



# Children's well-being

ranks lowest with dissatisfaction over 'time use' and 'being listened to by adults'



In a recent international survey conducted by Lingnan University who participated in the third section of the Children's World's "International Survey of Children's Well-Being", the **overall well-being of Hong Kong children aged 12 and 10 ranked the lowest and second lowest** respectively when compared with the 35 participating countries or regions. In the 15 aspects of lives, Hong Kong children's **scores on "leisure time use" and "being listened to by adults" are the lowest** among neighboring Asian regions.



**Prof Maggie Ka Wai LAU, Research Associate Professor of School of Graduate Studies** and principal investigator of the project, considers that the situation in Hong Kong is cause for concern. She said: "The lack of autonomy in how Hong Kong children use their time, coupled with their feeling of stress in daily life, reduces their overall well-being and affects their mental health."

**Prof Stefan KÜHNER, Associate Professor of Department of Sociology and Social Policy** said that the well-being of children in Hong Kong still lags behind other parts of the world, and that the Government, schools and parents must address and improve the situation in order to reach international standards. "In order to provide a healthy, full life for children, parents need to spend more quality time relaxing, chatting and playing with them," Prof Kühner said.



"Parents should listen to them, care more about their school life and teach them how to make the best use of their spare time, balancing their studies and life. Schools should also promote healthy living and inclusiveness to minimise bullying. The Government should create a way for children to be heard and provide more recreational facilities," he said.