Save the Children
救助兒童會

“Hearing Children” – Child-led Research Report: How Family Interactions Affect Youth Mental Health

《聽見孩子》—— 兒童主導研究報告：家庭互動如何影響青少年的心理健康



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Executive Summary & Policy Recommendation
調查摘要和政策建議

Background & Objectives 研究背景與目的

With Hong Kong's Mandatory Reporting of Child Abuse Ordinance taking effect in January 2026, child protection has become a major focus for our society. As of the end of February, the government received 66 reports of suspected severe child abuse, involving 70 children. However, hidden behind the safety net of the law is a problem that is often ignored: "emotional harm within the family." Although this type of harm leaves no visible scars, it has a profound negative impact on children's overall well-being and personal growth.

According to the Social Welfare Department's latest child abuse statistics, 1,354 child abuse cases were recorded in 2025. Among these, "psychological abuse" (defined as repeated patterns of behaviour that harm a child's emotional growth) accounted for only 1.2% (16 cases), compared to 0.5% (7 cases) in 2023. These figures are clearly inconsistent with the actual observations of frontline social workers and teachers. This shows that many instances of invisible emotional harm occurring at home are often justified in the name of "love and discipline", making these inner wounds hard to notice. Furthermore, data show that 64% of child abuse cases (around 894 cases) involve parents, siblings, step-parents, grandparents, and other relatives, indicating that family members are often the primary individuals involved.

隨著香港《強制舉報虐待兒童條例》於2026年1月生效，保護兒童成為了社會焦點。截至2月底，政府已接獲 66 宗懷疑嚴重虐兒的舉報，涉及70名兒童。然而，在法規的保護網背後，卻隱藏著一個常被忽視的問題：「家庭內的情緒傷害」。這類傷害雖然看不見外傷，卻會對兒童的成長造成深遠的負面影響。

根據社會福利署的最新虐兒個案的數據, 在2025年共錄得1,354宗虐兒個案，當中「心理虐待」僅佔1.2%（16宗），而在2023年則為0.5%（7宗）。這數字與前線社工和老師的實際觀察明顯不一致。這反映出，很多在家裡發生、看不見的情緒傷害，都常常以「愛與管教」之名被合理化，令這些內在傷痕難以被外界察覺。此外，數據亦顯示，在64%的虐兒個案中，涉及對象為父母、兄弟姊妹、繼父母、祖父母及其他親屬，共約894 宗，顯示家庭成員往往是最主要的相關人士。

Through this study, Save the Children Hong Kong aims to: 香港救助兒童會希望透過這項研究：

Explore the impact of family interactions on mental health 探討家庭互動對心理健康的影響

Understand how parents' and caregivers' communication and parenting skills, especially intangible pressure (like verbal harm and over-monitoring), affect the emotional and mental health of children and youth.

了解家長的溝通與管教方式，特別是無形壓力（如言語傷害、過度管教），如何影響兒童及青少年的情緒與心理健康。

Present the voices of children and youth 呈現兒童及青少年的真實聲音

Through a "child-led" research model, allow young people to express their genuine thoughts, feelings, and experiences regarding their parents' care and family pressures.

透過「兒童主導」的研究模式，讓年輕人親身表達對家長關愛與家庭壓力的真實感受。

Propose visionary policy recommendations 提出具前瞻性的政策建議

Promote proactive interventions, de-stigmatise and culturally appropriate prevention work to build a better child protection safety net for children and parents.

推動主動介入、去標籤化且切合本地文化的預防工作，為兒童與家長建構更完善的保護兒童安全網。

Child-led Research Methodology 兒童主導的研究方法

The core spirit of this study is **"child-led"**. We invited six students aged 14 to 17 to form a "Youth Research Team." They jointly decided on the survey's content and focus to ensure it reflects the real context of young people. The research was conducted from March to April 2026 and collected 408 online questionnaires from children and youth aged 13 to 18. The analysis combined quantitative and qualitative methods to ensure the stories behind the numbers are being seen.

本研究的核心精神是**「兒童主導」**。我們邀請了6名14至17歲的學生組成「青少年研究小組」，由他們共同決定調查的內容與重點，確保調查貼近青少年的真實語境。研究於2026年3月至4月進行，成功收集了408份來自13至18歲兒童及青少年的線上問卷。分析過程結合了量化與質性分析，務求讓數字背後的故事被看見。



Key Findings 主要發現

The Affection Gap: Sufficient Material Care, Insufficient Emotional Care
愛的落差—— 物質照顧有餘，情緒關懷不足

- Many parents are used to showing care through actions (e.g., preparing their favourite food, or taking care of their daily needs) (63.5%), but they overlook their children's inner emotional needs.
- 許多家長習慣以「煮飯照顧」等實際行動來表達關懷 (63.5%)，卻忽略了孩子內心的情緒需求。
- Up to 74.3% of youths reported that their parents "rarely or never" showed physical affection (e.g., a hug or a pat on the back) in the past year.
- 高達74.3%的青少年表示，家長在過去一年「甚少或從不」給予擁抱或拍背等肢體關懷。
- This reflects that Hong Kong families are relatively reserved in expressing emotions. Parents often use "material and daily care" as a substitute for words to express love and emotional connection.
- 這反映出香港家庭在情感表達上較為內斂，家長往往習慣以「物質與生活照顧」來代替「情感連結」。





The Stress Loop: Verbal Harm Disguised as "For Your Own Good"
壓力的循環——「為你好」背後的言語傷害

- When youth feel proud of their achievements, 41.2% of parents would acknowledge it, but emphasise "how to do better next time."
- Approximately 20% of respondents noted that their parents always compare them with peers, making them feel inferior (21.4%), and always expect them to perform perfectly, even when it is very difficult (20.4%), subjecting them to immense pressure.
- Under this discipline logic, where praise coexists with criticism, children's sense of achievement is often instantly cancelled out, making it hard to build true self-confidence.

- 41.2% 受訪者的家長在稱讚子女取得成就時，會夾雜著「下次如何可以做得更好」的督促。
- 兩成（21.4%）受訪者表示經常被拿來與同輩比較及長期被要求「表現完美」（20.4%），這些要求為他們帶來沉重壓力。
- 在這種讚賞與挑剔並存的管教邏輯下，孩子的成就感往往瞬間被抵消，難以建立真正的自信心。

Invisible Wounds: From Mental Stress to Psychosomatic Symptoms
看不見的傷口——由心理壓力到身心症狀

- Regular exposure to negative words leads children to develop severe self-criticism.
  - Data shows that over half (53.1%) of the respondents feel they are worse than others (e.g., feeling lazy, stupid, or useless) due to their parents' words and actions. Over 30% (34.9%) feel that no matter how hard they try, they can never meet their parents' expectations.
  - This long-term emotional harm has a profound impact on mental health. A recent study from the University of Hong Kong found that children who experience adverse childhood experiences (ACEs) have a significantly higher risk of developing depression (24.2%) and chronic anxiety (21.9%) in adulthood (Li, 2025).
- Furthermore, unspoken mental stress often turns into actual physical pain.
  - Academic research indicates that long-term mental stress triggers unexplained physical symptoms, such as chronic sleep difficulties, persistent headaches, and digestive issues (Chan et al., 2025; Fung et al., 2020).
  - This aligns closely with our survey results: among youth who face conflicts or get into trouble at home, over 30% (37.1%) report physical symptoms (e.g., difficulty sleeping, stomachache, or headache). Similarly, over 30% (38.1%) report nervousness, trembling, or rapid heartbeat.
  - Therefore, emotional harm within the family does not merely put a child in a "bad mood"; it keeps their nerves on edge for a long time, causing actual damage to their health.

- 長期聽見「你真沒用」、「你學吓人哋」等貶低性語言，會讓孩子產生深刻的自我批判。
  - 數據顯示，超過一半 (53.1%) 的受訪青年因家長的言行而覺得自己比別人差；另有超過三成 (34.9%) 覺得無論多努力都無法達到家長期望。
  - 這種長期的情緒傷害對精神健康的影響十分深遠。近期香港大學的研究指出，經歷過這類童年逆境 (ACE) 的兒童，長大後患上抑鬱症 (24.2%) 和慢性焦慮 (21.9%) 的風險會顯著增加 (Li, 2025)。
- 另外，那些說不出口的心理壓力，最終往往會變成真實的身體病痛。
  - 學術研究指出，長期的心理壓力會引發難以解釋的身體不適，如慢性失眠、持續頭痛和消化問題 (Chan et al., 2025; Fung et al., 2020)。
  - 這與我們的調查結果高度吻合：當受訪青年在家中遇到衝突或惹上麻煩時，超過三成 (37.1%) 的人會出現失眠、胃痛或頭痛；同樣，亦有超過三成的人 (38.1%) 會出現精神緊張、發抖或心跳加速的急性焦慮反應。
  - 因此，家庭內的情緒傷害絕對不只是讓人「心情不好」而已，它會讓孩子的神經長期處於緊繃，造成實質的健康損害。



Cracks in the Safety Net: Why Do We Avoid Seeking Help from Adults?
保護網出現斷層——為什麼我們不敢向大人求助？

- When children and youth feel sad or worried, they tend to "avoid adults" when seeking help. 86.3% of respondents prioritise talking to friends, or expressing it on social media (78.7%).
- Conversely, the vast majority "rarely or never" talk to parents (73.3%), teachers (96.8%), or social workers (97.5%).
- Nearly half of respondents (49.6%) prefer to handle their own problems. Exploring the reasons behind this, apart from preferring to solve problems themselves (47.3%), more feel that "no one truly understands me or can help me" (45.3%), do not want to be a burden or bother anyone (29.9%), or worry about being judged, misunderstood, or getting into trouble (18.4%).

- 當兒童及青少年感到難過時，他們的求助都傾向「避開大人」。86.3%的受訪者會優先找朋友傾訴，或在社交媒體上抒發(78.7%)。
- 相反，絕大多數人「甚少或從不」向家長(73.3%)、老師(96.8%)或社工(97.5%)求助。
- 近半數受訪者(49.6%)傾向獨自消化，處理自己的問題。探究其背後原因，除了偏向自己解決問題(47.3%)外，更多是因為覺得「沒有人真正了解或幫到自己」(45.3%)、不想成為別人的負擔(29.9%)，甚至擔心求助後會被批判、誤解或惹上麻煩(18.4%)。



Summary: Help-Seeking Barriers within the Cracks in the Safety Net
小結: 保護網斷層下的求助困境

Current child protection systems (like school social workers, helplines, or counselling rooms) mostly wait for children to "proactively ask adults for help." However, youths who have suffered emotional harm often hide away and refuse any formal counselling because they do not trust adults or fear that speaking out will cause more trouble. This leads children to shut their hearts to teachers and social workers early on, completely cutting off any possibility of seeking help.

目前的兒童保護系統(例如駐校社工、求助熱線或心理輔導室)，大多在等著孩子「主動向大人求助」。然而，受了情緒傷害的青少年，往往因為不信任大人，或害怕說出來會惹上更多麻煩，而選擇把自己藏起來，拒絕任何輔導。這導致孩子早早就對老師和社工關上了心門，徹底切斷了所有求助的可能性。

Youths' Voices: What We Want Parents to Know 青少年的真實聲音：我們希望家長知道

We included three open-ended questions in the survey, allowing respondents to share: (1) A phrase they wish their parents would "stop saying"; (2) One thing they wish their parents would "stop doing"; and (3) Things they wish their parents would "say/do more".

我們在問卷中加入了三道開放式問題，讓受訪者分享他們希望家長：(1)「不要再講」的一句話；(2)「不要再做」的一件事；及 (3)「講多啲/做多啲」的話/事。

The Most Hurtful Words 最傷人的話語

Toxic comparison ("Look at other people"), invalidation of worth ("You are so disappointing"), and dictatorial commands ("I said no means no"). On a verbal level, youth most resent parents who attack and deny their core values.

惡意比較 (「你學吓人哋」)、價值否定 (「你真係好令人失望」) 及獨裁命令 (「我話唔准就唔准」)。在語言層面，青少年最反感家長對他們核心價值的攻擊與否定。

The Most Resented Behaviours 最反感的行為

Losing emotional control ("Losing their temper"), invading privacy ("Snooping on my phone"), and micromanagement ("Having to make every decision"). On a behavioural level, youths' appeals focus heavily on "emotional safety" and on establishing "physical and psychological boundaries."

情緒失控 (「發脾氣」)、侵犯隱私 (「睇我電話」) 及事事干預 (「咩都要話事」)。在行為層面，青少年的訴求高度集中於「情緒安全」與「物理及心理邊界」的建立。



The Most Desired Encouragement 最渴望的鼓勵

Direct affirmation ("You did a great job"), unconditional support ("I support you"), and sincere trust ("I believe you can do it"). In the family, what youths truly need most is to be seen, given full attention, and treated with kindness.

