



Chinese Parents Association - Children with Disabilities Inc

澳洲弱能兒童協康會

CPA Newsletter
協康會 會訊

November 2008

二零零八年十一月號

Message from CPA Management Committee

委員會通訊

Dear Members,

On 7 September 2008, CPA celebrated its 20th anniversary, Father's Day and Mid-Autumn Festival at Maxim Restaurant, Bankstown. It was a big success, with about 300 guests, members and friends attending the function. The performances were excellent. We are glad that CPA's founders and members from past and present gathered together enjoying the day. CPA also distributed the 20th Anniversary magazines to the attendees and souvenir mugs to all fathers as Father's Day present. We are grateful for the parents and volunteers who helped out on the day, it enabled the day to run smoothly.

It is also our great honour that Mrs Helen Sham-Ho agreed to be our Honorary President. She donated \$1,000 to the Association on the spot. We would also like to thank the donors and supporters who donated valuable prizes for the raffle draw. Many friends and the community generously supported CPA in the Raffle Ticket sale. The Management Committee acknowledges that CPA's funding mainly come from generous donations and grants from the general community and local government areas. The Association takes great responsibility in managing these funds to ensure they are spent appropriately to meet the support needs of our members.

各位會員，

今年九月七日本會在賓士鎮美心大酒樓舉辦慶祝廿週年紀念活動，並慶祝父親節和中秋節。活動辦得非常成功。參與的嘉賓及會員朋友逾三百人，表演項目精彩，場面溫馨感人。久未會面的創會人及新舊會員聚首一堂，樂也融融。

是日，除了到會者獲贈廿週年紀念特刊外，所有在現場的父親，均獲贈紀念杯，作為父親節禮物。很高興眾多家長會員及義工，能夠發揮團隊精神，大家分工合作，使當日活動得以順利進行。

十分榮幸，前上議院議員何沈慧霞女士樂意出任為本會名譽會長，並慷慨捐贈一千元，作為經費之用。我們更多謝各商號及善長，捐贈名貴禮物，作為慈善抽獎用途。現場不少嘉賓朋友，亦大力支持，踴躍購買抽獎券。

本會的收入，主要來自熱心人士捐助及社區撥款。執委會同寅定會謹慎處理經濟資源，適當地運用，以提供會員所需。

Contact Us

CPA Newsletter is our quarterly publication. We share community news with our members, and we welcome your contributions.

歡迎會員朋友來稿，在「會訊」發表，使能與其他會員朋友分享，響應本會的「互助友愛」的宗旨。

Post Address 郵址:

PO Box 345
Campsie
NSW 2194

Office Address 辦事處:

Suite 4, Level 2,
59 Evaline Street
Campsie
NSW 2194

Office Hours 辦公時間:

Tues & Thurs 週二，週四
10am—3pm 十時至三時

Phone 電話:

(02) 9784 8120

Fax 傳真:

(02) 9718 0236

Mobile 手機:

0406 233 222

Email 電郵:

cpacamsie@unwired.com.au

Websites 網址:

www.chineseparents.org

And

www.communilink.org.au/
Chineseparents

How can you help? 請給我們支持:

捐贈 款項 I would like to make a donation of: \$ _____

本人願意參加為貴會會員: I would like to become:

會員 Member

附屬會員 Affiliated member

義工 Volunteer

會員年費 \$10
Membership Fee \$10 pa
(From 1 July -30 Jun)

名字 Name: _____ 姓氏 Family Name: _____

地址 Address: _____

電話 Tel: _____ 電郵 Email: _____

互助友愛, 風雨同路二十年

記澳洲弱能兒童協康會二十週年慶祝聚會

在陽光普照, 充滿溫馨和熱鬧氣氛下, 三百多位家長, 弱能人士, 嘉賓 和中外社區朋友于9月7日, 在賓士鎮美心大酒樓共同慶賀澳洲弱能兒童協康會建會二十週年並舉行午宴。

席間, 弱能會員表演精彩節目, 包括 Michael 的小提琴獨奏, 熱愛唱歌的 Joanne 表演獨唱, 還有 Samson 和 Paula 的舞蹈表演, 他們的演藝和表演時的專注, 反映他們的自信和看重這次表演機會, 這都令與會嘉賓大為驚嘆。還有令人擊節讚賞的, 是兩場由青年和年幼弱能人士和義工合作演出的音樂大合奏, 這都是協康會上下努力的成果。

