

# 二〇〇一年 青少年與性研究 Youth Sexuality Study 2001

家計會自一九八一年開始，每五年進行一次大型的「青少年與性研究」。這項研究歷史悠久，就本港青少年的性知識、態度和行為上的轉變和趨勢提供獨特而沒有間斷的資料。二〇〇一年進行的「青少年與性研究」是此項研究的第五次，共訪問了約六千名青少年。

調查共分三部分，首兩部分對象為中一至中二學生、以及中三至中七學生，兩部分均採用群集抽樣方法，共調查本地 58 所中學內 882 名中一至中二男生和 1,018 名女生、以及 1,186 名中三至中七男生和 1,678 名女生。第三部分則是住戶調查，受訪者年齡由十八至廿七歲，包括 633 名男性及 579 名女性。

The Association's Youth Sexuality Study is a territory-wide survey conducted every five years since 1981. Marked by its long history and continuity, the Study is unique in showing the changes and trends among youths in Hong Kong in respect of their sexual knowledge, attitude and behaviour. About 6,000 youths were polled in the fifth Youth Sexuality Survey carried out in 2001.

The survey was made up of three parts. Two parts comprised school surveys covering students of Forms 1-2 and Forms 3-7 respectively. A cluster sample was employed, involving 58 local secondary schools with 882 boys and 1,018 girls from Forms 1-2, and 1,186 boys and 1,678 girls from Forms 3-7. The third part of the survey was a household survey on a systematic random sample of 633 young men and 579 young women aged 18-27.

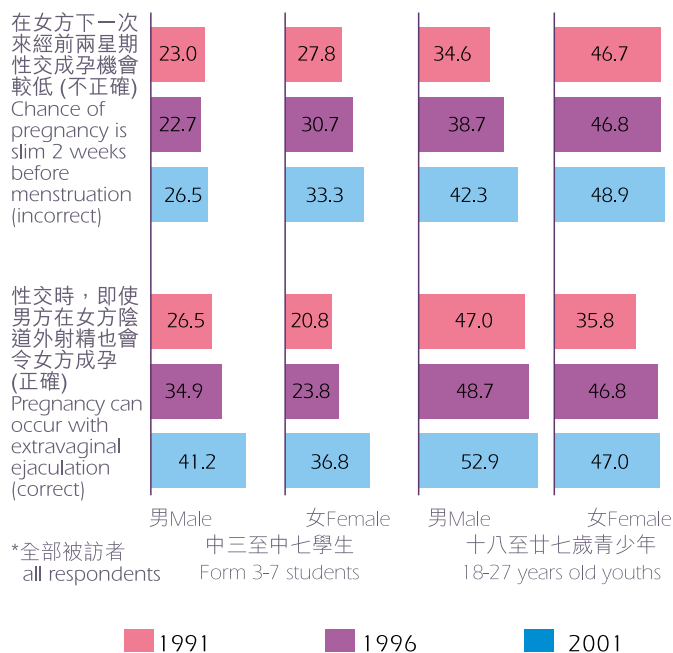
## 一般性知識

在中三至中七和十八至廿七歲兩個組別裏，不論男女受訪者對懷孕方面的認識均頗為貧乏，只有少於半數人知道，「在女方下一次來經前兩星期性交不會成孕」這說法是錯的（圖一）。約四分之一中三至中七學生和一成半十八至廿七歲青少年未能指出「使用避孕套可減低染上性病的機會」是正確的（圖二）。接近三成中三至中七男生和兩成女生未能正確回答「性伴侶愈多，染上愛滋病的機會愈大」，表現較九六年為差（圖三）。

圖一  
Fig1

一般性知識：關於成孕 (答對百分比)

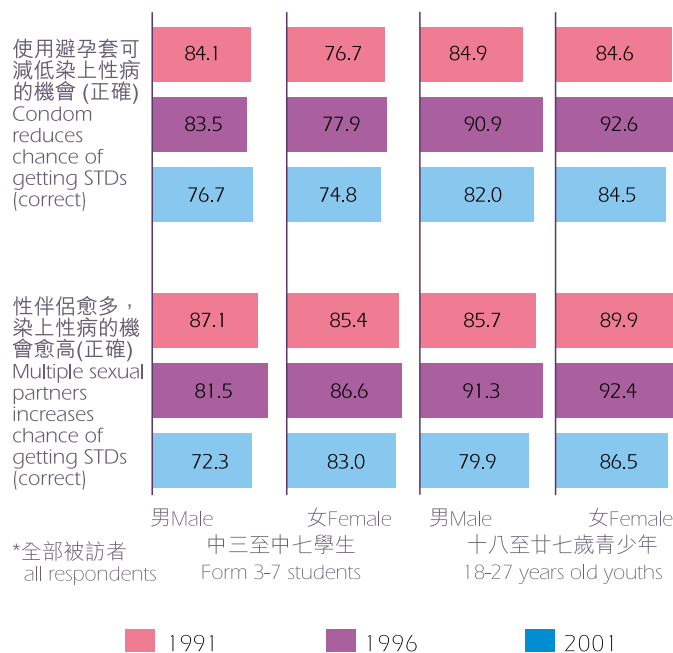
General Sexual Knowledge : Conception (Percentage of Correct Answer)



