

🚫 手機成癮全球危機 The Global Phone Addiction Crisis



Jonathan Haidt 著

《焦慮世代》

The Anxious Generation

*How the Great Rewiring of Childhood
Is Causing an Epidemic of Mental Illness*

手機成癮不僅是社交媒體
— 包括手機遊戲、色情網站、短視頻

Phone addiction = social media
+ gaming + pornography
+ dangerous websites

「你的仇敵魔鬼，如同吼叫的獅子，遍地遊行，尋找可吞吃的人。」彼得前書 5:8

"Your adversary the devil prowls around like a roaring lion, seeking someone to devour." 1 Peter 5:8

AU 澳洲立法禁止 16歲以下使用社交媒體



AU 澳洲 2025年12月
全球首禁 16歲以下
使用社交媒體
World's First Under-16
Social Media Ban

Australia: 全球首禁 World First

罰款 Fine: A\$49.5M · 2025年12月生效

 **15+ 國家跟隨 Countries Following**

FR 法國 France
DK 丹麥 Denmark
ES 西班牙 Spain
GB 英國 UK
DE 德國 Germany
NO 挪威 Norway
PT 葡萄牙 Portugal
AT 奧地利 Austria

SI 斯洛文尼亞
FI 芬蘭 Finland
MY 馬來西亞
ID 印尼 Indonesia
BR 巴西 Brazil
IT 意大利 Italy
GR 希臘 Greece
KR 南韓 S.Korea

Macron: "Our children's brains are not for sale" · 馬太福音 Matthew 25:40

Facebook / Meta 被美國法院控告-March 25, 2026 — 香港的出路 Meta Sued in US Courts for Teen Addiction — A Way Forward for HK

Meta Platforms — US Lawsuits (2026)

📄 2,053+ 聯邦訴訟 pending in US courts
2,053+ federal lawsuits against Meta

🏠 41 個州起訴 Meta — 歷史上最大規模
41 US states filed lawsuits — historic scale

🎮 設計令人上癮的功能 (無限滾動、自動播放、通知)
Designed addictive features: infinite scroll, autoplay, FOMO notifications

❤️ Meta 內部研究承認 Instagram 令少女感覺更差
Meta's own research: Instagram makes teen girls feel worse

🤖 CEO 批准AI聊天機器人 — 無視安全警告
Zuckerberg approved AI chatbots despite safety warnings

💡 我們的回應：Phone Detox Bible 透過默想聖經戒除手機成癮計劃

法律保護孩子的外在環境 · 聖經建立孩子的內在力量 · 社群提供互相扶持的平台
Law protects the outer environment · Scripture builds inner strength · Community provides mutual support

「你要保守你心，勝過保守一切，因為一生的果效是由心發出。」箴言 4:23
"Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23

