

「性與生殖健康」研究 Research in Sexual and Reproductive Health

作進方性康計健就
。行法、、劃康「
研等最青、「性
，新少家、與
究加避年庭家生
工強孕與健庭殖

Strategy 3

Conduct and strengthen research in sexual and reproductive health, family planning, family health, youth sexuality, new contraceptive methods, etc.

性與生殖健康研究

研究小組委員會按照家計會的使命及策略，計劃及監管性與生殖健康、家庭計劃、家庭健康、青少年與性、嶄新避孕方法、及其他有關方面的研究；而道德評審委員會則審閱及批核研究建議書，以保障研究對象的權益、安全及福利。

二零二一年青少年與性研究

家計會自 1981 年起，每五年進行一次全港大型青少年與性研究，探討青少年的性態度、知識及行為、拍拖、避孕、家庭生活等，學者、政策制定者、服務提供者及其他服務青少年的機構均對現時的觀念與行為，以及過去四十年的趨勢深感興趣。二零二一年青少年與性研究為這系列的第九次調查，工作小組給予許多寶貴的意見和建議。是次調查成功在學校訪問了共 8,343 名一至中六學生，包括 3,713 名女生及 4,630 名男生，以及上門訪問 1,205 名 18–27 歲的青年。本會於 2022 年 6 月 14 日公佈「二零二一年青少年與性研究」（中學生調查）結果。

Research in Sexual and Reproductive Health

The Research Subcommittee plans and oversees research projects in sexual and reproductive health, family planning, family health, youth sexuality, new contraceptive methods and other related areas in line with the Association's mission and strategies whereas the Ethics Panel reviews and approves research proposals to safeguard the rights, safety and well-being of research subjects.

Youth Sexuality Study 2021

The Association has been conducting territory-wide Youth Sexuality Studies (YSS) every five years since 1981 to explore youths' attitude, knowledge and behaviour with regard to sexuality, dating, contraception, family life, etc. Current perceptions and practices as well as trends over the past forty years are of interest to academics, policy-makers, service providers and other organizations working with youth. With the valuable input and insights of the Working Group, the ninth YSS 2021 successfully polled a total of 8,343 secondary school students from Form One to Form Six (F.1–F.6), with 3,713 girls and 4,630 boys, in the Secondary School Survey, and 1,205 youths aged between 18 and 27 in household survey. The findings of YSS 2021 (Secondary School Survey) were released on 14 June 2022.



「二零二一年青少年與性研究」新聞發佈會
Press Conference on Youth Sexuality Study 2021

性知識及性教育

2021 年調查發現，中學生的性知識仍然未如理想。在 12 題有關受孕、性病及愛滋病感染的性知識題目中，中三至中六生平均只答對 8 題，與 2016 年相若；中一至中二生的平均分亦不理想，維持於 2016 年的 5–6 分的較低水平。在眾多學生表示有興趣學習的性教育題目中，最受歡迎的，是「拍拖與戀愛」、「青春期」、「安全性行為」、「預防及處理性騷擾」和「性傾向」。

Sexual Knowledge & Sexuality Education

Students' sexual knowledge remained unsatisfactory in 2021. F.3–F.6 students scored an average of 8 correct answers out of 12 key questions regarding conception, sexually transmissible infections (STI) and HIV/AIDS in 2021, similar to that in 2016. The average score of F.1–F.2 students, remained undesirably low at 5–6 in 2021. Among the wide range of sexuality education topics in which students indicated interest, the most popular were “dating and love”, “adolescent development”, “safe sex”, “preventing and dealing with sexual harassment” and “sexual orientation”.

性態度

是次研究發現，中學生對「婚前性行為」及「同居」等行為的接納程度，整體上較以往的調查為高。另一方面，他們對「女性同性戀、男性同性戀、雙性戀及跨性別」（LGBT）的接納程度，整體上較 2016 年顯著地增加，延續過去 10 年以來的上升趨勢。在中三至中六學生中，接近八成女生及過半數男生，接受女性同性戀、男性同性戀及雙性戀。

性別認同

2021 年的調查首次加入有關「性別認同」的問題，有關結果顯示約 14% 學生對自己的性別認同表示不肯定。有小部分學生表示自己的性別認同與原生性別不同，這情況在女生之間（4%）較男生（2%）普遍；在這少數的學生中，約 23% 女生及 30% 男生曾經考慮變性。