圖二  
Fig2

一般性知識：關於性病 (答對百分比)

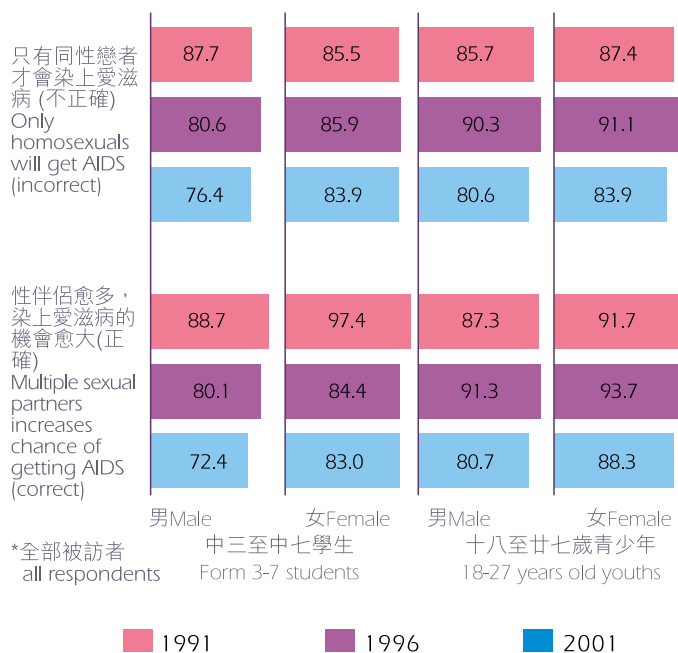
General Sexual Knowledge : Sexually Transmissible Diseases (STDs) (Percentage of Correct Answer)



圖三  
Fig3

一般性知識：關於愛滋病 (答對百分比)

General Sexual Knowledge AIDS (Percentage of Correct Answer)



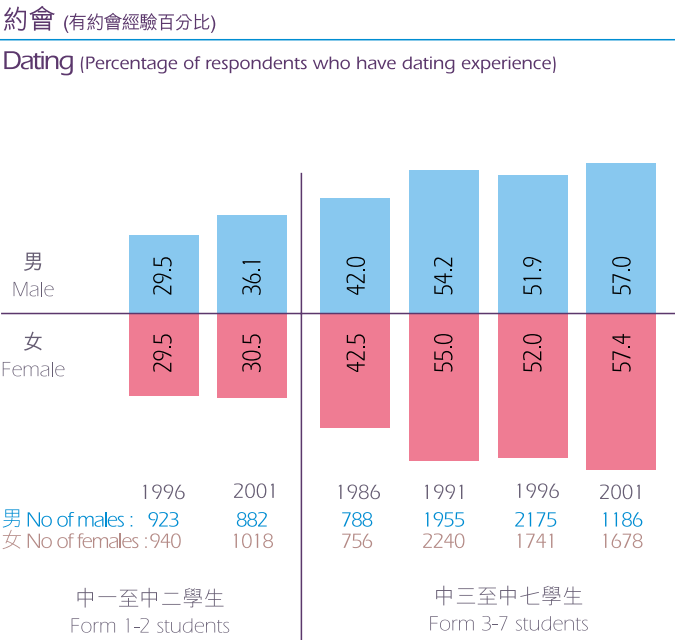
## General Sexual Knowledge

Both girls and boys in the Forms 3-7 and 18-27 age groups showed poor knowledge about conception (Fig. 1). Less than half of them realized that the given statement "having sexual intercourse two weeks before menstruation will not result in pregnancy" was wrong. About 25% of the respondents in Forms 3-7 and 15% of the respondents in the 18-27 age group could not identify the statement "condom reduces chances of getting STDs" as correct (Fig 2). Nearly 30% of boys and 20% of girls in Forms 3-7 could not respond correctly to the statement "the more sex partners one has, the higher the risk of getting AIDS" (Fig. 3). They did worse than their counterparts in the 1996 survey.