協康會 - 前名為「華裔弱智及傷殘子女家長會」- 創于1988年。當時在民族兒童發展服務中心支持下, 在馬力圍創辦了紐省第一間華裔弱智人士之家 - 福能居。管理福能居產生了第一代的家長領袖並成立了家長會。從一開始家長會就與所有弱能子女的家庭保持緊密的聯繫和積極舉辦自助助人的活動。

二十年來, 家長會為過去, 今日和將來的家長提供一個互相幫助和勉勵的場所, 也使他們再次振奮為自己的子女的將來努力。二零零五年, 家長會易名為澳洲弱能兒童協康會, 並積極發展家庭為主的服務, 推動同舟共濟互相幫助, 也支持弱能子女發展其潛能。



民族兒童發展服務中心行政總監鍾文媛祝賀協康會在過去20年的成就時指出: 「華人家長會和福能居的成就是多年來弱能子女家長努力參與, 積極爭取和維護弱能人士權益的結果。過去20年, 他們積極的與各個政府部門, 華人社區和其他團體合作, 努力耕耘, 為所有弱能子女的家庭和照顧者爭取最大的利益」。

當年協助成立家長會的社工駱黃美苓女士也參與盛會, 並接受協康會的獻花, 以示謝意。她說: 「是家長們的堅毅和不懈贏取社區和義工的支持和為他們子女的將來帶來希望。」

聚會上, 協康會分派了一份印刷精美, 圖文並茂的二十周年紀念特刊, 詳述協康會的歷史。多位家長撰文細說培育弱能子女成長的艱辛過程, 充份表達對弱能子女不離不棄的偉大親情。弱能子女的兄弟姐妹也有文章, 談論手足之情和個人感受。

協康會會長劉敏兒說: 「協康會能夠有今日的發展, 實在有賴一群熱心人士, 市政府及社區團體不斷的支持」。她對所有在過去二十年曾經支持過協康會的人士及團體致以衷心的謝意。她說協康會將繼續互助友愛的立會精神, 服務所有弱能子女的家庭和社群。

范鎮榮記錄

CPA 20th Anniversary Celebration



It was a gorgeous, sunny early-spring Sunday, a perfect day for family activity. Over 300 attendance - guests from various community organisations, parents, members, volunteers and young people with disabilities - gathered at Maxims Wedding Reception, Bankstown celebrating CPA 20th Anniversary, the Father's Day as well as the Chinese Mid-Autumn Festival.

Having declared the opening of the celebration by Bernard Tsui and Daniel Young, CPA President, Elena Lau expressed her warm welcome to the audience. CPA distinctive guests: Hon Helen Sham-Ho, Ms Vivi Geramnos-Koutsounadis, Mrs Rosemary Lock, Mr Fan Chun Wing, Clr Jack Au, Clr Philip Samsom and Mr Ken Kwok, presented their speeches respectively, offering their congratulatory addresses, valuable financial and moral support, and encouragement to the Association and its members.

Prior to the commencement of the lunch, there was the table prize draw when everyone was a lucky winner. The feeling of joy and excitement among the audience began to swell when the young people with disabilities presented their first dance— You Drive Me Crazy, followed by Michael's violin solo, singing by Johnny and his father, Sam Li. Unarguably, the climax of the day was the superb ensemble performance by the Youth Group. Under the guidance of Winnie, Cathy and Phoebe, they displayed their skills in playing various kind of musical instruments and executing their team-work spirit and co-operation. The performance was greeted by rounds of overwhelming applause. The success of this event truly reflected the endless effort and mutual support spirit from the parents, members, volunteers and the staff of CPA.

The happy day was concluded by the Raffle Ticket Draw, an auction of cosmetic gift packs donated by Shiseido and the 'Parade of Chinese Lanterns' designed and created by the combined effort of Ms April Cheung, the volunteer graphic designer and parents and their children with disabilities. It was a day of joy, friendship, encouragement and support; and it is also such a touching moment that CPA members would cherish for a long, long time.



Results of the Raffle Ticket Draw 五元抽獎券揭曉

澳洲弱能兒童協康會在九月七日假座美心大酒樓舉辦二十週年午餐聚會，同時亦慶祝父親節及中秋節。與會來賓逾眾。會員朋友參與表演，場面溫馨感人。

本會衷心感謝多年來各社團機構、商號、醫生朋友、文化、演藝界、報界及電台的大力支持，給本會工作人員及家長會員無限鼓勵。企盼繼續同心協力，服務弱群，發揮互助友愛的精神。