性傾向

至於性傾向方面，大多數學生表示自己是「異性戀」；13% 女生及 5% 男生表示自己是「雙性戀」；約 2% 女生及 1% 男生表示自己是「泛性戀」（被異性、同性、跨性別等所有性別的人吸引）；男女生均有約 5% 表示自己是「無性戀」（不被異性、同性或任何性別的人吸引），以及約六分一表示不知道。

約會經驗

在過去 15 年間，有約會經驗的中學生比率整體上下降了，佔少於五分之一の中一至中二生，以及約三分一的中三至中六生。這些學生的平均第一次約會年齡，中一至中二生為 11 歲，中三至中六生為 13 歲，與過去 15 年來相若。

在有約會經驗的學生中，超過四成曾與對象有衝突，超過 65% 曾經因為各種不同的原因而分手。於約會時曾有衝突的學生中，處理方式大多數是「雙方讓步，提出妥協」，值得關注的是有 13% 女生及 6% 男生曾傷害自己或以暴力傷害對方，而男女生均有 5% 曾辱罵或威嚇對方。

Sexual Attitudes

Compared with previous surveys, there was a trend of higher acceptance among the students in general of such behaviours as pre-marital sex and co-habitation. Acceptance of Lesbian, Gay, Bisexual and Transgender (LGBT) was significantly higher than in 2016, continuing the upward trends over the past decade. Nearly 80% of F.3–F.6 girls and more than half of their male counterparts accepted female and male homosexualities and bisexuality.

Gender Identity

Questions regarding gender identity newly introduced in the 2021 Survey found that about 14% of students were unsure about their gender identity. A small proportion of students indicated that their gender identity was different from their innate sex, which was more common among girls (4%) than boys (2%). Among these small percentages, about 23% of girls and 30% of boys had considered changing gender.

Sexual Orientation

Concerning their sexual orientation, a majority indicated that they were heterosexual; 13% of girls and 5% of boys said they were bisexual; about 2% of girls and 1% of boys said they were pansexual (experienced sexual attraction towards people regardless of their sex or gender identity); about 5% of both genders said they were asexual (experienced no sexual attraction towards the opposite sex, same sex or any gender identity); and about one-sixth were uncertain.

Dating Experiences

The prevalence of dating experience among secondary school students were generally declining over the previous 15 years. Less than one-fifth of F.1–F.2 students and about one-third of F.3–F.6 students had dated. Among those with dating experience, the average age of first dating was 11 years old among F.1–F.2 students and 13 years old for F.3–F.6 students respectively, approximately the same over the previous 15 years.

Over 40% of those with dating experience had experienced conflicts, and over 65% had experienced break-up for a variety of reasons. When dealing with conflicts, the majority compromised or made concessions. Of concern was the fact that among these students, 13% of girls and 6% of boys dealt with conflicts by resorting to physical violence by harming themselves or each other; about 5% of both genders verbally insulted or intimidated the other party.

結婚及生育意願

過去 10 年間，表示將來會結婚或生兒育女的中學生比率有持續下降的趨勢。在 2021 年，表示將來會結婚的中學生的比率，由 2011 年的約九成下降至 2021 年的約八成；表示日後會生育的，女生及男生更分別由 2011 年的 80% 及 84%，大幅地減少至 2021 年的 55% 及 70%。

性交經驗

整體來說，在 2021 年只有 1% 的中一至中二生，以及在中三至中六生間，有 4% 女生及 6% 男生有性交經驗，較 2016 年的比率為低。有性交經驗的中三至中六生的第一次性交平均年齡，維持在 14–15 歲。

社交媒體經驗

在社交媒體經驗方面，在 2021 年，約六成女生及六成半男生曾接觸色情內容，較 2016 年分別為 33% 及 59% 的比率為高；約 3% 女生及約 7% 男生曾進行裸聊，較 2016 年分別為 1% 及 2% 的比率為高。曾遭網絡欺凌的學生的比率與 2016 年相若，維持在約 10%。約 5% 女生及 9% 男生曾遇到影像性暴力；約 17% 女生及 24% 男生曾收到色情文字或影像訊息，5% 女生及 11% 男生曾發送給他人。

