



傳統家庭促進會

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「傳家」保衛婚姻與少女

「傳家」與Protect Marriage.com合作搜集加州選民簽名, 將一男一女的婚姻放入加州憲法之中, 必須在四月底收集七十萬的選民簽名, 才可在十一月將此提案供加州選民投票。「傳家」與「家庭更新協會」及「大使命中心」合作, 一共寄出了一萬二千張「保護婚姻法」的簽名表格, 給加州的華人教會及機構, 得到十分踴躍的回應, 不斷地收到簽滿選民姓名的表格, 在三月底 Protect Marriage.com 總部已收到八十萬個簽名, 料此次簽名運動將會成功, 在十一月選民將可以藉投票來穩固一男一女婚姻的定義。

在2000年, 加州選民以61%通過將一男一女婚姻放入加州的家庭法律中, 但歷年來不斷被民主黨的州議員和自由主義的法官企圖推翻人民的意願, 屢次在加州議

院內欲通過同性婚姻合法化的提案, 每次均被州長否決, 這次修憲動議, 將可一勞永逸, 阻止同性婚姻合法化。

在二月十四日, 多名同性戀到三藩市市府要求同性婚姻証書, 之後KTSF訪問「傳家」, 問我們的意見有否改變, 譚博士重申大部份華人教會都依照聖經教導, 只接納傳統一男一女婚姻, 而「傳家」正在收集簽名, 將一男一女的婚姻放入加州憲法之中。

在三月底, 「傳家」協助 Friendsofsarah.com的修憲簽名運動, 要求醫生和診所為未成年少女墮胎前48小時, 必需通知家



長。

徵文比賽新訊: 「傳家」徵文比賽, 已定出最後八名優勝的學生, 其排名即將在網上公佈。

「傳家」因在2008年資金短缺, 電台節目「良知分半鐘」已停此播出, 有意贊助的機構, 請與我們聯絡。

患憂鬱症的孩子

心理學家 Michael Yapko 在一個座談會中指出, 據不同研究的顯示, 愈先進的社會, 憂鬱症病患便愈多, 而在愈「自我」的社會裏, 患憂鬱症的也愈多, 而患者更日趨年輕化, 以往是老年人的病, 續漸變成中年人的病, 在現今年代, 最多患憂

鬱症的人便是二十歲上下的人, 而75%患者不尋求治療。

憂鬱症最明顯的病徵是睡眠失調, 一是失眠, 不能入睡或半夜醒來, 不能再睡, 在床上胡思亂想, 青年人多是睡眠過長, 起床艱難難, 進食失調, 過少或過多。

對生活失去興趣, 自卑、自責、自憐、自暴自棄, 悲哀、無望、放棄等。

根據 Yapko 的分析, 憂鬱症只有30%是和遺傳有關, 其他是環境因素, 例如遇到極度的打擊, 或家庭太注重孩子的IQ和學業, 忽略了EQ

患憂鬱症的孩子 (接上第一頁)

的培養，子女受壓過重，思想歪曲 (cognitive distortion)，對事情的觀點和判斷頑固不化，看事主觀、執着，孩子除了懂得唸書外，缺乏解決問題的方法，愛以負面思想看事物。男孩多因失敗而憂鬱，女則因感情創傷而患病，總括來說，都是因自尊嚴重受損而引起。

完美主義者，對自己和他人的要求都很高，但

事實往往不能如願，於是對事事都不滿，很難使他開心，慢慢地便養成了悲觀的性格，愛鑽牛角尖，對事物只有一個解釋，就是最壞的假設，只看失去的東西，小小的負面情況，便將之擴大，腦筋集中在不愉快的情緒上，灰色思想過多，行動太少，都是容易憂鬱的思想模式。

憂鬱症病者多缺乏表達

能力，缺社交技巧，使人多誤會，難以與他接近，漸漸他便形成一個「人人都不喜歡我」的觀念，遠離朋友，一個人在家，缺乏目標，便作無意義的事，成人則沉迷黃、賭、毒，年青人便多沉溺於網絡和電腦遊戲。睡眠和飲食失調，缺乏精神體力，失敗感加重，對自己感到憤怒，自卑自責。