直接肯定(「你做得好」)、無條件支持(「我支持你」)及真誠信任(「我信你得」)。在家庭中，其實青少年最需要的是被看見、被回應及被善意地對待。



Policy Recommendations 政策建議

In this study, many youths mentioned that what they desire most is not more demands or corrections, but simple, genuine affirmation and support, such as "You've already done a great job," "I support you," and "I believe you can do it." These seemingly small words directly affect how children view their own value and whether they are willing to ask adults for help when facing difficulties.

Meanwhile, the study reminds us that parents, facing high pressures in daily life, are deeply concerned about their children. Yet they do not know how to express love without hurting their children's self-esteem, amid their own anxiety and worries. On the other hand, youths may not know how to speak up about their inner needs, ultimately choosing to stay silent or bear it alone. In fact, as long as both sides are willing to take the first step, communicate more, and be more understanding, a warm and close parent-child relationship can be maintained.

Therefore, in addition to encouraging families to show greater understanding and more positive responses in daily interactions, society also has a responsibility to provide support through schools, communities, and systems. We need to systematically develop children's emotion management skills and help parents learn positive parenting and communication techniques. Against this background, the following policy recommendations are both urgent and indispensable.

在本研究中，許多青少年反覆提到，他們最渴望的並非更多的要求或指正，而是簡單而真誠的肯定與支持，例如「你已經做得很好了」、「我支持你」、「我相信你做得到」。這些話語看似微小，卻直接影響孩子如何看待自己的價值，以及在遇到困難時，是否願意向大人求助。

同時，研究亦提醒我們，家長面對生活的高壓，往往並非不關心孩子，而是不知道如何在自身的焦慮和擔憂中，以不傷害孩子自尊的方式來表達關愛；另一方面，青少年也未必懂得如何開口表達內心需求，最終只能選擇沉默或獨自承受。其實，只要雙方都願意主動踏出第一步，多點溝通與體諒，就能維持溫暖緊密的親子關係。

因此，除了鼓勵家庭在日常互動中多一份理解與正向回應外，社會也有責任透過學校、社區及制度層面提供支援。我們需要系統性地培養孩子的情緒管理能力，並協助家長學習正向溝通的教養技巧。正是在這樣的背景下，以下提出的政策建議顯得既迫切，更是不可或缺。

Integrate Social Emotional Learning (SEL) into the Mainstream Curriculum
將社交情緒學習 (SEL) 恆常化融入主流課程

- **Systematise the Curriculum:** The Education Bureau should integrate "Social Emotional Learning (SEL)" into the regular curriculum to improve students' emotion management, empathy, and decision-making skills. By strengthening self-awareness and positive interaction, SEL can effectively enhance students' resilience, which is crucial for their mental health and overall development.

- **Revitalise Care Spaces:** Make good use of the "School-based After-school Care Service" by transforming it into a practical setting for SEL. Replace tutorial-style academic drills with fun activities such as sports, games, and art to provide a stable, safe emotional support network for children from grassroots and vulnerable families.

- **課程系統化：** 教育局應將「社交情緒學習 (SEL)」納入常規課程，以提升學生的情緒管理、同理心與決策能力。SEL 透過強化自我覺察與正向互動，能有效增強學生的抗逆力，對其心理健康及全面發展至關重要。

- **活化託管空間：** 善用「在校課後託管服務」，將其轉化為 SEL 的實踐場景。透過運動、遊戲及藝術等有趣活動，取代補習式的學業操練，為基層學童提供穩定且安全的情緒支援網。

Comprehensive Implementation of Positive Parenting: Guiding Parents from "Parenting Skills" to "Deep Empathy"
全面推行正向管教 ——教育家長從「管教技巧」走向「深層同理」

- **Implement Parent Education Programs:** The government should continue funding non-governmental organisations to run systematic programmes in alignment with the guidelines of the Education Bureau's "Parent Education Curriculum Framework." These programmes should first assist parents in "understanding adolescent development" regarding their physical, psychological, and social changes, thereby cultivating deep empathy. Meanwhile, the programmes should teach parents to recognise the sources of their own anxiety to facilitate the "promotion of parents' physical and psychological well-being." Only when parents are emotionally resilient can they replace emotional blackmail and ineffective comparisons with positive parenting techniques. This will address the communication blind spot among Hong Kong families who have "sufficient material care but insufficient emotional care," ultimately contributing to the "promotion of healthy, happy and balanced development of adolescents."

- **推行家長教育課程**：政府應持續資助非政府機構，依循教育局「家長教育課程架構」的指引推行系統化課程。課程應先協助家長「認識青少年發展」的生理、心理及社交轉變，從而建立深層同理心；同時，課程須教導家長覺察自身的焦慮來源，以「促進家長身心健康」。只有當家長自身情緒穩健，才能以正向管教技巧取代情緒勒索及無效比較，改善香港家庭「物質照顧有餘、情緒關懷不足」的溝通盲點，最終達到「促進青少年健康、愉快及均衡的發展」的長期目標。

- **Strengthen the Positive Parenting Function of "Parent-Teacher Associations" (PTAs):** Currently, school PTA subsidies are mostly spent on one-off recreational activities, failing to fully unleash the long-term effectiveness of parent education. The Education Bureau should introduce a "Special Subsidy for Positive Parenting" in addition to existing grants. This subsidy would enable PTAs to coordinate and promote a structured series of parent education courses and workshops. This initiative will strengthen the foundation for "fostering home-school co-operation and communication," allowing schools and families to establish mutual support under a unified curriculum framework (covering themes such as positive parenting, parent-child communication, and emotional management) to jointly build a healthy environment for youth growth.

- **強化「家長教師會」的正向育兒功能**：現時學校「家教會」的資助多用於單次消閒活動，未能充分發揮家長教育的長期功效。教育局宜在現有津貼基礎上，增設「正向育兒專項支援」，由家教會統籌並推動系列化的家長教育課程與工作坊。此舉能深化「促進家校合作與溝通」的網絡，讓學校與家庭在統一的課程架構下（涵蓋正向管教、親子溝通、情緒管理等主題）建立雙向支持，攜手為青少年建構健康的成長環境。

Make Good Use of "Community Living Rooms" to Build a Psychological Safety Net for Vulnerable Families
善用「社區客廳」建立弱勢家庭的心理防護網

- **Create "Family Emotional Charging Stations":** Position "Community Living Rooms" as a buffer space for grassroots families. In addition to homework tutoring and shared facilities, parent-child interaction zones and parent-peer support groups should be added to enable parents to access emotional support more easily in their daily lives.

- **Integrate Outreach Services into Daily Life:** The government can arrange for multi-disciplinary teams (such as counsellors and home care instructors) to be stationed at Community Living Rooms. This allows parents to access positive parenting resources without pressure in natural settings, like while waiting for their children to finish homework or doing laundry.

- **Expand Funding, Focus on Vulnerable Families:** It is recommended that the government increase funding for the "Family Education Promotion Scheme" and set up special resources to prioritise vulnerable families. This will allow non-governmental organisations and schools to implement large-scale, sustained positive parenting education projects, thereby improving the popularity and quality of positive parenting.

- **打造「家庭情緒加油站」：**將「社區客廳」定位為基層家庭的緩衝空間。除了提供功課輔導和共用設施外，應增設親子互動區與家長同儕支持小組，讓家長在日常生活中能就近獲得情緒支援。

- **外展服務融入日常：**政府可安排跨專業團隊（如心理輔導員、家務指導員）以「外展駐點」形式進駐社區客廳。讓家長在等待子女完成功課或洗衣等自然情境下，無壓力地接觸正向管教資源。

- **擴大資助，聚焦弱勢家庭：** 建議政府提高「家庭教育推廣計劃」的資助金額水平，並設立專項資源優先支援弱勢家庭，以便非政府機構與學校能推行更多具規模和持續性的正向家長教育項目，以提升正向管教的普及性與質素。



Lower the Age Threshold for Mental Health Assessments at "District Health Centres"
下調「地區康健中心」精神健康評估的年齡門檻

- **Lower the Age Threshold to 12:** Allow youths to make independent appointments or be referred through schools to receive preliminary mental health assessments and support in a "non-stigmatised" community environment. This lowers the barrier to seeking help, increases the chance of early intervention, and avoids making youths feel judged or labelled by entering the specialised medical system.

- **年齡門檻下調至12歲：** 讓青少年能獨立預約或透過學校轉介，在「無標籤」的社區環境中接受初步的精神健康評估與支援。此舉能降低求助門檻，提升早期介入的機會，並避免青少年因進入專科醫療系統而感到被標籤。

- **Family-Based Joint Therapy:** If a youth's emotional problems stem from family stress, District Health Centres can simultaneously provide stress relief counselling and parenting education for parents to improve family interactions.

- **家庭為本聯動治療：** 若青少年情緒問題源於家庭壓力，地區康健中心可同時為家長提供減壓輔導及親職教育，改善家庭互動。

- **Recruit More Child and Youth Mental Health Professionals:** To ensure effectiveness, more child and youth mental health professionals should be hired. Collaboration with schools and youth centres should be strengthened to build a referral and follow-up mechanism. In addition, public education needs to be enhanced to raise awareness among youths and parents, helping them understand that the centres are a health support platform rather than a "patients-only" facility.

- **增聘兒童及青少年精神健康專業人員：** 為確保成效，應增聘兒童及青少年精神健康專業人員，並加強與學校、青少年中心等協作，建立轉介及跟進機制。此外，需加強宣傳教育，提升青少年及家長對地區康健中心的認知，讓其理解中心是健康支援平台而非「病人專用」設施。

Make "Identifying Psychological Abuse" a Mandatory Subject under the Mandatory Reporting of Child Abuse Ordinance
針對《強制舉報條例》將「心理虐待識別」列為必修

- **Strengthen Professional Training:** Targeting the hardest-to-detect cases of psychological abuse under the Mandatory Reporting of Child Abuse Ordinance, the government should include related identification and assessment in the core training for the 25 categories of specified professionals. Training can use real family interaction clips and analyse long-term harm cases. This will help frontline workers develop clearer standards for judgment. They will be able to distinguish when a case reaches the level of "severe harm" requiring a legal report, and also identify cases that are currently hidden but could develop into severe psychological abuse. Early intervention will reduce delays or missed reports caused by "uncertainty".

- **強化專業培訓：** 針對《強制舉報虐待兒童條例》中最難察覺的心理虐待情況，政府應把相關識別與評估納入25類指定專業人員的核心培訓內容。培訓可透過參考真實的家庭互動片段及剖析長期傷害個案，協助前線工作者建立較清晰的判斷標準，既能分辨何時已達「嚴重傷害」水平而須依法舉報，亦能提早識別那些目前仍屬隱性、但有機會發展成嚴重心理虐待的個案，及早介入，減少因「不肯定」而造成的延誤或漏報。

Background
研究背景

The Foundations of Child Protection in Hong Kong 香港的兒童保護基礎

The foundation of child protection in Hong Kong is built upon a combination of international standards and local statutory requirements. At its heart is the United Nations Convention on the Rights of the Child (UNCRC), specifically Article 19, which asserts that every child has an inherent right to be protected from all forms of physical or mental violence, injury, or neglect while in the care of parents or guardians.

While Hong Kong has made meaningful progress in child protection, child psychological abuse—often referred to as "emotional harm"—remains a largely silent crisis. Because it leaves no physical wounds, it is frequently described by researchers as the most challenging form of abuse to identify, define, and measure (Fernandopulle & Fernando, 2003).

香港的兒童保護工作，一直以國際標準和本地法律為基礎，並以《聯合國兒童權利公約》(UNCRC) 作為最核心的參考標準。根據公約的第19條，每一位兒童在被父母或監護人照顧時，都擁有受法律保障的權利，免受任何形式的身體或心理暴力、傷害或疏忽照顧。

雖然香港在保護兒童方面取得了顯著進展，但是兒童「心理虐待」(有時也被稱為心理或情緒傷害) 仍然是一個容易被大眾忽視的隱形危機。因為這類傷害不會在身體上留下看得見的傷口，所以學者們經常形容它為最難被發現、定義和衡量的一種傷害形式 (Fernandopulle & Fernando, 2003)。

Understanding “the invisible wounds” 解讀「看不見的傷口」

The Social Welfare Department (SWD) defines psychological abuse as a repeated pattern of behaviour or specific extreme incidents that endanger or impair a child’s emotional and intellectual growth (SWD, 2023).

Within academic discourse, researchers typically view this harm through two lenses: acts of commission, involving active, hostile parenting, and acts of omission, which manifest as indifferent parenting or chronic emotional neglect (Fung et al., 2020).