HPV 疫苗注射

HPV 疫苗注射在中一至中六女生間的覆蓋率，由 2016 年約 10% 上升至 2021 年的 25%（中一至中二女生為 20%，中三至中六女生為 30%）。只有 1% 中一至中六男生接種了這疫苗。被問及為何沒有接種 HPV 疫苗，男女生均指出最普遍的原因為「從未聽聞這疫苗」、「不知道疫苗的作用」、「不知道疫苗的安全性」、「醫護人員沒有建議」及「不知道往哪裡注射疫苗」，男生則多加一項「HPV 疫苗與我無關」。六成女生知道 HPV 疫苗有助預防子宮頸癌，但只有 39% 女生及 28% 男生知道它亦有助預防性病，和 26% 女生知道即使接種了 HPV 疫苗，仍然需要定期進行子宮頸癌篩查。

Marriage and Childbearing Intentions

There was a continuous downward trend in the marriage and childbearing intentions among secondary school students over the past decade. In 2021, around 80% of them said they would marry in future, down from around 90% in 2011. In 2021, 55% of girls and 70% of boys said they would have child(ren), down from 80% and 84% respectively in 2011.

Sexual Experiences

Overall, only 1% of F.1–F.2 students and 4% of girls and 6% of boys among the F.3–F.6 students had sexual intercourse experience in 2021, lower than the corresponding figures in 2016. The mean age of first sex among the F.3–F.6 students who had commenced sexual intercourse remained quite constant at 14–15.

Social Media Experiences

Concerning social media experiences, in 2021, around 60% of girls and 65% of boys had been exposed to pornographic content on social media, up from 33% and 59% respectively in 2016. Around 3% of girls and around 7% of boys had been engaged in naked chats, up from 1% and 2% respectively in 2016. The proportion of those who had been bullied online remained at around 10% as in 2016. Around 5% of girls and 9% of boys had experienced image-based sexual violence. Around 17% of girls and 24% of boys received pornographic messages or images; 5% of girls and 11% of boys have sent them to others.

Human Papillomavirus (HPV) Vaccination

HPV vaccination coverage among F.1–F.6 girls rose to 25% (F.1–2: 20%, F.3–6: 30%) in 2021 from around 10% in 2016. Only 1% of F.1–F.6 boys have received HPV vaccine. The most common reasons for being unvaccinated were “never heard of this vaccine”, “not sure about its functions”, “not sure about its safety”, “no recommendation from health professionals” and “not knowing where to get it” among both genders, and “it has nothing to do with me” among boys. While 60% of girls were aware that HPV vaccination helped prevent cervical cancer, only 39% of girls and 28% of boys were aware that it also helped prevent genital warts and 26% of girls were aware that regular cervical cancer screening would still be required even after vaccination.

總結及建議

是次調查的結果點出，在學校及家庭中加強推行全面性教育及媒體與資訊素養教育的需要，並應從較低年級開始推行。全面性教育不應止於知識的教授，更應注重培養正面的態度、價值觀，以及生活技能，如批判思考、抉擇能力、溝通技巧、衝突處理、自我管理，使青少年有足夠能力為自己作出知情和負責任的選擇。全面性教育應涵蓋多元化的課題，包括拍拖戀愛、親密關係、較安全性行為、色情物品、網絡暴力、性別認同、性傾向及性別暴力，並應配合青少年的需要、興趣和心性發展。而以非標籤化和配合青少年的方式推行全面性教育，能有效地協助他們裝備所需的能力，去建立健康的關係，學習自愛、尊重他人的意願以及明白人際間的界線。

本會對於社交媒體對成長中的青少年的影響特別關注，並強調媒體與資訊素養教育的重要性。在社交媒體上充斥着不實的性資訊，以及形形色色與性相關的潛在行為風險，導致中學生缺乏正確的性知識，接觸色情內容、接收或傳送色情文字及影像訊息、裸聊及遇到影像性暴力增多。過去兩年間，在 2019 冠狀病毒病疫情及社交距離措施下，青少年上網的時間長了，令這些情況加劇。教育工作者及家長應與時並進，增加對社交媒體的認識，與青少年更有效地溝通，幫助他們建立所需的知識和生活技能，作出健康的抉擇，以避免網絡上的危機。