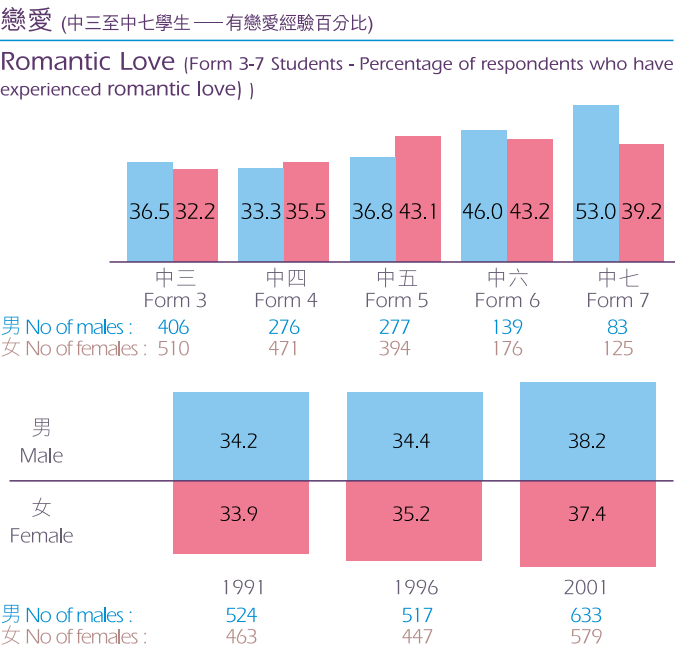
約會、戀愛、性經驗

至於約會行為的比率，在兩個學生組別中，男生和女生均較九六年上升了大概五個百分點（圖四）。在高中組別中，男女生有戀愛經驗及性交經驗的比率分別都較五年前為高（圖五至七）。

圖四  
Fig4



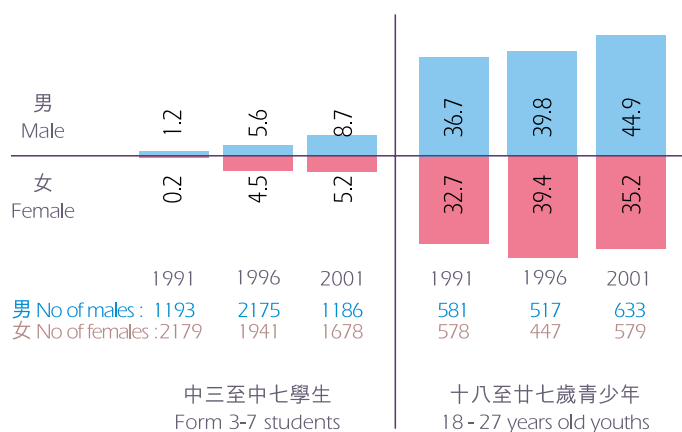
圖五  
Fig5



圖六  
Fig6

性交經驗 (有性交經驗百分比)

Experience of Sexual Intercourse (Percentage of respondents who have had sexual intercourse)



## Dating, Love and Sexual Experience

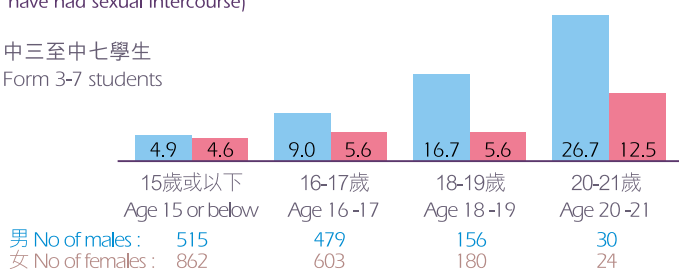
The percentage of both sexes in the two student groups who had dating experience had increased by about 5 percentage points as compared with the 1996 study (Fig. 4). The percentages of boys and girls in Forms 3-7 who had experienced romantic love and sexual intercourse were also higher than those obtained five years ago (Fig. 5 - 7).

圖七  
Fig7

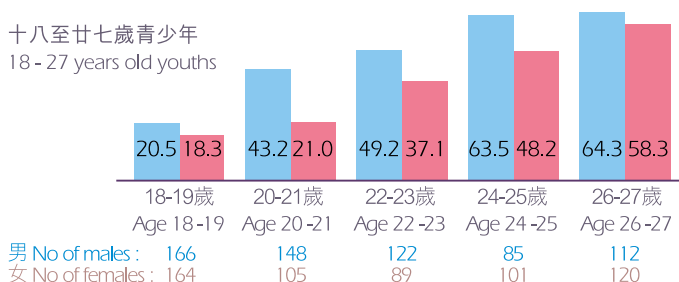
性交經驗 (有性交經驗百分比)

Experience of Sexual Intercourse (Percentage of respondents who have had sexual intercourse)

