

## 相關資源    **RELATED RESOURCES**

### 個人與群性發展 – 錄影片段

#### **Personal & Social Development — Videos**

Agency for Instructional Technology (1996). Alone in a crowd <15 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-712  
Comments: in Cantonese, suitable for teenagers. Significance of friendship.  
Domains covered: Understanding Others

Agency for Instructional Technology (1996). Learning to say 'no' <13 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-715  
Comments: in Cantonese, suitable for teenagers. Significance of refusal skills for healthy self.  
Domains covered: Understanding Self, Understanding Others

Agency for Instructional Technology (1996). Will he or won't he ? <14 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-717  
Comments: in Cantonese, suitable for teenagers. Learn to seek help from others.  
Domains covered: Understanding Others

Agency for Instructional Technology (1996). I know I can <15 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-720  
Comments: in Cantonese, suitable for teenagers. Significance of plans for better life.  
Domains covered: Understanding Self

AIMS Multimedia Company (1999). The truth about drugs <30 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-1313  
Comments: in Cantonese, suitable for teenagers. With English instruction manual.  
Domains covered: Avoiding Drugs, Drinking & Smoking

AIMS Multimedia Company (2000). Smoking truth or dare <34 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-1314  
Comments: in Cantonese, suitable for teenagers. With English instruction manual.  
Domains covered: Avoiding Drugs, Drinking & Smoking

AIMS Multimedia Company (2000). The truth about sex <30 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-1315  
Comments: in Cantonese, suitable for teenagers. With English instruction manual.  
Domains covered: Sexual Knowledge and Relationship

Alfred Higgins Production Inc. (1984). How do I feel ? How do you feel ? <12.5 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-336  
Comments: in Cantonese, suitable for teenagers. Introduce various feelings happened in life, encourage students to understand and respect others' feelings.  
Domains covered: Understanding Self, Understanding Others

Altschul Group (1991). Affirmation for self-esteem <18mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-504  
Comments: in Cantonese, suitable for teenagers. Encourage positive thinking towards oneself.  
Domains covered: Understanding Self

Coronet / MTI (1991). Why is it always me ? (2<sup>nd</sup> edition) <17 mins>.  
Available at Family Life Education Resource Centre of Social Welfare Department.  
Cat. No. VC-503  
Comments: Suggestions on problem-solving procedures.  
Domains covered: Understanding Self, Understanding Others

Filmfair Communications (1992). Don't pop your cork on Mondays <13 mins>.

Available at HKU Education AV E 155.418 D68

Comments: in Cantonese, humorous cartoon, suitable for teenagers. Stress and emotion management.

Domains covered: Management of Stress & Emotion

JWA Video (2002). Communication skills that build winning relationships < 23mins>.

Chicago: JWA Video.

Available at HKU 1 copy is being processed for the Main Library.

Comments: tips on creating effective communication by looking at the 2 basic categories of communication: internal and interpersonal.

Domains covered: Understanding Others

Live-Action Video (1993). Me: my best friend <16 mins>.

Available at Family Life Education Resource Centre of Social Welfare Department.

Cat. No. VC-579

Comments: in Cantonese, suitable for teenagers. Before admiring others, one should accept his own emotions and discovers his own strengths first.

Domains covered: Understanding Self

Edwin Wong (2001). 忘我亡我 = No more drugs , my guys. 香港:油尖旺區撲滅罪行委員會禁毒工作小組製作 <26 mins>。

Available at HKU Education AV E 363.45 03

Comments: local real cases on evilness and the consequences brought by drug abuse.

Domains covered: Avoiding Drugs, Drinking & Smoking

梁蕙儀監製 (1998)。EQ 方程式：第一集 — 親親自己、第二集 — 幽默人生、第三集 — 知人善任、第四集 — 我發怒了、第五集 — 沈默的哀傷、第六集 — 忘憂樹、第七集 — 不由自主、第八集 — 志在必得、第九集 — 辦公室溝通、第十集 — 心心相印。香港電台電視台製作 <22 minutes for each programme>。

Available at HKU Education AV E 172.4 46

Comments: local case studies on emotion management.

Domains covered: Understanding Self, Understanding Others, Marriage & Family Responsibility, Handling Setbacks, Health & Physical Training, Cooperation and Team Spirit, Management of Stress & Emotion

王天任監製 (2000)。小心失控：第一集 — 笑面迎人、第二集 — 洞悉慌心、第三集 — 莫再悲、第四集 — 大人識怒、第五集 — 一世唔羞、第六集 — 妒火中燒。香港電台電視台製作 <22 minutes for each programme>。

Comments: local production, emotions in psychological aspects.

Domains covered: Understanding Self, Handling Setbacks, Health & Physical Training, Management of Stress & Emotion

香港衛生署紅絲帶中心製作；基石影視製作有限公司攝製 (1997)。謎樣歲月 = Youth, sex and AIDS. 香港：香港衛生署愛滋病服務組 <20 mins>。

Available at HKU Spec Coll HK AV HKC 305.2355 M61

Comments: local case studies on evilness and the consequences brought by casual sex.

Domains covered: Sexual Knowledge and Relationship