政府自 2019–2020 學年開始，透過「香港兒童免疫接種計劃」向全港小學五、六年級女生提供 HPV 疫苗注射，但疫苗在中學女生間的覆蓋率仍然未如理想，相信主要是因為在 2019 冠狀病毒病疫情之下，公眾人士害怕病毒感染而避免外出前往診所、學校暫停實體課、疫情高峰期集中抗疫工作，對 HPV 疫苗注射的安排有一定影響。本會呼籲家長和學校鼓勵青少年，儘快按照所建議的時間表，接種或補打 HPV 疫苗。

Conclusions and Recommendations

The survey findings underscored the necessity for comprehensive sexuality education (CSE) and media and information literacy education to be introduced early and strengthened both in schools and at home. CSE should go beyond knowledge acquisition to focus on instilling positive attitudes and values and fostering life skills, such as critical thinking, decision making, communication skills, conflict resolution, self–management, etc., to empower adolescents to make informed and responsible choices. A variety of topics such as dating and intimacy, safer sex, pornography, cyber–violence, gender identity, sexual orientation and gender–based violence, tailored to the needs, interests and psychological developments of adolescents, were recommended. CSE, delivered in a non–stigmatizing and age–appropriate approach, worked effectively by fostering healthy relationships, self–love, respect, and understanding about boundaries and consent.

The Association voiced our concern over the influences of social media use in particular on adolescents during their formative years as reflected from the findings and stressed on the importance of media and information literacy. Misinformation and sexual behaviour risks abounded in the cyberspace which considerably accounted for adolescents’ insufficient sexual knowledge and increasing exposure to pornography, sexting, naked chats and image–based sexual violence. This had been especially true amid the COVID–19 pandemic and social distancing as adolescents tended to spend more time online in the past couple of years. Educators and parents should stay updated with social media trends, enhance communication with young people and try to instill necessary knowledge and life skills for making healthy decisions to avoid cyber risks.

Given that the HPV vaccine has been provided to Primary Five and Six female students under the Hong Kong Childhood Immunisation Programme starting from the 2019–2020 school year, the rise in HPV vaccination coverage among secondary school girls was still less than satisfactory. The major reasons that amid the COVID–19 pandemic, HPV vaccination plans were interrupted as the public avoided going out or to clinics in fear of COVID–19 exposure, logistic challenges during school closure and manpower shortage in the healthcare sector, and priorities shifts at the height of pandemic. The Association urged parents and schools to encourage young people to receive HPV vaccine following the recommended schedule or to catch up as soon as possible.

二零二二年香港家庭計劃知識、態度及實行調查

家計會自 1967 年起，每五年進行一項「香港家庭計劃知識、態度及實行調查」。調查對象包括年齡介乎 15 至 49 歲正值生育年齡的已婚或同居婦女及其配偶，範圍涵蓋夫婦在家庭計劃、懷孕、避孕、性關係等方面的態度、知識及行為。調查結果將會提供人口普查以外有關生殖健康趨勢的深入分析。是次調查為這系列的第十二次，調查工作於 2022 年 8 月至 12 月期間進行，結果將於 2023 年公佈。

醫學研究

醫學研究經醫療服務小組委員會審批，並由道德評審委員會審視研究計劃，以保障研究對象的安全、權利及福祉。本會將繼續與本地大學合作，參與節育及性與生殖健康方面的醫學研究。

2022 年，本會高級醫生羅善清醫生於國際期刊 *Archives of Osteoporosis* 和 *Human Fertility* 發表研究，題目分別為《中國香港男性的骨質疏鬆知識、健康信念和自我效能感》和《接受輔助生殖治療的中國夫婦的性功能和生活質量：一項前瞻性隊列研究》。

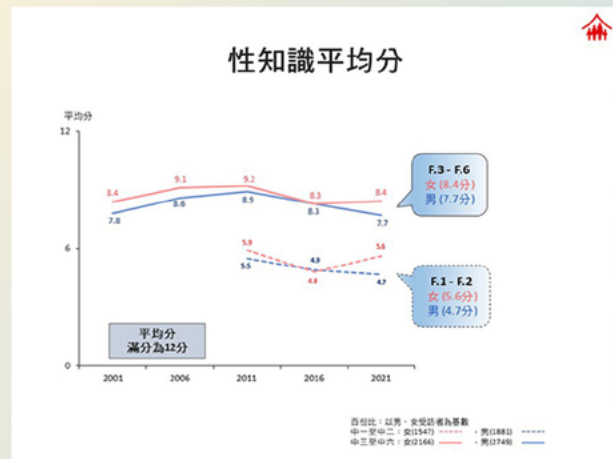
Survey on Family Planning Knowledge, Attitude and Practice in Hong Kong 2022