中三至中七學生  
Form 3-7 students



十八至廿七歲青少年  
18-27 years old youths



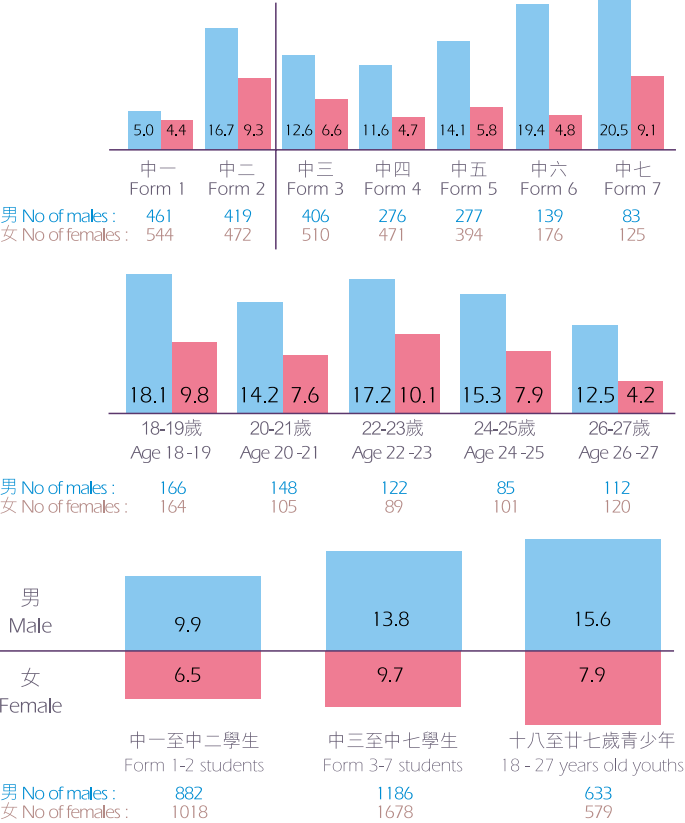
ICQ

近年，ICQ 成為年青人的潮流玩意，二〇〇一年的調查發現，接近一成中一至中二學生及約一成半中三至中七學生，曾透過 ICQ 和他人談論性問題，並有相似比率的學生和 ICQ 所認識的人約會。至於十八至廿七歲受訪者中，曾與經 ICQ 認識的人約會的男性約有兩成，女性亦超過一成（圖八至九）。

圖八  
Fig8

ICQ : 通過ICQ和他人談論性問題(有通過ICQ和他人談論性問題百分比)

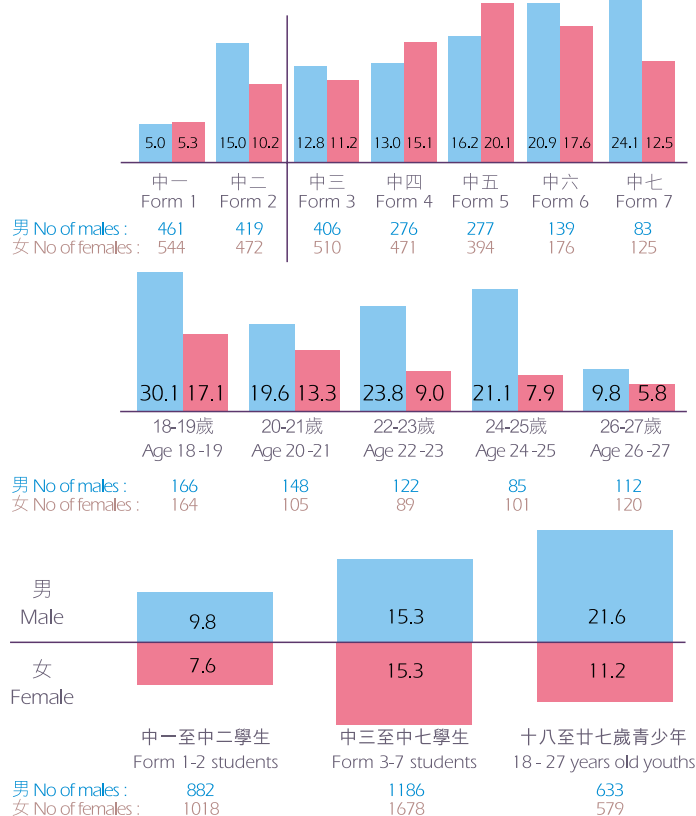
ICQ : Talk about Sex on ICQ (Percentage of respondents who have discussed sex on ICQ)



圖九  
Fig9

ICQ : 和ICQ認識的人約會(有和ICQ所認識的人約會百分比)

ICQ : Dating People Met through ICQ (Percentage of respondents who have dated people met through ICQ)



## Use of ICQ

In recent years, ICQ has become increasingly popular among youths. The Study found that about 10% of respondents in Forms 1-2 and 15% of respondents in Forms 3-7 had talked about sex on ICQ and similar percentages of these respondents had dated people met through ICQ. The corresponding figure for the 18-27 age group was around 20% for young men and 10% for young women. (Fig. 8 & 9).

