and understanding parental stress • Impacts of parental stress on adolescent's well-being
Managing Stress for a Healthy Family	• Stress management strategies for parents • Managing stress with a wellness lifestyle approach • Adjusting expectations and making time for self-care as a parent • Building a support network and stay connected with the community
Fostering Reflective Parenting	• Parental reflective functioning • Setting healthy boundaries • Setting up family routines and differentiation of rights and responsibilities
Nurturing Strong Connections with Adolescent Children and Cultivating Healthy Relationships within the Family through Effective Communication	• The changing dynamic for parenting during adolescence • Authoritative parenting • Parent-child communication • Communication among parents and/ or caregivers
Issues on Promotion of Parents' Physical and Psychological Well-being	• Resolving conflicts with adolescent child • Challenges associated with taking care of adolescents with special educational needs

Strand IV: Fostering Home-school Co-operation and Communication

Areas	Brief Content
Introduction	• Effective home-school co-operation and communication facilitate adolescents' transition through different developmental stages, with parents participating in various parent education programmes and activities that promote the whole-person development of adolescents. • Parents play a crucial role in nurturing their adolescent children's good habits, positive attitudes and self-efficacy through family activities and by demonstrating proper values. • Through home-school co-operation, adolescents are encouraged to explore their interests, strengths and weaknesses, develop a positive mindset and generic skills, and understand their aspirations to become responsible and contributing citizens.
Strengthening Home-school Co-operation	• Understanding the importance of home-school co-operation • Reinforcing home-school co-operation • Communication channels and skills • Developing positive partnership
Roles of Different Stakeholders	• Roles of parents • Roles of schools • Support on home-school co-operation by the Government • Community resources
Issues on Fostering Home-school Co-operation and Communication	• Building a meaningful relationship between parents and the school through home-school co-operation • Parental support to adolescents' life planning • Establishing a partnership with Parent-Teacher Associations and Federations of Parent-Teacher Associations in promoting home-school co-operation