The Association has been conducting territory–wide Survey on Family Planning Knowledge, Attitude and Practice (KAP) in Hong Kong every five years since 1967. The survey population comprises married or cohabiting women in the childbearing age group of 15–49 and their spouses. The survey scope encompasses couples’ knowledge, attitudes and behaviour with regard to family planning, pregnancy and contraception, and sexual relationships. It provides in–depth analysis of reproductive trends which are not found in official census statistics. The fieldwork of the twelfth KAP 2022 was conducted from August to December 2022. The findings would be released in 2023.

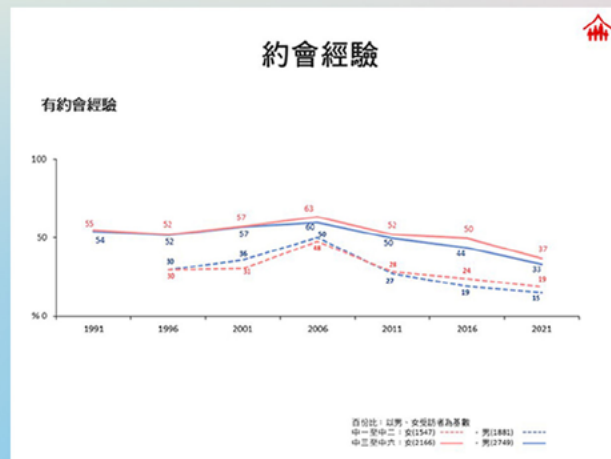
Clinical Studies

Clinical studies are considered, approved and reviewed by the Health Services Subcommittee. The Association’s Ethics Panel reviews research projects to safeguard the safety, rights and welfare of the research subjects. The Association continued to collaborate with local universities in conducting research on fertility regulation and sexual and reproductive health.

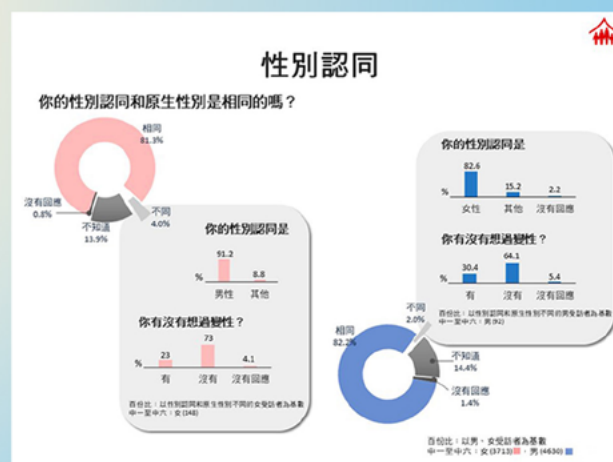
In 2022, our Senior Doctor Dr Sue Lo published two research papers in international journals, namely "Osteoporosis Knowledge, Health Beliefs, and Self–Efficacy in Hong Kong Chinese Men" in *Archives of Osteoporosis* and "Sexual Function and Quality of Life in Chinese Couples Undergoing Assisted Reproductive Treatment: A Prospective Cohort Study" in *Human Fertility*.