香港社會福利署 (社署) 對「心理虐待」的定義是：一些會危害或損害兒童情緒和智力發展的重複行為模式，或者是單一的極端事件 (SWD, 2023)。

在學術研究中，學者通常從兩個角度來理解這類傷害：主動的傷害行為，例如帶有敵意、負面且具攻擊性的管教方式；疏忽的傷害行為，例如父母態度冷漠，或是長期的情感忽視 (Fung et al., 2020)。

The SWD identifies several core behaviours that signal this form of harm:

- **Spurning and Rejection:** Persistent harsh criticism, belittling, or treating a child with coldness and contempt.
- **Terrorising and Threats:** The use of fear, such as threats of abandonment or extreme punishment, to control a child.
- **Isolation:** Unjustly depriving a child of social interaction or physical confinement.
- **Denying Emotional Responsiveness:** A consistent failure to acknowledge or meet a child's basic emotional needs.
- **Exploitation and Misleading:** Corrupting a child's development by instilling incorrect moral values or encouraging harmful social behaviours

社署也列出了幾個核心的行為特徵，來幫助我們辨識這類傷害：

- **嫌棄與排斥：**持續性地嚴厲批評、貶低孩子，或者以冷漠和輕視的態度對待他們。
- **恐嚇與威脅：** 利用恐懼來控制孩子，例如威脅要拋棄他們，或是用極端的懲罰來嚇唬他們。
- **孤立：** 不合理地剝奪孩子與其他人的互動（例如交朋友），或是限制他們的活動空間。
- **漠視情感需求：**長期不理會或漠視孩子在情感上的基本需要。
- **剝削與誤導：** 向孩子灌輸錯誤的道德觀念，或是鼓勵不良的社交行為，從而損害他們的身心發展。

How prevalent is emotional harm in Hong Kong? 情緒傷害的情況在香港有多普遍？

Evidence suggests that emotional harm occurs far more pervasively in Hong Kong than registered case numbers imply. While early research by Fung, Chung, and Ross (2020) noted that 43.3% of Hong Kong adults recalled experiencing childhood psychological abuse, recent findings from the University of Hong Kong (HKU, 2025) reveal a startling shift: 53% of Hong Kong residents have now experienced at least one form of Adverse Childhood Experience (ACE). Of these, residents reported emotional neglect (32.5%) and psychological abuse (30.8%) most frequently—rates that surpass the global average of 38.8% (Li, 2025).

Despite these findings, a massive "detection gap" persists. According to the Social Welfare Department's latest child abuse statistics, 1,354 child abuse cases were recorded in 2025. Among these, "psychological abuse" (defined as repeated patterns of behaviour that harm a child's emotional growth) accounted for only 1.2% (16

數據顯示，在香港發生情緒傷害的情況，其實比官方記錄的數字還要普遍得多。早年由 Fung, Chung, 和 Ross (2020) 進行的研究指出，有43.3%的香港成年人記得小時候曾經歷過心理虐待。而香港大學最新的研究 (HKU, 2025) 更發現：高達53%的香港市民曾受過至少一種「童年逆境經歷」(Adverse Childhood Experience, ACE)。在這些經歷中，大家最常報告的是情感忽視 (32.5%) 和心理虐待 (30.8%) ——這些比例甚至超過了全球平均的 38.8% (Li, 2025)。

儘管如此，大部分的心理虐待個案都是沒有被發現的。根據社署2025年最新的虐兒統計數字，全年共記錄了1,354宗虐兒個案。其中，「心理虐待」(即危害兒童情緒發展的重複行為) 只佔了1.2% (16宗)，而在2023年則只有0.5% (7宗)。這反映了絕大部份的情緒傷害都發生

cases), compared to 0.5% (7 cases) in 2023. This indicates that the vast majority of emotional harm occurs behind closed doors, remaining unrecognised by safeguarding systems.

在緊閉的家門後，未被兒童保護系統所察覺。

Invisible Wounds: The Human Cost and the Vicious Cycle of Trauma
看不見的傷口：代價與創傷的惡性循環

The impacts of emotional harm likely ripple across a child's entire life, affecting their physical health and social competence. Recent epidemiologic data (Chan et al., 2025) show that 24.4% of Hong Kong children and youth meet the diagnostic criteria for at least one DSM-5 mental disorder.

For youth living with chronic emotional stress, the consequences are often profound:

- **Mental Health Vulnerability:** Survivors of ACEs face a significantly higher risk for depression (24.2%) and chronic anxiety (21.9%) (Li, 2025).
- **Physical Manifestations:** Mental stress often manifests physically as "medically unexplained" psychosomatic symptoms, such as chronic insomnia, persistent headaches, and digestive issues (Chan et al., 2025; Fung et al., 2020).
- **Intergenerational Transmission:** Perhaps most critically, trauma frequently repeats across generations. Research from HKU (2025) indicates that individuals with a history of ACEs use violent disciplinary methods—including verbal harm and high levels of psychological control—on their own children twice as often as those without such histories.

情緒傷害的影響可能會波及孩子的一生，影響他們的身體健康和社交能力。近期的研究數據 (Chan et al., 2025) 顯示，24.4%的香港兒童及青少年符合至少一種精神疾病的診斷標準。

對於長期生活在情緒壓力下的青少年來說，後果往往是非常深遠的：

- **脆弱的精神健康：** 經歷過童年逆境的人，患上抑鬱症 (24.2%) 和長期焦慮症 (21.9%) 的風險會顯著增加 (Li, 2025)。
- **身體上的反應：** 心理壓力往往會轉化為身心上「醫學無法解釋」的症狀，例如長期失眠、持續頭痛和消化系統問題 (Chan et al., 2025; Fung et al., 2020)。
- **代代相傳：** 最令人擔憂的是，創傷經常會在跨代之間重演。香港大學 (2025) 的研究指出，曾經歷童年逆境的父母，在管教自己的孩子時，使用暴力方法 (包括言語傷害和高度的心理控制) 的頻率，是沒有這類經歷的父母的兩倍。

Navigating the Post-Mandatory Reporting Landscape 迎接「強制通報」的新時代

Hong Kong's child protection framework entered a new era in January 2026 with the implementation of the Mandatory Reporting of Child Abuse (MRR) Ordinance. This legislation now requires 25 categories of professionals to report suspected cases of "serious harm," placing a direct legal responsibility on educators, social workers, and healthcare providers.

到了2026年1月，隨著《強制舉報虐待兒童條例》的實施，香港的保護兒童機制邁進了一個新時代。這項新法例要求25類指明專業人士，在懷疑出現「嚴重傷害」的個案時必須進行強制通報，讓教育工作者、社會工作者和醫療護理人員承擔起直接的法律責任。

As the community navigates this new legal landscape, the need for clear, evidence-based standards is more urgent than ever. Many local contexts culturally normalise "harsh discipline," which complicates the task for professionals trying to distinguish between strict parenting and reportable emotional harm. Without a deep understanding of the child's lived experience, the city risks leaving its most vulnerable youth to fall through the cracks of existing legislation.

隨著社會開始適應這個法律新常態，我們比以往任何時候都更需要清晰、有根據的標準。在本地的文化中，許多人認為「嚴厲管教」是很正常的，這讓專業人士很難去分辨：到底甚麼是嚴厲管教？甚麼又是需要通報的心理虐待？如果我們不深入了解孩子們真實的生活體驗，我們的社會就有可能讓最弱勢的青少年，成為現有法律保護網下的漏網之魚。

Our Rationale: Elevating the Child's Voice 我們的理念：讓兒童的聲音被聽見

Save the Children Hong Kong (SCHK) has been addressing child safeguarding since 2019. We believe that the current debate lacks a critical element: the perspective of the children themselves. In alignment with the UNCRC's principle of meaningful child participation, this research brings the voices of those most affected to the forefront of the conversation.

香港救助兒童會 (Save the Children Hong Kong) 自2019年起，便一直致力推動「守護兒童」的工作。我們認為，目前社會上的討論缺少了一個非常關鍵的元素：那就是兒童的看法。為了配合《聯合國兒童權利公約》中關於「兒童參與」的原則，這項研究希望將最受影響的群體的聲音，帶到討論的最前線。

Through this study, Save the Children Hong Kong aims to:

- **Explore the impact of family interactions on mental health:** Understand how parents' and caregivers' communication and parenting skills, especially intangible pressure (like verbal harm and over-monitoring), affect the emotional and mental health of children and youth.
- **Present the voices of children and youth:** Through a "child-led" research model, allow young people to express their genuine thoughts, feelings, and experiences regarding their parents' care and family pressures.
- **Propose visionary policy recommendations:** Promote proactive interventions, de-stigmatise and culturally appropriate prevention work to build a better child protection safety net for children and parents.

香港救助兒童會希望透過這項研究：

- **探討家庭互動對心理健康的影響：** 了解家長的溝通與管教方式，特別是無形壓力 (如言語傷害、過度管教)，如何影響兒童及青少年的情緒與心理健康。
- **呈現兒童及青少年的真實聲音：** 透過「兒童主導」的研究模式，讓年輕人親身表達對父母關愛與家庭壓力的真實感受。
- **提出具前瞻性的政策建議：** 推動主動介入、去標籤化且切合本地文化的預防工作，為兒童與家長建構更完善的保護兒童安全網。

Child-led Research Methodology
兒童主導的研究方法

This research was conducted in Hong Kong from August 2025 to May 2026, with the active data collection phase taking place in March and April 2026. Central to the project's design was a child participatory approach. This meant that youths were not merely the subjects of the study but active partners throughout the entire project—from the initial concept and survey drafting to the final analysis of what the data truly mean for their generation.

本研究於2025年8月至2026年5月在香港展開，並於2026年3月和4月期間完成了核心的數據採集。這個項目的核心理念是「兒童參與」，這意味著青少年不再只是被研究的對象，他們作為共同研究夥伴的參與貫穿了整個項目——從最初的構思、問卷設計，到最後分析數據對他們這個世代的意義。

Our Youth Research Team 我們的青少年研究小組

To keep the research grounded in the lived reality of Hong Kong's youth, Save the Children Hong Kong (SCHK) formed a dedicated team of six Youth Researchers (three girls and three boys) aged 14 to 17. This team worked together to:

- Shape the core research questions
- Design and pilot the survey questionnaire to ensure it resonates with their age group.
- Identify the themes to explore in a deeper qualitative analysis

為了確保研究能夠真實反映香港青少年的生活經歷，香港救助兒童會 (SCHK) 邀請了六位14至17歲青少年組成「青少年研究小組」(三女三男)，並齊心協力完成以下任務：

- 共同制定核心的研究問題
- 設計並試行問卷調查，確保問卷內容能夠引起同齡人的共鳴
- 找出值得深入探討的主題，進行進一步的質性分析

A Mixed-Method Approach 結合數據與故事的混合研究法

We used a mixed-method approach to capture both the broad statistical trends and the individual human stories behind them.

我們結合了量化與質性研究。讓我們能從數據中精確掌握整體趨勢，亦能還原數據背後真實的個人故事。

The Quantitative Phase: A Peer-Informed Survey
量化研究階段：同儕參與設計的問卷調查

Working alongside our research team, the youth researchers developed a comprehensive online survey. The survey is distributed through convenience sampling via SCHK's partner networks and school-based outreach. Following the data collection and cleaning phase, the final study achieved a sample of 408 youth respondents aged 13 to 18.

The survey was structured to measure several key dimensions:

- **Demographic Information:** This section helped us understand the respondents' backgrounds, including age, gender, and education. By collecting this data, we ensured our findings represented a diverse cross-section of Hong Kong's youth.
- **Experiences at Home:** We focused on the day-to-day interactions within the family. This part measured parenting styles, specifically looking for the presence of parental warmth and support versus more harmful patterns like intrusive psychological control or emotional neglect.
- **Feelings and Well-being:** We assessed the participants' physical and mental well-being. This section documents subjective levels of happiness and identified psychosomatic symptoms, such as headaches or insomnia, which often serve as physical indicators of hidden mental stress.

