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beijingkids

February 2017

Plus: confronting sexual harassment, parents share their "Talk" approaches, and explaining consent

"My Life Was Over"
Beijing student recounts cyberbullying story

Birds and Bees
What do schools really teach?

Spilling Secrets

Uncovering topics that shouldn't be taboo





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No More Shame

As soon as I accepted this position as Managing Editor, I knew I would eventually oversee an issue delving into the uncomfortable topic of sex education, child abuse, and sexual harassment and cyber-bullying. I haven't been discouraged by the embarrassed snickering when I introduced the topic to some, but I was surprised by the overwhelming encouragement from the parent community to spearhead this issue. The truth is that these are real issues teachers, parents, teens, and kids face.

I was four years old when I was first sexually abused, and the abuse lasted for four years unbeknownst to my parents. Now as a parent, I can easily see how the abuse was undetectable. My secret horrified and grieved my parents when I finally told them. I didn't have the courage to tell my parents until I was a senior in high school, but by then the abuse had affected my personality, the way I coped with the anxieties of my life, my studies, and how I interacted with others and accepted peer sexual harassment. I had been living in pain and shame for something that wasn't my fault.

I'm sure any parent can understand my current fears of something like this happening to my children, but it's not just my own children I want to protect. Every child and teen deserves proper protection and advocacy from their parents and schools. Therefore, this issue is meant to educate and help parents, teachers, and administrators do just that. Students, if you or someone you know is going through this type of abuse, please turn to pg 38.

On pg 54 you'll find a feature about the different developmental stages of children and how to talk to your children about their changing bodies. On pg 48, we share the true story of a Beijing student who was cyberbullied and, due to identity theft, was also accused of sexually harassing his peers. For parents with young children, we found books that could help with these very tough topics (pg 36).

We didn't want to leave the whole issue in such a serious mood, so we also have some light-hearted columns, including luxury gifts for Valentine's Day (pg 17), a great meal for an at home date night (pg 22), and very cool projects by ISB students (pg 40).

Vanessa Jencks

Vanessa Jencks
Managing Editor



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ON THE COVER:

Canadian International School Beijing grade 9 students Lindokuhle Nyawose and Emanuele Barbieri hung out with us for this month's shoot. Nyawose is from South African and Barbieri is Italian. They are the first teen couple Beijingkids has featured in our cover and lead images; the hushed whispering between the two was not staged.

Photography by Dave's Studio

WOMEN OF CHINA



《中国妇女》英文刊 2017年2月(下半月)

WOMEN OF CHINA English Monthly
Sponsored and administrated by ALL-CHINA WOMEN'S FEDERATION
Published by WOMEN'S FOREIGN LANGUAGE PUBLICATIONS OF CHINA
Publishing Date: February 7, 2017

WOMEN OF CHINA English Monthly
中华全国妇女联合会主管/主办
中国妇女外文期刊社出版
本期出版时间:2017年2月7日

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Printing 印刷 TOPPAN LEEFUNG CHANGCHENG PRINTING (BEIJING) CO., LTD.
北京利丰雅高长城印刷有限公司

Address 本刊地址 WOMEN OF CHINA English Monthly 《中国妇女》英文月刊
15 Jianguomennei Dajie, Beijing 100730, China
中国北京建国门内大街15号 邮编:100730

国际标准刊号 ISSN1000 9388
国内统一刊号 CN11-1704/C

A Publication of

True Run Media

Helping the international community get the most out of life in Beijing

True Run Media 出版制作

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广告代理

北京爱见达广告有限公司

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The beijingkids Board

AJ Warner

When AJ Warner is not with his two sons, he's coaching Chinese students on how to get admitted to the top 30 US universities. He also guides Chinese families through the process of sending their child to the US for high school and related homestays. Contact him at ajwarner@touchdown.org.cn.



Mike Signorelli

Mike arrived in Beijing in 1994 as a student and has called China home ever since. He has held several senior management roles over the past 20+ years, including his last corporate job with NBA China. Mike is the founder of Signature Wine, China's first independent subscription wine club. Contact him at mike@sigwine.com.



Sara Wramner-Wang

Over the past 20 years, Sara Wramner-Wang has worked in various senior management positions at companies like Ericsson, Ikea, and Oriflame. She is currently the director of sales and marketing and head of admissions for EF Academy International Boarding Schools' Asia operations. Contact her at sarawramner@hotmail.com.



Eyee Hsu

When former CGTN talk show host and mom-preneur Eyee Hsu is not chasing after her two kids or the family dog, you might catch her at a Pilates studio or on TV. She formerly owned Counting Sheep boutiques and will be returning to the US this year. We'll miss her but wish her well!



Caroline Nath

Caroline Nath moved to Beijing as a teenager after having grown up in the US, Canada, France, and India. She is a filmmaker, radio host, Parent Effectiveness Training teacher, founder of Bonne Nani Jams, and an organic food promoter. She has two multi-ethnic and multi-lingual children. Contact her at kulfidoll@gmail.com.



Elisabeth Koch

China's milliner, Elisabeth Koch, arrived in 2007 and hit the ground running with her hats. This TCK has two children who were born in Beijing. While her creations adorn famous heads on the covers of international glossies, Koch gives hat-making workshops in her studio and is kept busy by the kids. Find out more information at www.ElisabethKoch.net



Samantha Zhang

Samantha spent the past decade working for international corporations but in 2015 she founded JZ-Atelier Jewelry studio. The studio focuses on teaching systematic skills training so students are able to design, select materials, and fabricate their very own artistic jewelry from beading necklaces to handcrafting silver jewelry. When Samantha is not working, she enjoys spending time outdoors with her family. You can reach her at legendaryzhang@yahoo.com.



Camilla Simoni

Originally from Denmark, Camilla Simoni has lived in Beijing for the last 4 years with her husband and their 3 boys (4, 10 and 12 years old). Before moving to China, she worked as a health visitor, conducting in-house check ups, breastfeeding counseling, and other issues related to having a newborn. After she moved to Beijing, she finished her Master's in Sociology and took part in the start up business "CHallet baby."



What's New

Find the Right School for You and Your Kids at BISE 2017

Whether you're newly arrived, looking to change schools or have a child coming up to school age, you can find out all about the choices available at the Beijing International Schools Expo. Over forty schools will be represented, and there will be talks and discussions, so that you can compare curricula, facilities, activities and of course fees. Perhaps most importantly when making this critical decision, you can get a feel for the attitude and ethos of different schools before making a shortlist. The event takes place on the weekend of February 18-19, at Crowne Plaze Beijing. For more information, and to sign up, visit our website, beijing-kids.com.

Airpocalypse Now... or Then?

The end of 2016 brought unwelcome attention to our city, as news media from across the globe reported on the worst smog for several years. Striking images, like the shiny silver bullet train turned mud brown simply from driving through pollution, were circulated all round the world. Ironically this came after a year in which the average AQI had fallen by 8 percent. And China leads the world in developing renewable energy, currently investing twice as much as the US. So we can at least hope for a brighter future, where clear skies in Beijing don't make headlines as they did last month...



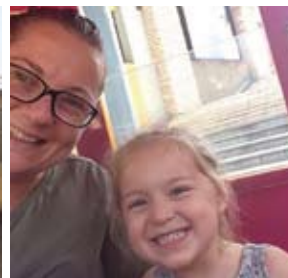
Xīn Nián Kuài Lè!

2017 is the Year of the Rooster, and after a manic and mischievous Monkey year, many of us will be hoping for a quieter twelve months. The sign's associations with fire and metal don't bode well for peace, according to astrologers, but perhaps the Rooster's crow will be a wake-up call to us all, to do our part in making the world a better place. Whatever 2017 holds, all of us here at beijingkids would like to say 恭喜发财 to you, our readers, and wish you whatever you wish for yourself in the coming year.



New Faces at bjK

The new year brings new faces to the beijingkids team. Andy Peñafuerte III is our new Deputy Managing Director. He previously worked at CGTN (formerly CCTV News), and GMA News in the Philippines. He enjoys travel and food. Pauline van Hasselt, our Shunyi Correspondent, is originally Dutch, but has lived in Belgium, Paraguay, Texas, and London, and has lived in Beijing since June 2016 with her husband and 3 year old daughter.



Goodbye to Old Friends

2016 saw the sad passing of many stars, from David Bowie to Carrie Fisher. And Beijing lost a few stars from its firmament too, with the closure of several much-loved establishments. Counting Sheep will no longer be offering high quality imported baby goods at either location. Marks and Spencer at The Place is living on borrowed time, leaving homesick Brits searching for a new source of crumpets and jam. And most traumatic of all, veteran indoor play center, Fundazzle, grubby and loved like an old security blanket, finally closed its doors in January.



Harmony and Steve

by Jin Chan Yum Wai and AK





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February Events



Wed, Feb 8

Internet Awareness & Cyber Safety Workshop for Parents



For adults. BSB, Shunyi hosts a parent workshop that focuses on Internet safety, the dos and don'ts, how to advise children followed by a question and answer session. Registration required. Free. 8.45-10am. The British School of Beijing, Shunyi (8047 3588, www.bsbshunyi.com)

INN Shunyi Coffee Morning at Chatterbox



For adults. BSB, Shunyi hosts this month's International Newcomers Network (INN) Shunyi coffee morning. Join other newcomers and old-timers in the Shunyi area to learn survival tips and get a great support network. Free. 10am-noon. The British School of Beijing (8047 3588, www.bsbshunyi.com)

Mon, Feb 20

1 ISB Elementary School Open House



All ages. ISB invites prospective parents to meet their Elementary principals who will share information about ISB's Elementary program. Campus tours will follow. Registration a must. Free. 9-11.30am. International School of Beijing (8149 2345 ext 1047, www.isb.bj.edu.cn)

Branksome Hall Reception at Hyde Academy



For adults. Branksome Hall, a fully authorized IB World School, holds its Beijing Reception at Hyde Academy. The South Korean campus of this Canadian girls' school is directly linked to the Branksome Hall School of Canada and the Admissions Director from the school will be available to answer parent and student questions and provide insight into the boarding school experience at their Korean location. The school accepts students from kindergarten to Grade 12. Registration required. Free. 10-11.30am. Hyde Academy (8046 7085, office@hyde-education.com)

WAB DSS: Ruben Payan



All ages. The WAB Distinguished Speaker Series brings Ruben Payan who climbed Mount Godwin-Austen or Chhogori also known as the K2, one of the most challenging mountains in the world, as the final step in accomplishing a life-long dream. In this free, public event, Ruben delivers an inspirational message on working to accomplish our own dreams and share those experiences with each other. Free. 6-7.30pm. Western Academy of Beijing (5986 5588)

Sat, Feb 18

2 7th Annual Beijing International School Expo (BISE)



All ages. As the first of its kind of expo in Beijing, BISE has earned a reputation of being a consolidated platform for time-conscious parents to find the perfect school fit. As of publication, 55 domestic and overseas schools, and 19 afterschool providers will be in attendance. Four children's activity areas are sponsored by Huijia, BIBS, Ivy Education Group, and Club Med. Topics of lectures range from the parent-teacher relationship to IB topics to the IPC. Free. Feb 18-19. 10am-4pm. Crowne Plaza Beijing Chaoyang U-Town. (Scan the QR code to register.)



- | | | | |
|---------------|--------|---------|-----------|
| Editor's Pick | Dining | Playing | Learning |
| Community | Living | Health | Parenting |



3

3 DCB Hosts ISCMS

Ages 7+. Dulwich College Beijing hosts the tenth anniversary festival of the International Schools' Choral Music Society (ISCMS) – three days of intense music making with over 325 students from international schools around Asia, culminating in a Gala Concert at the Forbidden City Concert Hall. RMB 80-120. 7pm. Forbidden City Concert Hall (6454 9068 Maggie.Jiang@dulwich-beijing.cn)

Tue, Feb 21

BSB, Shunyi Open Day

For adults. BSB, Shunyi's prospective parents can tour the campus facilities, watch as a lesson is in session, and chat with the various members of the faculty about the music and sport programmes. Registration required. 9-11am. The British School of Beijing, Shunyi (8047 3558, www.bsbshunyi.com/openday)



PHOTO: COURTESY OF DCB



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Editor's Pick



Community



Dining



Living



Playing



Health



Learning



Parenting

Want your family-friendly event to appear in our March issue?

Upload it at www.beijing-kids.com/events by **February 10.**



4



5

Wed, Feb 22

4 **Meet the Principals at ISB**



All ages. ISB's Middle and High School principals along with ISB students will speak with parents about the ISB program and student experiences. Campus tours will follow. Registration a must. Free. 8.45–11.15am. International School of Beijing (8149 2345 ext 1047, www.isb.bj.edu.cn)

Daystar Academy Open House: Beigao Campus



All ages. Prospective families can head to Daystar's Beigao Campus to learn about the school, curricula structure, visit the expanding facilities, and get your queries answered by a member of staff. Registration required. Free. 9–11am (Kindergarten and Elementary school), 1–3pm (Middle school). Daystar Academy (www.daystarchina.cn/admissions)

Sat, Feb 25

5 **The Big Read at BSB, Shunyi**



All ages. Head over to BSB, Shunyi for a day filled with reading, poetry, and music inspired by some of the most treasured books. Families can listen to stories, discuss their favorite authors, relax with a good book, or be entertained by students performing their favorite poetry scenes. Refreshments will be from the Chatterbox Café. Free to attend. 10am–3pm. The British School of Beijing, Shunyi (8047 3588, www.bsbsunyi.com)

Daystar Academy and Ivy Academy Sanlitun Info Session



For adults. Daystar Academy together with their sister school Ivy Academy are opening a Sanlitun Campus in September 2017 and invite prospective parents to learn more about what programs will be offered and the campus. Registration required. Free. 10am–noon. Intercontinental Hotel Beijing Sanlitun (www.ivyschools.com/admissions)

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Dining



Playing



Learning



Community



Living



Health



Parenting

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in our March issue?

Upload it at www.beijing-kids.com/events by **February 10**.

6



7



8



Wed, Mar 1

6 Hyde Academy Open House



All ages. Hyde Academy opens its doors to prospective families to learn more about the school followed by a tour of the campus facilities. Limited space. Registration required. Hyde Academy (8046 7080, office@hyde-education.com)

Thu, Mar 2

7 YCIS Beijing Open Day: Meet the Co-Principals



All ages. Join YCIS Beijing's Open Day to learn more about the school's unique education model. Parents with students of all

ages will have the opportunity to learn about the holistic approach the school employs. Free. 9-11am. Yew Chung International School of Beijing (info@bj.ycef.com)

ONGOING

Atelier's Chinese New Year Workshops



Ages 8-12. Atelier offers a series of workshops based on different themes Renaissance (February 6-10), Marco Polo (February 13-17) for an artistic exploration. Registration required. RMB 1,800 per week. 9am-4pm. Atelier (6461 1614, 132 4018 4908)

8 TLC Shunyi Chinese New Year Camp



Ages 7-12. From February 6-10, TLC Shunyi will hold classes on various topics ranging from test taking and reading strategies, oral communication, English, social studies, science, and history. Registration required. RMB 6,000 (full day), RMB 3,150 (half day). 8am-4pm The Learning Center (8046 3886, registration@hyde-education.com)

TLC FXM Chinese New Year Camps



Ages 7-13. From February 6-17, The Learning Center (TLC) will hold classes on a variety of topics such as writing, oral communication, cooking and culture, reading skills and strategy, and current events. Registration required. RMB 6,000 (full day), RMB 3,150 (half day). 8am-4pm The Learning Center (6618 1850)



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Editor's Pick



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Dining



Living



Playing



Health



Learning



Parenting

Want your family-friendly event to appear in our March issue?