看見自己失控地掉進深淵一樣，病者自然感到

根據CDC 2001年公佈，年青亞裔少女的自殺率高於所有族裔，而她們求醫的比率是最低。

焦慮、驚慌、心內的痛苦可能難以忍受，有的青年會選擇自殘來求短暫的解決，以刀或硬物來割自己的皮膚，流出鮮血，將內心痛苦外在化，皮肉的痛苦過後，會帶來短暫的情緒穩定，自殘的青年，以這方法釋放內心的痛苦，尚未到求死的地步，也是發出向人求救的訊號。若是得不到關懷和治療，慢慢感到無望的話，便會產生自殺的幻想。

\$\$\$ 與政治

要徹底了解候選人的政綱及施政的取向，必須從他所屬的黨派開始，競選總統需要龐大的經費，必需有黨內的政治架構支持，才可問鼎白宮的機會，所以候選人的政綱大致上也需跟隨黨的指示，而黨的競選經費，也需從國內的商業和專業人士和機構捐贈，而接受了捐款後，將來也需向捐贈的人和機構給些政治和立法上

好處。在 Opensecrets.org 的網站上列出三位候選人接受捐款的數字，到三月中為止，民主黨的Obama已收到 1.93 億元，Clinton 則收到 1.69 億元，而共和黨的McCain 只有 6千5百萬的捐款，遠遜於民主黨的對手。偏向捐給民主黨的機構和行業，有荷李活和娛樂傳媒事業、教師公會、律師公

會、墮胎組織、Hedge funds、和賭博事業。偏向捐給共和黨的機構只有槍械權利和石油工業。從以上的資料可了解那個政黨要討好那種企業，而會讓它操控社會，這也解釋了為何民主黨向來在社會、家庭和道德的議題上都以自由放縱的態度處理，而共和黨則較保守和謹慎。

你可作什麼：

1. 登記作選民
2. 積極投票
3. 加入「傳統家庭促進會」為會員，瞭解社會問題
4. 對我們發出的行動呼籲作出回應
5. 對本會支持捐助

會員申請表:

英文姓名: _____

地址: _____

電郵: _____

電話: _____

2008 年會員費: \$10

請寄往:

Traditional Family Coalition

848 Stewart Dr., #200

Sunnyvale, CA 94085

e世代孩子： Gaming addiction 網絡沉溺 (譚克成粵語講座)

電子遊戲和網絡沉溺是最新的沉溺病態，乖孩子也不幸免。父母們請聽這CD，幫你了解和應付子女的沉溺問題。

2 CD光碟 \$15.00

請網上訂購：
www.tfcus.org/cd1



TFC PROTECTS MARRIAGE AND TEENS

TFC joined the Protect-Marriage.com network to collect petition signatures for the Protect Marriage Act. We sent out 12,000 petition forms to Chinese churches and organizations in California. We see unprecedented support from many churches and individuals, and have processed thousands of signatures. It is very likely that we will qualify for putting the initiative into the November ballot so that California voters can affirm the definition of 1-man-1-woman marriage in the

Constitution. In 2000, traditional marriage was passed, as Prop 22, by 61% of voters, adding a regular statute to the California Family Code. Liberal judges and politicians relentlessly attacked the peoples' will and tried to nullify the vote by introducing same-sex marriage laws. The current initiative will put traditional marriage into California's constitution and prevent such attacks.

On Feb 14, groups of homosexuals lined the San Francisco City Hall and asked for same-sex marriage li-

censes. KTSF interviewed TFC for our response. Dr. Tam stated that our position has not changed and we are collecting signatures to put a protect-marriage amendment on California's Constitution.

In March, TFC helped "Friends of Sarah" collect signatures for a California Amendment initiative to require parental notice 48 hours before the abortion of a minor's pregnancy.

The TFC essay contest is



chosen winners. Winner's names will be announced online at: www.tfcus.org.

Because of insufficient funding, the radio program: *Conscience 1.5* is suspended until we find a sponsor.