日前銷售之五元獎券於當天抽出，中獎號碼如下：

頭獎：0309	二獎：1031	三獎：2681
四獎：1272	五獎：2243	六獎：2293
七獎：1558	八獎：0296	九獎：2404 十獎：0596

安慰獎如下：

十一獎：0858	十二獎：2125	十三獎：1993
十四獎：2386	十五獎：0617	十六獎：2121
十七獎：1818	十八獎：1132	十九獎：1496 二十獎：0574

懇請中獎人士攜同中獎獎券及身份證明前來本會辦事處領獎。本會義工會致電聯絡中獎人士。
辦事處：金時區Campsie, 59 Evaline St, 二樓，四室。 02-9784 8120 Mandy

CPA Regular Activities



“TALK TO ME” : An early intervention activities 談天說笑兒童坊

這是一個特別為有智障及語言發展遲緩的小朋友而設計的活動，以遊戲小組的方式進行，給二至七歲小孩提供早期訓練。整個活動著重提供多些能與小朋友單獨個別溝通的機會。指導鼓勵他們正確發音及發展說話的能力。小朋友能在一個輕鬆和配有柔和音樂的氣氛中，學習與別人溝通，相互照應和交往的能力；家長亦能參與，好能建立更多與孩子溝通的渠道。

時間： 逢星期六下午2:30 至 3:30
地點： Belmore Youth Resource Centre ,
38-40 Redman Pde, Belmore

音樂治療班 Music Therapy Program

A music therapy program for children
with support needs

Music Therapy aims to encourage participants to speak up, express their feelings and gain confidence; it may also strengthen one self's communicative, motor, emotional, social and leisure skills.

音樂治療法 是由音樂治療師利用各種音樂媒介去達到一些非音樂性的目的。對弱智兒童而言，由於智能不足而導致各種社會適應問題，若能利用音樂來發展他們適應社會的能力如溝通技能、自我表達、安全感、感知肌能和認知能力等，這便是治療概念的實踐了。

Youth Group 少年組

時間： 逢星期六舉行 下午 2:30 至 3:30

Junior Group 兒童組

時間： 逢星期六舉行 下午 3:45 至 4:30
地點： Belmore Youth Resource Centre,
38-40 Redman Pde, Belmore

中國舞蹈組 Chinese Dance



由專業舞蹈教師陳靜老師指導及教授小朋友組員一些簡易的舞步，配合音樂及歌曲，組員們能隨著樂曲的節奏，載歌載舞，跳出他們熟悉的中國舞蹈步伐來。這個活動，既可提供他們學習舞步的機會外，又可訓練他們的節奏感，體能和合拍精神，以便鼓勵他們作舞台演出的預習。同時，亦可以傳遞給參與舞蹈的學員一些中華文化的知識。

時間： 逢星期六舉行 下午 3:30 至 4:45
地點： Belmore Senior Citizen Centre,
38-40 Redman Pde, Belmore

“Mums Go Fit”

A Dancing Class for Ladies
專為女士而設的舞蹈班

Date 日期: Wednesday 星期三
Time 時間: 10am-11:30am 上午十時至十一時半
Venue地點: 40 Milton Street Ashfield



保齡球賽 Bowling



時間： 逢星期六舉行，上午11:30 至 1:00
地點： 546 Liverpool Road, South Stratfield

For enquiry & contact, please call:
查詢詳情，請電:

Mandy 0406 233 222 , or 9784 8120
Tues/Thurs 週二、週四 10am—3pm

Upcoming Activities 活動預告



澳洲弱能兒童協康會
CHINESE PARENTS ASSOCIATION -
CHILDREN WITH DISABILITIES INC

Notice of Annual General Meeting 2008

2008 週年會員大會

Date 日期： 14/12/2008 (星期日) Sunday

Time 時間： 11.30am -12.30 noon

Place 地點： Auburn RSL Club
33 Northumberland Road,
Auburn, NSW 2144



聖誕聯歡會 2008 X'mas Party & Lunch

Date 日期： 14 December 2008 Sunday

Time 時間： 12.30pm -3.00pm

Venue 地點： Auburn RSL Club
33 Northumberland Road,
Auburn, NSW 214

費用 Fees (per person):

Adults 成人:	\$ 10
Children 兒童 4-12 歲:	\$ 10
People with disability 弱能人士:	free 免費
Children under 4 (4 歲以下兒童):	free 免費



All enquires please contact 報名及查詢請電協康會:

Mandy on 0406233 222

Or 9784 8120 (Tuesday & Thursday 星期二, 四) 10am-3pm

Seminar on Women's Health 婦女健康講座

主講： 中醫何女士
主題： 消化系統
日期： 2008年11月13日星期四 上午9.30— 12.00
地點： 金匙區, 59 號, Evaline St, 二樓, 四室。
59 Evaline St, Level 2, Suite 4 Campsie