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9 Primary Parenting Workshops at YCIS Beijing



For adults. From February 13 – March 20, parents of Primary School-aged students are welcome to attend Active Parenting Workshops at YCIS Beijing. These interactive and informative programmes use activities and discussion based on different topics to help parents make informed decisions. Free. 10am-noon. Yew Chung International School of Beijing (info@bj.ycef.com)

Secondary Parenting Workshops at YCIS Beijing



For adults. Running from February 14 – March 21, parents of Secondary School-aged students are invited to attend Active Parenting Workshops at YCIS Beijing. These workshops will be based on different topics each week, through the use of activities and discussion. Free. 10am-noon. Yew Chung International School of Beijing (info@bj.ycef.com)

WAB Open House Series



All ages. Prospective parents and students can get into the classroom to see how teaching and learning happens every day at WAB. There are two sessions, February 14 for Early Years to Grade 1 then February 21 for Grade 2-5. Registration required. Free. 8.30-10.30am. Western Academy of Beijing (5986 5588)

YCIS Beijing's PO Gala



For adults. Yew Chung International School of Beijing's Parent Organization (PO) hosts its first annual YCIS Charity Ball. Ticket are currently ongoing for March 25. All event proceeds generated from ticket sales and raffle auction prizes will be donated to the Seeds of Hope Foundation. RMB 900 per ticket, RMB 9,000 per table. 5.30pm-late. JW Marriott, Xuanwumen (www.ycis-bj.com)



9

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11 Reasons to Come to WAB

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WAB Open House 2017 Series

February 14 Early Years-Grade 1
February 21 Grade 2-5 | **March 20** Grade 6-11
Experience teaching and learning in the WAB classroom in this series of intimate Open House events.
Scan the QR code to register.



SAY HELLO TO BEIJING'S SMALLEST

Want to share your new arrival with our readers? Email a photo (at least 1MB in size) of your little one with their full name, nationality, birth date, hospital, and parents' names to editor@beijing-kids.com. Due to space constraints, we will only publish photos of babies born in Beijing after **June 1, 2016**.



Gideon Ilboudo

Zimbabwean. Born on Sep 1 to Tula and Jean Ilboudo at their home in Yizhuang.



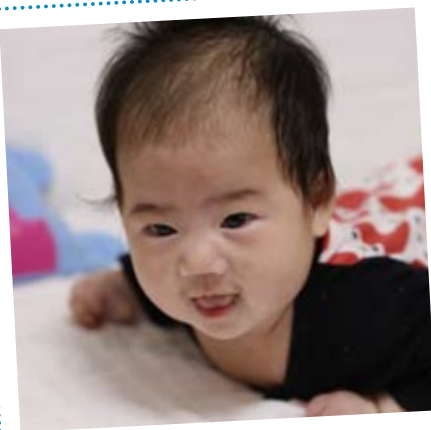
Liam Alexander Eberle

German/Indonesian. Born on Sep 3 to Martha Hera and Walter Frank Eberle at Beijing United Family Hospital.



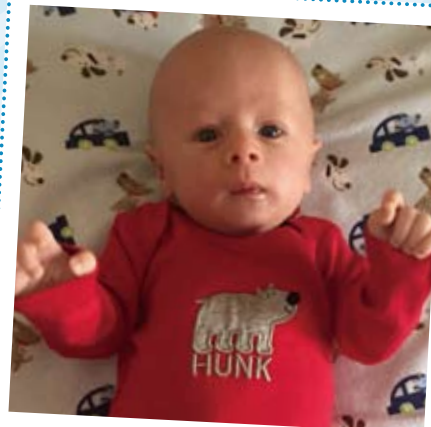
Victor Sanser Whittaker

American/Chinese. Born on Oct 5 to Saruul Borjigin and Daniel Kipp Whittaker at Amcare Women's and Children's Hospital.



Sakura Zhao

Chinese. Born on Jun 23 to Judith Wang and JobWay Zhao at China Meitan General Hospital.



Platon Yunitskiy

Russian. Born on Nov 23 to Olga Yunitskaya and Andrey Yunitskiy at Amcare Women's and Children's Hospital.



TURNING HEADS

Amber Meyer gets two new looks and transforms
into a mom rock star.

by Pauline van Hasselt



Amber Meyer comes from Canada and has been living in Beijing for three years. Before becoming a parent, she worked as a stem cell technologist, collecting, processing, and treating patients with hematopoietic stem cells. Meyer now homeschools her two sons who are four and five. In the night time she teaches some religious classes and works for Days for Girls. It is a non-profit organization that provides access to products making it possible for underprivileged girls to still attend school during times of menstruation. Meyer admits to not having a daily routine for her hair and makeup, but likes wearing makeup for church and events.

To give this hardworking mother a break, we treated her to a pamper day at the Catherine de France hair and beauty salon. Meyer was truly up for anything and put all her trust in Wendy Wang, a master stylist at the salon. Wang is great with curls and has lots of clients who come to her to tame their curly locks. Wang felt very creative and she wanted to do two looks, one with Meyer's natural curly hair and one with her hair straightened.

Before we started the makeover Meyer had a nice relaxing hair wash. "This was so relaxing I almost fell asleep," Meyer confessed. Wang started by cutting her hair in a hip inverted bob, shorter in the back and longer in the front. Wang has a special way of cutting curly hair that we never saw before; she rolls the hair in the curls and gives it some cuts with her scissors, so layers are cut into the curls.



Bed Head Small Talk 3 in 1
Biaoting Cream
Bleu Nuit Foundation
Mac Luminating Loose Pearl Powder - violet pearl
Kiss Beauty and 3 Fox Eye Shadow
Bleu Nuit Black Mascara
Lancome and Kiss Beauty Lipstick

Catherine de France 法式美容美发沙龙 Tue-Sun 9am-9pm.
B1 East Avenue Bldg., 10 Xin Dong Lu, Chaoyang District (8442 5120, 135 2147 3492, eastavenue@catherinedefrance.com) 朝阳区新东路10号逸盛阁首层

Wang put some highlights in Meyer's hair in a criss cross pattern, and then put in a bright red "rock star" streak on the right side of Meyers hair. The colors on the rest of the hair became a nice warm red. Wang then blow dried as naturally as possible to emphasize Meyer's curls.



After the curly look, Wang styled Meyer's hair and straightened it for a sleeker look.



Wang gave Meyer a bold lip and smoky eyes. When Meyer got home after a long pampering day, her two boys were so happy to see her but were honest enough to ask her, "Why do you have that on your face?" They also commented "Your hair is red!" Husband Peter (a pilot) was away on a flight, but thought Meyer looked amazing in the pictures. Meyer felt truly pampered and so pretty and wished every mother could have a day at Catherine De France Hair and Beauty Salon.



Sweet Spot

Helping the poor by eating... chocolates?

by Andy Peñafuerte III

When Joanne Law gave birth to her little boy two years ago, she experienced minor postpartum depression – but it was chocolates that helped her manage the anxiety. “That sweet surprise you get from eating chocolates,” she says, “just helps you relieve stress ... especially if they’re of good quality.” By that, she meant bean-to-bar chocolates with high cocoa content, not just those usual mass-produced and sugar-filled bars, or those over-the-top and exorbitantly priced brands.

Having lived in Beijing for 7 years, Law realized that high-quality chocolates were not readily available in China, so she decided putting up her own brand, Deershop 驯鹿巧克力. “We collaborate with five international chocolate artisans to produce that delectable yet reasonably-priced chocolate here,” Law said.

But filling in the missing sweet tooth in China isn’t the only thing Joanne is after. “Deershop sources chocolate from certified fair trade cooperatives and five globally awarded artisans who are ethical in their craft and dedicated to helping the poor.”

The Hong Kong native said that harvesting cocoa beans in exporting countries such as Colombia and Dominican Republic is labor-intensive and usually done by child workers. But with fair trade, she says, cocoa farmers are guaranteed a premium to help them invest in local development projects like schools, healthcare infrastructure, and drinking water facilities. “Who thought that eating chocolates could help these communities?” Law said.

The sweetness just only begins there as Deershop offers four



high-quality cocoa content products: the dark chocolate series (82 - 70 percent), the milk chocolate series (63 - 38 percent), the white chocolate series (38 percent), and the truffles gift box series. Two of Deershop’s signature chocolates, Sicilian Lemon Oil and Sea Salt White Chocolate, are all-natural and have no artificial flavoring, making them safe for those with allergies. Deershop also has customized chocolate gift sets for wedding and corporate events.

Prices for the four series start at a reasonable RMB 68, while the signature gift box can be bought for as low as RMB 298. Ordering Deershop’s chocolates is short and sweet: follow it on WeChat at dearxunlu or just key in on Taobao, Tmall, and JD apps “驯鹿 Deershop”. You can also scan the QR code.



Luxe Loving

Goodies for your splurge this Valentine's Day

by Aliyah Phipps



The Green Room

Founded by Astra Holmes, Jess Meider, and Victoria Man, the all-natural skin care company offers products that are "100 percent organic and highly effective." Meider says the products are safe for all ages, appropriate for both women and men (except for the beard oil!), and can even be used during pregnancy." Face Serums geared towards specific skin types like (sensitive, oily, dry, extra dry) help to soothe skin. Some other luxury items include their Hair Glow Elixir (RMB 188), Beard Oil (RMB 188), Around the Eye Oil (RMB 88), Body Slip Body Oil (RMB 280) and the best-selling Miracle 7 Face Serum (RMB 318). Scan their QR code for more organic options, and to hear about their Valentine's Day Special with Deershop chocolate and Spanish wine available from Feb 7-14.



Straight Up Razors

"Our company creates quality, handcrafted razor and brush sets," says founder Michael Gora. He believes that with his razors "shaving can be a pleasure instead of a daily duty." A full standard kit includes a T-style razor, Badger brush, brush and razor stand, bowl and special soap (RMB 1,200). These items can also be purchased outside of the full package set. A Badger brush runs for about RMB 350 while a regular T-style razor is around RMB 680. For some extra Valentine's Day luxury, try a tailor made set (RMB 2,500) made especially with your likings in mind. Customers can also personalize their sets by adding engravings such as initials, dates, and even Chinese characters. Coming soon from Straight Up Razors, are a line of "Lady Shavers" as well as a travel size version of the traditional T-style razor. A brand new razor paired with some of The Green Room's moisturizing beard oil can be quite a combo. (WeChat: straightup-razors)





Body Memory

For a zany and unique Valentine's Day why not have your loved ones hanging on you, literally? **Body Memory** is based on the hypothesis that the body itself is capable of storing memories, as opposed to only the brain. Based on this idea, Dr. Yi Zhou made a series of duplicated cast models of body parts which can be transformed into accessories. Book a thirty-minute workshop to have your loved one's finger, nose, lips, or other body part, casted into a piece of jewelry. The gift will be delivered within seven days. If you're not keen on real body parts being casted, you can inquire about BodyMemory's "Mini Series based on original BodyMemory models in silver and gold plated options," which was featured at Beijing's Design Week. The customized service price ranges from RMB 540 (made by white resin) up to a few thousands (www.bodymemory.co)



The Wine Republic

The international wine catalog features seven different nations and six different kinds of wines. It delivers within the Sixth Ring Road and Shunyi area. Orders RMB 800 and above are free, while those under RMB 800 are subject to certain delivery fees. Order your favorites and find new favorites, in English, either online at www.thewinerepublic.com or over the phone (110 5869 7050), with next day delivery.

HOME by Vanessa Gauthier

An alternative to the fallback of jewelry for Valentine's Day, HOME by Vanessa Gauthier offers products like its best-seller, the micro-plush blanket (RMB 300), which sends a strong signal to immediately snuggle upon receipt. The 120cm by 180cm double-sided blanket has a very luxe weight and feel. This plush wonder only comes in cream, however Gauthier is able to create custom orders and source according to client needs. Call or connect with Gauthier on WeChat for more information (185 1567 1272).



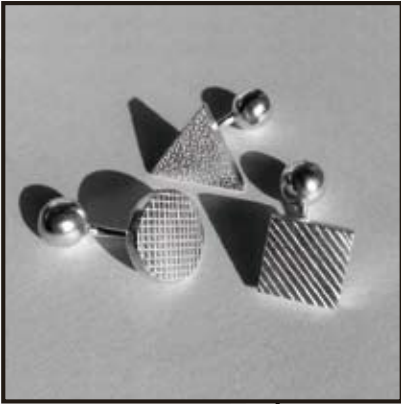
T'ORnothing

We couldn't help but notice how classy and flashy the jewelry is from this brand. It has been featured at Beijing Design Week and several Chinese celebrities and models consider the jewelry to be a favorite. RMB 1,200 and up, but some specials on jewelry available for Valentine's Day. Find their jewelry, shoes, and clothing on delatifah.com.



Niko De La Faye Jewelry

The brainchild of French artist Niko De La Faye, who partners with Yunnanese craftsmen, the matchless silver jewelry was featured in Beijing's Fashion Week, and the designs are perfect for the hipster, artist, or 80's fashion lover. Niko De La Faye now offers custom made gold pieces according to buyer's styles and tastes, so we suggest making a date out of planning the design. Prices range from RMB 900 – 21,000 (nikodelafaye-jewelry.com)



Brand New China

This is a relatively new shop in the Tai Koo Li, Sanlitun Village (太苦里, 三里屯), selling everything from jewelry, shoes, clothing, to accessories, for both women and men. Not only does the shop feature some big name Chinese brands, but it has also established its own store identity. Its brand items for sale are both unique in style, pattern, and color.

For men with a confident style, we suggest a black and grey hip length, camouflage trench coat (RMB 1,390). This camo makes us think "city soldier" rather than "hunting trip."

For women, this burnt orange cross body satchel with a satin leather finish (RMB 3,980). Items from the BNC site are a bit on the pricier side with prices ranging from about RMB 200- RMB 3,000 and up. To check out some more of its goodies visit <http://brandnewchina.cn/>.





Temurmallik (8) and Anvar (6) have fun at Din Tai Fung

Where's My Crab?

Talking seafood and superheroes at Din Tai Fung

Text by Andrew Killeen, Photos by Uni You

Din Tai Fung was founded in Taiwan in 1958, originally as a cooking oil company. The owners began making xiaolongbao as a side business, but their food proved so popular that they turned the premises into a restaurant. They now have branches all round the world, including five locations in Beijing.

Sampling the flavors at the Parkview Green branch for us are Temurmalik Kurbonov (age 8), his brother Anvar (6) and mom Dono. The boys attend Fangcaodi School (International Section), and dad works at the Uzbekistan Embassy. Mom is a French teacher by profession, so in conversation the boys switch effortlessly between English, French, Chinese, Russian, and Uzbek! The family has lived in Beijing since 2013.

While we're ordering I get to know the boys better. Temurmalik is serious and thoughtful, poring over the menu with furrowed brow, while Anvar is full of fun and mischief.

"I like this!" he exclaims, pointing to a picture. Braised Shanghai Hairy Crab Roe and Meat with Beancurd? It's your party, kid.

I ask them who their favorite superhero is, and mom translates for Anvar.

"Green... Lantern?" she suggests uncertainly.

Oh yes, Green Lantern - that's a sophisticated choice for a 6 year old.

"Superman!" Anvar adds enthusiastically. "Spiderman! Hulk!"

Temurmalik has been giving the matter careful consideration, and announces that he's choosing Thor, because he's a god, so must be the most powerful.



Anvar's favorite saltwater fish



Dumplings are the house specialty.



Din Tai Fung at Parkview Green

The first dishes arrive: Jellyfish with Special Sauce (RMB 48) and Cold Lily and Fungus Salad (RMB 30) are sweet with an acid vinegar tang. Mom has ordered Fried Rice with Shrimps and Egg (RMB 49), explaining that the Uzbek national dish, plov, is made with rice, meat and carrots, so they always go for a rice option. Anvar though has eyes only for the Homemade Sea Fish in Sweet Soy Sauce (RMB 49).

"It's very unusual that he has rice and isn't eating it, he's eating something else," mom says.

Temurmalik prefers the baozi: Steamed Specialty Seafood Dumplings (RMB 108 for 10), and Steamed Specialty Chicken Dumplings (RMB 49 for 10).

"It's very tasty," he says, "I like the sauce inside," and I have to agree.

"Where's my crab?" Anvar wants to know, and it arrives shortly, a delicately flavored, creamy dish (RMB 98). None of the food is too spicy for the kids, and our host explains that Din Tai Fung follows a tradition of southern Chinese cuisine which uses much less chili than most.

Mom is persuaded to try the Double-boiled Chicken Soup (RMB 48), although she tells me she's never had a soup in China which she likes. That record is about to be broken.

"It's delicious, like home-made," she says delightedly. She is very impressed generally with Din Tai Fung.

"When you try something on your own," she says, "sometimes you don't like it, and you end up eating takeaway from Annie's. But when someone introduces you to something, then you know it and can go back. I'll definitely come back here."