\$\$\$ AND POLITICS

To understand the real political stand of the presidential candidates, one must look at the party he/she belongs to. Because of the need of huge campaign funding, the candidate must have the backing and the political machinery of a party. It is only natural that he/she must follow the political platform of the party. The funding of the party, however, comes from contributions from individuals

and industries. Upon successful election, payback to such industries would be given for their support. On Opensecrets.org, campaign funding is listed for the three candidates. As of mid-March, Obama received \$193 million and Clinton received \$169 million. Republican McCain trails behind the democrats with \$65 million. The industries that favors democrats are TV and entertainment,

teacher's unions, lawyer firms, abortion clinics, Hedge funds, and gambling. The industries that favor Republicans are gun rights, oil, and gas. From this data, one can see why which party is controlled by which industry. One can also understand why Democrats are more liberal in social and family issues and Republicans are more conservative.

TEEN DEPRESSION

Psychologist Michael Yapko said in a seminar that studies shows depression happens in more advanced countries because people are more self-centered. The average age of onset of depression lowers by the decade and depression is no longer an illness limited to seniors. The current highest population of

depressed patients are in their twenties, and 75% do not seek treatment.

The most obvious symptom of depression is insomnia-not being able to fall asleep or awaken early before dawn. Teens sleep extra long hours and are unable to get out of bed. Eating disorders set in, the person either eating too much or too little. Life

becomes meaningless because of sadness, self pity, hopelessness, self-blame, and giving up on life.

According to Yapko, only 30% of depression is related to genetics, the rest is caused by environmental factors like extremely stressful events. Some parents over emphasize on children's IQ while neglect-

(Continues on page 4)

e kids: gaming addiction (Bill Tam workshop in Cantonese)

Internet addictions are the newest addictions, even for apparently fine kids. Parents, listen to this CD to help you understand and deal with your children's gaming problems.

2 CD's at \$15.00

Order online at:
www.tfcus.org/cd1



TRADITIONAL FAMILY COALITION

848 Stewart Dr., #200
Sunnyvale
CA 94085
Phone: 408-636-0037
Fax: 408-636-0033
E-mail: tfccal@yahoo.com



What can you do?

1. Register to vote.
2. Cast your vote wisely on election day.
3. Join TFC membership and get informed.
4. Respond to TFC's call-to-action.
5. Donate to TFC.

Please cut and send application with \$10 payable to:

Traditional Family Coalition
848 Stewart Dr., #200,
Sunnyvale, CA 94085.

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TFC's mission:

To protect healthy traditional family values through education and action.

Membership Application:

Name: _____

Address: _____

E-mail: _____

Phone: _____

2008 membership: \$10

目標：以教育言論與行動保衛健康傳統家庭

TEEN DEPRESSION (CONT'D FROM PAGE 3)

-ing their EQ development. When children are overstressed, cognitive distortion sets in, and a rigid, subjective frame of mind is formed. Some children are skilled only in academics, lacking problem solving skills and emotional intelligence. Boys get depressed because of failures, while girls get depressed from relationship issues. Both are related to severe damage to the self-esteem.

Perfectionists demands high standards from themselves as well as others. In an imperfect world, he sees many defects, and is unhappy with numerous things. He finds no happiness in daily life, and develops a pessimistic world view, focusing on the negatives. There is only one explanation to events, and the worst is always presumed to be the case. Habitual toxic thoughts and infrequent actions are the general pattern of de-

pression. Many depressed persons lack communication skills and are difficult to talk to. When their friends make no effort to talk to them, they read it as "nobody likes me". Lonely at home and aimless in life, they self medicate by immersing themselves in meaningless addictions. Adults are hooked on pornography, gambling, drugs and alcohol. Teens immerse themselves in the internet and gaming addictions. They lose sleep and eat meals at irregular times, thus leading to physical weakness and lack of concentration. This reinforces the feeling of failure and they feel angry, inferior, and hate themselves.

Seeing themselves drop off a mental cliff, the depressed person feels anxious, fearful, and in unbearable pain. Some young people choose self-harming methods, like cutting, to translate their inter-

According to a CDC report in 2001, young Asian females have the highest rate of suicide among all ethnic groups and they are also the group that are least likely to seek treatment.

nal struggle they experience with temporary relief. Self-injuring youths may not want to die, but it is a call for help. If no care or treatment is available, hopelessness sinks in. When they see that the dire situation is never going to change, there may be no reason to keep living. Thoughts of suicide appear.