在研究團隊的協助下，青少年研究員們共同設計了一份綜合性的網上問卷。問卷透過香港救助兒童會的夥伴網絡和學校外展活動派發。在收集並整理數據後，我們最終成功收集了408份來自13至18歲青少年的有效問卷。

這份問卷主要分為幾個重要部分：

- **背景資料：** 幫助我們了解受訪者的背景，例如年齡、性別和教育程度。這確保了我們的研究能夠代表香港不同背景的青少年。
- **家庭生活體驗：** 我們將焦點放在家庭日常的互動上。這部分評估了不同的管教方式，特別是觀察父母是否有給予溫暖和支持，還是存在著一些會造成傷害的相處模式，例如過度的心理控制或情感忽視。
- **感受與身心健康：** 我們評估了參與者的身心健康。這部分記錄了受訪者主觀的幸福程度，並辨認出像是頭痛或失眠等身心症狀，因為這些往往是隱藏心理壓力的身體警號。

The Qualitative Phase: The Youth Voices
質性研究階段：聆聽青少年的心聲

To add depth to the numbers, the “Ideas and Wishes” section invited children to voice their visions for change. We included three open-ended questions in the survey, allowing respondents to share: (1) A phrase they wish their parents would "stop saying"; (2) One thing they wish their parents would "stop doing"; and (3) Things they wish their parents would "say/do more". We captured the "hero quotes", which formed the basis of our child-led recommendations for better family interaction.

為了讓數據更有溫度，問卷中特別設立了「想法與願望」的部分，邀請孩子們表達他們渴望改變的願景。我們加入了三條開放式問題，讓受訪者分享：(1) 一句最希望父母「不要再說」的話；(2) 一件最希望父母「不要再做」的事；以及 (3) 最希望父母「多說/多做」的話/事。我們把這些充滿力量的「金句」記錄下來，而這些聲音也成為了我們提出「兒童主導」建議的重要基礎，希望能藉此促進更好的家庭互動。

Ethical Integrity and Safeguarding 道德操守與守護兒童

In every step, we prioritised the safety and privacy of the children involved. In line with international safeguarding standards, we conducted all data collection with strict anonymity.

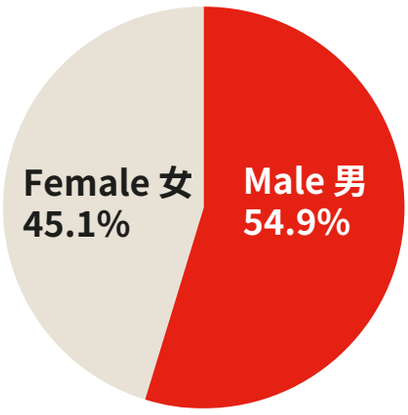
We secured informed consent from every child participant. No personally identifiable information was recorded, and participants were reminded of their right to opt out at any time. Given the sensitivity of the topic, we provided child-friendly explanations of our safety protocols to ensure that every respondent felt secure and respected.

在研究的每一個步驟中，我們都將參與兒童的安全與私隱放在首位。配合國際守護兒童的標準，我們在收集所有數據時都嚴格保密且不記名。

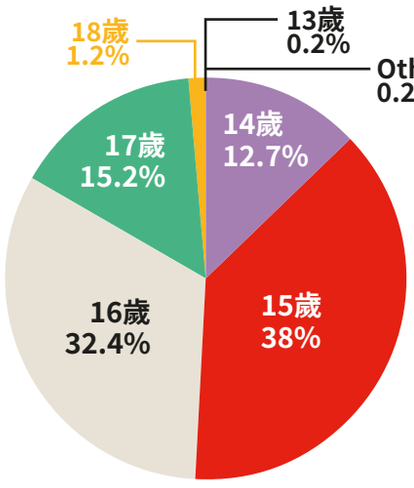
我們確保每一位參與的受訪者都在完全知情的情況下同意參與。過程中我們沒有記錄任何可以識別個人身分的資料，並隨時提醒參與者他們有權利隨時退出。考慮到這個話題比較敏感，我們特別用兒童容易理解的方式，向受訪者解釋了我們的安全守則，確保每一位回答問卷的受訪者都能感到安心及受到尊重。

Results of the Survey
調查結果

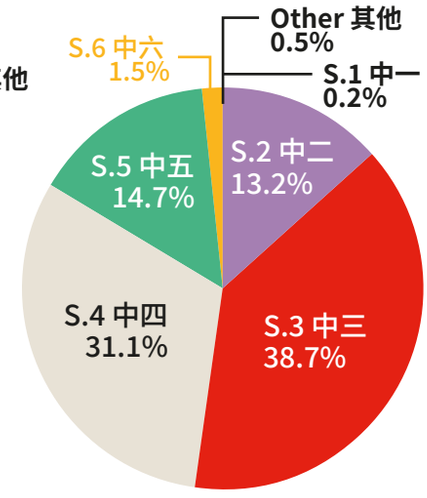
Part 1. Respondents' Demographic Information 第一部分. 受訪者的背景資料



Gender 性別

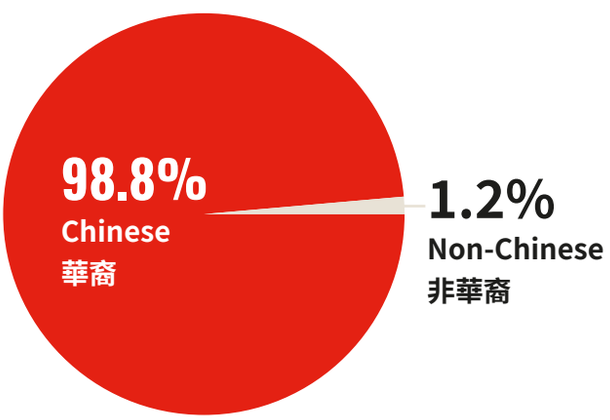


Age 年齡

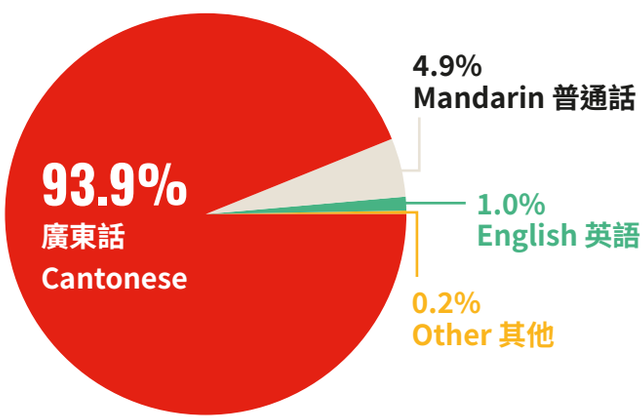


Grade 就讀年級

The gender distribution of respondents in this survey is relatively balanced (54.9% male, 45.1% female). The respondents are primarily aged between 14 and 17 (studying in Secondary 2 to Secondary 5), with the vast majority being 15- and 16-year-old students in Secondary 3 and Secondary 4 (accounting for over 70% in total).
是次問卷調查的受訪者男女比例相若(男性佔54.9%,女性佔45.1%)。受訪者的年齡主要介乎14至17歲(就讀中二至中五),其中以15至16歲的中三及中四學生佔大多數(合共逾七成)。



Ethnicity/Cultural Background
種族/文化背景



Language spoken at home
在家常用的語言

In terms of cultural and linguistic backgrounds, the overwhelming majority of the respondents are of Chinese descent (98.8%), with ethnic minorities accounting for a very small fraction. The primary language spoken at home is Cantonese (93.9%), with only a small minority using Mandarin or English. These demographic characteristics indicate that the study sample is highly representative and can effectively and accurately portray the daily interactions and dynamics of local East Asian (Chinese) families.

在文化及語言背景方面,絕大部分受訪者為華裔(98.8%),其他族裔佔比極少。他們在家中主要以廣東話作為日常溝通語言(93.9%),僅少數使用普通話或英語。這些人口特徵反映是次研究的樣本具備良好的代表性,能有效且準確地描繪本地東亞(華人)家庭的日常相處模式與動態。



Number of Family members currently living together 家庭成員的數量



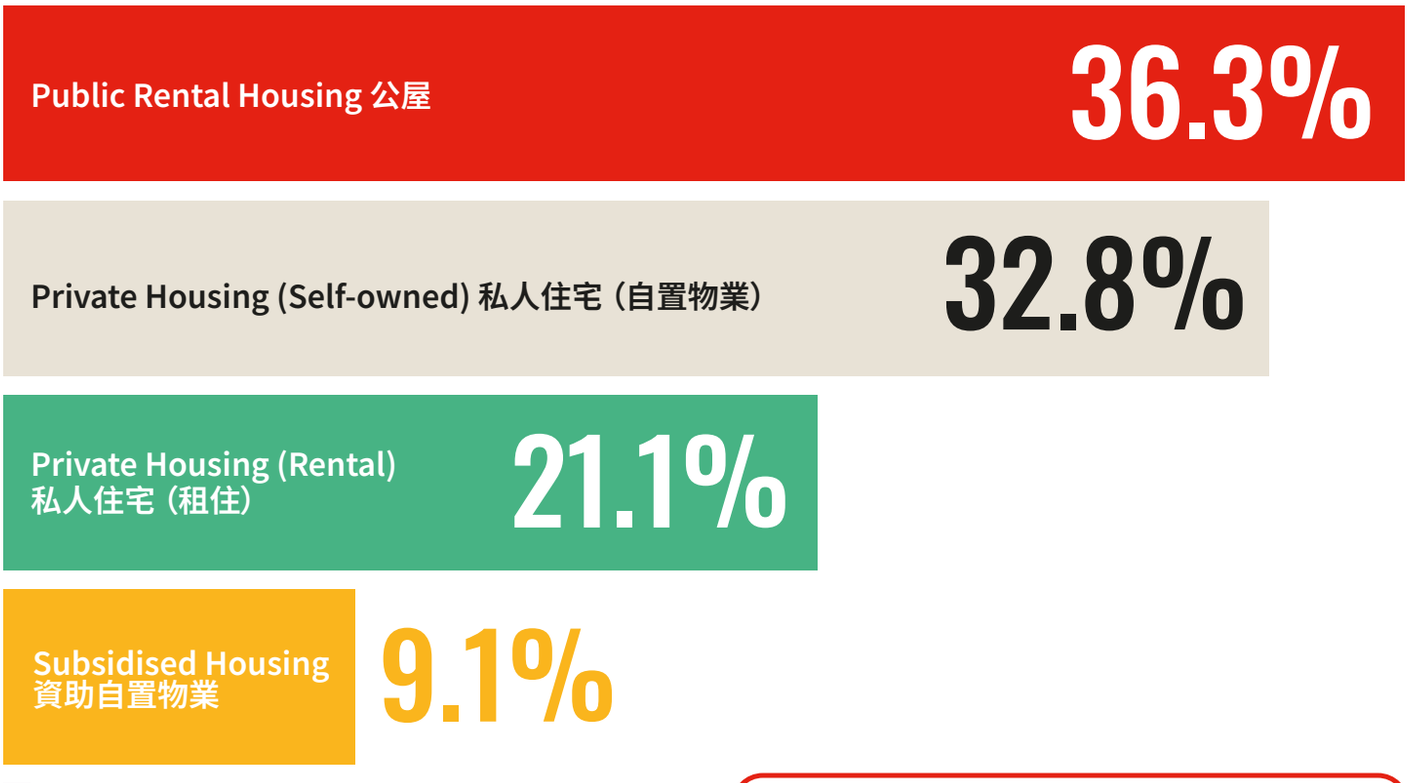
Number of siblings 兄弟姐妹的數量



Birth order among siblings 兄弟姐妹中的排行

Regarding family structure, the respondents generally live in nuclear families of three or four members (nearly 99% overall). Nearly half of them are only children (43.6%), while slightly more than half have exactly one sibling (52.2%). Among those with siblings, the majority are the eldest children (firstborns) in their families.

在家庭結構方面，受訪者普遍來自三人或四人的核心家庭（合共近99%）。近半數受訪者為獨生子女（43.6%），而稍多於半數的受訪者擁有一名兄弟姊妹（52.2%）。在非獨生子女的受訪者當中，多數在家中排行最大（長子或長女）。



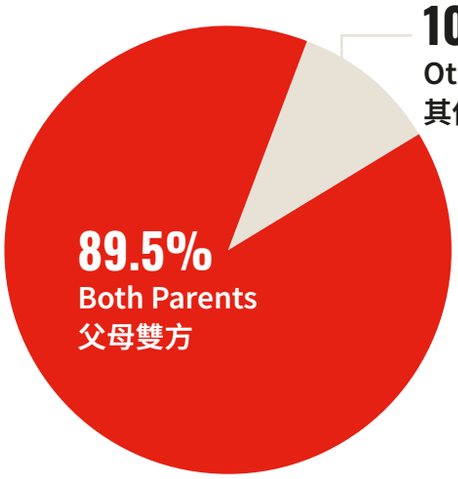
Current type of residence 家庭房屋類型

As for living conditions, most respondents reside in Public Rental Housing (36.3%) or self-owned Private Housing (32.8%).