Family Friendly Notes: Din Tai Fung offers highchairs, and plastic bowls and cutlery for children. The toilets in the mall are clean and modern, though can be hard to find.

Din Tai Fung.

Open Mon-Thurs, 11am-2.30pm, 5-9.30pm, Fri-Sun and holidays, 11am-9.30pm. Unit LG2-20, 9 Dongdaqiao Lu, Chaoyang District (010 8562 6583). 朝阳区东大桥路9号LG2-20层



At Home Date Night

Text by Pauline van Hasselt, Photos by Uni You





The Howes family returned to Beijing last year after living here from 2009 to 2011. Beijing is where the Howes welcomed their first daughter Evie. After Monica (Australia) and Jonathan (UK) left China they added another daughter, Charlie, to their family. The Howes have since lived in Japan and Dubai. Of all the cities the Howes lived in, Beijing is by far their favorite. "Lots of things have changed since the last time we lived here and getting around town is much easier nowadays, we love it here," Jonathan said.

Their oldest girl Evie, is now 5 years old and attends the British School of Beijing in Shunyi (BSB, Shunyi), while Charlie is two and a half and can't wait to join Evie on the bus to school. Monica says BSB reminds her of a great community feel she had back in her primary school in Melbourne.

The couple, who has been together for 15 years, first met each other while working at a same hotel in Australia. The pair fancies a date night once a week or fortnightly, depending on Jonathan's schedule who is executive chef at New World Beijing Hotel. Meanwhile, Monica has been working on a family cookbook along with 12 other members of the parent association at BSB. The charity project lists over 130 family-friendly food and favorite recipes of parents and kids. Proceeds will go to the Migrant Children's Foundation.

The couple likes to cook together and loves to bring the girls to new restaurants to have new culinary experiences as a family. We had the pleasure of joining them at home to have a taste of

their date night. Jonathan made *Moules marinière à la crème*, a mussel dish which was one of the first recipes the couple cooked together. Jonathan impressed Monica 15 years ago with this shellfish dish as she never had mussels before. Neither did she know till now that shellfish are a natural aphrodisiac. The recipe is easy to cook and different variations can be made. The couple likes it with some crusty baguette and a garden salad. The ingredients are available at Sanyuanli Market.

Mussels in White Wine

蒜香白葡萄酒焖青口 (海虹)

Ingredients 食材:

½ kg mussels 青口500克

1 onion, chopped finely 洋葱1个 (切碎)

1 garlic clove, crushed 大蒜瓣1个 (碾碎)

125 ml white wine 白葡萄酒125毫升

Generous splash of cream 大量的白奶油

Bunch of parsley chopped finely 香芹1把 (切碎)

Instructions 烹饪方法:

① Preparing the Mussels: check if all mussels are closed and there are no broken shells. Shut any opened mussels. If the mussel stays closed, it's good to use, otherwise discard. Wash, scrub, and remove the beards from the mussels. 准备青口: 检查青口外壳是否紧闭、完好无破损。用手合起已开口的青口, 能合起壳子的可以选择, 若外壳张开则舍弃。选好后, 用刷子清洗青口外壳, 去除表面绒毛。



② In a pot or large skillet, sauté onions for 5 minutes, add garlic, and carry on sweating until transparent. 将洗净的青口放入锅中, 加入大蒜腌制5分钟, 脱水直至透明。



③ Turn up heat, add mussels and stir. Cover with lid. 开火, 将腌好的青口在锅中翻炒后, 盖上锅盖。



④ When mussels start opening (about two minutes), add wine and stir. 待青口外壳打开 (约两分钟左右) 后, 加入白葡萄酒继续翻炒。



⑤ Remove all open mussels from the pot. Shake the pot to open others. If some mussels don't open, discard them. 将青口从锅中盛出, 摇晃锅子查看是否所有青口的壳已张开, 扔掉未开口的青口。



⑥ Add the cream to the pan and bring to a boil. Turn down and simmer. Check seasoning. 在平底锅中加入奶油煮至沸腾, 转小火炖煮, 调试口味。



⑦ Add the mussels back to the pot and cover with lid. Bring back to a boil and toss around. 将青口放回锅中, 摇晃均匀, 盖上锅盖重新煮沸。



⑧ Add parsley and serve immediately with crusty baguette, salad, and a chilled glass of white wine. 在煮沸后的青口中加入香芹后起锅, 搭配沙拉、法棍及一杯冰镇白葡萄酒即可享用



Supporting Healthy Cycles with TCM

by Dr. Melissa Rodriguez

Traditional Chinese Medicine (TCM) was the standard form of healthcare in China for millennia. Many customs and traditions in China have their root in Chinese medicine and the principle of yin and yang. TCM explains that there are cycles in the natural world; that we must work with these cycles and be balanced with them. Balance creates harmony, which in turn leads to health. Let's look at how TCM can help women find balance.

In nature there are many cycles: the seasons, the 24-hour clock, and even human life. These examples follow a distinct rhythm and pattern. In the same manner, our bodies also have cycles. According to TCM, men have an 8-year cycle and women have a 7-year cycle. In the female cycle, kidney energy increases at age 7, menstruation arrives at age 14, and a woman is fully mature at age 21. Her kidney essence peaks at this age and so the cycle continues every 7 years. From a TCM perspective the kidney is an important organ for reproduction, growth, and development. A woman also has a 28 day monthly cycle, and according to TCM this is a special time when she must take care to nourish her body, mind, and spirit. One of the ways to do this is through the diet.

Traditionally, food items that have been helpful for women are dates, red beans, and red sugar 红糖, also known as brown sugar. In Chinese medicine it's important for women to build sufficient blood so they do not become deficient during their period. From a Western medical perspective we know this to be true; iron deficiency anemia is common in women with heavy periods. In ancient times perhaps these foods had been originally chosen for their red color, but now

we know that these food items are actually high in iron. Another typical food for women, especially after giving birth, is black chicken. It's traditionally made as a soup, in which the meat and bones are cooked for a long time with added herbs like ginger, goji berries and dates. According to TCM this soup gives women nourishment, can relieve fatigue, and helps build blood. In recent years there has been great interest in bone broth and its medicinal qualities. We know that chicken extract has many beneficial nutrients, including various amino acids, minerals, and trace elements. This black chicken is a breed called silkie, and not only is the flesh black but also its bones. Black chicken meat contains twice the amount of iron as conventional chicken. Isn't it amazing to think that people figured out the importance of these foods for women thousands of years ago?

TCM tells us the importance of living in harmony with the rhythms and cycles of the natural world. There is a wisdom there, and from a Western point of view we are finally beginning to understand.

Got a question?

Dr. Melissa Rodriguez is a naturopathic doctor and mother of two, who works at Beijing United Family Hospital. To find out more, check out her website at www.drmelissarodriguez.com



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What is Psychologically Safe Sex?

By Dr. Marc Murphy

P psychologically safe sex means preserving one's emotional, mental, and physical safety regarding sexual activity. Traditional sex education is designed to reduce teen pregnancies, decrease the risk of sexually transmitted diseases (STDs), and abortions. This article intends to give young adults and their parents a more practical guide to talk about the Five W's (What, Who, Where, When, and Why) of psychologically safe sex.

PHOTOS: MARK SEBASTIAN (FLICKR)

1

The first W (What) is about consent. If you have not talked as a family about the ex-Stanford swimmer's rape of an unconscious woman, Google it and talk to your son or daughter about it.

Consent should be the basis for every sexual encounter. Engaging in a sexual act without the other person's consent is considered sexual assault or rape. Consent means that both people in a sexual encounter must agree to it, and either person may decide at any time that they no longer consent and can stop the activity. Consenting once or getting to "second base" doesn't give anyone the green light to go all the way.

You must be able to answer two questions to give consent: Does the person want to give consent? Is the person capable of giving consent? The easiest way to determine if a person wants to give consent is simply to ask. This eliminates the uncertainty of guessing and trying to interpret signals.

2

The second W (Who) might seem obvious, but to feel emotionally safe with intercourse the Who is someone you know well and care deeply about. Feeling psychologically safe about who you make love with is important. If you are upset about a breakup or in an emotionally vulnerable state, having another person show interest in you could feel validating, but breakup sex can be confusing and make you feel worse.

3

The third W (Where) is about feeling comfortable with the location. For some couples the Where is a thrill, for others having a private and safe environment can make the moment just right. The psychologically safest Where is a location both parties agree to and is someplace you won't regret later.

4

When (at what age) to initiate sex is a decision based on family values, but also can be a legal matter. Age of consent laws (the age a person is considered legally competent to consent to sexual acts) vary widely across the globe. South Korea, for example, defines the age of consent at 13; China 14; Hong Kong, Taiwan, and Canada 16. Thirty-one U.S. states define the age of consent as 16, eight states (including New York) at 17, and twelve states (including California) set the age of consent at 18.

Having sex with someone under the age of consent is legally considered a crime called statutory rape, even if the person under the age of consent says that she or he wanted the sexual behavior to take place. Let's say a parent doesn't like their daughter's partner to take place. Let's say a parent doesn't like their daughter's partner and finds out she has been sexually active, the parent may pursue legal charges against the partner even if the daughter consented. Sorry to let the air out of your sexual balloon (pun intended), but if you make sure there is not a legal cloud hanging over you, then the When will feel safe.

5

Lastly, the Why is because you are in a committed relationship, emotionally you are both on the same page, you care deeply about your partner, and you both have agreed to share your affection in a physical way. As a couple if you agree on the five Ws, then perhaps making love is psychologically safe.

Consent vs. Non-consent

YES

"Yes, I really want to. Thanks for asking!"

NO

"No."

"Maybe."

"I don't know."

"I'm tired."

"Let me think about it."

Silence

Freezing up

Shaking head

Crying

Pulling Away

Need more info?

Dr. Marc Murphy is a clinical psychologist at Beijing United Family Hospital. He specializes in the treatment of stress, anxiety, and depression. He has worked extensively on issues such as adjustment and family therapy. He can be reached at marc.murphy@ufh.com.cn.



Is It Taboo in China? Talking About Your Period:

by Vanessa Jencks

This article first appeared on our website, www.beijing-kids.com, where new articles appear every day.

Public Period Talk Increases Product Availability

As late as early 2012, expat females often informed incoming female coworkers to bring all they needed from home countries for their menstrual cycle. Though pads were available, tampons were hard to find in supermarkets, even in Beijing.

Just as a quick reminder about the Chinese landscape of service and shopping industries, this was before WeChat wallet was a necessity; before JD.com, Didi, and Taobao's widespread use; and before even Uber had entered the Chinese market. So much has changed in China's consumer market since then with more global products becoming available, but we have Fu Yuanhui to thank for the recent influx of menstrual products available.

As many have heard, she publicly attributed her lethargy and pain at the Olympic 4x100m medley relay to her period, though she didn't blame her period for her less than desirable performance. With her comments stirring up interest in alternative period products and sexual health, tampons started appearing on shelves and soaking up some of the country's red wave. Even better, menstrual cups can now be found to take care of the monthly cleaning cycle.

Shocking or Not?

Many outside of the country, or those associated with older generations, find Fu's proclamation a shock or as breaking norms, but those currently inside the country and associated with the younger generations aren't so surprised.

Prompted by several conversations reflecting on public period talk, we reached out to several Chinese women to ask if it's normal to share openly about menstrual cycle problems like discomfort, mood swings, or lethargy.

N. Li, 23 years old, said, "I think it's pretty normal, just simply saying 'I'm a little bit under the weather' or 'It's the special day, I can't do/eat anything.'"

"Personally, I do not think there is any problem, because my friends are very open minded," said April Si, 30. "Before I went abroad, if I told a male friend about my period, I would feel very embarrassed. I never let anyone know about my period. But after my few years abroad, I found that talking about my period can be normal. At work, my colleagues are from all over the world, and they never shy away from this topic."

Melody Zhang, 33, jokes about her period with male and female friends, especially when it comes to the relationship with her husband. "He tells me, 'You can't have ice cream on your period!' So I ask my friends to take me and buy ice cream so he won't find out."

Some still feel uncomfortable about the topic though. Amy N., 31, said that telling her female friends is one thing, but even telling her coworkers or boss about her cycle problems, regardless of gender, was strange.

Male Perspective

Both Chinese men and foreign men have experienced Chinese women telling them about their period.

Wells J., 30, UK, told us, "More than one [female Chinese] teacher I work with has straightforwardly told me, 'I'm tired. I'm on my period.'"

Andy S.*, 53, US, told us that his employees have told him they couldn't come into work because they weren't feeling well during their period, or the reason for an emotional outburst was because of a mood swing. "At first I was shocked, but then I actually was glad and felt the honesty was relieving."

Wang Yousheng, 38, China, didn't think keeping the topic quiet or opening up was a matter of good or bad, proper or not. "I totally respect a woman's personal choice," he added.

*Name changed.



Let's Talk About Sex

WAB and FCD International Department share their developing sex education programs and strategies

By Nimo Wanjau

One of the most contentious debates going on in the world is sex education, from how we define it to whether we should even allow this type of education to be part of the formal curriculum. There are those for and against such issues as sexuality and gender being broached in the classroom. Sex education, also described as sexuality education, is evolving from the purely biological to even including various mental health issues.

In this technologically advanced era, children have greater exposure to sexually explicit materials (check our feature on pg 48) through access to the Internet and other media, which means it's vital to equip them with the knowledge and skills to make responsible choices.

The United Nations Educational, Scientific and Cultural Organization's (UNESCO) International Technical Guidance on Sexuality Education (ITGSE) advises that schools and educators touch on and explore the topic of sexuality in the classrooms in order to play the vital role teachers have in ensuring the protection and well being of young

children and teens. Teachers also must work together with parents and the wider community.

This article in no way tries to dictate how schools should or shouldn't approach this sensitive issue, but rather to highlight the approaches taken at two Beijing schools.

According to the ITGSE, "The rules that govern sexual behavior differ widely across and within cultures. Certain behaviors are seen as acceptable and desirable while others are considered unacceptable. This does not mean that these behaviors do not occur, or that they should be excluded from discussion within the context of sexuality education."

In 2010, the regional office of the World Health Organization in Europe published the "Standards for Sexuality Education in Europe: A framework for policy-makers, educational and health authorities and specialists." Meanwhile, UNESCO-ITGSE has outlined several topic areas and age groups where sexuality and gender education should start. Check pg 32 for more details.



The WHO guideline was spearheaded by Dr. Gunta Lazdane, regional adviser on sexual and reproductive health at Europe regional office. In an article on the WHO website, Dr. Lazdane was quoted as saying, "typically, current sexual education curricula places heavy emphasis on biological aspects. This is not enough. What we need is a new approach to sexuality education. This is what new guidelines are all about. They place facts in the broader context of values, knowledge, and life skills and so forth, so that the health-related aspects can be understood in the broadest terms."

The article continued to add that the new guidelines are based on a positive interpretation of sexuality, as a part of physical and mental

health. Such topics as HIV/AIDS, unwanted pregnancies, and sexual violence are embedded in all-embracing education that focuses on the individual's self-determination and people's responsibility for themselves and others.

We sat down with Western Academy of Beijing's (WAB) High School Principal Melanie Vrba; Grade 12 student Hitomi Saito; Andy Murphy, middle school English Language and Literature, and Individuals and Societies teacher; and Zhang Hong, principal of Fangcaodi (FCD) School International Department. WAB has had a sex education program for years while FCD is starting its program.

Program Implementation

Four years ago, Canadian Vrba came to Beijing after years of pursuing her passion for teaching at different international postings in Lebanon, Thailand, and Japan. WAB's approach to sex education is broached through the health curriculum under their Health and Physical Education and Personal and Social Education programs, according to Vrba.

Kicking off the subject at Grade 5, WAB factors in the developmental age of each grade to give students suitable information. The school uses a mixed model in developing the sex education program of teachers and outside experts.

Some of the classes are lead by the students, with topics such as how to deal with a break-up, relationship, cyberbullying, and so on, Murphy said. The role-play in each of the sessions reenacts real life situations, and teaches how to deal with them.

Hong has over 20 years teaching and education management experience. First starting as a Chinese language teacher in 1990, Hong has taken many roles as a classroom teacher, a teaching director, an academic research head in an FCD education group, and now as a principal.