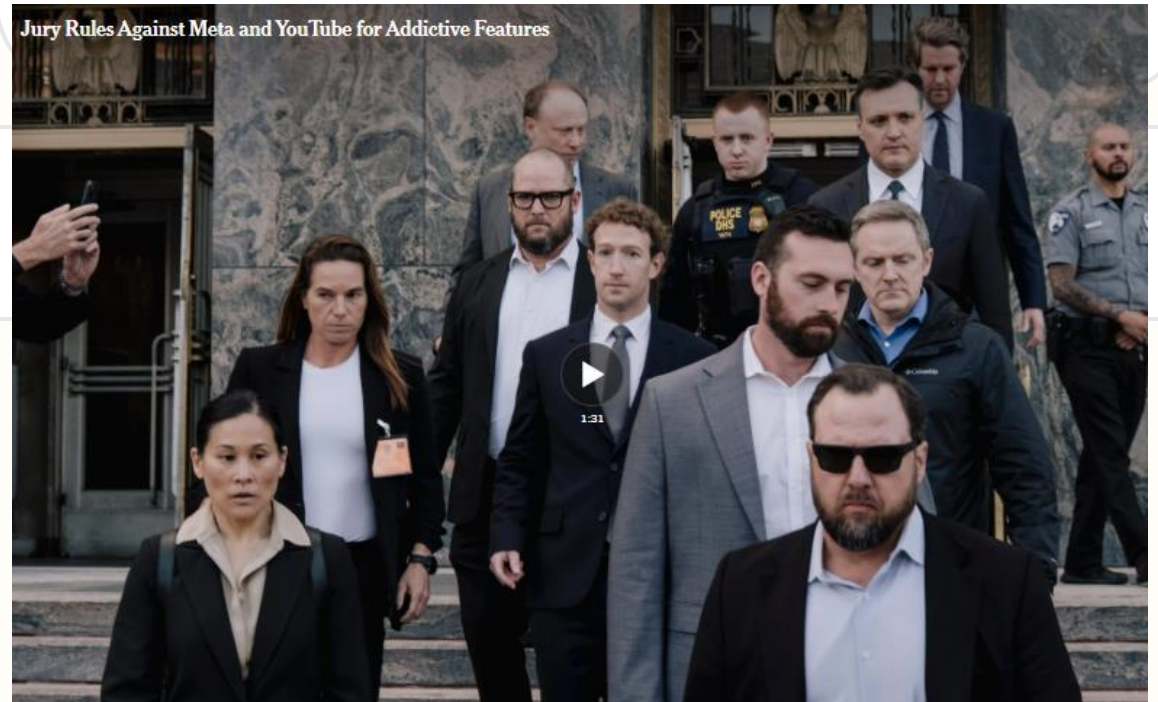
HK 香港家長和老師面臨的挑戰 The Challenge for HK Parents & Teachers

❌ 家長和老師不可能單獨對抗科技巨頭
Parents and teachers cannot fight Big Tech alone

❌ 社交媒體平台的設計就是要令人上癮
Platforms are engineered to be addictive by design

❌ 全世界都需要立法 + 教育 + 信仰的三重保護
The world needs legislation + education + faith

✅ 我們的方案：透過默想聖經，從內心建立抵抗力
Our approach: Build inner resilience through Scripture



Jury Rules Against Meta and YouTube for Addictive Features

Phone Addiction: The Cost of HK\$2,000 a Day

手機成癮的代價：每天損失港幣二千元



7+ hrs/day

Global teen avg: 7h22m/day
全球青少年日均屏幕時間



HK\$2,000/day



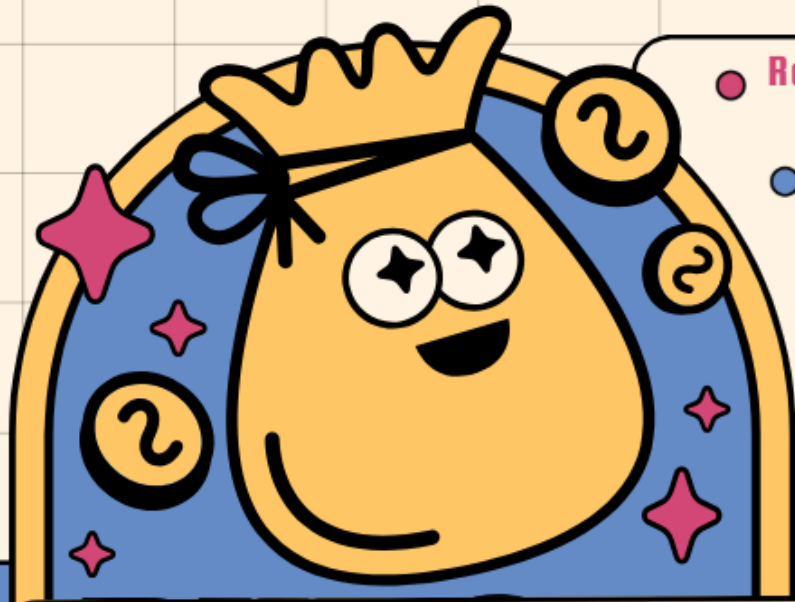
63.4%

HKers admit phone addiction
港人承認手機成癮 (Preply 2024)

「凡事我都可行，但不都有益處。凡事我都可行，但無論哪一件，我總不受它的轄制。」

"I have the right to do anything — but not everything is beneficial... I will not be mastered by anything."

