

## Public Seminar on e-Safety for Parents

Target Participants	: Parents, Professionals in Youth or Children Counseling and Development Sector
Date	: 12 December 2015 (Sat)
Time	: 9:15 a.m. to 12:30 p.m.
Venue	: Hennessy Road Government Primary School 169 Thomson Road, Wanchai, HK
Language Medium	: Cantonese

### **Programme Description**

The seminar will provide an overview of arousal addiction and suggestions for helping parents better understand and manage their children's misuse of internet and computing devices behaviours.

### **Learning Objectives**

- Understanding clinical evidences regarding changes in functioning domains (e.g. sleep, concentration, study performance, social skills and moods)
- Learning the downside of using violent Internet gaming and pornography as a 'drug' to self-medicate for stress, depression and anxiety
- Healthy use of internet and computing devices and what role to play as parents for the issues

### **Programme Rundown**

Time	Programme/ Speaker
9:15 a.m. to 9: 30 a.m.	Registration
9:30 a.m. to 10:50 a.m.	Talk by Mr John POON*
10:50 a.m. to 11:00 a.m.	Break
11:00 a.m. to 12:00 noon	Talk by Mr Thomas LEUNG <sup>#</sup>
12:00 noon to 12:15 p.m.	Support Measures by the Education Bureau
12:15 p.m. to 12:30 p.m.	Q & A

#### **\* Mr John POON, Clinical Health Psychologist**

#### **B. Sc. (Psych) University of Toronto, Canada GCRE, Dip Ed; PGDP; DCH; MASH, MAPS.**

John Poon is a clinical health psychologist in private practice in Sydney, NSW, Australia. He has over 29 years of experience in the practice of Psychology, including teaching and psychotherapy. Over the years, he has been a keynote speaker in professional conferences held in Australia and other countries overseas. John also lectured in various training workshops for health care clinicians, psychologists and medical practitioners. These include the Impulse Control Clinic, Psychiatry Research and Teaching Unit at the Liverpool Hospital, the University of NSW, Training School of the Department of Corrective Services NSW, and AMA, Australian Medical Association.

**<sup>#</sup> Mr Thomas LEUNG, Head of Internet Learning Support Programme of the Boys' & Girls' Club Association of Hong Kong.** Mr Leung has served for youth and children counselling services for over two decades. He mainly focused on youth at risk service at his early years, then worked for adolescents and parents. Now as the Head of Internet Learning Support Programme, Mr Leung hopes to share his experience with parents to think deeply on the challenges facing the youth of using electronic media.