Hong said that the parents-teachers association initiated the sex education program after it organized a lecture that was delivered by Dr. Liu Wenli, a professor from Beijing Normal University,

or threaten to punish them. That would just hurt the kids psychologically; that's not the right path of education," said Hong.

In countries such as Finland, Sweden, the Netherlands, and even some states in the USA, sex education programs start as early as nursery and kindergarten. China, in comparison, is lagging behind, according to Hong. The school management and teachers had a lot of discussions and research using case studies from the countries mentioned above.

"At the same time, our PTA was also looking for solutions to address this subject, and we were lucky to have Dr. Liu and her team come on board to help. She and her team developed the first set of Chinese textbooks in children's sex education: Love of Life – sex and health education for primary students. We decided to start the sex education program from Grade 1 to 6 by adopting this set of textbooks and with the help of Dr. Liu. Also, we follow instructions from the experts to make sure we can execute this program at an international level and standard," Hong said.

Hong took us through the process of developing and implementing this program:

1. Teacher Training: The priority of this training was to make sure all teachers were on board, truly understanding what sex education is about, knowing how to deliver it to students, and learning how to measure the result. The goal is to make sure all teachers in the school can deliver the course, so we don't rely only on external experts to deliver lectures to kids. The school had to make sure every teacher is comfortable and confident with this subject, so whenever they encounter a situation, they can talk to students in an appropriate way.

2. Resource Building and Curriculum Change: The school introduced and adopted the use of Dr. Liu's textbooks, then placed those books in every classroom book corner so that teachers and students could flip through them anytime before or after class. Also, a full-class session is dedicated to this subject every week, so the teachers can teach and discuss with students.

3. Collaboration: The school appointed a lead-teacher for each class to be the teacher in charge of delivering the program. Simultaneously, all teachers study and prepare the teaching content together, having teachers sharing successful experience with other teachers and teaching students in different classes.

4. Professional Development: The school, with the help of Dr. Liu, gets expert speakers from around the world to come and offer workshops to learn about the latest research and global and regional practices.

5. Research Center: Working with Dr. Liu in further research and development of the program, using the school as a research field, to further study how sex education could be better approached with students from different background. "We have to respect such cultural difference while making sure all students get the knowledge effectively," Hong said.



Expert led workshop at FCD International Department

who's also an expert in children's sex education research and an author of many textbooks currently used in migrant schools in China. Hong explained that the lecture and the diverse student demographic helped the school management to come up with a stronger sex education program.

"We are in a unique situation with students from all over the world. That forces us to change and we cannot act like an old-style Chinese public school when it comes to sex education. We definitely cannot forbid teenage students from talking about love

The school did face three major challenges:

- Getting the teachers to be educated first, fully understand the concept and philosophy of sex education, and master the skills on how to deliver it to students, takes time. Like every other subject, it might take as long as 3 to 5 years for a teacher to truly be good at it.
- Most of the resources and learning materials are from other countries that differ in cultural context and practice therefore time is spent on tests, experiments, and localization of all the content.
- Parents misunderstand sex education. Before the course was started, the school surveyed parents and found that most parents believed their kids are too young to understand or be taught sex education. The misconception is that exposing kids to sex education in an early age would most likely result in sex behavioral problems when growing up, while worldwide research actually shows just the opposite.

The Next Step

Sex and gender isn't the same thing. Sex refers to biological status such as male or female and is closely linked to physical attributes such as chromosomes, external and internal anatomy, while gender refers to what society considers appropriate for boys and men or girls and women. These are socially constructed roles, behaviors, activities, and attributes that affect the way people act, interact, and feel about themselves, according to the American Psychology Association (APA).

In schools like WAB, they provide support to lesbian, gay, bisexual, and transgender (LGBT) students and students who are questioning their gender through clubs such as Spectrum, Vrba said. In addition, they have feminist groups which challenge the gender stereotypes. Currently, WAB stands alone as the only school to have a vibrant LGBT club that operates freely and openly.

APA explains that "transgender is an umbrella term for persons whose gender identity, gender expression, or behavior

does not conform to that typically associated with the sex to which they were assigned at birth. Gender identity refers to a person's internal sense of being male, female, or something else; gender expression refers to the way a person communicates gender identity to others through behavior, clothing, hairstyles, voice, or body characteristics."

Recently, the school has been working on its transgender guidelines, which at time of publica-

tion was undergoing final reviews. The guideline started as the school started to help one of their students who was questioning his gender and wished to transition into identifying as male.

Vrba said, "As our counseling team and teachers worked with him, we realized that WAB needed some guidance for our community for situations such as this. Early on, this guidance included research on gender pronouns and focused on logistics, such as which bathrooms were most appropriate. Later, we formalized the policy so that we could make decisions about student travel for our Asia Pacific Activities Conference (APAC) activities. Those involved included our Student Support Team and administrators, as well as the student himself. Later, once the policy was written, the student helped by having an expert read and comment on the policy to see if we missed anything. We will make this policy publicly available to our community and to other schools if they wish to see it. It is, for instance, being used as a model by other APAC schools who are currently writing their own policy."

Grade 12 student Hitomi Saito identifies as male but was born female. Saito is the transgender program coordinator at the Beijing LGBT Center. He has helped in the establishment of a hotline and support groups. A twin, Saito and his sister are of mixed heritage, Japanese and Chinese but he has lived in China for most of his life. In my interview with him and a video he gave me to watch, he narrates his story of how he struggled to fit in from an early age, and had a hard time adjusting to school and life in general.

The charismatic student had to explain to his parents what was going on, and relates that his parents didn't understand at first what he truly was talking about, as they thought it was a phase he would ultimately grow out of. A few years later, the parents started to fully understand. In grade 11, his parents approached the school after he had missed several classes to explain the absence, and that resulted in the school and family working together to come up with a way to let him freely be himself.

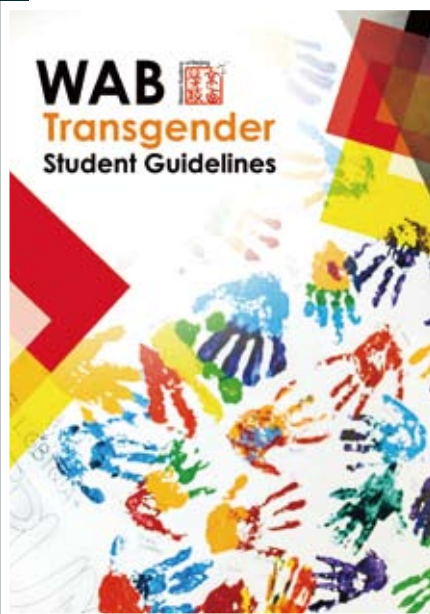
Sexual Abuse

When approaching discussions around sexual abuse, the main area of focus should be consent. The contextual navigation of the subject will differ accordingly; for example boarding school students will need more information and guidelines than their day school counterparts.

Schools such as WAB have policies in place to help children know what consent is such as "good touches" and "bad touches," discussions that start as early as elementary school. Vrba said that WAB's Child Protection Policies outline the school's way of dealing with a case should it arise.

"WAB's Child Protection Policy is based upon the Law of the People's Republic of China on the Protection of Minors (2012 Amendment), international law and the United Nations Convention on the Rights of the Child, which China has signed."

According to UNESCO, children from age 5 should begin to have discussions about sexual abuse. But experts disagree. Go to page 54 for more information.



“Typically, current sexual education curricula place heavy emphasis on biological aspects. This is not enough. What we need is a new approach to sexuality education.”

WHO and UNESCO topic breakdown:

Ages 0-4 according to the WHO Europe

- Enjoying physical closeness and cuddling, and that physical closeness is an expression of love and affection
- Discovering, exploring, and enjoying touching one's own body (including masturbation for some children)
- The right to be safe and protected, what feels good and what feels bad, learning to communicate about feelings, developing an attitude of “my body belongs to me”
- Names of different body parts, different bodies, and different sexes
- The right to explore gender identities, positive feelings about gender
- Basics of human reproduction and different ways to become part of a family such as adoption
- Social norms and the difference between public and private behavior



Dr. Liu gives lecture at FCD

Ages 5-8 according to UNESCO

- Friendship, love and respect
- Diverse families
- Good and bad peer influence
- Communicating and negotiating in relationships and about bodies, saying yes and no
- Gender and gender stereotypes
- Stories in the media are sometimes non-fiction or fiction
- Grown-ups have sexual behaviors, kiss, cuddle, and touch each other to express care, love and physical intimacy
- Sexual abuse
- Pregnancy and reproduction



FCD teachers talk equality

Ages 9-12 according to UNESCO

- Gender equality
- Positive and negative social norms
- Communication, negotiation, decision-making
- Healthy and unhealthy relationships, respect, bullying
- Parenting, everyone has a right to decide whether to become a parent or not, including people with disabilities and people living with HIV
- Changing bodies, menstruation, wet dreams, masturbation
- Sexual development, sexual intercourse, HIV/AIDS, and contraceptives such as condoms
- Sexual harassment and abuse and how to get help
- Few people have a sexual life that is without problems or disappointments



FCD students working on a project

Secret Keepers

Tech you can actually trust
to keep your passwords secret

by Vanessa Jencks

As you'll see on page 48, password managers are just one important part of the step for protecting your digital presence. What's scary about this feature is that the impersonation happened on Skype, which seems to be one of the more easily hacked applications. Perhaps it would have been much more difficult for Lee to convince it wasn't him if the impersonation had come through his own hacked account.

Cloud-stored Versus Locally-stored

Though an encrypted cloud would seem like the safest option for a password, apparently it's not. Back in 2014, several celebrities had their iPads hacked and personal photos in their clouds were stolen then posted online. The problem with any software storing a password online is that it's in cyberspace, where others could potentially hack. A local password manager means that a program is downloaded on to your computer or phone and the password to access the program is kept by you in your brain rather than floating around in a cloud.

Open Source or Private Programs

In research for this particular piece, a cryptologist explained that open source is a stronger option for picking a program than a private application. This means that errors and unintentional backdoors are found and fixed by the whole of the programming community rather than waiting on funds from headquarters to fix the bugs in private software. For example, many of Apple's products use private technology for their software and encryption. While many cyber experts say Apple's protection is legendary, it's not unbreakable. In 2016, the US FBI stepped down from filing suit against Apple to hack one of the San Bernardino shooters' iPhone because an unnamed organization came forward to help the FBI hack the device.

The Old Fashioned Way

Understandably this is the most arduous method to keep passwords, but provides the utmost security. First step is to create a difficult or random password, and one can do so using an online Caesar Cipher tool, like the one on Khan Academy. Storing that password in a Word document, screenshot, picture, or on a physical piece of paper will keep the password from any sort of application that could be hacked or easily identified. Only a thief who physically takes where you store these passwords would be able to access them.



Is it safe to "remember" your passwords on your browser?

Yes, but only if you have stored your passwords elsewhere so you don't forget them (just in case a browser is updated or accidentally wiped), and if you also are not afraid of your device being stolen. If your laptop or phone is unlikely to be stolen and hacked by a physical thief, a browser isn't a bad place to remember these.

Firefox is arguably the safest browser for this since users can set a master password to encrypt and secure your password list, making it harder for that physical thief to use your own devices against you.

KeePass has been recommended by several sources since it's open source, locally kept, and can also save APP passwords. The bonus is that it's free and available for most OS versions both on computer and smart devices.

Source: PCWorld.com

Is Gender Assigned?

by Aliyah Phipps

Questions involving gender assignment have been asked for decades, and continue to spark a mass of controversial debates across all sectors of society. Today's millennials seem more willing to understand each other's differences, especially those involving sexual orientation, gender assignment, gender roles and homosexuality. Two students associated with the Beijing LGBT Center share their own insights on the subject.

Shiyu Zhang, Grade 12 student, discusses the change in discourse over the decades

Yes

For a long time, the biggest difference between human males and females has been believed to be established through biology. We use different changing rooms and bathrooms in response to this divergence in biological functions and physical appearances. In fact, the separate categories of male and female were indeed first created to reflect the different traits in the body among these two sexes: women are born with the capability to bear children, while men are born with the better physical strength to fight and work. These inherently recognized disparities served to form the very first gender roles in society: women deal with domestic work while men support and protect the family.

Due to gradual infiltration in social hierarchy, gender roles have changed over time. Many figures in history emerged to break the fixed impression that women were inferior to men. Take Queen Elizabeth I of England as an example, who did not marry her entire life; instead devoting herself to promoting economic and literary revival within the nation. Rosie the Riveter, also a notable icon, marked the shift of women's position from homemakers to economically-independent factory workers. This change in perspective can be seen not only from everyday life but also from the field of science. Masters and Johnson, as well as Alfred Kinsey, who are distinguishable scientists in the field of human sexuality, have all published studies indicating that men are not necessary for women to please themselves, and women can also be dominant in a relationship. This tide of feminism and pursuit for gender equality continued to flow and has become the primary vision for today's society. More women choose to become engineers and to set foot in the field of business, which has previously been thought to be a man's job.

The seemingly more fixed biological side has started to be reshaped in our ideas as well, totally breaking the confinement to a single gender. As transgender, intersex, and queer identity persons continue to become recognized in society, it has significantly altered the common notion that sex can only be assigned at birth. Many who used to feel ambivalent in their own body now have the right and chance to fit their soul into the most suitable frame. Moreover, in today's more advanced society, reproduction has ceased to be the principal goal for humans

in many places; therefore, the distinct "function" assigned to a single sex may not be as significant.

This huge leap in ideology surely did bring many minorities into light, but we must admit that there are still stereotypes remaining, generating fear among minorities. In my school, there are boys who still feel threatened by their girlfriends' higher academic achievements. They will sometimes even preach to the girls, saying, "You are a woman so you should not have high grades or go to better schools than I do." Similarly, boys are being called sissy if good at handicrafts; and "gay" is still always used to describe males that do not display the anticipated "coarseness" of men.

Despite the constraints, people now have the opportunity to choose. In a society no longer emphasizing conformity, the definition of gender, the believed unchangeable label on a person, is also challenged. People may still not understand sometimes, but at least we're not in a passive position anymore. Gender roles are gradually evading one's destiny of being "assigned" by an external force, and individuals no longer have to live up to others' expectations.

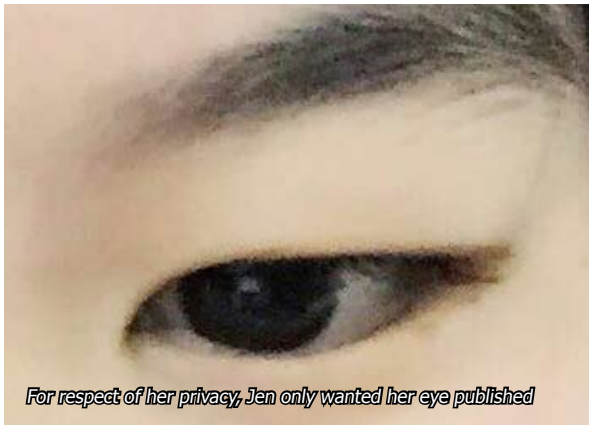
Gender can be allocated, but others should not decide for an individual. Assigning one's gender can be a process of learning true self; however, if one does not fit in any of the established definitions, then just be. One may need a gender identity to work, to socialize, but no one needs one to enjoy life and be happy.



Shiyu Zhang explains his views on gender.

PHOTOS: COURTESY OF BEIJING LGBT CENTER

臻 (Jen) , Grade 12 student and activist for social equality, bases her conclusion on six hypotheses that she has developed based on the results of her own self designed survey in 2016.



No

Gender

"My results showed that most female survey-takers held better attitudes towards homosexuality than the male survey-takers." Jen continues by saying, "women are also a disadvantaged group in Chinese society, therefore it is probable that females have grown empathetic to other disadvantaged groups, such as homosexuals."

Educational Background

"My results showed that survey-takers of higher educational backgrounds held distinctly better attitudes towards homosexuality than other survey-takers that did not have such education." Jen believes that people with higher educational backgrounds have been able to "get in touch with more people and become part of a larger social [system]", therefore they are more knowledgeable and understanding of differences in people. Jen goes on to say that those lacking education "are more likely to follow traditional ideas" instead of developing their own. "[Some people] are more willing to accept this knowledge even if they do not understand much. [They do] not have much knowledge, but very profound attitudes."

Age

Jen strongly believes that there is a direct correlation between the age of a person and one's attitude to and knowledge of homosexuality.