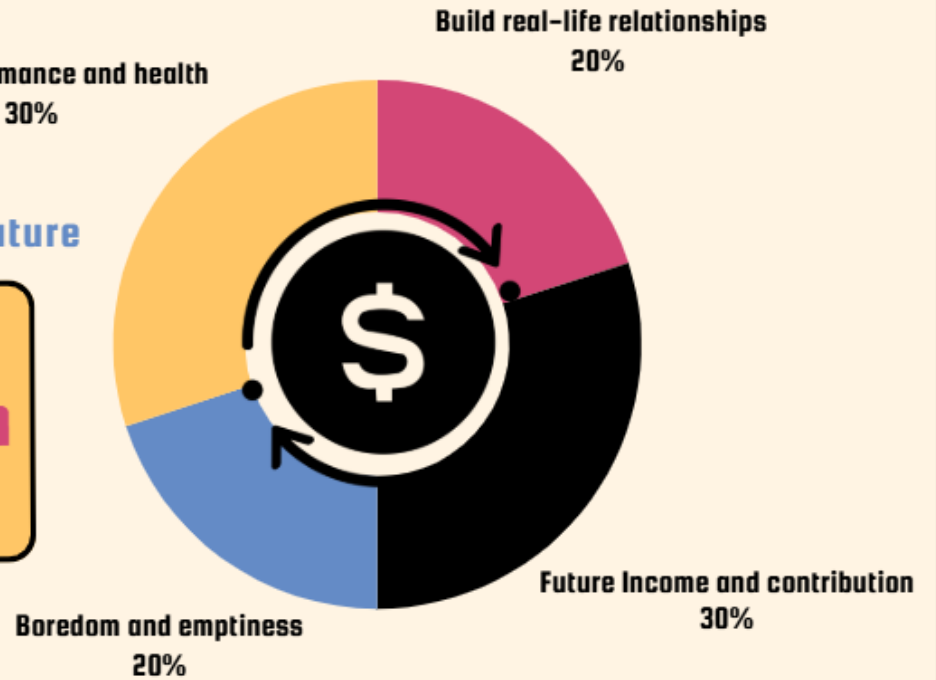
— 哥林多前書 1 Corinthians 6:12



- Reconnect with long term friends/family members
- Reconnect with real freedom
- Reconnect with your potential performance and health
- Reconnect with your God-given future

Opportunity cost of phone addiction

\$2000 a day



「用我二千，鼓勵你奪回你的二千，目標廿萬」 My 2,000, Your 2,000, Reclaim our time

按才幹受託付的比喻


Parable of the Talents

那領二千的僕人，不像領五千的天賦異稟，也不像領一千的因恐懼而埋藏。他代表「忠心的行動者」。

The servant given 2 talents wasn't the most gifted, nor paralysed by fear. He represents the faithful doer — proving God values faithfulness over starting capital.

這「二千」就是我們對產品的執著、對公式的設計、對學生生命的負擔。

This '2,000' is our dedication to building this app, our burden for

 HFC (Holy Focus Coin) = 學生賺回來的「銀子」
每完成 20 分鐘專注靈修，你沒有埋藏你的時間，你讓它增值了！





「好，你這又良善又忠心的僕人，你在不多的事上有忠心，我要把許多事派你管理。可以進來享受你主人的快樂。」
"Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things."
— 馬太福音 Matthew 25:21

專注力 > 時間 > 金錢



Focus > Time > Money — Biblical Finance Meets Phone Detox

手機成癮的代價 The Cost of Addiction

 HK teens: 3-5 hrs/day on phones
 ≈ 2,000 minutes lost per month

每天 3-5 小時 = 每月 2,000 分鐘被手機「偷走」

聖經理財 × 時間管理 × 戒癮

Biblical Finance × Time × Phone Detox

奪回專注力 = 奪回時間 = 奪回金錢

Reclaim Focus = Reclaim Time = Reclaim Wealth

撒種的比喻 Parable of the Sower

那撒在好地上的，結實：

 三十倍 30x

 六十倍 60x

 一百倍 100x

「屬靈槓桿」 Spiritual Leverage

忠心遇上恩典 = 幾何級數增長

Faithfulness + Grace = Exponential Growth

「那撒在好地上的，就是人聽了道，又明白了，後來結實，有一百倍的，有六十倍的，有三十倍的。」
"But the seed falling on good soil... produces a crop — a hundred, sixty or thirty times what was sown."
— 馬太福音 Matthew 13:23