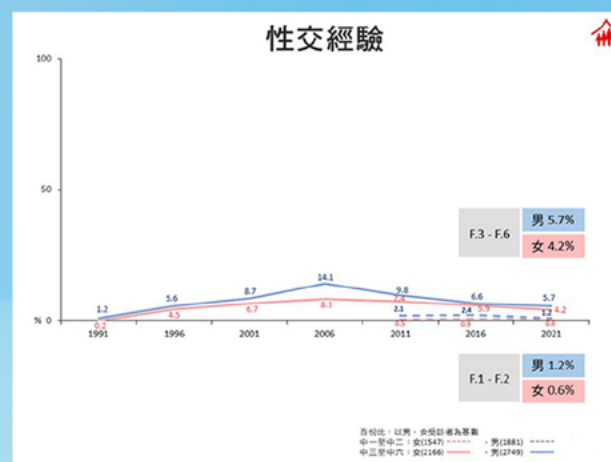
性知識平均分
Mean Score in Sexual Knowledge



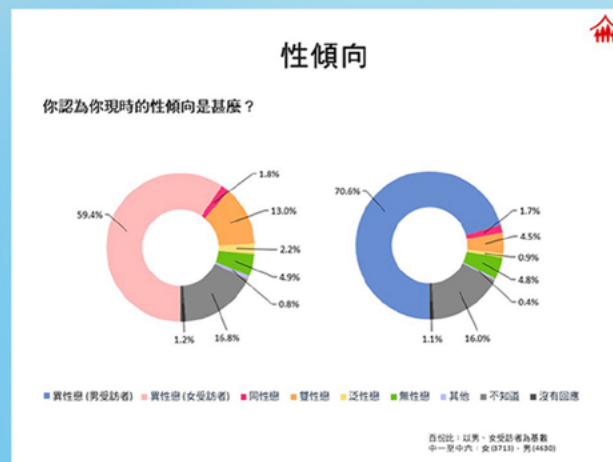
約會經驗
Prevalence of Dating Experience



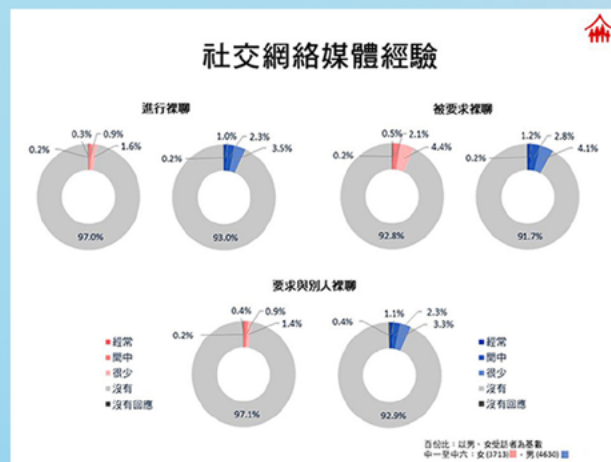
性別認同
Gender Identity



性交經驗
Prevalence of Sexual Intercourse Experience



性傾向
Sexual Orientation

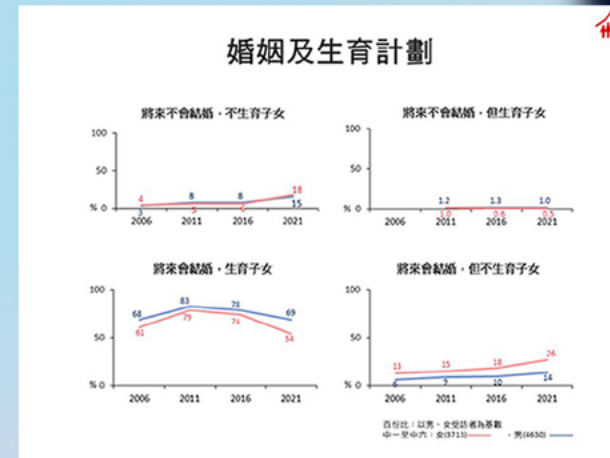


社交網絡媒體經驗
Social Media Experiences

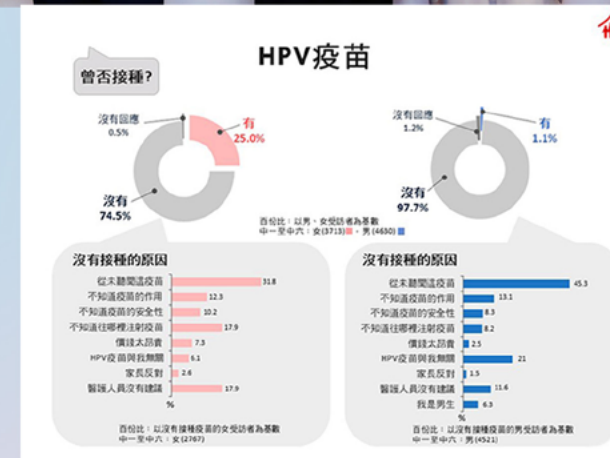


二零二一年青少年與性研究 Youth Sexuality Study 2021

家計會發表「二零二一年青少年與性研究」(中學生調查) 結果。
FPAHK released findings of the Youth Sexuality Study 2021 (Secondary School Survey).



婚姻及生育計劃
Future Marriage and Childbearing Plans



HPV 疫苗接種
HPV Vaccination



中文



ENG