"My results showed that age and the knowledge and attitude of and towards homosexuality are very much inversely related." Jen believes the reason is related to the time period survey-takers were born into. "[Post-] 1976 is known as the 'Internet Generation.' Because of these new forms of technology and easy access to information, people born after the 1980s are more tolerant [and accepting of] new concepts."

Career

My results showed that the survey-takers who are employees of government enterprises held less positive attitudes towards homosexuality than the survey-takers who were employed by private enterprises. "This reason might be due to the conservative and [traditional culture] of government enterprises, while the private enterprises may be exposed to more diversity" and are more willing to accept people as they are.

Sexual Orientation and Gender Identity and Expression (SOGIE) Education

"My results showed that SOGIE Education casts a huge influence to the survey-takers' attitude towards homosexuality. The survey-takers who have received SOGIE Education were 20% more knowledgeable and 45% more positive towards [views of the LGBTQ community] than the survey-takers who have not received SOGIE Education."

Acquaintance

"My results show the survey-takers who are only acquainted with male homosexuals hold distinctly better attitudes towards male homosexuality than the survey-takers who are only acquainted with female homosexuals." Jen believes this is because many people are more accepting of homosexual women than they are men. Therefore by having homosexual male friends, one's overall attitude towards the LGBTQ community will become more positive. "People will be largely influenced by their acquaintances. When there are certain groups around them, their empathy for this group will largely increase or decrease."

Jen concludes by stating that, though she believes she can be any gender, others have preconceived notions about gender and sexuality, with older generations and those less exposed to diversity still assigning others gender expectations.

Talking Tools

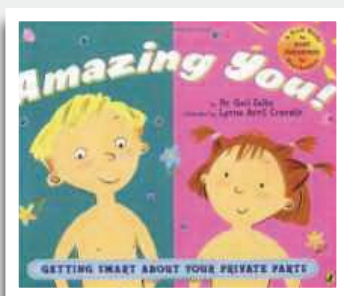
Educators and experts help us find books explaining the birds and bees to all ages.

by Pauline van Hasselt

As a parent myself, I find that explaining meaningful and complicated things in life becomes a bit less awkward when explained in a book. Reading them is quite easy, informative, and fun. We made this roundup of child-friendly resources and where to buy them. Pediatrician Tracy Xu also recommended excellent reads and advice.

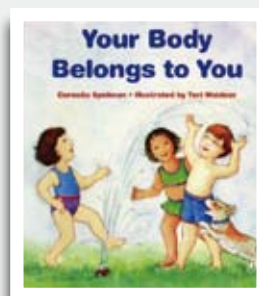
Dr. Xu tells us that contents of sexual education differ depending on school level and children's ages. "For preschool

children, lessons should be more about the development of secondary sex characteristics. On the other hand, lessons on avoiding consequences of unprotected sexual contact are more aptly taught to junior high school and high school students." Dr. Xu believes that telling children about sex directly and gently without metaphors will not cause too much curiosity about sex.



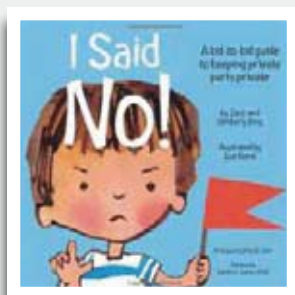
Amazing you! Getting smart about your private parts.

By Dr. Gail Saltz
Ages 3 to 7
Taobao.com
RMB 65



Your Body belongs to you
By Cornelia Maude Spelman

Age 4 to 8
Taobao.com
RMB 32



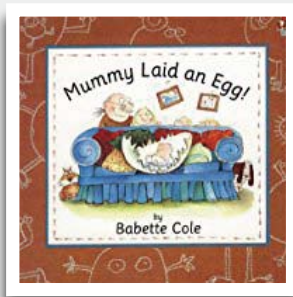
I Said No! A Kid-to-kid Guide to Keeping Private Parts Private

By Kimberly King
Age 4 and up
Tmall.com
RMB 80



My Body Belongs to Me: A book about body safety

By Jill Starishevsky
Age 3 to 8
Taobao.com
RMB 10

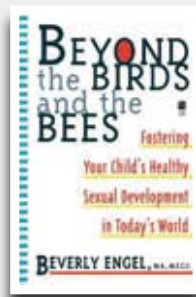


Mummy Laid An Egg!

Babette Cole, 5 to 7 years,
Amazon.cn

RMB 52

Recommended by Dr. Xu,
Sanfine International Hospital.

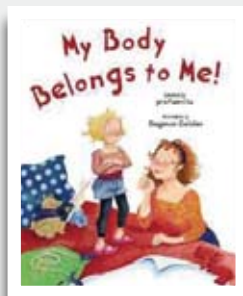


Beyond the Birds and the Bees Fostering Your Child's Healthy Development in Today's World

By Beverly Engel, JD.com

RMB 247

Recommended by Dr. Xu,
Sanfine International Hospital.



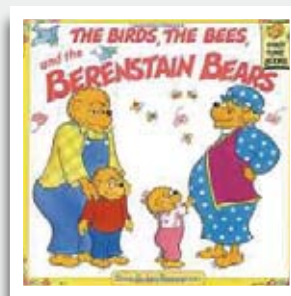
My Body Belongs to Me from My Head to My Toes

By Dagmar Geisler

Age 3 to 6

Taobao.com

RMB 160



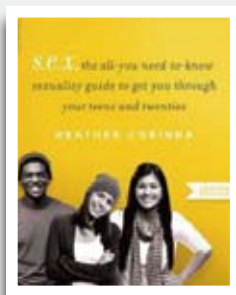
The birds, the bees and the Berenstain Bears

By Stan and Jon Berenstein

Age 3 to 7

Amazon.cn

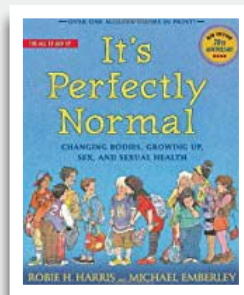
RMB 72



S.E.X., second edition: The All- You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties

By Heather Corinna, Age 12 and up
Amazon.cn, RMB 108

Recommended by Brandy S. He,
Education Consultant



It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health

By Robie H Harris, Age 10 and up
Amazon.cn, RMB 68

Recommended by Karin

Markowski,

Teacher and former Librarian

Confronting Sexual Harassment

by Vanessa Jencks



In this new column, we ask counselors to cover a topic they might encounter with students in their schools. For this inaugural article, we reached out to Adrian Elmo, school counselor at Canadian International School of Beijing (CISB).

What constitutes as sexual harassment or abuse?

This can be murky at times, but I see sexual harassment as any unwanted sexual advances, statements, gestures, and so on, that make the person on the receiving end uncomfortable. This could also be viewed in terms of bullying. If the behavior has been noted as unwanted and still continues then that is harassment.

This should be distinguished from age appropriate flirtation or attraction. Although some may engage in a flirtatious way or express interest in another person, this should not be considered harassment unless the individual is informed that it is unwanted and asked to stop and does not. Abuse on the other hand is more physical in context and goes beyond advances or comments.

Abuse involves someone in a position of perceived or actual power or authority, taking advantage of someone to engage him or her in sexual activity.

When should a student come talk about such an issue?

In cases of possible harassment or abuse a student should talk to any trusted adult immediately. In these cases, if the person is uncomfortable and has yet to express that to the other party, they should still seek help.

Students, if you are struggling with ANY issue, you should reach out. A counselor or trusted adult can help you to process what has happened to you and who you can go to for support if they are not the most qualified to support you.

Is there a way a student can tell you something of this nature without telling you face to face?

Students can always contact me by e-mail or on my office phone. At times WeChat is used to correspond with students, however, if it is serious and you need immediate help, I would suggest speaking to me in person.

Situations of this nature often cause those impacted to feel embarrassed or responsible. You can be assured that counselors have experience or training to help in times like these and will not blame you and will manage the process sensitively with the victim's best interest in mind.

If someone came to your office, what should be expected?

You can expect to be met by a calm listening ear. You can expect that I or another counselor will believe you and not judge or blame you for what has happened. You can expect that I will do whatever I can to help you.

You may experience emotions you were not expecting to feel before coming for help. This is normal. Counselors are generally comfortable with all types of emotions, and expression of emotion is healthy and can be therapeutic.

Would students need to meet more than once?

The number of times we meet really depends on the nature of the cause for the visit. Ultimately, you can have confidence that a counselor will meet with you as many times as necessary in order to help you solve your problem. Often times, even after an issue is “solved” a counselor may want to continue to meet in order to ensure that you have received everything you need from them.

What could possibly be accomplished in meeting with a school counselor?

In cases of abuse or harassment the ultimate goal would be to stop the abuse or harassment. Beyond that the goal would be to ensure that the individual has the skills they need to manage any future problems they may face and to process their experience in a positive and productive way. Depending on the severity of the abuse or harassment, continued counseling and support may be necessary.

How much of what a student shares should be confidential?

A student can expect that I will maintain confidentiality, meaning that what they tell me does not get repeated, unless they express an intent to harm themselves or someone else, if they are currently being abused, or know that someone else is being abused.

If this type of information is shared, the student can be comfortable in the fact that I will only share the information with the people who most need to know (those people who will play a vital role in solving the problem).

This often includes parents, school administrators, and possibly teachers. Again, who the information is shared with depends on the individual case.

What if the person causing the abuse or harassment is a student's guardian?

In cases of domestic abuse the outcome is often not ideal. If the person that is abusive is a parent, counselors will attempt to resolve the problem, which at times may lead to the child being removed from the home or imprisonment on the part of the abuser. In international cases, when possible a counselor may work with embassies and the Chinese government to ensure that the abuse is terminated and that the child is protected from further harm.



Adrian Elmo is currently the school psychologist at the Canadian International School of Beijing (CISB), with six years prior experience in Washington State. Elmo has always been someone who others trust to talk to, but says, “My real interest in being a school psychologist stems from my own struggles as a student.”

As a child and young adult, he struggled with Attention Deficit Hyperactivity Disorder (ADHD). “My struggles with ADHD and later success in overcoming the symptoms associated with it have

created a soft spot for students with disabilities and believe that due to my experiences as a child, I have a unique ability to build meaningful and productive helping relationships with children.”

If he were to ditch the education and mental health field, he would aim for a career as a vocalist, having sang the US national anthem at professional sporting events. Karaoke is his favorite way to pass the time, with volleyball and other team sports following after.

Students from International School of Beijing fill in this month's Blank Canvas

by Nimo Wanjau

In November 2016, the International School of Beijing (ISB) held its first Innovation Expo that gave both old and young innovators a chance to exhibit their creations. In this edition of Blank Canvas, we showcase three projects from the expo as they share what the students are passionate about.

Project 1

The Rover Project by Grade 10 Bookyu P. and Subin U.

We began this project for the objective of winning the competitions that the robotics club holds every couple of weeks. The challenge, this time, was to design and create a robot that could complete an obstacle course in the least amount of time. We also had to do this within certain restrictions; we could only use 2NXT motors and Lego pieces. We decided to work on a 4-wheel design and give maximum power to the back wheels to push our robot forward. We won the competition.

For the expo, we began to create an improved version that was faster and efficient. We successfully installed a redundancy that allowed the wheel to run even if a gear popped off, and we greatly increased the speed by introducing another motor to the front wheels. But not everything went smoothly, and we had many challenges on improving our older design.

Though I think we are both satisfied with the result, we are not done yet. We want to add a couple more commands to the programming that allows it to go backward, and think of ways to make the finished car lighter. We are both extremely passionate about science and robotics, and we hope to continue doing this for a long time!



Grade 10 Bookyu P. and Subin U.





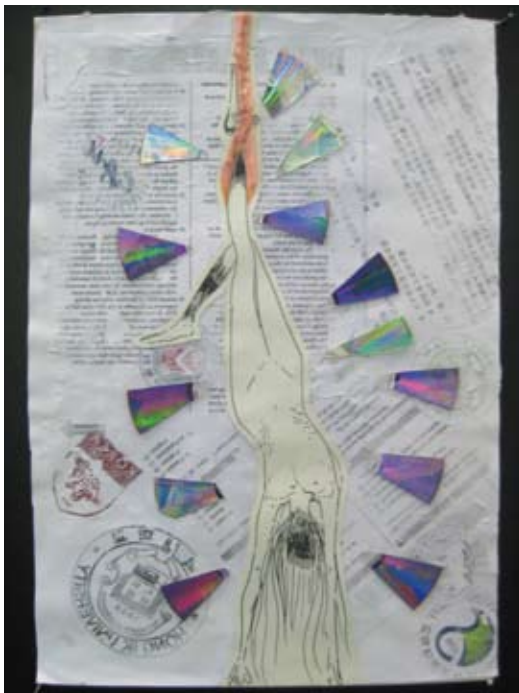
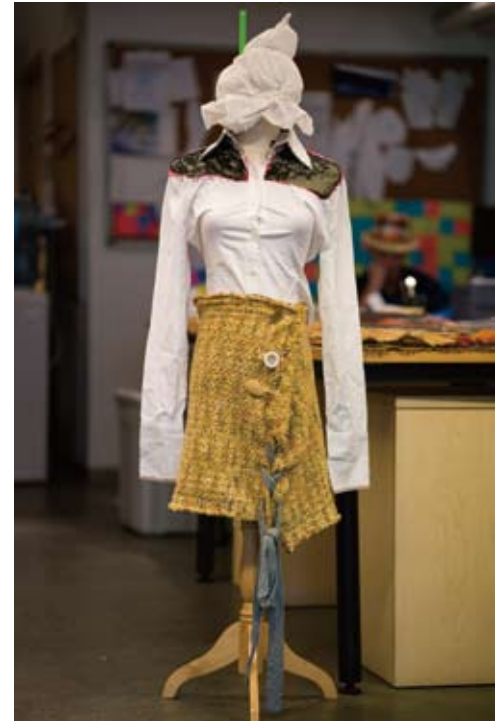
Project 2

Upcycled Fashion by Sunny R., Grade 7

I worked on two projects during the innovation expo: upcycling fashion and Futures Public Radio (FPR). But for this Blank Canvas, I'm focusing on upcycling fashion because I am a budding environmentalist, and I am frankly shocked at how many tons of clothing are thrown away each year, filling up landfills and taking up resources. I learned that it requires 3 years' worth of

drinking water just to make one cotton T-shirt, so I want to take this knowledge and my love of creating things and combine them together. Upcycling fashion seemed like the perfect thing for me to do.

I believe that if we can make upcycling popular and widely known, we can re-use all of those clothes that are taking up landfills and save the Earth's resources too. Even though some people think that only "designer" clothing can be fashionable, I see that many of the original pieces that my classmates created are just as fashionable, if not more.

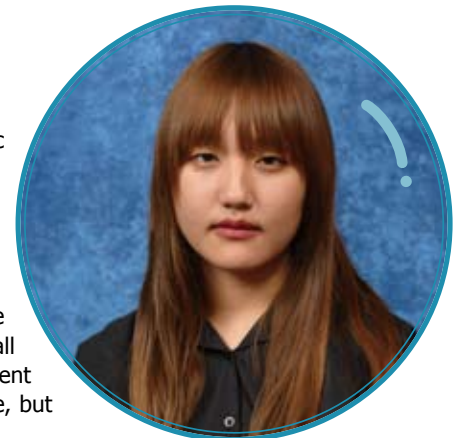


Project 3

Art 2- Thinking Like an Artist by Heewon L., Grade 10

In this collage, I want to express the academic pressure that students (including myself) living in the modern world have. On the top of photo transfers of standardized tests and college logos, there is a skinny person tied up with a rope upside down, without life. The naked and extremely slim figure expresses how vulnerable the students are, and the red rope is a symbol of how they are strangled by all the pressure. Finally, the fragments of CD represent the sharp feeling of pressure that always stabs me, but cannot be fully expressed in words.

To me, visual art is a way to pull out the 'gut-feeling' that I cannot even build up into a proper sentence, and spill it on a canvas, paper, or any other medium. No other art genre allows me to do this, and the fact that I can create and express something out of a mere feeling inside my stomach is very appealing. That is why I choose to take art courses in high school and plan to keep making and studying art in the future.





