

Coming to SeeChange This Summer

Be Your Best Self

Digital Life Skills Camp

For Ages 10 to 15

An innovative new program to help you

- find your digital voice,
- create your online persona, and
- make good choices

in ways that are enjoyable and safe, responsible, purposeful and impactful.

By working through real-life examples and mini-projects in digital citizenship, you will learn the six “must-knows” to be your best self online: * balanced media time * ethical use * positive relationships * ensuring privacy * handling cyberbullying * cybersecurity *

You will be taught by teachers who know all about digital security and ethics, and will earn credits towards a TQUK-endorsed Level 1 Certificate in Digital Life Skills.

<https://seechange-edu.com/events/digital-life-skills/>

The Spirit of the Olympics

International Public Speaking Competition 2021

For Ages 5-18

Make yourself heard! Submit a video of your speech on sports and the Olympics

- by 10 July to pre-qualify for the Competition Finals and to vie for an invitation to speak at Hong Kong's public celebrations of the Tokyo Olympics,
- or
- by 10 August to enter the preliminary round of the competition.

Topics and Time Limits

Ages 5-9 My Favourite Sport (1 - 2 minutes)

Ages 10-12 /13-15/16-18 What Sports Mean To Me (3 - 4 minutes)

Finalists will participate in the online Impromptu Speech Competition where they will discuss and present on a wide range of topics related to sports including the Olympics spirit, fairness and e-sports. All finalists' videos will be shared in a celebratory special viewing for the public.

www.seechange-edu.com/competition/

Teen Digital Dilemmas

How should you respond to cyberbullying?

Peter recorded a video of Samuel at his first tennis lesson and posted it on his story for everyone to see. Samuel was shocked and asked Peter to please take the video down. Peter didn't listen. He thought the video really funny. Plus, a lot of their friends were commenting and saying Peter was hilarious for posting it. By the next day, it seemed like everyone at school had seen the video and was laughing at Samuel's clumsiness.



Artwork by @bradennessa

That evening he told his best friend Chris he wasn't feeling well and would stay away from school a few days.

Samuel tried to act like their teasing didn't bother him, but he was really embarrassed.

Each one of these scenarios is a digital dilemma - a tricky situation that can occur in digital life. A digital dilemma seldom has an obvious right or wrong answer. Even when someone has been hurt or wronged, the best way to respond is often unclear.

How important is it to be popular online?

For weeks, Jessica and her three friends had been waiting for a new movie to come out. Their favourite actor was in it, and they had promised to see it together and then go out for pizza. On the movie's opening weekend, Jessica had a last-minute emergency and couldn't go. The others decided to go anyway because they had been looking forward to it. That night, they posted constantly about their fun and new inside jokes. Jessica wanted to keep connected but seeing the constant posts really upset her.



Artwork by @bradennessa

When her sister Marilyn asked her what was wrong, Jessica cried that she felt like no one cared that she had missed out on their plans.

What does it mean to be a good friend on social media?

Alan started messaging Lisa a lot, every day. The two had known each other since kindergarten and had sometimes worked on school projects together. At first, Lisa was happy to be chatting with Alan outside of school. Alan was having a hard time at home and Lisa always tried to be kind and supportive when Alan sent a message. But then the messages became just too many. Keeping up with Alan was beginning to feel burdensome. It was also affecting her study time.

Lisa knew she needed to set some boundaries, but she wasn't sure how and didn't want to make things harder for Alan by not being a good friend.

Young people are constantly navigating situations like these in their everyday digital lives.

By understanding and working through the complexity of others' dilemmas, they can respond thoughtfully to the actual issues they face and come up with realistic action steps.

- Who are the different people involved in each scenario?
- What dilemma or challenge are they facing?
- What might each person involved in the dilemma be feeling?
- How might each person handle the situation? Come up with all possible options, and then decide the option that would create the best outcome for everyone involved.
- What could they say?
How would they say it?
What would they say?
Write or role-play the conversation.

- **Digital life skills** are more than about using social media technologies to communicate with others, to learn and to contribute to their communities.
- **Digital life skills** are about confidence. By engaging them correctly, young people stand more ready to succeed in a global society where curiosity, creativity and innovation inform collaboration and problem solving.
- **Digital life skills** are about being:

Inclusive Interacting with others online with respect and kindness

Informed Evaluating information for accuracy, perspective and validity

Engaged Using technology as a force for good

Balanced Prioritizing their time and activities online and offline

Alert Knowing how to be safe online and create safe spaces for others

At See Change Education we use real-life examples and critical thinking routines to empower young people develop skills and dispositions to lead empathetic and responsible digital lives while ensuring their personal safety and privacy. Our classes promote positive language and the enhancement of family values.

[Click here](#) to receive our resource guide with tips from experts on how to discuss these and other digital issues with your child!

[CLICK FOR
EXPERT RESOURCES!](#)



Education 斯程教育

See Change Education is focused on helping students (age 5-16) to develop life-skills in “communications,” critical 21st century skills – from debate and public-speaking, to writing, and digitalized skills.

See Change Education brings to students its proprietary curriculum, adaptive teaching methodology, global classroom, and world-class coaches with strong track record. Our students will benefit from a personalized education experience, so that they can discover their passion, and be future-ready to lead a purposeful life in harmony with nature and the changing world that we are in.

"Learn what you need but don't always get in traditional classrooms."

SUMMER COURSES

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