

Project C.A.R.E. (有教無『戾』---校園欺『零』計畫) won the "Outstanding Project Award" at the 10<sup>th</sup> Anniversary Qual Education Fund (QEF) Projects Exposition 2008 Opening Ceremony on May 9<sup>th</sup>. Since 1998, only 20 projects have received this prestigious award from the QEF Steering Committee.

1. **Goals:** Based on the excellent track record of Project C.A.R.E. in previous 3 years, we are confident that we can further broaden the scope of the project by including new target groups, and by implementing fresh ideas to strengthen the long-term effects and sustainability of our program in the reduction of student aggression and victimization of school bullying in Hong Kong. The proposed project is an evidence-based therapeutic and educational project to tackle the problem of school bullying and promote "Harmony schools" in Hong Kong. It aims at 1) reducing the aggression and other related symptoms of teenage aggressors; 2) reducing the negative symptoms resulting from victimization; 3) increasing the awareness and sensitivity of students on school bullying and equipping them with the handling skills when facing bullying situations as a victim or bystander; 4) training the student trainers to be "Anti-bullying Ambassador" for implementing peer education and wide spread training at schools; 5) training the teacher trainers to be "Teacher Anti-bullying Expert" for intervening and preventing from school bullying and student aggression; 6) training social workers, counsellors and other helping professionals to acquire specific counselling skills to deal with teenage aggressors and victims of school bullying; 7) enhancing the parenting skills to promote family harmony and in turn reduce children's aggression; and 8) promoting and sustaining the therapeutic professional training manuals with DVDs, information kits, and international journal papers developed in the project to contribute to Hong Kong, Asian countries, and all over the world.
2. **Objectives:** The scientific assessment conducted in the previous 3-year Project C.A.R.E. has proven the effectiveness of the project in reducing the teenage aggression and victimization in the treatment serving schools. Therefore, based on the successful experiences, therapeutic groups with cognitive-behavioral therapy (CBT) for aggressors and victims respectively will continued to be implemented in 5 secondary schools every year. Besides, educational talks for students and training workshops for teachers and parents respectively will also be organized twice in every school year. The above services will be extended to 10 primary schools every year to respond to their rising and urgent needs. New services like parent-child parallel groups and parent groups will be tried out in primary schools. At the preventive level, anti-bullying ambassador from 5 secondary schools every year will be trained with CBT to provide peer group intervention to both aggressors and victims. The effectiveness of the above services will be evaluated through an all-around assessment, including both qualitative and quantitative methods, with students, teachers and parents.
3. **Duration and Beneficiaries:** In order to promote "Harmony schools" in Hong Kong, "Anti-bullying Ambassadors", "Online sharing forums", "Harmony School Competition", script writing, drama playing and slogan creation competitions will be held and invite participants from the schools all over Hong Kong. All the students in Hong Kong have the opportunity to get in touch with the issue of school bullying and express their views on it. Their awareness and sensitivity on school bullying will soon be enhanced in a great extent. Press release will also be done periodically to publicize the research results of the project so as to enhance the awareness of the general public.
4. **Implementation Method and Process:** The transfer of knowledge is guaranteed by organizing continuous training workshops for new teachers, experienced teachers and social workers, and parents. Training manuals, information kits and newsletters will also be published to distribute to the above target groups. To further gather the experience and knowledge from all the related parties, anti-school bullying forums will be held at the university every year, and an anti-school bullying committee with expertise on this issue will be set up to enhance the multi-system collaboration and partnership.
5. **Products and Deliverables:** Dissemination of knowledge should not only be confined to Hong Kong. The project will actively seek for opportunities to exchange knowledge and experience with the expertise all over the world by attending international conferences and publicizing related articles in international journals. Collaboration and partnership with international scholars will also be encouraged in the current project. It will pave the way for the developed programs to be adopted in other countries. Localized assessment tools for primary and secondary school students respectively will be further developed to entertain the cultural difference between Hong Kong and western culture and the specific characteristics of students in Hong Kong.
6. **Budget:** The beneficiary number of the captioned project is 238,504 in 2 years. With an estimated budget of \$6,788,800 in 2 years, the cost for each beneficiary person is \$28.5.
7. **Evaluation:** A comprehensive coverage of services and research mentioned above will serve a major role to tackle the problem of school bullying in Hong Kong. The details of the project, including the description of activities, beneficiary numbers, timeline and estimated budget will be fully described in the following sections.