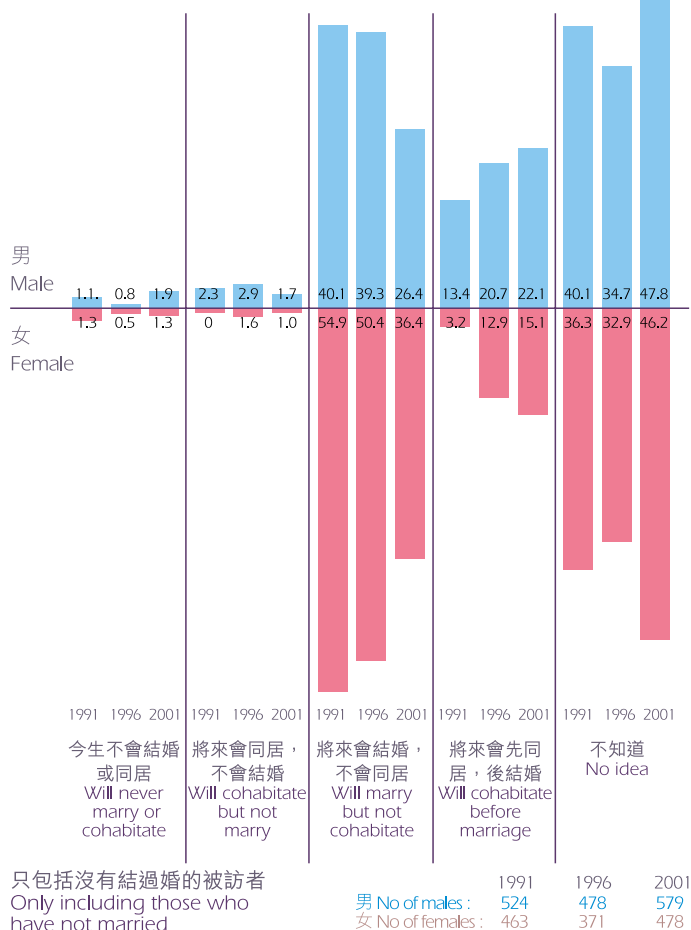
## 結婚計劃和理想子女數目

在十八至廿七歲組別中，計劃將來結婚而不會同居的受訪者比率，在過去十年持續下降，而不清楚將來會否結婚的人，比率卻往上升（圖十）。至於理想子女數目，最多人選擇的仍是兩名（圖十一）。

