

Date	Cycle	Topic	Duration	Objectives	Learning Points	Teaching/Evaluation Activities	Values/Attitudes	National Security	Teaching aids
		Chapter 1 Harmonious family	4 lessons (12 in total)	✧ Maintaining harmonious relationships between adolescents and family members.	A The importance of family to personal growth (p.3-5)	Lesson warm-up: Harmonious family Knowledge+: Family structure Interactive Learning Activity: How well do you know your family members?	Values: Care for others, Empathy, Filial piety, Appreciation (P.3) Values Cultivation: Care for others (P.4)		✧ PowerPoint 1.2.1 ✧ Revision Notes 1.2
					B Resolving conflicts with family members (p.5-8)	Think About It Knowledge+: How to handle angry emotions Quick Recap Exercise: How can we resolve conflicts?	Values Cultivation: Filial piety (P.6) Values Cultivation: Empathy (P.7) Attitudes/Values: Honesty, rationality, self-reflection, empathy, respect for others (P.9-10)		
					C Enhancing family cohesion (p.11-12)		Values Cultivation:		

					<ul style="list-style-type: none"> ✧ Caring and loving each other ✧ Respecting and appreciating each other ✧ Sharing housework 		<p>Appreciation (P.11)</p> <p>Values Matter:</p> <p>Harmonious Family Relationship (empathy, care for others, gratitude, filial piety)</p>		
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		Chapter 2 Building good social relationships	4 lessons (12 in total)	✧ Promoting personal growth and development of adolescents through building healthy social relationships.	A The importance of friendship to personal development (p.14-15) ✧ Self-understanding ✧ Emotional support ✧ Role model	Lesson warm-up: Grow up together Knowledge+: Friendship pyramid Interactive Learning Activity	Values: Care for others, Empathy, Respect for others, Appreciation (P.14)		✧ PowerPoint 1.2.2 ✧ Revision Notes 1.2
					B Building and maintaining friendship (p.16-18) ✧ Getting along with friends	Think About It Quick Recap Exercise: The test of friendship	Values Cultivation: Empathy (P.16) Values Cultivation: Care for others (P.17) Values Cultivation: Appreciation (P.18) Attitudes/Values: Care for others, empathy, respect for others, inclusiveness, rationality (P.19)		

					C Coping with peer pressure (p.20-23) ✧ Definition of peers ✧ Influence of peers ✧ Peer pressure ✧ Principles for coping with peer pressure ✧ Methods for coping with peer pressure	Interactive Learning Activity	Values Cultivation: Respect for others (P.22) Values Matter: Peer Pressure (respect for others, law-abidance, rationality, critical thinking)		
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		Chapter 3 Building a diverse and inclusive society	4 lessons (12 in total)	✧ Contributing to the building of a diverse and inclusive society by adolescents.	A Diverse and inclusive society (p.25-28) ✧ The diversity of Hong Kong society ✧ Benefits brought by a pluralistic society ✧ The consequences of losing diversity and inclusion in society	Lesson warm-up: Diversity and inclusion Knowledge+ Knowledge+: The current state of Hong Kong's diverse society Law & More Quick Recap	Values: Care for others, Empathy, Respect for different ways of life, beliefs and opinions, Inclusiveness, Appreciation (P.25) Values Cultivation: Respect for different ways of life, beliefs and opinions (P.27) Values Cultivation: Empathy (P.28)		✧ PowerPoint 1.2.3 ✧ Revision Notes 1.2
					B Proper attitudes of getting along with people from different backgrounds (p.29-30) ✧ Respect ✧ Appreciation ✧ Caring and inclusivity	Knowledge+ Interactive Learning Activity	Values Cultivation: Appreciation (P.29) Values Cultivation: Inclusiveness (P.30) Values Matter: Supporting Minority		

							Communities (respect different ways of life, beliefs and opinions, care for others, reduce prejudice, empathy, inclusiveness)		
					C Contributing to the building of a diverse and inclusive society by teenagers (p.31)	Exercise: We are all the same After Class Assessment	Values Cultivation: Care for others (P.31) Attitudes/Values: Care for others, equality, empathy, respect for others, respect for different ways of life (P.32)		