Jen Pohland and Delilah (8) welcome us to the big working space they call "The SLab"

SEWN TOGETHER

Learning, making, and bonding

by Andy Peñafluente III

We're excited to introduce our new parenting column "Marvelous Mom" which will swap every other month with "Dynamic Dad." We want to focus on the parent-kid relationships we see in our community that inspire us and other parents to love and parent well. If you've been inspired by a marvelous mom or dynamic dad, tell us about him/her at editor@beijing-kids.com. In the first edition of Marvelous Mom, we meet a designer who says learning new things with kids will never be old-fashioned.

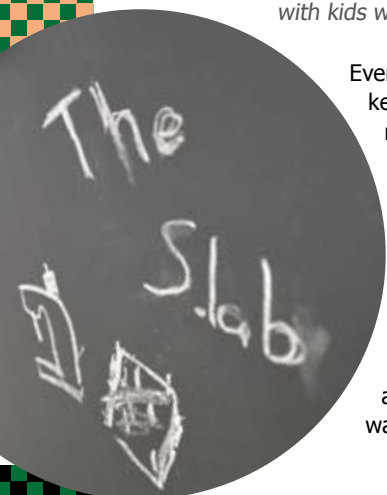
Even my thick winter coat wasn't enough to keep me warm when I reached Dongzhimenwai Street on a Sunday afternoon in January. I was looking for an establishment called "The SLab" to interview its owner, but couldn't stand the chilly breeze in the area. Just as I went near the street to look for its Chinese name, the owner and her daughter arrived in a rather cool fashion – by an electric bike.

"Are you Andy?" said Jen Pohland with a big smile. Her daughter, 8-year-old Delilah, was timid at first but told her mom she wanted

to go inside The SLab. Then I got curious. What's that SLab?

The building in Dongzhimenwai Street looked old but sturdy. But when the Pohlands welcomed me in The SLab, I was amazed to find out it's a studio with several sewing machines and a big black table akin to what engineers and architects use to design their craft. "That's The SLab," Jen told me.

Thirty-one-year-old Pohland has been in Beijing for 9 years and currently teaches English part-time. "I consider myself an international person," said Pohland, "...I lived abroad my whole life, and went to international schools in Taiwan, Malaysia, and Canada." Fresh from getting her

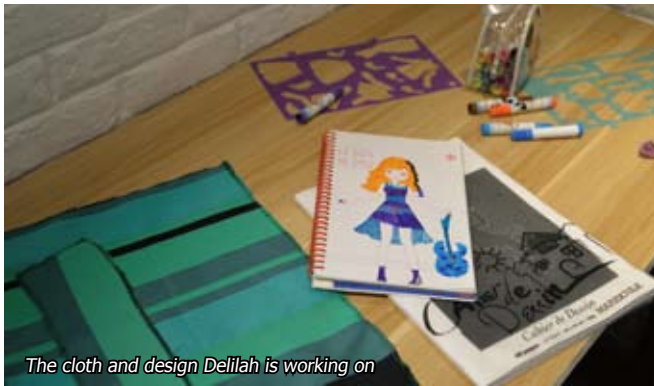


degree on Fashion Design and Merchandising at the Art Institute of Vancouver in 2007, Pohland zipped across to Beijing and started to work for large corporations.

Threads of Change

On Halloween of the following year, Pohland and her husband Charles welcomed Delilah. "When she was born, I didn't spend as much time with her as I would have liked to," Pohland me as her girl entered the room beaming with a big grin. "There's an accumulated guilt [of not spending too much time with Delilah]," she continued. "My husband and I wanted to make sure we would succeed in our careers."

After nearly 8 years of working full-time, Pohland took a break in 2016 to focus on her daughter. "Was that when you started The SLab?" I curiously asked. "It's something that has been just going on for a very long time," she said, "And even before I graduated [from college] I was already preparing. I kept records, documents, and materials ... because I knew one day I would teach with [them]. But at that point, I hadn't realized that I would actually set up my own school or lab or studio."



The cloth and design Delilah is working on

The couple then stitched all pieces of ideas they had. "There needs to be something that connects [all the craft]," Pohland explained, saying they'd talked about not only fashion designing and sewing but also electronics. "What do these things have in common? It's the working space -- the table space, a slab."

But I asked her why is it spelled with "S" and "L" in caps. "I would ask that you don't identify what the 'S' is. I want people to actually talk about it." And then Delilah said, "It's a Sewing Lab!" What a clever idea, I thought, as every industry has a working space where people also converse. "Yeah, it's very social, isn't it?! The word 'lab' is in there, and that goes back to the idea that you're experimenting," Pohland heartily said.

Delilah, who studies at an international school in Shunyi, smiled all throughout my conversation with her mom. I wondered what she thought of The SLab. "I'm actually happy about it because all these years I loved fashion, I loved designing, drawing and when my mom taught me how to, I was really happy." But that's when The SLab started running. Things were quite different when the start-up was being planned.

"At first I feel like really jealous of the SLab," Delilah said, "[My mom] was never home because she was only at The SLab, and I was like, 'The SLab, the SLab, the SLab! You're always talking about the SLab!' And when they [opened] it, I was like, 'Hmmm!'" she said through pouty lips.

"Are you still jealous?" I asked her. "Not anymore. I was like, 'Wow, fashion isn't only about sketching. It is also about making,

pattern-making," she said, revealing that she learned a lot from her mother. Pohland told me The SLab helped her hand her craft and life skills to Delilah, while the girl was so proud of their start-up that she asked her mom to teach other kids.

"So what we actually want to do with The SLab is to offer more classes, let's say more opportunities ... where parents and kids can learn and [create] new projects together. The more time you spend with [your child], the better," Pohland said.

Then Delilah started to hug her mother.



Jen teaches Delilah fabric designing

"Time is like a fabric that you just can't... once you cut it, it's done. But there are a lot of things you can do to mend [mistakes]. It's like your favorite pair of jeans, it's broken, torn everywhere, but there are ways to make it, maybe, even look better," Pohland added.

During the interview, Delilah sketched some designs on her notebook. I asked her if she wanted to follow in her mom's footsteps. "When I'll be her age, I see myself as a fashion designer. And as a fashion designer, I would also like to illustrate books because ... drawing is also one of my passions."

The SLab offers design and sewing courses for parent-and-kid tandems in its studio at Room 102, Bldg. 5 on No. 15 Dongzhimenwai Street in Dongcheng District. Tune in on beijing-kids.com/events for course announcements from The SLab.



Lessons in Love

This month we ask parents from different cultural backgrounds how they handle the sensitive issue of talking to their kids about love, sex, and where babies come from

by Andrew Killeen and Christina Cao

Alex Weber is a Corporate Trainer and Business Consultant from the US. He has three children: Jason (17) attends the Pakistan Embassy School, Jasmine (14) is at Nanshan Waldorf School, and Jackson (6) goes to AnDeHuaXu Waldorf School.

At what age did you start talking to your children about sex?

I didn't go out of my way to talk to my children about sex until my oldest was coming up on puberty, but I didn't avoid the topic either. So as questions naturally came up, we would answer things honestly, sometimes with less specific vocabulary.

Before that, where did say babies come from?

We'd basically say you came from mom's stomach. We never had any fanciful tales about storks or buying them on sale at the supermarket. We've always been pretty matter of fact with the children about human biology, and where they come from.

What approach did you take?

When my son was 12, I decided it was time to have The Talk, so I made an elaborate Powerpoint presentation. I took him out to a Russian restaurant, got him a tea and I had a beer, and I took him through it, answering whatever questions he had. I made sure to talk about reproductive biology, but I also tried to make a lot of the talk about consent, and boundaries, and interpersonal relationships, particularly as it relates to adolescents.

Do you think parents should speak differently to boys and girls about this?

I don't think that parents should speak differently to girls and boys,

though I have to admit I'm guilty of it. I worry that my daughter might get, I don't know, "squicked out" by her father trying to have The Talk with her. My wife, who's Chinese, is a little bit more reluctant to have a conversation with her, and doesn't think that at 14 it's time. I'm gently prodding that because I think it is time.

What about boundaries and appropriate behavior?

Rather amusingly, after I'd made the Powerpoint for my son, one of my colleagues, who's Chinese, asked me if I would please, please, please have The Talk with her son. I looked at her and said, "Your son is 17, and sexually active, and doesn't know me very well. He doesn't need his mother's colleague sitting down with a Powerpoint presentation and embarrassing him. Why don't you talk to him a little bit?" But she didn't feel that she could.

Have you talked about consent?

A recurring theme was certainly consent, because I think parenting teenage boys, the onus really needs to be on boys. There's too much in our culture right now about talking to girls about how to protect themselves. And I think talking to boys about what acceptable behavior is, how to obtain consent, how to actually make sure that it's not reluctant or forced consent, being very mindful of these things, is really of utmost importance.

Have you talked to them about same-sex relationships?

I've talked to my children about same sex relationships, sure. I have people in my family and friends who are around and who are in their lives have been in same sex relationships, so it doesn't seem bizarre to them. My six year old gets indignant – when he says he's going to marry a girl, I say "or a boy", and he says, "NO! Absolutely not." But I leave the possibility open with them, trying to be very matter of fact about it.

At what age would you be happy with your child having a boyfriend/ girlfriend?

Well, it's been a battle with my 17 year old over the last few years. It's not a question of me being happy, it's a question of them finding their boundaries, and me giving them enough room to explore while keeping them safe. So I'm not happy about it, but I don't forbid it. I try to guide, and I try to give some input. But yeah, my teenager has been broken-hearted a couple of times this year over girl trouble.

My 14 year old, my daughter, is very interested in boys now, and I think that's fine, I think that's normal. I'm not going to be one of these, "Oh, my daughter, when she's 30, otherwise I'll shoot you!" I don't like the double standard. So it is hard, she's my little girl, and I adore her, but I want her to be happy, and I want her to explore. So 14 might be a little young, but she'll come to that when she's ready, and I'll be there to guide her and support her, and maybe cast the odd menacing look at the boys when they come over, but no more than I do at my darling son's girlfriends.



PHOTOS: COURTESY OF ALEX WEBER

Yan Jia is mother to two boys.

At what age did you start talking to your children about sex?

As soon as they were born – well, of course they cannot talk or have a conversation with me, but it doesn't mean that I couldn't talk to my babies. I sort of talked to them (or better described as talked to myself) while giving care to them. Particularly while giving a bath or changing diapers for them, I would tell them which body parts that I was going to wash for them: you are a boy, this is your special body part as a boy etc. I believe conversations (or talks) like these are part of sex and gender education.

When my boys turned 18 months or two, and they were able to communicate with simple languages, I started to help them to learn about their body parts, for example: eyes, nose, etc. At the same time their sex organs. I would ask questions to help them recognize the difference between male and female bodies. There are quite a lot of illustrated books available for babies and younger children to help them to learn about human body parts.

Before that, where did you say babies come from?

I would tell them before they even asked about it. Like I said, I always talked to them when they were really little, saying how much I love them, telling them what it felt like when they were still in my tummy, my expectations of them before they were born, what it was like when we first saw them at their birth. So they always know that they came from my tummy, and they have never asked any questions about that so far.

What approach did you take?

Through conversation, also via books: children's picture books and anatomy/ biology books. One of my favorite books at home is: «人体(人体结构功能与疾病图解)» (*The Human Body: An Illustrated Guide to Human Anatomy and Disease*).

I originally got it for myself, and it came to be a handy reference book after having children, especially when I encounter difficulties trying to explain to them about anatomical knowledge or concepts. Pictures in the book help me relay the information to my boys. It's a pretty heavy-duty professional book, but I don't worry about the kids not being able to understand it. What we are explaining to them is not rocket science; it's just a matter of fact, they'll get it as long as you explain it to them.

But of course choosing the right material is very important, it should be basic and close to their life so they can relate and understand. The illustrations in the book that I am using are very clear and easy to read, my boys like it, and now they even flip through the book themselves. Initially I did worry some pictures in the book could be scary for them, for example the picture of skeletons, but it turned out my worries were unnecessary since the boys dealt with them just as science and knowledge.

Do you think parents should speak differently to boys and girls?

Honestly I have never given this a serious thought, probably because I have two boys. I think there should be a different emphasis when talking to boys and girls, but one thing should be the same: our mentality in talking to kids about it.



What about boundaries and appropriate behavior?

Yes, we talked about it pretty seriously, and even bought a book to read together; we discussed it and practiced what we learned in the book.

When my older boy turned around 5 or 6 years old, I noticed he had problems while interacting with others physically, and didn't know how to keep a proper safe distance. He didn't mean to harm others, but his blunt behavior often made others uncomfortable or even offended. I realized that we needed to talk about it, but honestly I didn't know how to start the conversation. So I went on to Amazon hoping to find a book for help, and that's where I got *An Exceptional Children's Guide to Touch*. We took time to read it and discussed it together, did role-plays together. It did make a difference. We kept doing it many times afterward in order for it really to sink in.

Have you talked to your children about safe sex and contraception?

Not yet, since they are both very young. I am hoping to help them clearly understand human bodies at around 12, and talk about sex and relationship ethics when they are 16 years old.

Have you talked to your children about consent?

Not yet, because they are too young for it.

Have you talked to your children about same-sex relationships and gender identity?

Yes, we touch upon those when the subject came up in the books we read.

At what age would you be happy with your children having a boyfriend/ girlfriend?

This is not something that I can decide or should worry about. Love will naturally happen when they meet the right girls.

The Unicorn Horn

Teaching respect for self and others through tall tales

by Ember Swift

My daughter, who just turned five, is set on me inventing a new story for her each night. But it hasn't always been this way. Last year, there was a repeating story that she insisted on hearing nightly for about two solid months. It was based on a clip I heard online, regarding teaching young children how to both protect their "private parts" and respect the "private parts" of others. Over the two months, I elaborated on the details and the story gained new elements, like a snowball gathers rocks and stones in its passage down a hill.

The final version went like this:

There once was a little girl who liked to play in the forest. She loved to play in the forest so much, but she was very sad because she always played alone. Then, one day, a beautiful white unicorn popped out from behind a tree. On its head was a gorgeous rainbow-colored horn that sparkled in the sunlight.

The unicorn said, "Hello, how are you?" and the little girl responded that she was very well and asked the unicorn if he would like to play with her. He said he would love to play with her, but that he had one rule that she must agree to before they could begin their friendship. It was this:

She could never touch his horn.

"It's my special place," said the unicorn, "And if you touch it, you will hurt me and make me very sad. So please don't do it."

The little girl agreed to this rule and they played together for many weeks in the forest. When she went to play every day and found the unicorn waiting for her, she was thrilled to finally have a friend to play with.

They became very good friends. However, the problem was that the unicorn's horn was very interesting to the little girl. Its colors and sparkles fascinated her and she couldn't keep her eyes off of it.

One day, she felt particularly naughty and she just couldn't help herself. She impulsively reached out and touched the unicorn's horn and then quickly let go.

When she did this, the unicorn cried out in pain. "Don't do that! I told you it's my only rule! You can't touch my special place! That hurts me and makes me so sad." And then the unicorn began to cry. He turned and ran away into the deep parts of the forest.

When the unicorn disappeared, the little girl also started to cry. She knew that she had done something very bad. After that, the unicorn never came back and never played with her again. She was brokenhearted to lose her friend. What's more, she really regretted not listening to him and not being respectful of his special place.

"What does 'respectful' mean, Mommy?"

I learned to answer this way: "A person who is respectful does their best not to do something that will hurt someone or make them sad or angry."

And now, even though this story is not on high repetition, I still bring it back once in awhile as a way to reinforce the point. I always add this, "You have a special place too, you know" (and I point to her "pee pee"). "No one except you can touch you down there, except Mommy when she's helping you clean yourself in the bath." My daughter always nods knowingly. "If anyone else ever touches you in your special place, you must tell Mommy right away."

And like the snowball has finally reached the bottom of the hill and comes to a slow and gentle stop, my heart relaxes when I hear her say:

"Okay, Mommy."

About the Writer

Ember Swift is a Canadian musician and writer who has been living in Beijing since late 2008. She and her husband Guo Jian (国贸), who is also a musician, have a daughter called Echo (国如一) and a son called Topaz or "Paz" (国世龙).



PHOTOS: PETER LIU (FLICKR)

Sharenting

Expecting the eventual conundrum of every mommyblogger

by Jennifer Ambrose

I began blogging over a decade ago, when my now-teen son Myles was a baby. It was mostly for fun, something that provided me a creative outlet as well as kept my scattered family and friends up to date on what we were doing. I never overshared, but I really enjoyed describing my awe with my infant son's progress to toddlerhood.