Seminar Report

A Seminar— 'Advocacy and people with disabilities' was held on 20/09/08 at Belmore Senior Citizens Centre. Guest speakers from Multicultural Disability Advocacy Association had kindly provided detailed information in regard to this topic – System Advocacy and Individual Advocacy. For further interest, Power Points slides can be found on CPA website:

www.chineseparents.org



在九月二十日 Belmore Senior Citizens Centre 舉行了一個權益維護講座，並邀請了 Multicultural Disability Advocacy Association 的代表作嘉賓，講座內容包括權益維護介紹，個案介紹及公開討論，參加者均覺從是次講座中獲益良多。

Report on "Talks on Women's Health" on 25/07/08, 14/08/08 & 11/09/08

婦女健康講座報告

It was CPA's pleasure to have Ms Jacqueline Ho, a Chinese Herbalist, to present these seminars to our parents. The topics included menopause, osteoporosis, emotional management, healthy eating habits. Participants were very keen and active in consulting Ms Ho concerning these general women's health issues.

為我們邀請了中醫師何女士作嘉賓講員，何女士講解了女性更年期，骨質疏鬆，情緒處理，健康飲食習慣，參加者向何女士諮詢了很多有關婦女健康問題。



Lantern Making Workshops on 23/08/08 & 30/08/08 花燈設計及制作工作坊

To celebrate the Mid Autumn Festival, CPA volunteer graphic designer, Ms April Cheung kindly offered her time in running the workshops. Both our parents and children enjoyed the workshops very much and all the hand-made lanterns were displayed at the Mid Autumn Festival Celebration Party on 7/09/2008.

為慶祝協康會中秋慶節，我們特別邀請了平面藝術設計師 April 小姐教授自製燈籠心得，家長及小朋友均熱烈參與，並在中秋節聚餐展出所有自製燈籠作品。



A trip to Taronga Zoo



CPA parents and children visited Taronga Zoo on 1/10/2008. We saw many lovely animals. It provided us a very good opportunity to learn more about how to protect our environment as well as the wild life animals. We also watched the seal show and we all enjoyed it.

在十月一日協康會參觀了泰朗嘉動物園。在那裏我們看到了很多可愛的動物。這是一個很好的機會讓我們的家長及兒童們去增加多一些保護環境及野生動物的常識，我們也觀看了一場精彩的海獅表演。

Fantastic Getaway Camp

A family camp at Milson Island was organized by CPA during 10th-12th October. In the camp, our parents and children participated in the activities such as rock climbing, giant swing, canoeing, archery and fishing. In addition, the first meetings of "Dad to Dad" and "SibSpace" were held within the campsite. The participants were very keen in sharing their experiences and feelings.

協康會從十月十日至十二日內，在 Milson Island 舉行了一個家庭營。在營裏，我們的家長及兒童們參加了爬石，大鞦韆，獨木舟，射箭及釣魚等活動。我們也開始了 "Dad to Dad" 及 "SibSpace" 的首次聚會，參加者都很樂意彼此分享他們的經驗和感受。



Tennis Fun Learning

On 3/10/2008, Mary Greig from RSAC was invited by CPA to coach our children to play tennis. Followed the tennis was a yummy lunch provided by our parents. Mary also taught our children table manner during lunch-time. It is an entertaining and educational activity.

在十月三日協康會邀請了RSAC的 Mary Greig 來教導我們的兒童打網球，有幾位家長特別預備了一頓豐富的午餐，我們同時也邀請了Mary於午餐期間教授餐桌禮儀，這是一個富娛樂及教育意義的活動。



Inside Story

CPA had organized a seminar for parents with our guest speaker Dr Clive Sun on 26 July 2008. It was a talk on “Sex Education and People with disabilities”, and followed by an open discussion. Some issues have been brought up by parents and we tried to look for appropriate answers. We have adapted the following documents, provided by ‘Better Health Channel– Healthier Living Online’ (Victoria Government) and Hong Kong Family Planning Association, on ‘Sex Education for children with intellectual disabilities’ as reference for this issue.

Sex education for children with intellectual disabilities

Better Health Channel– Healthier Living Online –Victoria Government

<http://www.betterhealth.vic.gov.au>

People with intellectual disabilities have the same range of sexual thoughts, attitudes, feelings, desires, fantasies and activities as people without disabilities. Yet the expression of sexuality of people with an intellectual disability has often been seen as a ‘problem’. Sex education is sometimes withheld, even though people with intellectual disabilities experience sexual abuse at higher rates than the rest of the population. They may also be at increased risk of sexually transmissible infections (STIs) or unplanned pregnancy if they are not educated about their sexuality.