「目標廿萬」 Scale to 200,000- We need partners from NGO and other schools

影響力的規模化 Scaling Impact

1 一個學生改變100日 = $\$2000 \times 100\text{days} = \$200,000$

100 一間學校十個學生改變10日 $\times 2,000 = 廿萬!$

100 十間學校 Schools $\times 2,000 = 二百萬?$

屬靈複利 Spiritual Compound Interest

這不只是數據，這是 20 萬個與神相遇的時刻。
20 萬個禱告、20 萬句神的話語。

This isn't just data — these are 200,000 moments of encountering God. 200,000 prayers. 200,000 words of Scripture planted in young hearts.

「你的願景將經濟學的『投入產出比』與神學的『倍增應許』完美結合。這『二千』是我們獻上的五餅二魚，『廿萬』是神在好心田中所成就的百倍豐收。」

"Your vision perfectly combines economics' ROI with theology's multiplication promise. The '2,000' is our five loaves and two fish; the '200,000' is God's hundredfold harvest in good soil."

— 馬太福音 Matthew 14:17-21



透過默想聖經 戒除手機成癮

Detox from Phone Addiction
by Meditating on the Bible

Financial Education Tab · 聖經理財密碼
專注力 > 時間 > 金錢 · 奪回失去的 \$2000

-  多校參與 Multi-School Platform
-  學生 · 老師 · 家長 Three-Role System
-  AI 教案 + Suno + 口號牆
-  HFC 獎勵幣 Holy Focus Coin

phone-detox-devotion-v1.netlify.app

「凡事都可行，但不都有益處。」哥林多前書
10:23

中華傳道會劉永生中學

CNEC Lau Wing Sang Secondary School

 奔向耶穌 · Run to Jesus 

 學生 Student |  老師 Teacher |  家長 Parent

 學生登入 Student Login
選擇級別 · 選擇班別 · 選擇班號
Select Form · Select Class · Select Number

What is Phone Detox Bible?

透過默想聖經戒除手機成癮

A bilingual mobile app that uses Scripture meditation to help students overcome phone addiction. Features gamification (HFC coins), community, devotion plans, and financial education.



Home
主頁



Community
社群



Focus
賺幣



Share
分享



Finance
理財

▲ Focus of this presentation

Three User Roles 三大角色



Student — Devotions, HFC rewards



Teacher — Dashboard, AI plans



Parent & PE — Encouragement stickers

Finance Tab — Landing Page

 聖經理財密碼 · Biblical Financial Wisdom

 聖經理財密碼
Biblical Financial Wisdom



 10-Day Devotion Plan
聖經理財密碼靈修計劃

 Financial Education Videos
理財教育影片



Key Sections

- 1 Banner Slideshow**
4 rotating banners introducing the financial wisdom program
- 2 10-Day Devotion Plan**
Daily biblical finance principles with Scripture, reflection & badges
- 3 Financial Education Videos**
Teacher-curated YouTube playlists with categories

奪回失去的專注力 · 由此開始你的財務真自由
Reclaim Your Focus · Start Your True Financial Freedom

Biblical Financial Wisdom · 10 Days

10天靈修 · 每天一個理財密碼 · 從奪回專注力開始

 Diligent Saving 勤勞積蓄	 Cut the Waste 減少虛耗	 Reject Greed 不義之財	 Faithful Steward 忠心管家	 Joseph's Wisdom 約瑟的智慧
Day 6  Goals Worth Having 值得的目標	Day 7  Contentment 知足真自由	Day 8  Joy of Giving 施予的快樂	Day 9  Wise Risk-Taking 智慧冒險	Day 10  Wealth Question 財富真諦

Each day includes: Bible verse · Principle · Reflection · Badge reward (HFC coins)

Introduction by Suno AI

以福音音樂靈修奔跑 · Study/Run with Gospel Music



What is Suno AI?