居住環境方面，大部分受訪者主要居住於公共房屋（36.3%）或自置的私人住宅（32.8%）。

Part 2 Experiences at Home 第二部分. 家庭經驗

We ask respondents to consider their overall experiences with their parents/guardians over the past year as they answer the following questions.
我們請受訪者根據他們過去一年與父母或監護人相處的整體經驗來回答以下問題。

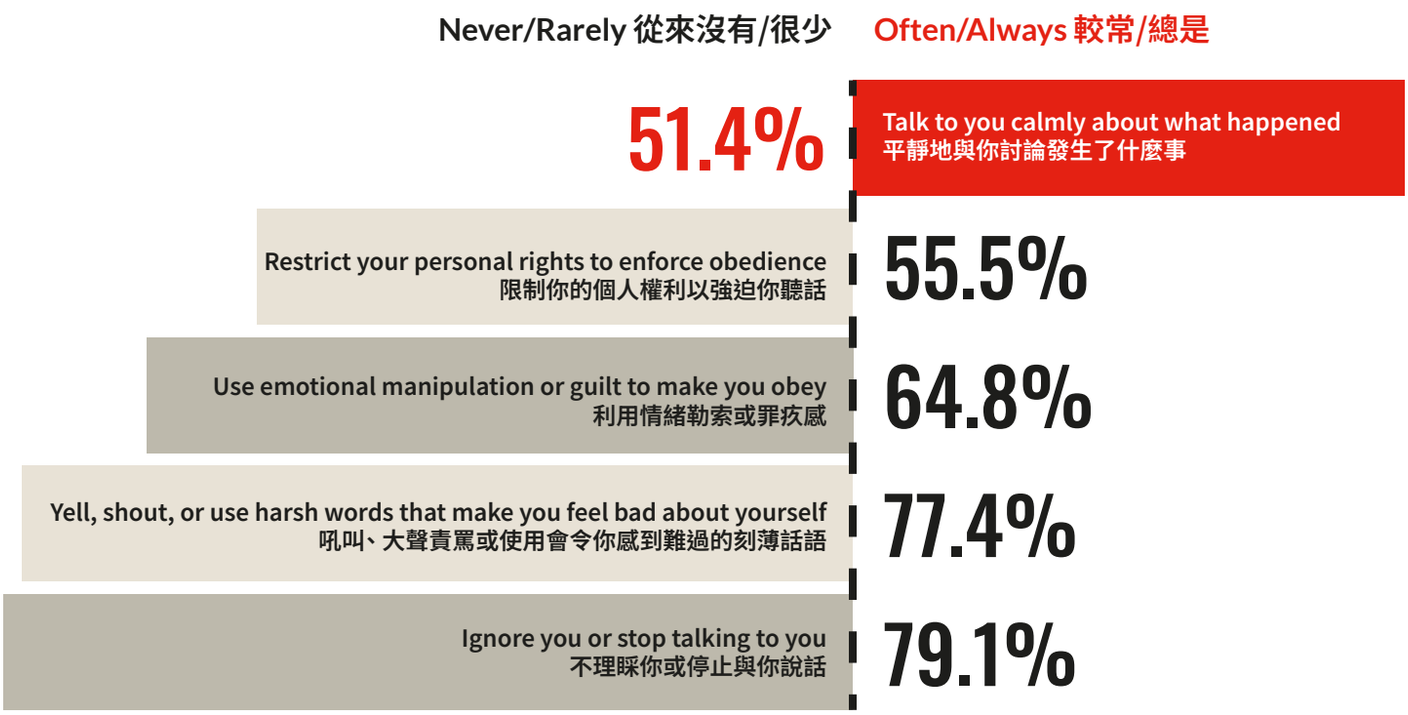


Primary parents or guardians 主要照顧者

In terms of daily care, nearly 90% (89.5%) of respondents indicated that their primary caregivers are their parents, suggesting that caregiving responsibilities in most households are shared.
在日常照顧方面，接近九成 (89.5%) 的受訪者表示他們的主要照顧者為父母雙方，由父母共同承擔照顧責任。

When your parents/guardians are angry or upset with you... 當你的家長對你感到憤怒或不滿時...

Note on Calculation: Percentages represent respondents who selected "Never/Rarely" versus those who selected "Often/Always" on a Likert scale.
數據計算方式：受訪者在量表中選擇「從來沒有/很少」及「較常/總是」的百分比對比。



When parents/guardians are angry or upset with their children, their most common reaction is to talk to them calmly about what happened. Fewer parents/guardians would restrict personal rights (55.5%) or use emotional manipulation (65.8%), and very few would choose to yell or shout loudly (77.4%) or give the child the "silent treatment" (ignoring them) (79.1%).
當家長對孩子感到憤怒或不滿時，他們最常採取的反應是平靜地與孩子討論問題，較少會採取限制個人權利 (55.5%) 與情緒勒索 (65.8%)，極少會選擇大聲責罵 (77.4%) 或「冷戰」不理睬孩子 (79.1%)。

Actions that make you feel loved and cared for 那些令你感到「被愛被關懷」的行為

Note on Calculation: Percentages represent respondents who selected "Never/Rarely" versus those who selected "Often/Always" on a Likert scale.
數據計算方式：受訪者在量表中，選擇「從來沒有/很少」及「較常/總是」的百分比對比。

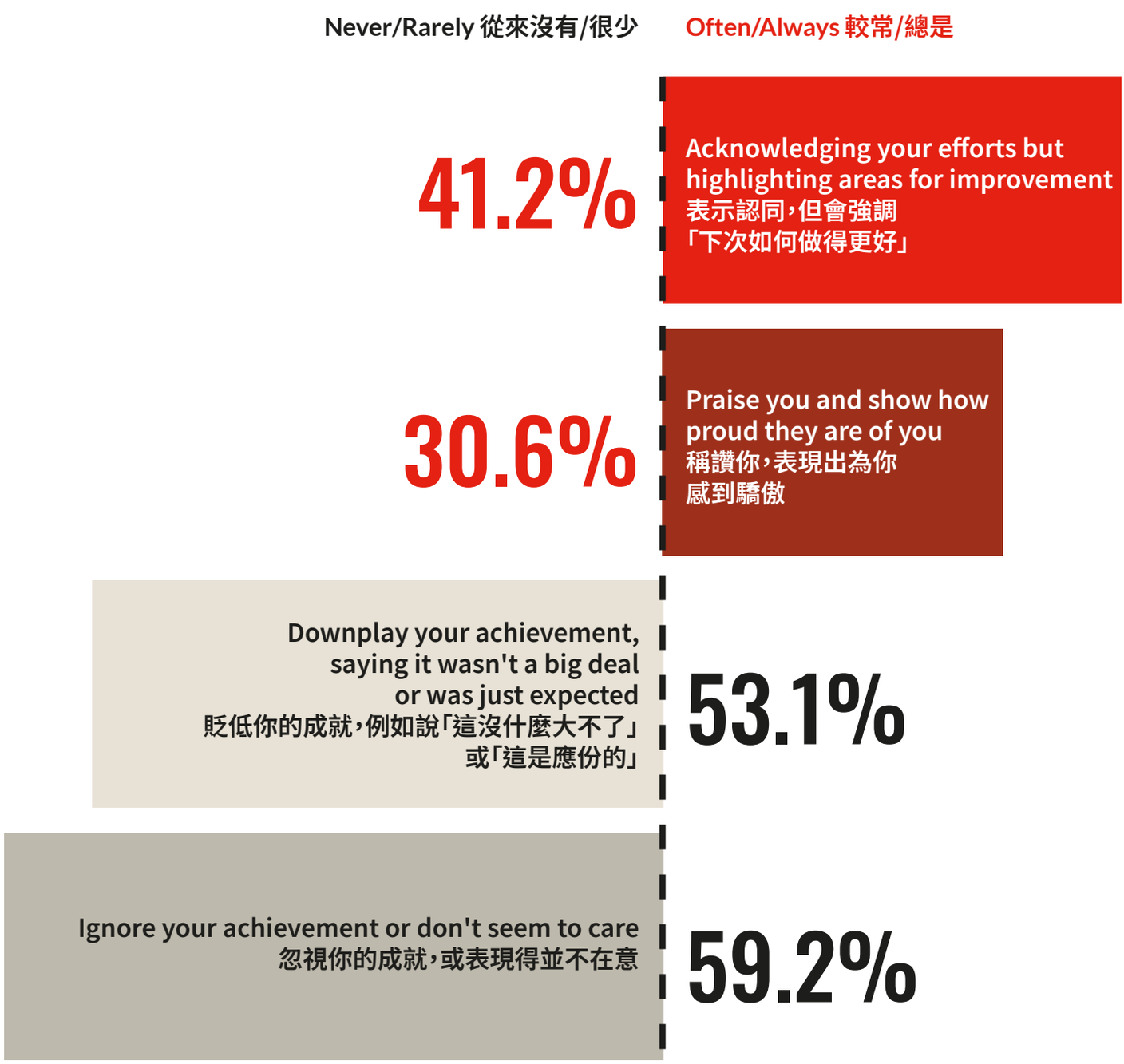
Never/Rarely 從來沒有/很少	Often/Always 較常/總是
63.5%	Do things for you to show they care 用行動表達關懷
51.0%	Give you their attention when you want to spend time with them 當你想他們陪伴你時，他們會專注於你
45.5%	Using words of affection to let you know you are important to them 用言語表達愛意，讓你知道你對他們很重要
Show physical affection 表現肢體關懷	74.3%

As for actions that make children feel loved and cared for, parents/guardians most frequently express care by doing things for them (e.g., preparing their favourite food) (63.5%) or by giving them their attention during time spent together (51.0%). However, the study found that parents/guardians rarely express affection through physical touch; in the past year, 74.3% of respondents reported rarely or never experiencing physical affection, such as a hug or a pat.

至於讓孩子感到被愛的行為，家長最常透過實際行動（如準備孩子喜歡的食物）（63.5%）或給予專注的陪伴來表達關懷（51.0%）。然而，研究發現家長甚少透過擁抱等肢體接觸來表達愛意，高達 74.3% 的受訪者表示在過去一年很少或從未經歷過這類肢體關懷。

When you felt really proud of something you did... 當你為自己的成就感到自豪時...

Note on Calculation: Percentages represent respondents who selected "Never/Rarely" versus those who selected "Often/Always" on a Likert scale.
數據計算方式：受訪者在量表中，選擇「從來沒有/很少」及「較常/總是」的百分比對比。



When children feel really proud of something they did, the most common response from parents is to acknowledge their efforts, while also highlighting "areas for improvement" (41.2%). Those who directly praise and express pride account for 30.6%. Most parents/guardians do not directly downplay or ignore their children's achievements.

當孩子為自己的成就感到自豪時，家長最普遍的反應是雖然表示認同，但同時強調「下次如何做得更好」(41.2%)，直接給予稱讚並為孩子感到驕傲的佔 30.6%。大多數的家長都不會直接貶低或忽視孩子的成就。

Do your parents or guardians often make you feel... 你的家長有沒有令你經常覺得...