It is important that all children are educated about sex and given the opportunity to explore, enjoy and express their sexuality in positive and healthy ways.

Sexual development

Most children with an intellectual disability will begin puberty at the same age as other children and will experience the same physical and hormonal changes. A child with an intellectual disability, however, may need more education and support to understand and manage these changes.

Children with higher support needs may need extra education and support to express their sexuality in positive ways. For example, it may be important to explain the concepts of ‘public’ and ‘private’ and to make it clear which behaviours are appropriate in different places.

Sex education may be discouraged by some parents and carers

Some common reasons given for not educating children with an intellectual disability about sexuality include:

- There is a misconception that children with an intellectual disability don’t need sex education because they will forever remain in a ‘child-like’ and therefore non-sexual state.
- Some parents fear that a child with sexual knowledge will be more likely to experiment with sex and have an unplanned pregnancy, contract a sexually transmissible infection or ‘get into trouble’ in some way. The underlying hope is that a child who doesn’t know about sex will have no desire to express their sexuality.



- Some parents find it difficult to discuss sex with children, and this can be more difficult if the child has a disability. The parents may have tried to talk to their child about sex, but weren’t able to express the information in a way the child could understand. Failed attempts may cause the parents to give up.

Aspects of education

Ideally, sex education should include information about:

- Self-esteem
- Building the social skills to develop and maintain relationships
- Public and private places and behaviours
- Different types of relationships
- Personal safety – protective behaviours
- Coping with relationship difficulties or rejection
- Sex and relationships, including marriage
- The changes of puberty, both physical and emotional
- Menstruation
- The physical mechanics of sex, including reproduction
- Appropriate and inappropriate expressions of sexuality
- Sexually transmissible infections
- Safer sex
- Contraception

Sex education for children with intellectual disabilities - tips for parents:

Information needs to be tailored to the child

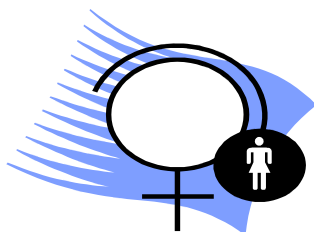
There isn't a 'standard' model of sex education that suits all children with an intellectual disability. Information needs to be tailored to the child's level of understanding. For example, children with higher support needs may require more basic information. This may include information about differences between males and females, what kind of touch is appropriate or inappropriate, and how to behave in different social situations.



Prepare yourself first

Suggestions for parents include:

- Make sure you know what you're talking about. If you are unclear about any details, check first.
- Have a look at a variety of books and materials on sexuality and disability. You can browse on the Internet or visit the library and bookstore at Family Planning Victoria.
- Ask your child's teachers or carers about what sort of sex education their school is providing. They may be able to give you advice or show you resources.
- Talk to your disability association, Family Planning Victoria and other parents in relevant support groups for suggestions and tips on how to best express the information to your child.

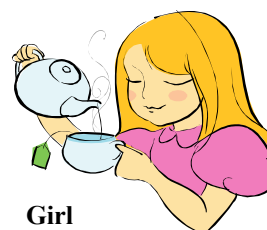
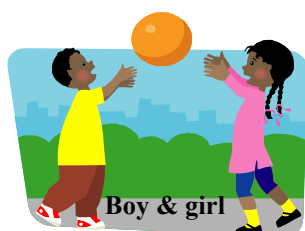


- Work through your own feelings of unease and embarrassment, perhaps with the help of a counsellor. It is important to keep messages positive and non-judgmental. Decide beforehand which words you're going to use. This can be tricky, since names for body parts (such as vagina and penis) tend to be either medical or slang. Avoid vague euphemisms such as 'front bottom', as you may cause confusion or give your child the impression that talking about genitals is shameful or embarrassing.