圖十  
Fig10

### 結婚或同居的計劃

#### Plan to Marry or Cohabitate

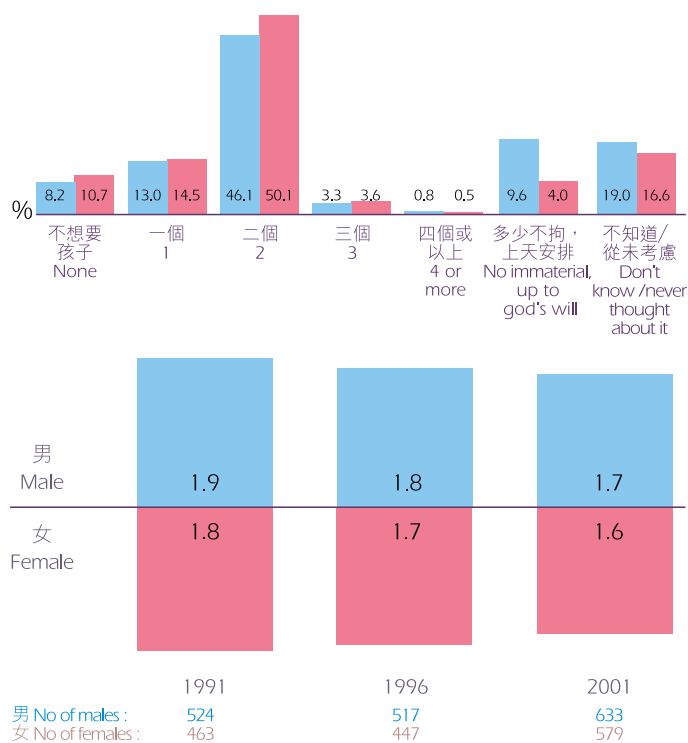




圖十一  
Fig11

理想子女數目

Ideal Parity



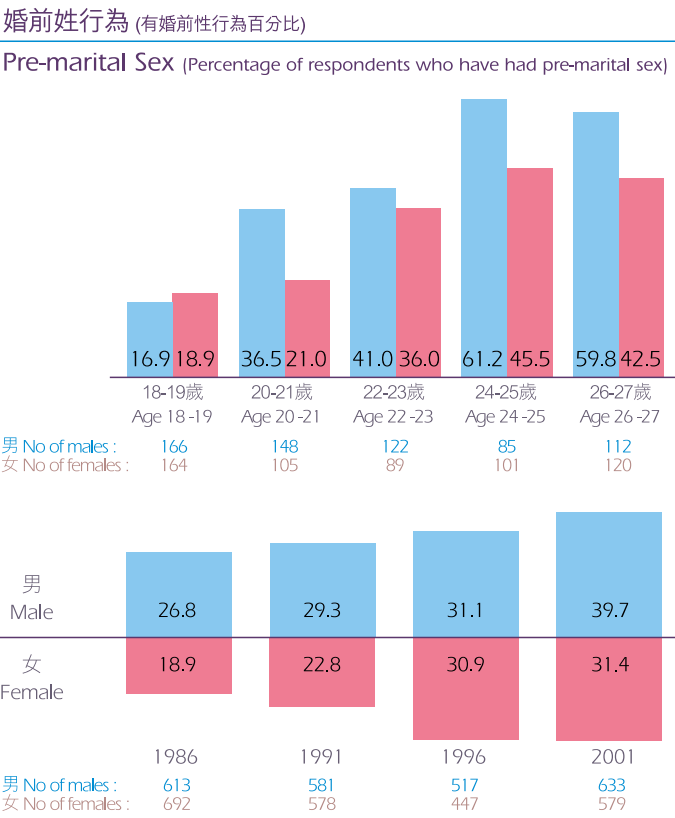
## Marriage Intention and Ideal Parity

In the 18-27 age group, the proportions of both men and women who indicated that they planned to get married without cohabitating have decreased over the past decade. At the same time, there was a significant increase in the proportion of those who were uncertain about their future plans (Fig. 10). The ideal number of children for most people remained at two (Fig. 11).

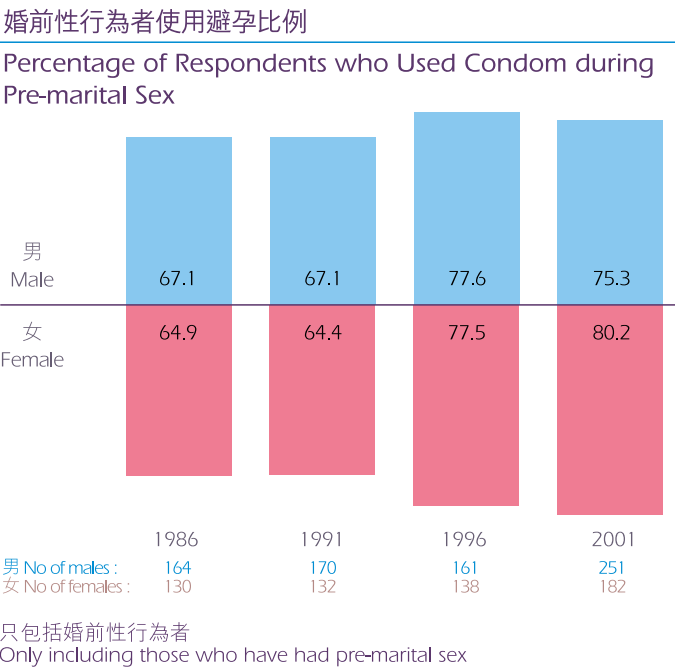
婚前性行為與避孕

十八至廿七歲青少年之間的婚前性行為，去年進一步增多，與過去二十年間的上升趨勢吻合（圖十二）。二〇〇一年的數字顯示，在這組別裏有婚前性行為的被訪者中，仍有約兩成半的男性、及約兩成的女性沒有避孕（圖十三）。避孕套為最普遍的避孕方法，在有避孕的婚前性行為者當中，超過九成有採用避孕套。至於體外排精 / 半途抽出這種不可靠的避孕方法，亦仍有約三成人使用（圖十四）（受訪者可選擇多於一種避孕方法）。