Note on calculation: The percentages represent the combined total of "Often" and "Always" responses on a Likert scale.
數據計算方式：受訪者在量表中，選擇「較常」與「總是」兩個高頻選項的百分比總和。

49.6% Monitor your daily activities and whereabouts in great detail
過度監控你的日常活動和行蹤

41.2% Seems too busy to give you the attention that you need
覺得他們太忙，無法給予你需要的關注

23.3% Do not offer comfort or support when you are visibly upset or sad
當你明顯難過時，他們沒有提供安慰或支持

21.4% Compare you to other children to make you feel inferior
把你跟其他孩子比較，令你覺得自己很差勁

20.4% Expect you to achieve perfect results, even when it is very difficult
期望你有完美的表現，即使那非常困難

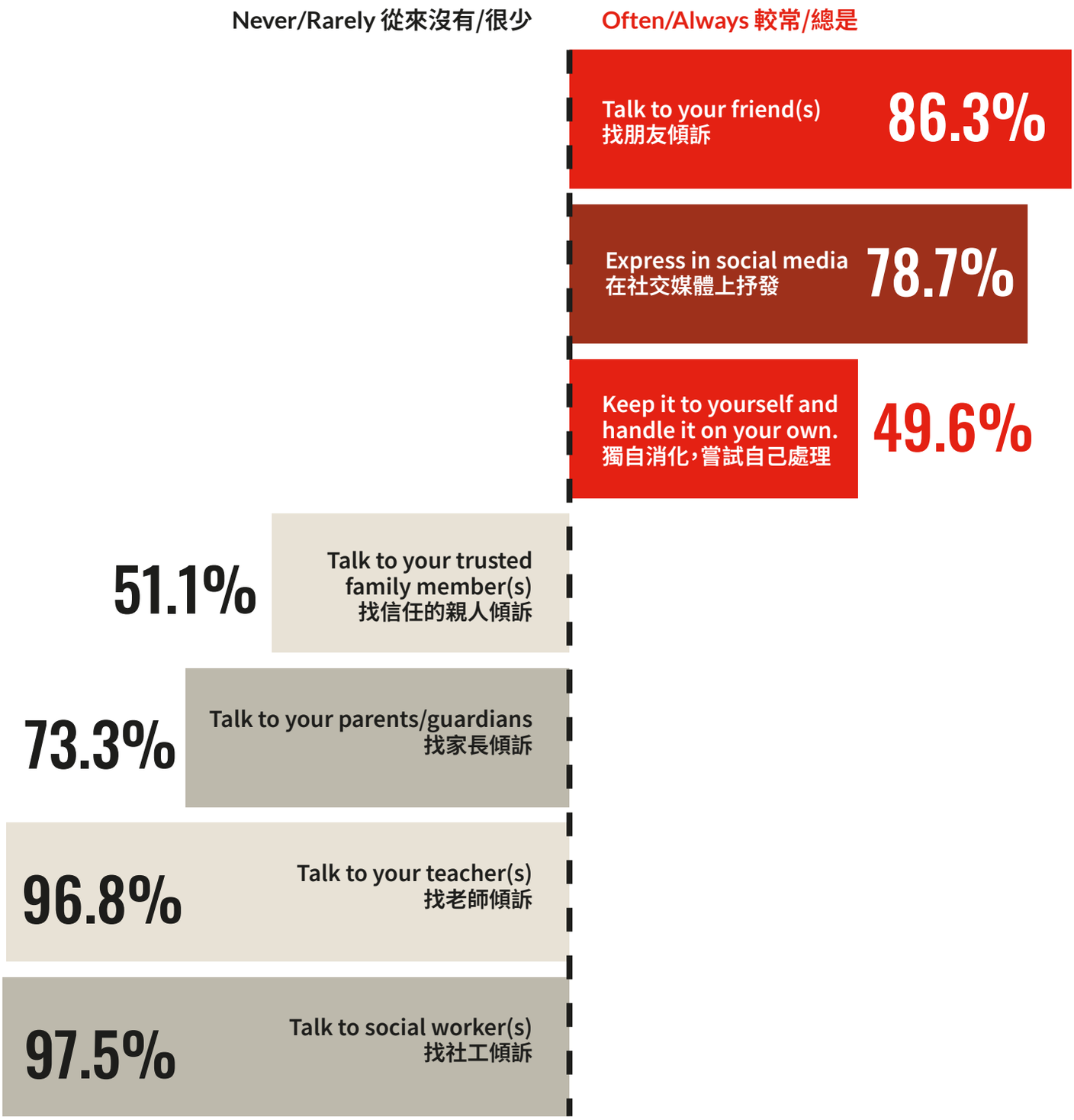
14.3% Make you feel like you are a burden
令你覺得自己是一個負擔

Regarding family stress, about half (49.6%) of the respondents often feel that their parents/guardians monitor their daily activities and whereabouts in great detail. At the same time, about 40% (41.2%) feel that their parents/guardians seem too busy to give them the attention they need. Additionally, around 20% of respondents feel their parents/guardians often compare them to others (21.4%) or expect them to achieve perfect results (20.4%).

在家庭壓力方面，約有一半 (49.6%) 的受訪者經常覺得家長過度監控他們的日常活動和行蹤，亦有約四成 (41.2%) 的受訪者覺得家長太過忙碌，無法給予他們所需要的關注與陪伴。同時，有兩成受訪者覺得家長經常把他們與他人比較 (21.4%) 或是期望他們有完美表現 (20.4%)。

When you feel upset or worried ... 當你感到難過或憂慮時...

Note on Calculation: Percentages represent respondents who selected "Never/Rarely" versus those who selected "Often/Always" on a Likert scale.
數據計算方式：受訪者在量表中，選擇「從來沒有/很少」及「較常/總是」的百分比對比。



When respondents feel upset or worried, the vast majority choose to talk to their friends (86.3%) or express their feelings on social media (78.7%). Only a very small number proactively seek help from parents, teachers, or social workers.

當受訪者感到難過或憂慮時，他們絕大多數會選擇向朋友傾訴 (86.3%) 或在社交媒體上抒發情緒 (78.7%)，只有極少數人會主動向家長、老師或社工尋求協助。

Why did you choose to handle it on your own? 你為何選擇獨自處理問題？

Note on Calculation: Multiple-response question. Percentages represent the number of respondents who selected each option out of the total sample size (N=408).
數據計算方式：多選題。選擇該選項的人數，佔總受訪者人數 (N=408) 的百分比。

47.3% I prefer to solve my own problems
我偏向自己解決問題

45.3% I feel like no one truly understands or can help me
我覺得沒有人真正了解我或能幫到我

37.5% I don't feel the need to talk to anyone
我覺得沒必要找人傾談

29.9% I don’ t want to be a burden or bother anyone
我不想成為別人的負擔或麻煩到任何人

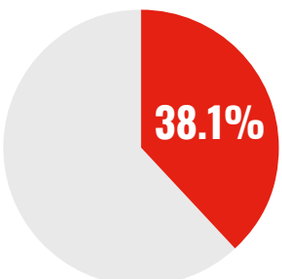
18.4% I am worried I will be judged, misunderstood, or get in trouble
我擔心會被批判、被誤解，或者惹上麻煩

As to why they choose to handle problems on their own instead of seeking external help, the main reason cited by respondents is that they prefer to solve their own problems (47.3%); meanwhile, nearly half (45.3%) feel that no one truly understands or can offer practical help to them.
對於為何選擇獨自處理問題而不向外求助，受訪者指出的主要原因是他們偏好自己解決問題 (47.3%)；同時亦有近半數人 (45.3%) 覺得，根本沒有人能真正了解他們或提供實質的幫助。

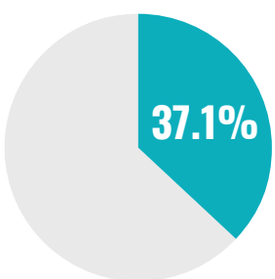
Part 3. Your Feelings and Well-being 第三部分. 你的感受與身心狀況

When you make a mistake or get into trouble at home... 當你在家犯錯或惹上麻煩時...

Note on calculation: The percentages represent the combined total of "Sometimes", "Often", and "Always" responses on a Likert scale, specifically regarding the scenario "when you make a mistake or get into trouble at home."
數據計算方式：受訪者在量表中，當被問及「在家犯錯或惹上麻煩時」，選擇「有時」、「較常」與「總是」之百分比總和。



Feeling tense, nervous, or having a racing heart
精神緊張、發抖、或心跳加速

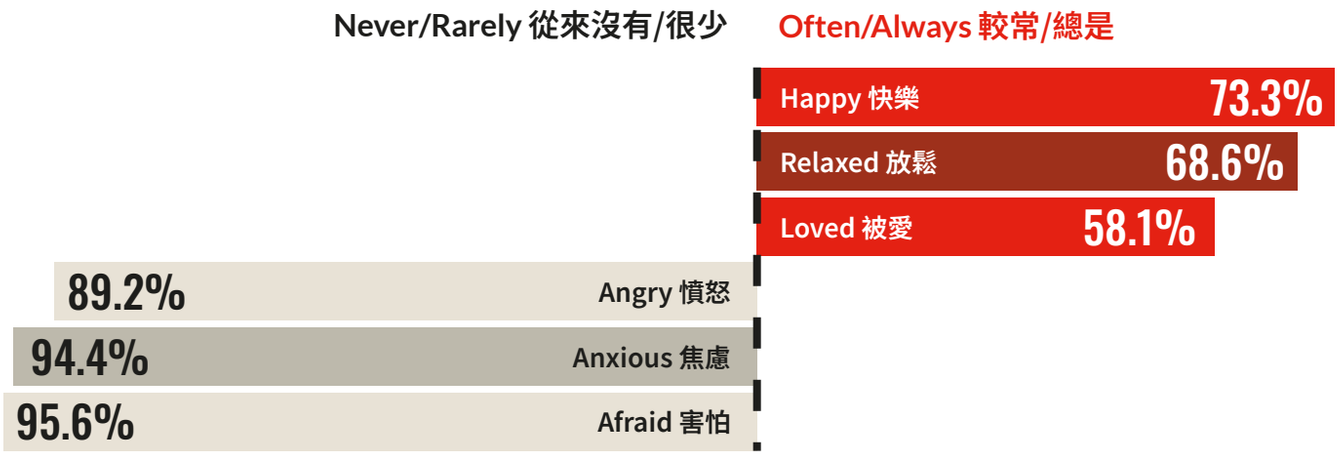


Psychosomatic symptoms (e.g., trouble sleeping, stomachaches, or headaches)
具體身心症狀
(例如：失眠、胃痛或頭痛)

When respondents make a mistake or get into trouble at home, nearly 40% (38.1%) report feeling tense, nervous, or having a racing heart, and a similar proportion (37.1%) experience specific psychosomatic symptoms as a result, such as trouble sleeping, stomachaches, or headaches.
當受訪者在家中犯錯或惹上麻煩時，近四成 (38.1%) 的人會感到精神緊張、發抖或心跳加速，更有相近比例 (37.1%) 的人會因此出現失眠、胃痛或頭痛等具體的身心不適症狀。

When you are around your family... 當你在家中與家人相處時...

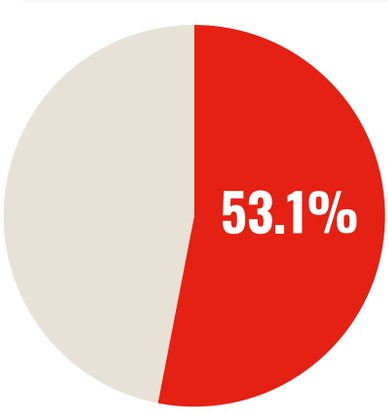
Note on Calculation: Percentages represent respondents who selected "Never/Rarely" versus those who selected "Often/Always" on a Likert scale.
數據計算方式：受訪者在量表中，選擇「從來沒有/很少」及「較常/總是」的百分比對比。



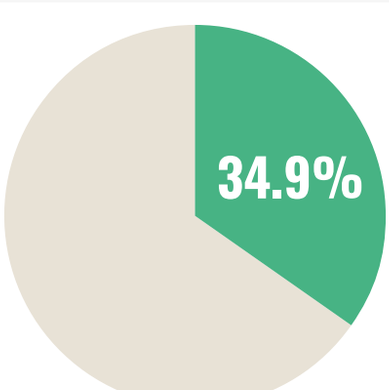
Overall, when respondents are around their family, most feel happy (73.3%), relaxed (68.6%), and loved (58.1%). The vast majority of respondents do not experience severe negative emotions such as fear, anger, or anxiety at home.
整體而言，當受訪者與家人相處時，大部分人都感到快樂 (73.3%)、放鬆 (68.6%) 以及被愛 (58.1%)。絕大多數受訪者並不會在家中感到害怕、憤怒或焦慮等嚴重的負面情緒。

Because of the things your parents/guardians say or do to you... 你有沒有因為家長對你的言行...

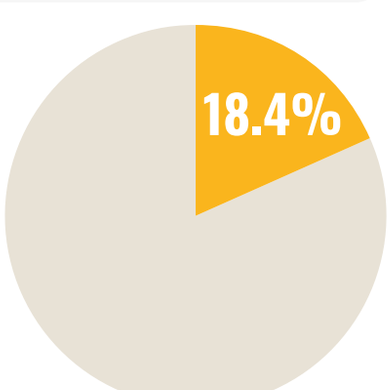
Note on calculation: The percentages represent the combined total of "Often" and "Always" responses on a Likert scale.
數據計算方式：受訪者在量表中，選擇「較常」與「總是」兩個高頻選項的百分比總和。



I believe I am inferior
(like lazy, stupid, or useless)
我覺得自己比別人差
(例如覺得自己懶惰、愚蠢或無用)



I feel that no matter how hard I try,
I will never meet their expectations
我覺得無論我多麼努力，
都永遠無法達到他們的期望



I feel like a
disappointment to my family
我覺得自己令家人失望

Regarding the negative impacts parents/guardians' words or actions have on their children, over half (53.1%) of the respondents believe they are inferior to others (e.g., feeling lazy or useless), and over one-third (34.9%) feel that no matter how hard they try, they will never meet their parents' expectations.
談及父母的言行對孩子帶來的負面影響，超過一半 (53.1%) 的受訪者曾因家長的言行而覺得自己比別人差 (例如覺得自己懶惰或無用)，亦有超過三分之一 (34.9%) 的人感到無論多麼努力，都永遠無法達到家長的期望。

Youths' Voices: What We Want Parents to Know
青少年的真實聲音：我們希望家長知道

In this survey, we didn't just collect objective data; we also listened closely to the heartfelt words from 408 respondents. We have compiled respondents' genuine answers to the three open-ended questions and categorised them into a few core themes. The "hero quotes" below might just echo how you and I have felt at some point.