Different ways to talk about sex

You should look out for times when your child expresses interest or curiosity in sex – for example, if they see actors kissing in a movie on television and start asking questions. Suggestions on ways to talk about sex include:

- As with any child, sex education should be spread over time. Give the simpler facts first, and then continue to add to your child's knowledge as they grow older.
- Try to express information as simply as you can.
- Try to keep discussions light and fun.
- Anatomically correct dolls can help teach a child about differences between the genders.
- Children with intellectual disabilities often have trouble thinking in abstract ways. It may be helpful to gather a range of resources, such as books with clear and simple pictures, videos, dolls and three-dimensional models of body parts.
- Read age and development appropriate stories about sex and sexual issues together. Your disability association or Family Planning Victoria should have books to loan or purchase.
- Role play may come in handy when discussing relationship skills or assertiveness. For example, help your child to practise saying 'no' to unwanted advances in various settings.
- Role play may also help your child to understand the difference between private and public settings, if they are having trouble.
- Use demonstrations whenever possible. For example, you could use dolls to show where babies come from. Masturbation should be discussed as a healthy and natural way to explore and express sexuality in a private place.



建立自信

性教育強調全人發展，正確的性知識及性態度與自我形象的建立有密切關係。教育孩子對性有正確的認識及開明的觀念，將使他們更能接納自己，肯定自我的價值。

實話實說

應以正確的答案回答孩子的性問題，不要捏造答案去試圖滿足孩子的好奇心。

與時並進

了解孩子的心性發展。隨著子女年事漸長，同一問題，你應提供更深入的答案，以滿足他們的求知慾。若孩子心智許可，更可引導孩子作較深入的討論。

知己知彼

直接參與孩子的活動，如共同觀看電視節目、欣賞他們喜愛的音樂、分享他們的談話及玩笑等，均能使你明瞭孩子的思想及理解他們的文化，繼而有助你與孩子在與性有關的範疇上溝通。

以身作則

你的態度及行動無疑會對孩子造成含蓄而深遠的影響。忌諱的態度會令孩子對性產生神秘、羞惡之感；如果家長觀看色情刊物及說粗話，孩子亦

有問有答

應盡量避免長篇大論的演說，嘗試在適合的時機引導孩子主動發問；例如懷孕的朋友來訪、與性有關的新聞及電視節目均提供大量刺激孩子的元素，你大可以此引導他們思考及發問。

同聲同氣

答覆問題時，應首先掌握孩子對問題的了解程度、有否誤解的成份，再以他們能明白的字眼、方式及語調解說。解釋務必簡短及清晰。

實事求是

遇上不懂的問題時，坦白承認，並坐言菱行，與孩子共同藉著書本或其他途徑尋找答案。

和顏悅色

耐性、專注、細心聆聽，再加上溫和自然的語調能使孩子感到舒服，有助你們的溝通。緊記接納他們的想法（也許傻氣，但卻是孩子認真思考的結果）。最好讓孩子主動帶領對話。

諄諄善誘

避免使用阻礙溝通或會挑起孩子敵意句子，如「你怎會那麼蠢呢？」、「這是你不應問的！」、「你從那裏知道這些不好的東西？」等。



麥當奴的早餐

鍾平 - 景星伴我行

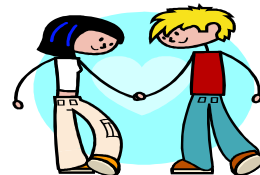
昨夜爲了奧運而睡晚了，又要一早就去某公司取貨，所以沒有吃早餐便出門了。到了九時半，腹如雷鳴，便找了一間麥當奴，嘆其一盅(杯)兩件，當時人客已少，甫坐下就見了一件感人之事。有一個只有四呎餘高的弱智少女，身穿全套熨得畢挺的麥當奴制服和帽子，拿著垃圾鏟子和掃帚，在一個面帶菱祥的中年麥當奴工作人員指導下，小心翼翼地掃垃圾。只見她緊張地對每一件垃圾如薯片等，認真看準，一掃而入鏟中，鏟開合一聲，面上便閃過一絲笑容。然後再找其他目的物去。我真爲那位留下垃圾的顧客慚愧，亦向麥當奴致敬，有幾多機構願意給弱能的人士一次機會？



節錄自星島週刊 411期 13/09/2008，35頁 南天群星

通常父母看見自己的子女踏入青春期都十分欣喜，因為這表示子女已長大，但弱智人士家長卻又憂心忡忡。常見的憂慮，男的不外乎在如何處理自瀆，（尤其是小新失驚無神地露「何B仔」！）或解答他們的性問題如：

亞仔隻手週不時抓「嗰度」呀。
亞仔自瀆得多會唔會傷身㗎？
公開場合自瀆點算好？



關於家長常頭痛的行為 -- 自瀆

對於自瀆、自慰，我們應該存有甚麼觀念呢？

錯誤的觀念:

1. 自瀆、自慰是不正常的，只有是性慾強和不正經的人才有的行為。
2. 自瀆、自慰會損耗人的精力，而且會令心血減少，有氣促等徵狀。
3. 當父母看見自己子女有自瀆、自慰的行為時，應立即加以制止。
4. 弱智人士自瀆、自慰是因為他們對性特別好奇，沒有自制能力所致。
5. 弱智人士自瀆、自慰會進一步損害他們生活的能力

正確的態度

1. 自瀆、自慰是正常的，而且在人的生理發展上可以預計的。
2. 自瀆、自慰不單對人的身體無害；相反，可能更對人的心理健康有所裨益。
3. 以體罰或責備的方法來禁止子女自瀆、自慰是於事無補的，可能會影響人的心理展。
4. 弱智人士自瀆、自慰和普通一樣，需要途徑宣洩他們在「性」這方面的需要；而且，任何性別，年齡、種族、宗教的人都可能有自瀆、自慰的習慣。
5. 自瀆、自慰絕不是導致弱智、弱能、性無能及腦部損壞的原因。

- ☼ 了解正確的觀念後，家長便能以正確態度接納子女有自瀆或自慰的行為。並利用性教育圖片或錄影帶教導正確方法以免弄傷性器官，由父親，哥哥說明。
- ☼ 家長請留意弱智人士不懂分辨自瀆、自慰是私人行為，是不可讓別人看見，而且不能在公眾場所進行，家長可採用角色扮演以教導甚麼是「適當的時間」、「公眾場所」等，若要指出他們某些行為是不適當的話，即時的提示和稱讚是很重要的。
- ☼ 若果孩子們自瀆、自慰行為過份頻密，便要看看他們是否沒有充實的生活及足夠的活動，以至他們用此來填補沉悶的時間空間。
- ☼ 若孩子在上街時，時常騷抓性器官，可以讓他一手拿著袋，一手拖着家人，以減低雙手空閒之機會，這樣便無暇接觸性器官。
- ☼ 另外男孩應從幼年時開始習慣穿內褲，這樣能減低陰莖受刺激而容易勃起的尷尬現象。

家長的角色和適當的反應

1. 接納孩子有性需要和好奇，容許他們提問有關性方面的問題，並處之泰然，以減低他們的焦慮。
2. 當孩子生理快有轉變和男孩子體毛長出來前，家長應提早約七、八歲教導他們認識這轉變，例如透過爸爸、哥哥的身體作說明，使他們對自己身體和性器官將來的劇變有所認識。
3. 預早教導他們明白及接受體毛的出現。
4. 教導他們剃鬚技巧，增加自理能力及建立健康形象。
5. 學習以肥皂洗面，以減少青春痘出現。
6. 需要不斷強調清潔身體的重要性，以免因體臭而影響自我形象。
7. 面對夢遺，家長應肯定這是青春少男常有的正常現象，是表示長大的象徵，以減低羞愧感。但家長需教導孩子在夢遺後應清潔內褲和床單，像平時處理污衣一樣。

醒目小貼士: 若夢遺頻繁的情況下，可以：

1. 選擇較堅硬的床，及採取側睡姿態，減少對陰莖之刺激。
2. 睡時衣被要輕、寬及舒適，以免壓迫性器官。
3. 睡前不宜過飽或飲酒，臨睡前小便。



~SibSpace 兄弟姐妹世界~

誠邀請各位兄弟姐妹來參與我們的

小型高爾夫球活動

“Puff Puff Golf” for Siblings

2008年 11月 15日 Saturday 星期六 2.30-4.00pm

For inquiry: 0406 233 222 Mandy / 97848120 Tuesday & Thursday



Carer's week Celebration

慶祝照顧者週

CPA had organized a lunch buffet party at the Belmore RSL Club for the Carers Week Celebration on 18/10/2008. To start with, we all enjoyed the tasty food at the tables, then followed by watching a documentary DVD about carers, the election and presentation of awards to CPA the best male and female carers 2008.

為慶祝照顧者週，在十月十八日我們到 Belmore RSL Club 一起享用豐富的自助午餐。當日活動還包括有觀看鏗鏘集記錄片、選舉及頒發獎狀和禮物 (Shiseido 資生堂護膚禮盒) 給協康會本年度最佳男、女照顧者。



The Best Carers 2008

Are awarded to

Andy Luu

Joyce Han



Congratulation Barry !

Though careful observation, Barry had successfully found out all the animals' locations in Taronga Zoo.

Good work!



