

新聞稿

先導計劃研究顯示

「正面性教育」能增加青少年實踐安全性行為意欲

為推廣正面性教育，「關懷愛滋」與糖不甩進行了一項先導計劃，證明與禁慾式性教育相比，正面性教育能有效增加青少年實踐安全性行為的意欲及保障他們的性健康。計劃中「關懷愛滋」與糖不甩發展了正面性教育課程，並為香港一所文法中學 112 名中五學生提供該課程。參與計劃學生的性知識及實踐安全性行為的意欲在計劃完成後均有顯著改善。

現時香港的性教育大多是禁慾式的教育課程；很多青少年反映，香港的性教育只是一味勸阻他們發生性行為，卻未能提供足夠的性知識及生活技能訓練，協助他們去處理在性和關係之中切身的性健康問題。根據衛生署的數字，在 2011 年至 2015 年期間，29 歲或以下感染愛滋病病毒個案增加了 55%，其他性病的感染數字亦有增加，足見香港現時的性教育難以保障青少年的性健康。

計劃設計

計劃以「青少年為本」及「實證為本」為原則，希望由下而上從青少年的性教育需要出發，研發一套以實証為基礎、確保有效保障青少年性健康的教材套，協助香港性教育發展。計劃開始時，「關懷愛滋」與糖不甩透過網上問卷評估了 558 名 25 歲以下青少年的性教育需要，發現受訪者最感興趣的性教育議題為（一）掌握與伴侶開明地溝通性事的技巧、（二）如何處理戀愛關係及（三）認識及討論性傾向。為滿足青少年的需要，「關懷愛滋」與糖不甩選取了這三項議題，亦加入「安全性行為」的元素，設計共四個單元的性教育課程。

「關懷愛滋」高級政策倡議主任陳穎芝(Sabrina)表示：「我們的正面性教育課程與禁慾式性教育的最大分別，是我們視性為生活的一部分，而非要迴避的話題。我們鼓勵學生正面談性，並就實踐安全性行為給予學生準確的性知識及訓練他們與伴侶溝通的技巧。」例如學生可以親身接觸不同款式的安全套，以及透過基於現實生活情景設計的角色扮演活動，學習如何在戀愛及親密關係中尊重伴侶，了解性行為中知情同意的重要性。

計劃研究結果

為提高此性教育課程的參考價值，大部分前測後測問題都使用學術研究中具信效度的量表，並應用了 T 檢驗 (t-test) 去檢驗數據。計劃前後相比，學生的性健康知識由 5.2 分顯著提升至 7.8 分（10 分為滿分）。當中知道「結合凡士林與安全套使用以增加潤滑程度是會令安全套較易破裂」的學生數目於計劃後增加了 260%。計劃後，實踐安全性行為的意欲亦由 4.3 分增加至



4.7 分（6 分為滿分）。另外，80%學生認為計劃有助他們掌握與伴侶溝通技巧及化解與伴侶之間的衝突。小組訪談的內容亦顯示，學生普遍認為課程內容較「貼地」和現實，能幫助他們有效處理性與關係中遇到的問題。

糖不甩創辦人辛蔚嫻(Julia)表示：「研究數據顯示，課程不僅給予學生性健康知識，亦訓練他們在性和關係之中的溝通技巧，讓他們能夠將性健康知識付諸實踐。」

政策建議

「關懷愛滋」與糖不甩促請香港教育大學及其他大學把正面性教育課程設定為準教師的必修科。另外，政府應成立基金，確保教育工作者及非政府組織能有足夠資源為青少年提供正面而有效的性教育。

計劃中使用的正面性教育教學手冊（連工作紙及教案）已上載至 <http://aidsconcern.org.hk/chi/policy-research> 供性教育工作者使用。歡迎有興趣合作推廣正面性教育的老師或社工與「關懷愛滋」及糖不甩聯絡。

如有任何查詢，請聯絡

李敏 (Annie)

「關懷愛滋」市場及傳訊主任

電話: 2898 4411 / 9753 9074

annie.li@aidsconcern.org.hk

關於「關懷愛滋」 (<http://aidsconcern.org.hk/>)

「關懷愛滋」成立於 1990 年，是本港首個關注愛滋病及提供有關服務的非政府慈善組織。我們的願景是在香港建設「三零」社會：零新感染、零標籤及零愛滋病相關死亡。我們將從個人、機構、社會層面出發，帶動全面的社會改變，達至「三零目標」，阻遏愛滋病病毒傳播，消除社會對感染者的負面標籤。

關於糖不甩 (www.stickyricelove.com)

成立於2014年，糖不甩是個針對香港青少年的網上性健康平台，致力建立一個安全及開放的空間，讓年輕人輕鬆自在地學習及討論性健康相關的議題，希望改善香港的性教育。糖不甩為社會凝造友善氣氛，令不同的人有足夠的性知識及對議題有充分的了解，培養年輕人性決策的能力。網上平台設有討論區及網誌，糖不甩另有舉行不同的教育活動。