My blog took on different forms over the years as my life took on different shapes: a mommy blog, a grief blog, a Pittsburgh sports fan blog, a pregnancy blog, a homeschooling blog, a travel blog. For the last several years, it has become the home of the "Only Catholic Expat Steelersfan Mommyblogger in Beijing." Through all those iterations, the constant has been a focus on my kids. Myles and Brigid have always provided me ample material to post.

My blogging caught the attention of someone associated with *beijingkids* magazine in 2010, and shortly after I began my column Alternate Routes. As an extension of what I was already writing about online, I especially mined my kids' experiences for material. In the pages of this magazine, I have given the readers a peek into some of my son's personal milestones in Beijing—going out for soccer (August 2011), buying his first guitar at Rock Mei Mei (August 2012), and dancing on a table at a Beijing Oktoberfest party (October 2015).

Whenever he would find *beijingkids* in Shunyi or Sanlitun, he would pick up a copy and start flipping through it.

"Did you write in this month's issue?" he would ask, then adding proudly, "Did you write about me?"

In October of last year, Myles turned thirteen. Suddenly, I was conscious of the absence of funny toddler and preschool moments in my days. Now there was a teenager in my home who might not be comfortable with anyone outside of our family circle reading details he would rather keep private.

It wasn't that I exploited every moment of his life; I had my self-imposed limits, like no mentions of bodily fluids or private parts. Toddlers in particular say funny things about bodily fluids and private parts. My own kids were no different. However, I kept those to myself out of respect.

Since Myles' birthday, I was beginning to wonder if maybe he would take issue with my broadcasting anything about his life, even to my relatively limited audience.

I asked him as I was writing this what he thought about

his being the subject of my blog posts and the focus of this column specifically. Did he have any reservations, I wanted to know.

He shrugged, "Not really. You can write whatever you want."

I attempted to press him further on the subject, but in response I received more variations of the same indifference.

I appreciated the faith he had in me, that I would not overstep the bounds. I reviewed some of my past columns and blog posts and realized why he held this trust. If anyone had cause to be embarrassed by anything I had divulged in print or online, it would be me. Usually in my vignettes, if Myles and Brigid played any part, they were cast as the heroes, while I was more often their less-than-capable sidekick.

I suppose my next challenge as a mommy blogger is not material drying up, but keeping the dialogue going with my new teenager to know when he wants privacy.



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MY LIFE WAS OVER

A BEIJING TEEN'S
CAUTIONARY TALE OF
ONLINE ABUSE AND
IDENTITY FRAUD

by Andrew Killeen



“The hacker demanded that one of the girls in the group send him explicit pictures, and threatened to post photos of her if she didn’t. When she didn’t respond, he posted hardcore pornography on the group account.”



To the typical teenager, nothing is more important than their circle of friends, and the internet offers a whole new range of ways for them to interact with each other. So it's not surprising that young people spend so much of their time online – an average of nine hours a day, according to a 2015 report.

For Lee (name changed), a 13 year old student at a Beijing international school, that nightmare became a reality. He and his mother talked to *beijingkids* about what happened.

They had spent a relaxing Saturday as a family at a hot spring spa, their smartphones locked away for a few hours of undisturbed peace. When he switched on his phone at dinner that evening to check WeChat, he couldn't believe what he saw.

"What's the matter with you?" his friends were asking him. "Why would you say such horrible things?"

At first he was mystified, but friends pointed him to a Skype group, which he had set up with his classmates in 4th grade, for work on class projects. The group was mostly inactive, but still had over 40 members. Now someone using Lee's name and picture had joined the group and was posting vile insults about other members, including racist and sexual abuse.

Lee pleaded his innocence to his friends, but many disbelieved him. His mother Jane posted a message on WeChat, explaining that he had been without his phone all day, and therefore he couldn't have been responsible. However her intervention was met with cynicism: "You don't need your mom protecting you" was one typical comment.

Lee was devastated. "I was panicked, in tears," he tells me. "My life was over."

Jane contacted a relative who worked in IT and asked what they could do, but the answer was not hopeful. "If the person was using email you could check the IP address from which it was sent," she was told, "but in situations like this you have to ask

the person questions, try to find out about them."

Another relative began to play detective, and friended the fake Lee. The hacker responded with more unpleasant abuse, and revealed that he knew who the relative was, giving personal details about the family.

It was becoming increasingly apparent that the hacker was someone who knew Lee in real life, and the circle of suspects soon narrowed.

"On the Friday afternoon, after we got out of school," Lee told me, "a few of us went skateboarding. The fake me stated things that had happened then, mentioned a new trick I'd learned that day. There were only six or seven of us."

There were other clues too: words which the hacker misspelled in a distinctive way. Lee's suspicion began to fall on a classmate who had once been a good friend, but from whom he had drifted apart as they got older.

However the online abuse had worsened. A friend's mother contacted Jane.

"What is your son doing?" she asked. Jane responded that Lee had been sitting with her, so he couldn't have done anything wrong.

"Have you seen the recent photos?" the friend's mother said. "When you get home look at the photos."

They soon discovered what she meant. The hacker had demanded that one of the girls in the group send him explicit pictures, and threatened to post photos of her if she didn't. When she didn't respond, he had posted hardcore pornography on the Skype account.



By Sunday Lee's friends had begun to accept he was not responsible for the abuse. They sent messages of support, and challenged the hacker, hoping he'd give himself away.

The Breakthrough

Then one day, fake Lee used the Skype account to call one of his friends, but accidentally made a video call instead of a voice call, so he could be clearly seen. The friend called Lee and confirmed the truth: the hacker was the former friend whom he'd suspected all along.

Lee was now understandably worried about going to school the next day. "I was crying, kicking, screaming," he says, "saying I'd never go there again," and his mother was seriously considering changing schools. She asked the friend if he would tell the school leadership what he had seen. The hacker's father was a teacher at the school, and she also contacted him, telling him they had evidence that his son was involved, and inviting him to meet to discuss the problem. The teacher did not respond.

Lee's friend though did agree to come forward, and on Monday morning Jane went to see the headteacher, who told her he would take things over from there. Jane (a trained counselor) offered to mediate, and suggested they shouldn't punish the boy responsible, who clearly needed help. However the school's response was not what she had expected.

Teachers in Lee's grade told their students that unless the culprit came forward, they would contact the Chinese authorities. They also sent a letter to all 7th grade parents. The hacker then confessed to the school, but was still denying any involvement to his fellow students, and allegedly offered money to the witness not to say what he'd seen.

The school summoned those involved to a meeting, where the hacker admitted what he'd done, and offered

an explanation: he was angry with Lee because he'd been left out of a skateboarding trip. Lee found this explanation unconvincing, but the hacker was suspended for three days, and Lee's name was cleared.

The aftermath held more surprises. The hacker showed no real remorse, but even so most of their social circle forgave him. Even the girl whom he'd sexually harassed became friends with him again after a while. Jane thinks that because it all happened in cyberspace, that the young people don't appreciate the seriousness of what happened. "It's such a virtual thing," she says.

I ask Lee whether it's changed the way he uses social media.

"I suppose I use it less," he says. "I used to talk a lot on groups with one or two friends. Back in 6th grade when we all got our phones, we used to bond with stickers and funny stuff. I don't do that anymore."

We discuss whether they want their real names to be used, and at first they do; after all, Lee was the innocent and injured party, and has nothing to hide. Later though they contacted me and asked to remain anonymous, since this article would also be published online.

"Once something's on the internet it's there forever," Jane says. "One day he might want to run for President, and he wouldn't want this being brought up!"

Protecting our children online can be challenging, particularly as it's a world which they have grown up with, and are often more familiar with than their parents. But however savvy they may appear, they are still vulnerable, as Lee's story reminds us. As with most teen issues, communication is key. We need to talk to our kids, without intruding into their privacy, understand what they're doing online, how they're spending their time, and who with. And above all, make sure they know they can come to us if there's a problem.

For tips on keeping safe online, we talked to Morgan Grice, cybersecurity expert and Beijing dad.

"Social media is a great way to keep in touch with friends and what is going on in the world," he told us. "However it is important that we consider our privacy. When using social media you should be aware of your audience and who has visibility of what you post. Make sure to go into privacy settings to ensure only your friends and family can view and comment on your posts. It's not a good idea for personal information like school name, phone numbers or date of birth to be publicly displayed on their online profile."

Young people love to take pictures of themselves and others, and share them online. We asked what they should consider before posting.

"When posting a photo of others, it is important that you have that person's permission to do so. Images can easily be saved, shared, and used by an online bully in a bad way, so it is very important that embarrassing photos are only shared if you have full approval by the people that appear in it. A tip here is to make sure you set your privacy setting so that you have to approve any post where other users have tagged you. This way you can filter out any embarrassing or unwanted photos that you do not want online. Remember that whatever you post online is kept as a history of your behavior, and this can potentially cause problems for you in the future."

With so many passwords to keep track of, how can we make them both secure and memorable?

"Having a strong password is the most important thing when it comes to online security," Grice said. "Most passwords tend to use people's birthdays, pet's names or other things that they like however this is the easiest type of password to crack. A password should use different types of characters and be as random as possible. A tip here is to use letters, numbers, and special characters like "_ % \$ #" etc. so that the password cannot easily be guessed or cracked. Having a strong password like this is great for security; however it is also hard to remember. It is recommended that you use a trusted password manager software that remembers all of your passwords and even assists in creating and updating them."

We asked how young people can avoid the sort of identity fraud that Lee experienced.

"The internet is a place where people can easily pretend to be someone they are not. Whenever you receive a friend request make sure that you know the person and check to see if they are who they say they are. Online bullies will often pose as somebody else in order to get on your friends list and access your personal details, post, and photos. They can then use this information to try to crack your password and gain access to your account."

And what should young people do if they encounter online bullying or abuse?

"To prevent online bullying it is important that you familiarize yourself with how to block other users and limit what content can be viewed publicly. If you are contacted or provoked by a bully do not respond to or engage them, simply block and report them to the site you are using."



Digital Presence and Safety Quick Checklist:



Photos

- Did you obtain permission from the other person to post this photo?
- If the picture is of you, would you want this picture to be seen by a future college admission counselor or boss?



Friend Requests

- If you don't recognize the person, ask, "I'm sorry, I don't remember meeting you. How do we know each other?"
- If the person claims to be a current friend with a new account, call or talk to the person immediately to verify.



Public Comments or Blogs

- Would your comment or blog hurt someone?
- Would you want a teacher, principal, future college admission counselor, or boss to see this comment or blog?
- Are you sharing personal information about yourself that could be used to make you vulnerable (current location, phone number, email address, etc.)?

Preventing Abuse through Education

How can a parent protect their children from sexual abuse?

by Vanessa Jencks

With such a heavy theme for this issue, we knew parents would come down to the questions of, "What exactly do I teach when?" and "How do I protect my children?" We reached out to Dr. George Hu to answer one of those questions, and turned to trusted sources for the other.

Safe Touch Presentations and Sources of Abuse

Though Hu now lives and practices in Shanghai as the Director of Mental Health at Jiahui International Healthcare, many should be familiar with his "Safe Touch" presentations that he gave to international schools in Beijing. The purpose of these presentations was to educate children about the difference between safe, comfortable, and wanted touch, compared to the type of touch that doesn't make them feel good anymore.

With a small team and puppets, Hu would explain these concepts to children as young as kindergarten, though Hu mentioned preschool wasn't too early. "We would have a follow-up presentation after the first initial workshop since students need reinforcement of these topics," Hu said. At time of publication, we were unaware of other institutions that offer "Safe Touch" presentations in Beijing, but when asked if a health-professional is required to lead these presentations, Hu responded that anyone could lead them with the right training.

Although teaching about safe practices with strangers is important in child protection, Hu noted that in the majority of cases of sexual abuse, regardless of nationality, someone familiar to the family, such as a friend or tutor, or a family member, such as a father or older cousin, is most likely to be the perpetrator. The toughest situation is when fathers are involved. In one case, Hu said that extra support was needed for the family, as the mother of the victim needed emotional and legal help in order to protect her children from further sexual harm. Chinese law has measures of protection if a Chinese adult will champion the case for an underage Chinese victim, but prosecutions can collapse due to jurisdictions of police departments. Hu recounted one case where a student lived in an outlying town of Beijing, the perpetrator was a foreign teacher, and the abuse took place in Beijing. The specific police department responsible was not clear to the authorities involved.

There is, however, more that can be done if a perpetrator is an American citizen. "It is a priority for US Immigration and Customs Enforcement's (ICE) Homeland Security Investigations (HSI) to apprehend and prosecute US citizens who engage in sexual acts with minors in foreign countries," stated ICE website. The PROTECT Act and the Trafficking Victim's Protection Reauthorization Act together carry penalties of up to 30 years in prison for child sex tourism. HSI has 73 offices in 47 foreign countries around the world, and their cases have convicted perpetrators in situations where expats were volunteering

or working in other countries. HSI is deeply serious about overseeing the reaches of this law, stating in their news release, "There will be no refuge for child sexual predators who believe that they may victimize children outside the United States. No place is too distant or too remote to escape the attention of HSI."

Issues of the Tech Age

Outside of sexual abuse from someone in the position of authority, Hu pointed out that parents should be educated about slut-shaming and cyberbullying (turn to page 48 to learn more about cyberbullying). Interestingly, "slut-shaming is when gossip and comments, online or offline, are targeted at another peer in order to shame them for behavior or clothing." Though the targets are almost always girls, the bullies tend to be an even ratio of 50:50 males to females. Comments are as seemingly trivial as "I can't believe she wore that shirt; it shows off too much," to more serious comments or pictures that shame a female for behavior (whether true or not) that others find as non-traditional sexual behaviors.

Teachers, parents, and students should be diligent in the discussions about what these types of behaviors are and why they are unacceptable. Students should also be equipped with phrases and conflict resolution strategies to communicate that they are uncomfortable with the behavior of another, and when to recognize that more help is needed and how to get that help (turn to page 40 for more information about school resources).

In summary, to protect your children against sexual abuse, the best way is through early and frequent, educational and age-appropriate conversations. We've used trusted online sources, such as the National Sexual Violence Resource Center (NSVRC), to pull together a couple of charts to help you understand what exactly to talk about, and at what stage. The NSVRC was founded by the Pennsylvania Coalition Against Rape and is funded through a cooperative agreement from the Centers For Disease Control and Prevention's Division of Violence. We've also turned to Safely Ever After, website of Pattie Fitzgerald, who came up with the concepts around "Tricky People" rather than the infamously unhelpful "stranger danger." Her nuggets of insight explain the difference between people who could cause harm and people who will help.

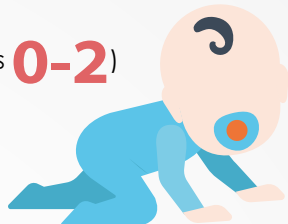
What To Teach When

Stage of Development

Encouraging Healthy Development

Infancy

(Ages **0-2**)



- Teach correct names of body parts
- Explain basic differences between male and female anatomy.
- Help children begin to understand how to interact respectfully with peers of the same age.
- Provide very simple answers to questions about the body and bodily functions.



Early Childhood

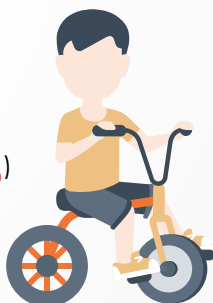
(Ages **2-5**)

- Provide basic information about reproduction (e.g., babies grow in the uterus of a woman)
- Encourage a basic understanding of privacy and when things are appropriate and inappropriate
- Explain the difference between wanted and unwanted touch. For example, a hug that is welcome and positive versus one that is unwelcome and uncomfortable.
- Teach children about boundaries. Let children know that their body belongs to them and that they can say no to unwanted touch.
- Give examples of how to say no to unwanted touch in a healthy manner and what to do if unwanted touch continues.