在這份問卷中，我們不僅收集了客觀的數據，更分析了408位受訪者親自寫下的心底話。我們將他們在三條開放式問題中的真實回覆進行整理，歸納出幾個核心主題。以下這些「代表性金句」，或許也說出了你我曾經的感受。

1 What We Wish Parents to "STOP Saying"
希望家長「不要再講」的一句話 (STOP Saying)

The data shows that the words that hurt youths the most are rarely criticisms of a specific mistake, but rather those that make them feel "worthless."

數據顯示，最讓青少年受傷的話語，往往不是針對某一件錯事本身的批評，而是那些會讓他們覺得「自己沒有價值」的說話。

- **Theme 1: Toxic Comparison**

  Representative Quotes: "Why can't you learn from others?" / "Look at other people."

  Often, parents say these things hoping to use "reverse psychology" to motivate their children. But in reality, this kind of comparison rarely motivates; instead, it sends the message that "the way you are right now is not good enough." Constant comparison slowly wears away a youth's confidence, which is why a staggering 53.1% of respondents felt they were inferior to others because of their parents' words and actions.

- **Theme 2: Invalidation of Worth**

  Representative Quotes: "You are so disappointing" / "You are useless."

  The destructive power of these words lies in their "total denial." Parents might just be angry about a specific test score or behaviour, but to a youth's ears, it sounds like they are rejecting them entirely. The phrase "a disappointment" makes youths feel as though they are a burden to their families. This also echoes the deep anxiety felt by over a third (34.9%) of respondents who constantly worry that they "will never meet their parents' expectations."

- **主題一：惡意比較**

  代表性金句：「你學吓人哋」/「睇下人地個仔」

  很多時候，家長說這些話是想用「激將法」來推動子女進步。但實際上，這種比較不但很難帶來動力，反而會傳達出一種「你現在這樣還不夠好」的訊息。長期的比較會慢慢磨滅青少年的自信，這也是為甚麼調查中有高達 53.1% 的同學曾因為父母的言行，而覺得自己比別人差。

- **主題二：價值否定**

  代表性金句：「你真係好令人失望」/「你冇用㗎」

  這些話的殺傷力在於其「全盤否定」。家長可能只是針對子女某一次的成績或行為感到生氣，但聽在他們的耳裡，卻像是否定了他們整個人。一句「令人失望」，會讓青少年覺得自己好像成了家裡的負擔。這也呼應了超過三分之一 (34.9%) 的同學心中那份「覺得自己永遠無法達到父母期望」的深層焦慮。

- **Theme 3: Dictatorial Commands**

Representative Quotes: "I said no means no" / "Whatever I say goes."

Ages 13 to 18 are a crucial time for youths to learn independent thinking and develop autonomy. When parents forcefully cut off a conversation with dictatorial commands, it makes youths feel like their opinions don't matter. When communication becomes one-way and ineffective, they naturally choose to hide their true feelings, which might explain why 73.3% of respondents rarely or never talk with their parents when facing difficulties.

- **主題三：獨裁命令**

代表性金句：「我話唔准就唔准」/「我話點就點」

13至18歲正是青少年學習獨立思考、發展自主性的階段。當家長用權威命令強行中斷對話時，會讓青少年覺得自己的意見並不重要。當溝通變得單向而無效，青少年自然會選擇把心事藏起來——這或許解釋了為甚麼有 73.3% 的受訪者，在遇到困難時甚少或從不向父母傾訴。

2 What We Want Parents to "STOP Doing"
希望家長「不要再做」的事 (STOP Doing)

In daily interactions, what youths crave most is "emotional safety" and "respected personal space."

在日常互動中，青少年最渴望的其實是「情緒上的安全感」以及「被尊重的個人空間」。

- **Theme 1: Losing emotional control**

Representative Action: "Losing temper/ Throwing tantrums"

"Losing temper" is a phrase that appeared very frequently in responses to this question. Youths are very sensitive to adults' emotional shifts. If parents' emotions are always blowing hot and cold and hard to predict, their home starts to feel like a minefield where no one can relax, losing its warmth as a "safe haven."

- **主題一：情緒失控**

代表性行為：「發脾氣」

「發脾氣」是這條問題中出現頻率極高的一個詞。青少年對大人的情緒變化其實非常敏感。如果家長的情緒總是忽冷忽熱、難以預測，家裡就會像佈滿地雷一樣，讓人無法放鬆，失去了「避風港」應有的溫暖。

- **Theme 2: Invading privacy**

Representative Action: "Snooping on my phone" / "Entering my room without knocking"

For today's youths, phones and bedrooms aren't just objects or spaces; they are extensions of their privacy. Even if parents do this out of care or a desire to protect them, snooping through their phones or barging in without knocking makes youths feel disrespected and untrusted. This approach often backfires, making them close themselves off even more.

- **主題二：侵犯隱私**

代表性行為：「睇我電話」/「入房唔敲門」

對當今青少年而言，手機和房間不僅僅是物品或空間，更是他們個人私隱的延伸。雖然家長有時是出於關心或想保護子女，但偷看手機或不敲門就闖入房間，會讓青少年覺得不被尊重和信任。這種做法往往適得其反，反而會讓他們把心關得更緊。

- **Theme 3: Micromanagement**

Representative Action: "Having to make every decision" / "Not letting me go out"

- **主題三：事事干預**

代表性行為：「咩都要話事」/「唔准我出街」

As youths grow up, they really need space to try things out and even make mistakes. If parents still micromanage them like little kids, it becomes very hard for them to learn to solve problems on their own, which often triggers constant arguments between the two generations.

隨著青少年長大，他們很需要空間去嘗試和犯錯。如果家長仍把他們當作小孩子般事事微觀管理，他們就很難學會自己解決問題，這也容易成為兩代人之間經常吵架的導火線。

3 What We Want Parents to "START Saying/Doing"
希望父母「講多啲 / 做多啲」的話/事 (START Saying/Doing)

This section of answers is incredibly valuable because it contains the "antidotes" prescribed by the respondents themselves. Their expectations of their parents are surprisingly simple and pure:

這部分的答案非常珍貴，因為它們是受訪者們親自開出的「解藥」。他們對父母的期望，其實出乎意料地簡單純粹：

- **Theme 1: Direct Affirmation**

  Representative Quotes: "You did a great job" / "You've improved."

  Youth desperately crave for their efforts to be "seen" by their parents. They do not need exaggerated praise; they just need direct affirmation for the hard work they put in. When they do well, they just want to enjoy the compliment in the moment, rather than immediately hearing, "But you can do even better next time."

- **主題一：直接肯定**

  代表性金句：「你做得好」/「你有進步」

  青少年極度渴望自己的努力被父母「看見」。他們需要的不是誇張的讚美，而是針對他們付出的汗水給予直接的肯定。他們很希望在做得好的時候，能純粹地享受那一刻的稱讚，而不是馬上又聽到一句「不過下次可以再做好啲」。

- **Theme 2: Unconditional Support**

  Representative Quotes: "I support you" / "Even if the whole world doesn't believe in you, we do."

  The outside world (whether it is school or among peers) is already full of competition and conditional evaluation. Youths truly hope that "home" can be the only place in the world that requires no conditions, a place that embraces them whether they succeed or fail. A simple "I support you" can give them an immense sense of security.

- **主題二：無條件支持**

  代表性金句：「我支持你」/「就算全世界都唔信你，我哋都信你」

  外面的世界（無論是學校還是同輩之間）已經充滿了競爭和壓力。青少年真的很希望，「家」能成為世界上唯一一個不需要條件、無論他們成功或失敗都能包容他們的地方。簡單一句「我支持你」，就能帶給他們莫大的安全感。

- **Theme 3: Sincere Trust**

  Representative Quotes: "I believe you can do it" / "You can handle this."

  Rather than having everything arranged for them, youths much prefer that parents learn to let go and sincerely trust their abilities. When parents are willing to cast a vote of confidence, youths develop greater courage and resilience to face the challenges of growing up.

- **主題三：真誠信任**

  代表性金句：「我信你得」/「你搞得掂嘅」

  比起幫助他們安排好一切，青少年更希望父母能學會放手，並真誠地相信他們的能力。當家長願意投下信任的一票，他們反而會長出更多的勇氣和韌性，去面對成長路上的各種挑戰。

Discussion 討論

Alongside society's growing focus on child protection following the implementation of the Mandatory Reporting of Child Abuse Ordinance in Hong Kong (January 2026), this study aims to explore the "emotional harm" occurring behind closed doors that adults often overlook, from the perspective of youths.

Combining the survey data with the heartfelt words written by respondents, we found that family interactions in Hong Kong present a complex and subtle dynamic. Based on the quantitative data, the vast majority of respondents can feel their parents' care. When facing conflicts, most youths reported that their parents tend to discuss matters calmly rather than resorting to scolding or emotional blackmail, reflecting that contemporary parents generally possess a basic awareness of positive parenting and are willing to invest time and take practical actions to accompany their children. However, the true value of this research lies in unearthing the "invisible wounds" hidden behind the positive data. The quality of family interactions not only shapes how youths view themselves but also deeply affects their physical and mental health and their willingness to seek help. Here are four important reflections we drew from the research, and we attempt to provide parents with more compassionate pathways for practice:

這份研究的初衷，是希望在香港全面實施《強制舉報虐待兒童條例》(2026年1月) 後，社會越來越關注保護兒童的同時，能透過青少年的視角，去探討那些發生在家門後、容易被大人忽略的「情緒傷害」。

結合問卷數據和受訪者們寫下的心底話，我們發現香港家庭的互動呈現出一種複雜且微妙的動態。從量化數據來看，絕大多數受訪者均能感受到家長的關懷，特別是在面對衝突時，多數青少年反映家長傾向於平靜討論，而非訴諸於責罵或情緒勒索，反映出當代家長普遍具備基本的正向管教意識，並願意投入時間與實際行動來陪伴子女。然而，這項研究的價值正正在於挖掘隱藏在正面數據背後的「看不見的傷口」。家庭互動的質素不僅影響青少年如何看待自己，更深深影響著他們的身心健康及求助意願。以下是我們從研究中得出的四個重要反思，並試圖為家長提供更具溫度的實踐方向：

1 Pressure in the Name of "Love" and Long-term Self-Depreciation: Learning "Direct Affirmation"
以「愛」為名的壓力與長期的自我貶低：學習「直接肯定」

Based on our research results, we cannot intuitively attribute youths' emotional harm to intense conflicts, but this does not mean the harm does not exist. Through further in-depth analysis, we found that the root of emotional harm often does not come from a momentary outburst, but from long-term and continuous "self-depreciation." This kind of harm is more like a damp, lingering rain that entwines youths throughout their entire adolescence. Many respondents mentioned that when they achieve accomplishments, their parents often pour

根據我們的研究結果，我們無法直觀地將青少年的情緒傷害歸因於劇烈的衝突，但這並不代表傷害不存在。進一步深入分析，我們發現情緒傷害的根源往往並非來自瞬間的爆發，而是源於長期及持續性的「自我貶低」。這種傷害更像是一場潮濕的陰雨，纏繞著青少年的整個成長期。不少受訪者提到，當他們獲得成就時，迎來的往往是家長的一盆冷水，在誇獎中夾雜著

cold water on them, mixing praise with criticism, evaluation, or outright neglect.

To break this implicit harm, parents should learn the art of "direct affirmation." This means shifting their focus from the final result to the ongoing process, praising the effort that the child puts in, as this is the part they can actually control and decide on. When giving affirmations, parents should avoid mixing in preaching, lectures, or additional demands. If youths grow accustomed to parents always packaging praise with criticism, they are more likely to come to feel that those compliments are not sincere encouragement. Instead, they come to believe they are simply "not good enough" in their parents' eyes, which ultimately makes them reluctant to open their hearts and share their joys and challenges with their parents. Parents' preaching may be unintentional, or they may even believe it is for the child's own good, without realising that this "conditional praise" is eroding the child's sense of security step by step.