31st July, 2016

Press release

Demonstration scheme shows a positive approach to sexuality education enhances the motivation of youth to practise safer sex

A demonstration scheme (the 'Scheme') carried out by AIDS Concern and Sticky Rice Love shows that a positive approach to sexuality education, compared with an abstinence-based education, can effectively enhance the motivation of youth to practice safer sex and improve their sexual health. In the Scheme, positive sexuality education classes developed by AIDS Concern and Sticky Rice Love were run for 112 Form 5 students in a grammar school in Hong Kong. The students' sexual knowledge and motivation to practice safer sex are found to have significantly improved after the Scheme.

Much of the current sexuality education in Hong Kong is abstinence-based. A lot of young people report that the current sexuality education in Hong Kong only guides them to say no to sex but does not equip them with the much-needed sexual knowledge and life skills to deal with sexual health problems in sex and relationships. Such education is ineffective in improving the sexual health of youth. According to the Department of Health, the number of people aged 29 or below infected with HIV rose by 55% from 2011 to 2015, and there are also reports of increasing cases of other sexually transmitted infections.

Design of the Scheme

The aim of the Scheme is to develop a sexuality education teaching manual that can effectively protect the sexual health of youth with a youth-oriented and evidence-based approach. At the start of the Scheme an online survey was done with 558 young people aged below 25 to study their sexuality education needs. Results show that the respondents were most interested in (i) how to openly communicate with partners about sex, (ii) how to handle love relationships and (iii) understanding and discussing sexual orientation. Lesson plans were consequently developed specifically on these three topics together with the element of 'safer sex knowledge' to suit the needs of young people.

Senior Policy and Advocacy Officer of AIDS Concern Sabrina Chan says, 'What distinguishes the Scheme from most sex education classes in Hong Kong is that sex is seen as part of life rather than something to avoid talking about. Students were encouraged to talk about sex with information and skills to communicate with partners about practicing safer sex.' For example, students could touch and learn about condoms with different features. A role play was also designed for students to openly talk about issues such as ensuring informed consent in sex and mutual respect in real-life scenarios.

Findings

In order to improve the impact of our sexuality education curriculum, most of the survey questions were validated scales from academic research and T-test statistical analysis was applied to the test the



significance of results. The students' level of sexual health knowledge rose significantly from score 5.2 to 7.8 out of 10 after the Scheme. For example, the number of students who understood that using Vaseline as a lubricant with a condom makes it more likely for the condom to break rose by 260% after the Scheme. The students' intention to practice safer sex rose from 4.3 to 4.7 out of 6 after the Scheme. On communication skills with partners, 80% of the students found that the Scheme helped them master the skills to communicate with partners and fulfilled their needs about resolving conflicts with partners. A common view reported by the students is that topics taught in the classes in the Scheme were realistic and could help them cope with problems faced in sex and relationships effectively.

Julia Sun, Founder of Sticky Rice Love says, 'The findings show that our classes do not only equip students with sexual health knowledge, but also motivate them to put the knowledge into practice by empowering them with communication and life skills in relationships and sex.'

Policy recommendations

AIDS Concern and Sticky Rice Love call for universities, including the Education University of Hong Kong, to provide compulsory courses on positive sexuality education for prospective teachers. Furthermore, the Government should set up a foundation to give sufficient resources so that educators and NGOs can effectively deliver positive sexuality education to youth.

The Positive Sexuality Education Teaching Manual used in the Scheme including worksheets and lesson plans (currently in Chinese only) is now available at <http://aidsconcern.org.hk/policy-research> for teachers and youth workers to use. Teachers or youth workers are welcome to contact AIDS Concern and Sticky Rice Love for collaboration to promote positive sexuality education.

For further information, please contact

Annie Li

Officer, Marketing and Communications, AIDS Concern

Tel: 2898 4411 / 9753 9074; Email: annie.li@aidsconcern.org.hk

About AIDS Concern (<http://aidsconcern.org.hk/>)

AIDS Concern was established in 1990 as the first non-government charity organisation committed to the service of AIDS care in Hong Kong. Our vision is to create "TRIPLE ZERO" Hong Kong, this means ZERO new infections, ZERO stigma and ZERO AIDS deaths. AIDS Concern will lead social changes by individuals, organisations and society to achieve TRIPLE ZERO, to stop the spread of HIV/AIDS and eliminate stigma for people living with HIV.

About Sticky Rice Love (www.stickyricelove.com)

Founded in 2014, Sticky Rice Love aims to develop a friendly community in Hong Kong receptive to discussions on sexuality, as well as empower youths with the knowledge to make responsible informed choices. To do so, we host an open and safe online platform (accessible at www.stickyricelove.com) for youths to discuss and understand various sexual issues and organise sex education events.