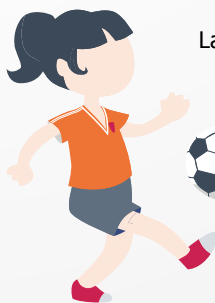


Middle childhood

(Ages **5-8**)



- Promote a solid understanding of gender and how children experience their gender identity. Children who identify as gender non-conforming will experience this also, but can face confusion and may need increased support from adults.
- Explain how human reproduction happens and the purpose.
- Talk about the physical changes that will occur during puberty.
- Explain that there are different sexual orientations.
- Educate on personal rights (e.g., "your body belongs to you") and responsibilities (e.g., treat boys and girls equally) related to sexuality



Late childhood

(Ages **9-12**)

- Provide ongoing information about the physical aspects of puberty and changes in their body.
- Educate children on the social and emotional aspects of puberty. Help to normalize the new emotions and needs that they may be experiencing.
- Provide age-appropriate sexuality information and basic information about sexual behaviors and sexually transmitted infections, etc.
- Encourage critical thinking and build the skills to differentiate fact from fiction in media images and representations of sexuality.
- Support them in understanding they have both rights and responsibilities in their friendships and relationships. Encourage characteristics of healthy friendships and relationships.



Adapted from "An Overview of Healthy Childhood Sexual Development."

National Sexual Violence Resource Center, www.nsvrc.org. 2013.

Tricky people:

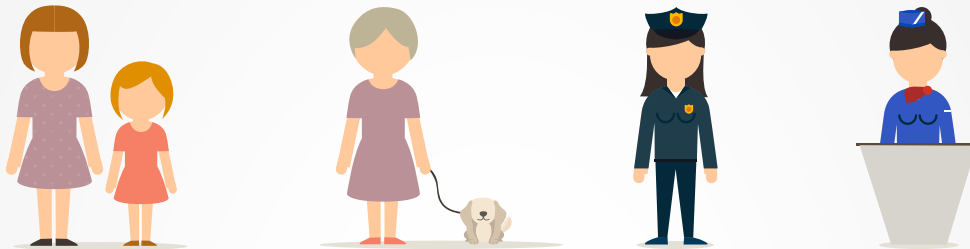
- Ask kids for help. (Adults ask other adults for help.)
- Will ask kids to keep secrets from parents.
- Will say it's OK not to ask parents for permission to do something.

Tricky Situations

- Older children and younger children on a playdate. Privacy is not needed.
- A child expresses feeling uncomfortable around a specific adult (babysitter, relative, or friend). Don't force them.
- "The Uh-Oh Feeling" – your instincts and your children's instincts are flaring up for a reason.

Likely Safe Adults

- A mom with her child, a grandmother walking with her dog, a security officer or janitor at their post, a grocery store clerk on duty.



- Will never ask a child to keep a secret from parents.
- Will never insist a child to take something or to go some place he or she doesn't want to.

Source: <http://safelyeverafter.com/tips.html>

Mental Health Services

Agape Counseling and Training Center (ACFTC) 爱在人间 offers professional counseling services to help deal with difficulties in life. Cross-cultural adjustment, relationship struggles (such as parenting, communication, confrontation, trust, betrayal issues), interpersonal struggles (personal development, stress, depression, grief, addictions). Daily 9am-5pm. Rm C906, Eastern Tulip Building, 216 Tangli Lu, Chaoyang District (WeChat: agapacenter, aizairenjian@gmail.com) www.aizairenjian.com 朝阳区汤立路216号院 东方郁金香大厦C座906室

Beijing United Psychological Health Center 北京和睦家医院诊所 1) Inside Beijing United Family Jiauguomen Health & Wellness Center, B1/F, The St. Regis Residence, St. Regis Hotel, 21 Jianguomenwai Dajie, Chaoyang District (fcreception@ufh.com.cn) www.ufh.com.cn 2) Inside Beijing United Family Shunyi Clinic, Unit 818, Pinnacle Plaza, Tianzhu Real Estate Development Zone, Shunyi District (fcreception@ufh.com.cn) www.ufh.com.cn 3) Inside Beijing United Family Hospital, 2 Jiangtai Lu (in the Lido area), Chaoyang District (fcreception@ufh.com.cn) www.ufh.com.cn 1) 朝阳区建国门外大街21号北京国际俱乐部饭店公寓楼地下1层北京和睦家健康中心内 2) 顺义区天竺开发区荣祥广场818单元北京和睦家医院诊所内 3) 朝阳区将台路2号北京和睦家医院内

Hong Kong International Medical Clinic, Beijing 北京港澳国际医疗诊所 has a high-quality international administration system, high-level medical staff, and warm service. A 24hr helpline offers medical support in English, Chinese and Japanese, and other

languages on request. A basic consultation costs RMB 680. Direct billing with over 50 international insurers. Daily 9am-9pm (after 9pm nurse on duty). 9/F, office tower of the Swissôtel, 2 Chaoyangmen Beidajie, Dongcheng District (65532288 ext 2345/6/7, 6553 9752) www.hkclinic.com 东城区北京港澳国际医疗诊所 朝阳门北大街2号港澳中心瑞士酒店办公楼9层

IMC Psychological and Family Counseling Services has child and adult psychologists offering individual, couple and family counseling, personality/educational testing and stress management; treatment for depression, sexual difficulties, substance abuse, ADHD and learning problems. Daily 24hrs. S106, 1/F, Lufthansa Center, 50 Liangmaqiao Lu, Chaoyang District (6465 1560, 158 0131 9796) <http://www.imcclinics.com/> 朝阳区亮马桥路50号燕莎中心写字楼1层S106

Raffles Medical 北京国际紧急救援中心诊所 is run by an internationally trained team of healthcare professionals who seeks to deliver integrated and comprehensive medical care to international standard. Services include family medicine, dental, physiotherapy, and counseling services. Languages include: English, German, French, Spanish, Japanese, Italian and Chinese. Open 7 days, 8am – 8pm. Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang district (6462 9112) www.afflesmedical.com/international, enquiries_beijing@afflesmedical.com 朝阳区新源里16号琨莎中心1座105室

Marriage and Family Counseling Center provides individual, couple and family therapy for the expat community. All are qualified therapists, psychologists and clinical members of the American Association for Marriage and Family Therapy. 4-1207, Hua Teng Yuan, 54 Dongsanhuan Nanlu, Chaoyang District (8779 3716, 135 5203 7480, familytherapy8@yahoo.com) 朝阳区东三环南路54号华腾园4-1207

Oasis Family Counseling Center offers counseling services for anxiety, depression, child development, life transitions, parenting, personal growth, premarital and marital issues, stress management, and trauma. There are two counselors: Regina Ho (Australia) and Dr. Catherine Hsu (US), whose specialties are relationship counseling and childhood and pediatric counseling respectively. Services are available in English, Mandarin, and Cantonese. Mon-Fri 8.30am-5.30pm, Sat 8.30am-12.30pm. Oasis International Hospital, 9 Jiuxianqiao Beilu, Chaoyang District (400 87 62747) 朝阳区酒仙桥北路9号明德医院

Pediatric Assessment and Therapy Services (Age 0-18) by Dr. Mike Mehrvarz (International Medical Center (IMC) 北京国际医疗中心) Dr. Mike Mehrvarz, Ph.D. is a child and adult psychologist, trained in the US and licensed in China. He offers comprehensive developmental, psychological, neuropsychological assessments and therapies for children age 0 to 18. Dr. Mehrvarz has extensive experience treating children with autism spectrum disorder, Asperger syndrome, ADD, ADHD, dyslexia, sensory integration disorder, learning disorders, and behavioral and emotional problems. Speech and

occupational therapists as well as a pediatric neurological consultant are also available. Dr. Mehrvarz speaks English, Mandarin, Farsi, Japanese is considers himself quite familiar with Chinese culture. Daily 24hrs. S106, 1/F, Lufthansa Center, 50 Liangmaqiao Lu, Chaoyang District (6465 1561/2/3, 138 1069 9545) www.imcclinics.com 朝阳区亮马河路50号北京燕莎中心写字楼1层S106

Sanfine International Hospital 善方医院 opened in September 2015 and is a comprehensive bilingual hospital, offering cutting-edge technology and a team of internationally experienced professionals with decades of medical experience. Located across Worker's Stadium, the hospital's services include general, family and pediatric care, women's health, and a dental clinic. It also features specialized departments in the fields of Mental Health, Cardiology, Gastroenterology, TCM, and more. Daily 8.30am-5.30pm. Rm 401-2, Bldg 1 of Shimao International Center, 13 Gongti North Road, Chaoyang District, Chaoyang District (6413 6688, info@sanfinehospital.com) http://www.sanfinehospital.com/Home/Index_en 朝阳区北京市朝阳区工体北路13号院世茂国际中心1号楼401-2

Vista Medical Center 维达达诊所 Daily 24hrs. 3/F, Kerry Centre, 1 Guanghua Lu, Chaoyang District (8529 6618, fax 8529 6615, vista@vista-china.net) www.vista-china.net 朝阳区光华路1号嘉里中心3层



The Magical World of Children's Books

On November 22, Beijing City International Early Childhood Center welcomed children's books' author Roseanne Greenfield Thong to give a presentation on how she comes up with her wonderful stories for children (and adults too). Some of the books she wrote include *Round is a Tortilla*, *Wish*, *Tummy Girl*, and *Round is a Mooncake*.



YCIS Beijing Raises Money for Charity

Students from across Yew Chung International School of Beijing's Primary School participated in a week-long charity and fundraising as a part of their curriculum. The event culminated in a Jog-a-thon, which featured students and staff running laps. Families and their friends helped sponsor the event. The students raised RMB 70,000 for the local Beijing charity, Shepherd's Field Children's Village.



DCB Gets an Air Upgrade

In December, several facilities of Dulwich College Beijing, including its gymnasium, theaters, swimming pool, and other common areas, underwent the last phase of an air quality systems upgrade. The advanced and primary fresh air filtration systems, backed up by computer-controlled secondary filtration, are now on to ensure better indoor air quality.

School News



HoK Rebrands

House of Knowledge International School & Kindergarten has rebranded to the House of Knowledge School 好思之家学校 that offers a bilingual program, which is structured as 60 percent English and 40 percent Chinese. The Elementary School is English and Chinese language instruction and will be using the International Primary Curriculum (IPC) and Chinese National Curriculum. The native German program has ceased and is now only available as an additional language for non-native speakers.



Daystar and Ivy Academy Opening Joint Campus in Sanlitun

In September 2017, bilingual school Daystar Academy will open its doors to the public for Elementary students (first grade and above) in Sanlitun. Daystar's sister school Ivy Academy will be offering the Early Childhood Education program for 2-6 years old at the same campus. The school, located at the former International French School campus in Sanlitun, will be undergoing renovations including installing a complete new air filtration system. Get more information about this new development by visiting www.ivyschools.com to register for an info session, or call admissions at 5603 9446.



No.55 International Students Take Part in First-Ever Global MYP Exam

Beijing No.55 High School International Student Section was among the first schools to take part in the first-ever global International Baccalaureate's Middle Years Program screen test. Over 7,500 students from around the world joined the exam, which aimed to help students understand pre-university course requirements. Two students, David Wan and Wei Fan achieved commendatory marks.



Keystone Summer Archway Now Accepting Applications for Summer 2017

The school offers two summer programs: a 3-week English Immersion course and a 2-week Marine Science STEAM course. For an early bird discount, apply online by February 20 via keystoneacademy.cn.



Access Water Team Visits WAB

As part of the Western Academy of Beijing's Distinguished Speaker Series on December 14, WAB welcomed world-renowned explorers Liv Arnesen and Ann Bancroft, who lead a team of eight women raising awareness about the worldwide water crisis. The Access Water team, which includes a member from each continent, educates children, and spreads information on how to help provide clean drinking water to everyone around the world.

The Circuit is a chance to check out what's happening on the Beijing family scene. Want to see your event on these pages?



Daystar Holds Global Be the Change Conference

Over 500 participants from 18 countries and regions descended upon Daystar Academy during the weekend of December 10-11 to participate in Design for Change's annual BE THE CHANGE (DFC) Celebration. Founded by educator Kiran Sethi, Be the Change is a platform for change-makers from around the world to share their DFC project, and how they are making a difference in their communities.



PHOTOS: COURTESY OF DAYSTAR

Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to webeditor@beijing-kids.com by **February 10**

Keystone Students Perform the Caucasian Chalk Circle

From December 9 to 11, Keystone Academy performed a bilingual rendition of the critically acclaimed *Caucasian Chalk Circle* by Bertolt Brecht. The play had a cast of 40 students who performed to a sold out theater hall.



ISB Holds Inaugural Innovation Expo

On November 19, the International School of Beijing welcomed the Beijing community to a day that featured student projects, local makers, artists, and student performances at their first annual Innovation Expo.





Christmas Galore at YCIS Beijing

Yew Chung International School of Beijing held its annual Christmas Bazaar in December, gathering parents, students, and vendors together in the spirit of the school's philosophy of Align with Love and Charity.

I&S Learning Expo at CISB

On December 14, Canadian International School of Beijing Grades 6-10 students showcased projects based on Individuals and Societies (I&S) unit and Service as Action objectives to parents, students, and faculty.



Dorothy Lands at BSB Shunyi

On November 25-26, secondary students at The British School of Beijing (BSB) Shunyi performed their interpretation of "The Wizard of Oz," a novel by L. Frank Baum, to students, parents, and the rest of the community.



HoK Hosts Annual St. Martin's Lantern Walk

The House of Knowledge School held their annual St Martin's community lantern walk on November 11 at the Shunyi Campus. Children and families, with their homemade lanterns, took part in a short walk singing traditional songs, led by an accordion. Afterwards, fun games and tasty traditional food and beverages were on hand for attendees.





WAB MS Students Display Design Skills

On November 30, Western Academy of Beijing Middle School students designed virtual reality mazes using the game development platform, Unity, and put their skills on display at the first-ever Middle School Design Showcase.



Spreading Christmas Cheer at Eduwings

Eduwings kindergarten held their Christmas party on December 6 featuring performances by the students and a buffet.

PHOTOS: COURTESY OF WAB AND EDUWINGS



A Dulwich Christmas

On December 13, Dulwich College Beijing held A Dulwich Christmas, which brought together the DCB community at the end of a long semester. They listened to music produced by orchestras and choirs from both the Junior and Senior Schools, as well as participate in the annual Christmas bazaar.



Early Christmas Cheer at BCIS

On December 3, Beijing City International School and Migrant Children's Foundation held their annual Christmas Bazaar that attracted over 1,500 attendees. There were different vendors and performances that captivated the audience.



Favorite Dessert Spot
Awfully Chocolate at Indigo.

Kid begs to go to...
Anywhere with Lego,
pizza or ramen!

**Best Chinese New Year
Vacation Spot**

Malaysia! Weather will be hot, but there are lots of nice places to eat, shop, relax by the beach, or trek in the tropical rain forest!

Adopted Chinese Culture
The speed of change!

Favorite Date Spot
The kid follows wherever we go!

**What is something from your
culture that you make sure
your child knows about?**

Know how to "Lepak" (means Chill in Malaysia), as life can be quite fast-paced and crowded in a big city like Beijing.

Best Place for Special Occasions
Temple Restaurant Beijing

**What do you miss about China when
you're away?**

The convenience of the networked society as all services and shops are so connected. It makes our daily life easier; almost everything is just a few clicks away on the phone.

Favorite Way to Relax

CL: Photography, cycling and a shot (or two) of some nice whiskey.
Angela: Girls night out, yoga, baking and cooking. YJ: Legos!

Favorite Weekend Activity

Hunting for good food, movies, kids' friendly events and parks (when air quality permits) and farmers markets.

Favorite New Site

Nothing new lately for me. www.chunbo.com (an online grocery shopping website) for Angela

**Favorite non-Chinese Ethnic
Restaurant/ Favorite Chi-
nese Restaurant**

There are many restaurants that we like, can we have half a page to list them down? If we must only list one of each category, here you go... **Non-Chinese:** Malacca Legend (Malaysian restaurant) @ The Place **Chinese restaurant:** Duck de Chine @ Sanlitun

The Kwek Family

by Vanessa Jencks

CL Kwek is an IT Program Director from Malaysia who has lived in Beijing for 10 years. His wife, Angela Lee, also from Malaysia, is a professional housewife who has been in Beijing for 7 years. Their son, YJ is 7 years old and in Grade 2 at House of Knowledge School (HOK). We met up with them at their favorite restaurant Duck de Chine in Sanlitun. Here they share with us their family favorites welcoming the Year of the Rooster.

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