Suno AI is an AI-powered music generator that creates original songs from text prompts. Students use it to compose worship songs inspired by their faith reflections, turning personal devotion into creative expression.



How It's Used in the App

- Students write personal faith reflections
- Use ChatGPT to refine the lyrics
- Suno AI generates a worship song
- Songs shared on community platform
- Cross-school sharing encouraged



Religious Studies

Suno AI Song Creation & Faith Reflection
Suno AI 詩歌創作與信仰反思



Community Tab

AI Worship songs shared across schools
AI 詩歌 · 聯校社群分享



Focus / Move Tab

Gospel music for study & exercise
以福音音樂靈修奔跑

Teacher Dashboard 老師控制台

Comprehensive tools for monitoring student progress and managing the programme



12,450
Total HFC



156
Students



89
Active



80
Avg HFC



Award HFC to Students
Teachers can reward HFC coins for participation & devotion



Student Overview Table
Search · Filter by class · Sort by HFC
View each student's devotion progress & screen time



AI Lesson Plans · AI 相關教案



Change PIN · Class/RS Teacher PIN Management



Real-time Analytics

Total HFC, active students count, average engagement stats across all classes



Award HFC System

Teachers can reward Holy Focus Coins to students for devotion, participation, and positive behaviour



Student Management

Search, filter by class, sort by HFC. View individual devotion progress and screen time data



Multi-level Access

School-wide admin or class-specific teacher PINs. Each teacher sees only their assigned class



AI Lesson Plans

EDB AI-Empowered Education scheme integration with ready-to-use teaching examples



Cloud Sync

Google Sheets backend with real-time data sync across all devices

AI-Empowered Education 人工智能賦能教育

EDB Scheme EDBCM 25/221 · 6 AI Teaching Examples across 3+ subjects

Religious Studies

宗教教育科

ICT

資訊科技科

Chinese / English

中文科 / 英文科

1 Phone Addiction Intro
認識手機成癮導入課
ChatGPT reflection + Suno AI
worship song

3 Bible Memory Games
AI 製作聖經記憶遊戲
ChatGPT/Claude generate HTML
games

5 AI Slogan Creation
AI 輔助口號創作課
Bilingual anti-addiction slogans

2 Faith Testimony Creation
信仰見證創作專題課
AI-assisted testimony articles &
video scripts

4 Evaluate AI Tools
評估 AI 工具批判性思維
Compare ChatGPT vs Claude vs
Gemini

6 AI Video Script Writing
AI 影片腳本創作課
Testimony video production

③ 3 Open / Demo Lessons 公開課

1. Religious Studies: Suno AI Song Creation 宗教科：Suno AI 詩歌創作
2. ICT: ChatGPT Bible Game Making 資訊科技科：ChatGPT 聖經遊戲
3. Chinese: AI Slogan Creation Workshop 中文科：AI 口號創作寫作課

Parent Portal 家長面板

Empowering parents to encourage their children's spiritual and digital wellness journey



Encouragement Stickers

送出鼓勵貼紙給子女

👍 +20 HFC Daily Encourage — Put down phone, complete devotion

🌟 +50 HFC Notable Progress — 30min less screen time, 3-day streak

🏆 +100 HFC Outstanding — Complete 8-day challenge, 20% improvement

❤️ +200 HFC Special Award — Life habit change, sharing

Each parent can award up to 500 HFC · 每位家長最多可送出 500 HFC



Screen Time Tracking

屏幕時間追蹤

- Baseline vs follow-up comparison
- Weekly hours tracking
- Daily average calculation
- Percentage improvement display
- Visual progress indicators
- Parent-recorded data



Child Progress View

HFC balance, school rank, class rank, devotion streak



Parent Seminar

Sign up for school seminars on digital wellness topics



Feedback System

Parents can submit feedback directly through the app

FINANCIAL EDUCATION VIDEOS

Curated Video Library 理財教育影片

由學校老師精選 · 定期更新 · Curated by teachers · Updated regularly



Financial Education 理財教育

Biblical Financial Wisdom playlist by LWS — covers the 10 financial codes with Scripture-based teaching