Furthermore, the study also reveals that some respondents still experience negative parenting styles. This situation is more common in families where the father is older, in grassroots families, or in families with more traditional mindsets. In these households, the significant age gap between parents and children, along with their completely different upbringings, often leads to a clash in values. These parents tend to be more reserved and introverted in expressing affection, and they are unaccustomed to verbalising care; when children fall short of expectations or make mistakes, they often adopt a stricter attitude. Within traditional mindsets, scolding or even physical punishment is often viewed as a "responsible" form of discipline, with parents believing it is for the child's own good. However, for the children, this results in more than just physical pain; it creates heavy emotional harm. Under authoritarian communication, children can only passively endure the pressure and find it difficult to express their true feelings, eventually creating a lasting barrier between parent and child that is hard to cross.

挑剔、檢討，或是直接的忽視。

要打破這種隱性的傷害，家長需要學習「直接肯定」的藝術。這意味著家長需要將焦點從結果轉移到過程，多欣賞孩子付出的努力——因為這才是他們自己能掌控和決定的部分。在給予肯定時，儘量不要夾帶說教、大道理或額外要求。若青少年習慣了父母在稱讚他時總是順帶挑剔幾句，久而久之，他們就很可能覺得那些讚賞並非真心的鼓勵，反而深信自己在父母眼中永遠「不夠好」，最後變得不願意和父母打開心扉，分享自己的喜悅與遇到的困難。家長的說教可能是無心之失，甚至認為這是為了孩子好，卻未察覺到這種「夾帶條件的讚美」正一步步瓦解孩子的安全感。

此外，研究也發現部分受訪者仍會經歷負面的教養方式。這種情況在父親年紀較大、基層家庭或觀念較傳統的家庭中更為常見。在這些家庭裡，父母與子女的年齡差距較大，成長背景的截然不同往往導致價值觀的碰撞。這類家長在表達情感時通常比較含蓄、內斂，不習慣用言語表達關愛；當孩子表現不如預期或犯錯時，他們往往會採取較為嚴厲的態度。在傳統的觀念裡，責罵甚至體罰常被視為一種「盡責」的管教方式，家長認為這是為了孩子好。然而，對孩子而言，這不僅是身體上的痛楚，更是一種沉重的情緒傷害。在權威式的溝通下，孩子往往只能被動地承受壓力，難以表達內心的真實感受，久而久之，這種管教方式反而成了親子之間一道難以跨越的隔閡。

2 Multi-dimensional Achievement Pressure and the "Emotional Vacuum" of Family Roles
多方面的成就壓力與「情感真空」的家庭角色

At the same time, another major driver of this self-depreciation is multi-dimensional achievement pressure. Apart from parental expectations, achievement pressure is also deeply influenced by schools, peers, and even the comparative culture of society as a whole. Interestingly, youth researchers proposed an insightful perspective: this pressure is often something youths "impose on themselves." The reason behind this is that, deep down, they also yearn to become that "excellent child of others"; essentially, they hope their parents will be proud of them in exchange for a sincere, unconditional compliment.

Additionally, the birth order within the family also deeply affects the distribution of pressure. Youth researchers observed that the eldest son or daughter in the family often bears a heavier burden: they should take care of themselves while also looking after younger siblings, yet their parents' focus often leans towards the younger ones. This leaves the eldest children in an "emotional vacuum" within the family. This "emotional neglect" is not direct harm by parents, but a deficiency caused by busyness or uneven resource allocation, which equally leaves invisible wounds in youths' hearts.

與此同時，這種自我貶低的另一大推手是來自多方面的成就壓力。成就壓力除了來自家長的期許，還深受學校、朋輩乃至整個社會的比較文化影響。有趣的是，青年研究員提出了一種精闢的視角：這種壓力往往是青少年「自己給自己的」。這背後的原因，是因為他們內心深處也渴望成為那個「別人家的優秀孩子」，本質上就是希望家長能以自己為傲，換取一句真誠、不帶條件的誇讚。

此外，家庭內部的位序也深深影響著壓力的分配。青年研究員觀察到，家中的長子或長女往往背負著更沉重的負擔，他們被要求在照顧自己的同時兼顧弟妹，而家長的關注點卻往往偏向年幼者。這導致長子女在家庭中處於一種「情感真空」的狀態。這種「情感忽視」並非來自家長的直接傷害，而是因為忙碌或資源分配不均而導致的缺失，卻同樣會在青少年心中留下看不見的傷痕。

3 The Body is an Honest Alarm: How Mental Stress Turns into Psychosomatic Discomfort
身體是誠實的警報器：心理壓力如何轉化為身體不適

The impact of emotional harm is definitely not as simple as just being in a "bad mood"; when internal self-depreciation and external pressure continuously accumulate, mental stress eventually turns into actual physical pain. Our research results confirm this phenomenon: when respondents face conflicts or get into trouble at home, they feel mentally tense, tremble, or experience a racing heart, and may even experience real psychosomatic symptoms

情緒傷害造成的影響絕對不只是「心情不好」那麼簡單。當內在的自我貶低與外在的壓力不斷累積，心裡的壓力最終會變成身體上的痛。我們的研究結果印證了這個現象：當受訪者在家中遇到衝突或惹上麻煩時，他們會感到精神緊張、發抖或心跳加速，甚至會出現失眠、胃痛或頭痛等真

such as insomnia, stomachaches, or headaches. These medically unexplained psychosomatic discomforts might just be loud warning signs of overwhelming mental stress.

When "home", which is supposed to be a safe haven where one can truly relax, becomes an environment filled with landmines because adults occasionally lose emotional control or over-discipline, youths' nervous systems remain highly tense for a long time. This reminds parents of the vital importance of "respecting boundaries and emotional safety." They should pay closer attention to their own emotional fluctuations, guided by the golden rule we often hear: "Deal with emotions before tasks." Behind negative emotions often lie the parents' own unmet needs—such as anxiety about the future, life frustrations, or feeling heavily pressured.

To avoid transferring their own anxiety onto their children, parents need to build self-awareness and try to reserve some relaxing space for themselves. We suggest establishing a regular rhythm of life: starting with personal "ME TIME" to discharge daily tension; followed by focused "WE TIME" (one-on-one time with a spouse or with each individual child) to build deep connections; and finally, enjoying shared, pressure-free "FAMILY TIME" together. Only when adults' emotions are settled and soothed can the home truly become a safe haven again.

實的身心反應。這些找不出病因的身心不舒服，或許就是心理壓力太大的強烈警號。

當「家」這個本來應該讓人放鬆的避風港，因為大人偶爾的情緒失控或過度管教而變成充滿地雷的環境時，青少年的神經系統就會長期處於緊繃狀態。這提醒了家長「尊重界線與情緒安全感」的重要性，他們應該更留意自己的情緒起伏，正如我們常聽到的黃金法則：「先處理心情，後處理事情」。負面情緒的背後，往往反映著家長自身未被滿足的需要：可能是對未來的焦慮、生活的挫折，或是感到壓力重重。

為了避免將自身的焦慮轉嫁給子女，家長需要建立自我覺察，並嘗試為自己留一些放鬆的空間。我們建議家長有規律地規劃自己的生活節奏：先保留一點屬於自己的「個人時間」來排解日常的壓力；接著安排與伴侶或個別孩子單獨相處、建立深層連結的「專屬時間」；最後再享受全家團聚、輕鬆無壓力的「家庭時間」。唯有大人的情緒安頓好，家才能重新成為安全的避風港。

4 The Failure of the Help-Seeking Network and the Opportunity to Rebuild Trust: Restoring "Unconditional Support"
求助網的失效與修復信任的契機：重建「無條件支持」

Currently, child protection mechanisms in schools and society mostly expect that "youths will proactively ask adults for help." However, our data show that when respondents feel sad or worried, the vast majority choose to "avoid adults": they prioritise talking to friends or expressing their feelings on social media, yet "rarely or

目前學校和社會上的保護機制，大多期望「青少年能主動向大人求助」。然而，我們的數據卻顯示，當受訪者感到難過或憂慮時，絕大多數人會選擇「避開大人」：他們會優先選擇與朋友傾訴，或在社交媒體上

never" seek help from parents, teachers, or social workers. Around half are used to solving problems on their own, and quite a few feel that "no one truly understands or can help me" or worry that seeking help will only bring trouble or criticism.

This failure of the help-seeking network stems precisely from a lack of security rooted in "unconditional support" at home. When children face difficulties, adults often rush to offer "solutions" or "advice." This problem-solving approach to companionship can unintentionally create a high-and-mighty sense of authority, leaving children feeling judged, lectured, or unheard. When children share their sadness with others, the negative emotions they display are usually due to a hope that someone will listen to them properly, understand them, and comfort them, rather than rushing to provide a quick-fix, standard answer.

Children actually have their own thoughts when facing difficulties. They need gentle guidance from adults who accompany them in thinking through better solutions together. When parents and children face challenges together, they should try to shift the focus of communication to collaboration (saying more of "What WE can do together..." instead of the directive "YOU should..."), so that children can truly feel warm companionship and support, and gradually build up confidence and competence in facing difficulties in the process. If society only focuses on establishing rigid child protection laws without repairing youths' trust in adults through daily interactions, many hidden cases of emotional harm may never be caught by society's safety net.

表達，卻「很少或從不」向家長、老師或社工求助。近半人習慣自己解決問題，亦有不少覺得「根本沒有人真正了解或能幫到自己」或擔心求助後會惹上麻煩或被批評。

這種求助網的失效，正是因為家庭缺乏了「無條件支持」的安全感。當孩子遇到問題時，大人往往會急著給予「解決方案」或「建議」。這種急於解決問題的陪伴方式，在無意中營造了一種高高在上的權威感，令孩子感到被評判、被說教，或者覺得自己的聲音根本沒有被聽見。當孩子和別人分享難過的事時，他們流露的負面情緒，通常是希望有人能好好聽他們說話、理解並安慰他們，而不是急著要一個快速解決的標準答案。

孩子在面對困難時，其實也有自己的想法。他們需要大人溫和地引導，陪著他們一起思考更好的解決方法。當家長和孩子一起面對困難時，應試著將溝通的焦點轉化為協作（多說「我們能一起做些甚麼……」，而不是指令式的「你應該……」），孩子才能真正感受到溫暖的陪伴與支持，也會在過程中慢慢建立起面對困難的信心和能力。如果社會只著眼於建立硬性的保護兒童法例，而不從日常互動中修補青少年對大人的信任，許多正經歷情緒傷害的隱蔽個案，可能永遠都無法被社會的安全網接住。

Conclusion: Healing Invisible Wounds Through Understanding
總結：在理解中修復看不見的傷口

However, we saw a touching turning point in the research. When discussing the results, the youth researchers all demonstrated a great degree of understanding and reflective spirit. Rather than unilaterally blaming their parents for control or neglect, they began to examine their own passivity in communication. They realised that their parents might also be first-time parents, neglecting to express care for their children amidst their busyness and worries; while children also often close the door to communication out of embarrassment or by assuming that their parents "definitely won't understand," causing their interactions to frequently devolve into a clash of values and arguments.

This research ultimately leads to a warm conclusion: the prevention of emotional harm should not rely solely on laws and regulations, but rather on the mutual effort of family members. If both sides can take a step forward—with parents practising "direct affirmation," "unconditional support," and "soothing their own emotions" in daily life, and children responding with more active sharing and empathy—communication that could have become a battlefield can be transformed into an opportunity for deep understanding. Home can truly return to being everyone's safe haven. We hope this research serves as a reminder, allowing parents to recognise those unintentional emotional harms, and letting children see their parents' clumsy love, working together to heal those invisible wounds through understanding.

然而，我們從研究中看見了一種令人動容的轉機。在討論結果時，青年研究員均展現了很大程度的體諒與反思精神。比起單方面指責家長的控制或忽視，他們開始檢視自己在溝通中的被動。他們意識到，家長可能也是第一次為人父母，在忙碌與擔憂中忽視了對子女表達關愛；而子女也常因難為情，或預設家長「一定不會明白」而關上了溝通的大門，導致雙方的互動往往淪為價值觀的碰撞和爭吵。

這項研究最終導向一個溫暖的結論：情緒傷害的預防不應只靠法律與規條，更依賴於家庭成員間的共同努力。如果雙方都能各走一步，家長在日常生活中實踐「直接肯定」、「無條件支持」與「安頓自身情緒」，而子女也多一點主動分享與體諒，原本可能成為戰場的溝通就能轉化為理解的契機，家就能真正回歸為大家的避風港。我們希望這份研究能成為一個提醒，讓家長察覺那些無心的情緒傷害，也讓子女看見家長笨拙的愛，共同在理解中修復那些看不見的傷口。



Appendix 附錄

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Terminology 術語

The Definition of Child / Children
兒童的定義

According to Article 1 of the United Nations Convention on the Rights of the Child (UNCRC), a child means every human being below the age of 18.
根據聯合國《兒童權利公約》(UNCRC) 第 1 條，兒童是指 18 歲以下的任何人。



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