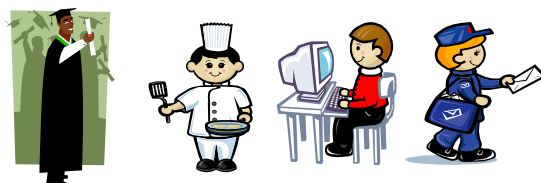
您将会遇到的一些奇妙的动物:

NAME	Barry Mak	LOCATION 位置
Koala 树袋熊		E24
Kookaburra 澳洲笑翠鸟		M31
Reptile World 爬行类世界		D21 D21
Tramontane Dove 澳洲白鸽		E25
The Rainforest Aviary 热带雨林鸟舍		G29
Dingo 澳洲野狗		E25
Nightjar 夜鹰		I31
Platypus 鸭嘴兽		H33
Kangaroo 袋鼠		F31
Wallabrook 壁虎		F31
Emu 鸸鹋		F31
Swale 沼泽鳊		P21
Platypus Poole 鸭嘴兽		K31

Upcoming Seminar 「家長座談會」預告：

弱能學生的 – 選擇學校，離校後的就業培訓，及工作出路等。
 “Post School Options for Students with Disabilities”

Date 日期： 8 /11/ 2008 Saturday
 Time 時間： 2.30 – 4.00pm
 Venue地點： Belmore Senior Citizens Centre
 38-40 Redman Pde Belmore



澳洲弱能兒童協康會二零零八年十一月至十二月週末活動項目表

Date 日期	Venue 活動場地	Address 地址	Time 時間	Program 活動項目	Remark 備註		
1/11/2008 Saturday	AMF-Enfield	546 Liverpool St S.Stratfield	11:30-1:00pm	Ten pins bowling 保齡球賽	Youth Group		
	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	EI Activities 兒童啟蒙活動	Junior Group		
			2:30-3:30pm	Music Therapy 音樂治療組	Youth Group		
			3:45-4:30pm	Music Therapy 音樂治療組	Junior Group		
			3:30-4:45pm	Dance Class 舞蹈組	Youth Group		
8/11/2008 Saturday	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	EI Activities 兒童啟蒙活動	Junior Group		
			2:30-3:30pm	Music Therapy 音樂治療組	Youth Group		
			3:45-4:30pm	Music Therapy 音樂治療組	Junior Group		
			3:30-4:45pm	Dance Class 舞蹈組	Youth Group		
15/11/2008 Saturday	AMF-Enfield	546 Liverpool St. S.Stratfield	11:30-1:00pm	Ten pins bowling 保齡球賽	Youth Group		
			Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	EI Activities 兒童啟蒙活動	Junior Group
					2:30-3:30pm	Music Therapy 音樂治療組	Youth Group
					3:45-4:30pm	Music Therapy 音樂治療組	Junior Group
3:30-4:45pm	Dance Class 舞蹈組	Youth Group					
22/11/2008 Saturday	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	Dance Class 兒童舞蹈組	Junior Group		
			2:30-3:30pm	Music Therapy 音樂治療組	Youth Group		
			3:45-4:45pm	Birthday Party & Karaoke	All members		
29/11/2008 Saturday	AMF-Enfield	546 Liverpool St. S.Stratfield	11:30-1:00pm	Ten pins bowling 保齡球賽	Youth Group		
			Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	EI Activities 兒童啟蒙活動	Junior Group
					2:30-3:30pm	Music Therapy 音樂治療組	Youth Group
					3:45-4:30pm	Music Therapy 音樂治療組	Junior Group
3:30-4:45pm	Dance Class 舞蹈組	Youth Group					
6/12/2008 Saturday	Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	EI Activities 兒童啟蒙活動	Junior Group		
			2:30-3:30pm	Music Therapy 音樂治療組	Youth Group		
			3:45-4:30pm	Music Therapy 音樂治療組	Junior Group		
			3:30-4:45pm	Dance Class 舞蹈組	Youth Group		
13/12/2008 Saturday	AMF-Enfield	546 Liverpool St. S.Stratfield	11:30-1:00pm	Ten pins bowling 保齡球賽	Youth Group		
			Belmore Senior Citizen Centre	38-40 Redman Pde Belmore	2:30-3:30pm	EI Activities 兒童啟蒙活動	Junior Group
					2:30-3:30pm	Music Therapy 音樂治療組	Youth Group
					3:45-4:30pm	Music Therapy 音樂治療組	Junior Group
3:30-4:45pm	Dance Class 舞蹈組	Youth Group					
14/12/2008 Sunday	Auburn RSL Club		11:30-2:30pm	Annual General Meeting And Christmas Party	All members		
20/12/2008 To end of Jan.	School Term Break						

"The above programs may be changed without prior notice due to unforeseen reasons."