圖十二  
Fig12



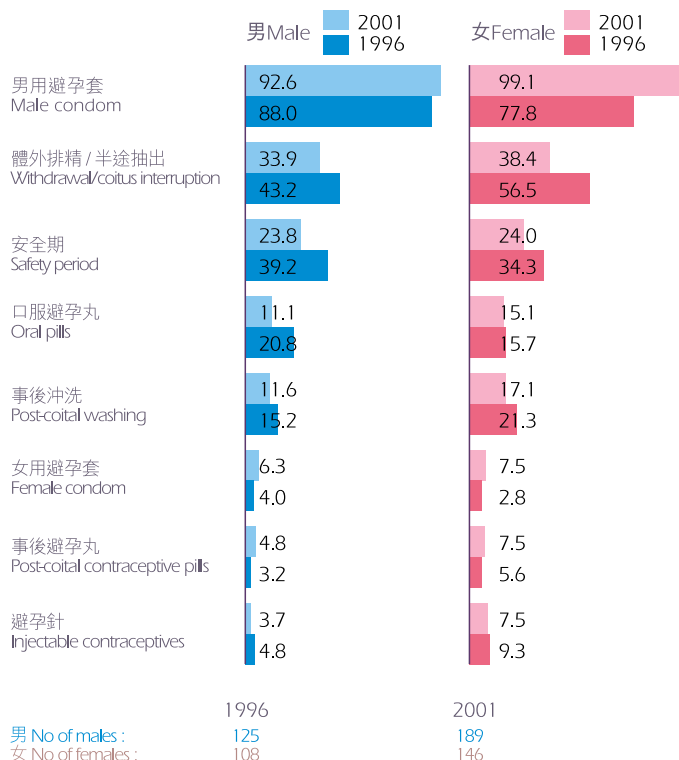
圖十三  
Fig13



圖十四  
Fig14

婚前性行為者使用避孕方法比例

Percentage of Respondents who Used Contraception During Pre-marital Sex



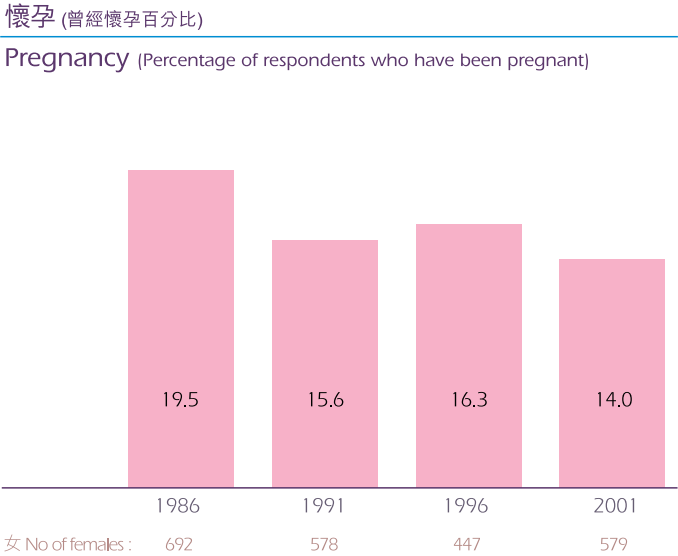
## Pre-marital Sex and Use of Contraception

The increase in pre-marital sex among both men and women aged 18-27 was consistent with the rising trend over the past two decades (Fig. 12). Among those who had had pre-marital sex, about 25% of men and 20% of women did not practise contraception (Fig. 13). The male condom was by far the most commonly used contraceptive method, used by over 90 per cent of men and women who practised contraception in pre-marital sex. On the other hand, more than one third of respondents had used withdrawal / coitus interruption, which is an unreliable method of contraception (Fig. 14). (Respondents could choose more than one method of contraception.)