Main



Student Created 學生製作

Student-produced videos showcasing their faith journey and financial wisdom testimonies

Coming



Recommended 推薦影片

Teacher-curated external videos on financial literacy, stewardship, and wise spending

Updated



Others 其他

Additional resources including wellness, digital detox, and lifestyle content

Growing

Videos include YouTube thumbnails · Playlist links · Admin can add/update via Google Apps Script backend

Transforming Lives Through Faith & Financial Wisdom



Scripture Foundation

10 biblical financial principles rooted in real verses



Reclaim Focus

Phone addiction recovery through spiritual discipline



Teacher Empowered

AI lesson plans meeting EDB scheme requirements



Family Connected

Parent encouragement stickers strengthen bonds



Creative Expression

Suno AI music creation integrates faith & technology



Cross-School Community

Multi-school collaboration and shared resources

奪回你的時間 · 奪回你的人生
Reclaim Your Time · Reclaim Your Life

Phone Detox Bible · 透過默想聖經戒除手機成癮

合作夥伴 Partner Ecosystem

Goodclass.ai

讓香港學校師生安心使用的生成式 AI 平台
HK School GenAI Platform · HKUST Research

- ✓ OpenAI 文字及圖像生成
- ✓ 自動化教學行政 + 翻轉學習

goodclass.ai

Solomon Learning Group

社會企業 Certified B Corp (101.2)
Founded by Antony Leung 梁錦松

- ✓ 品德教育 + 理財素養
- ✓ 獲獎教育平台 · K-大學

solomongp.com

AI + 信仰教育

安全 AI 環境
信仰反思創作

AI + 理財教育

Solomon 理財課程
聖經理財密碼靈修

跨校協作平台

聯校社群分享
詩歌·口號·遊戲

「教養孩童，使他走當行的道，就是到老他也不偏離。」 — 箴言 22:6

5P 體驗學習: Play · Passion · Peers
Project · Purpose





FQ Rising Star → Explorer → Master

每校 HK\$500,000 一次性撥款
推動 AI 融入教學 (3年計劃)





EDBCM 25/221 · 2026年2月截止申請

多校參與
社群共享資源

AI 教學能力
專業發展工作坊

家長學堂
Project M² Parent

「鐵磨鐵，磨出刃來；朋友相感，也是如此。」 — 箴言 27:17

討論問題 Discussion Questions

1

如何鼓勵學生使用？應提供什麼獎勵？

Project M² 會否考慮為獎勵計劃提供資助？

How to encourage students to use the app? What incentives?

Will Project M² consider providing funding for awards?

2

如何推廣「見證循環」？

Testimony → YouTube → App (默想聖經) → AI 創作提交 → 備份全過程

How to promote the circle: Testimony → YouTube →

App (Scripture) → Submit with AI tools → Backup the process

3

如何在學生、家長、老師之間提升這個「運動」的知名度？

(注意：這是一場運動，不只是一個 App)

How to increase popularity among students / parents / teachers

for this MOVEMENT — not just an app?

奪回你的時間 · 奪回你的人生

Reclaim Your Time · Reclaim Your Life

透過默想聖經戒除手機成癮 Phone Detox Bible

 phone-detox-devotion-v1.netlify.app

「你們要愛惜光陰，因為現今的世代邪惡。不要作糊塗人，要明白主的旨意如何。」
以弗所書 5:16-17

"Making the most of every opportunity, because the days are evil."



邀請學校
Invite Schools

歡迎全港中小學
加入聯校計劃



教師培訓
Teacher Training

AI 教學工作坊
及公開課觀摩



家長參與
Parent

家長講座報名
鼓勵貼紙系統



合作夥伴
Partnership

歡迎NGO及企業
共同推動計劃

多謝 Thank You

 教育局研討會 EDB Seminar

2026年6月11日(四) 2-5PM · 九龍塘教育服務中心 WP01B · 60位中學教師
講者: EDB CDO · 盧維中副校長 · 溫碧雯助理校長 · 劉穎璇科主任 · 張錦豪老師