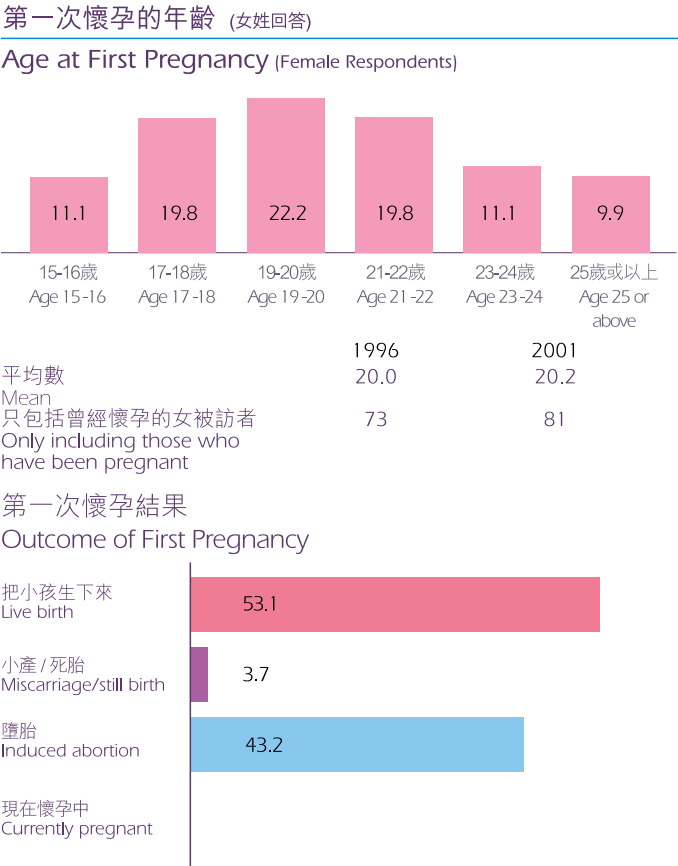
懷孕與墮胎

在十八至廿七歲的女受訪者中，曾經懷孕的比率由一九八六年的百分之十九點五下調至二〇〇一年的百分之十四（圖十五）。她們第一次懷孕的平均年齡約為二十歲，跟五年前相若（圖十六）。受訪者第一次懷孕的結果，把孩子生了下來的約有半數，約四成選擇了墮胎。在這組別中，女性的墮胎率在上升了二十年後首次下降（圖十七）。在過去五年間，這些曾墮胎的女性，六成是在香港醫院及家計會進行合法墮胎，較一九九六年的比率增加了一倍（圖十八）。

圖十五  
Fig15



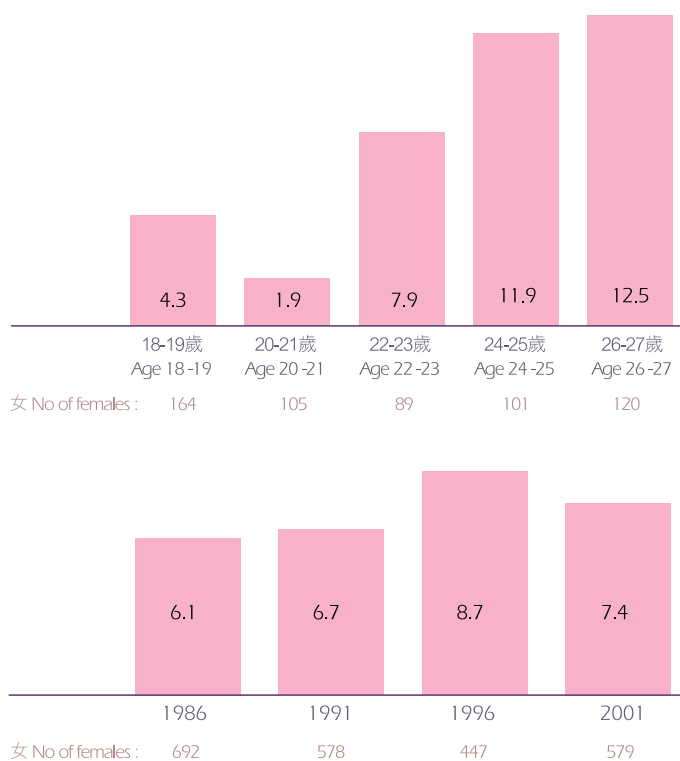
圖十六  
Fig16



圖十七  
Fig17

墮胎 (曾經墮胎百分比)

Induced Abortion (Percentage of respondents who have had induced abortion) j



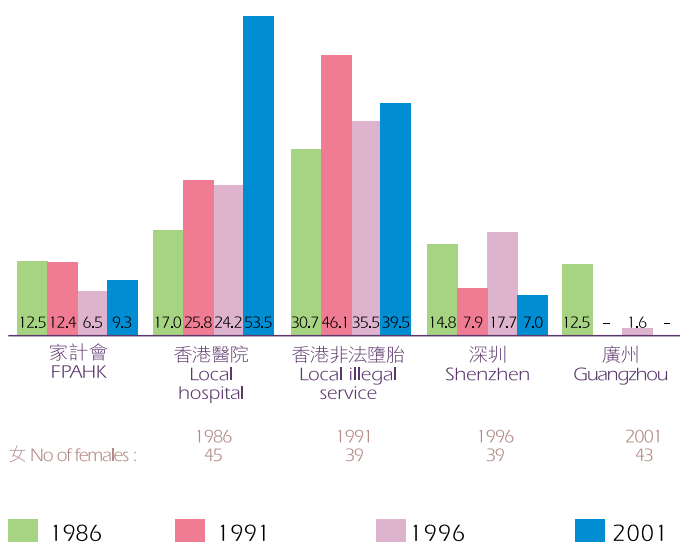
## Pregnancy and Abortion

The pregnancy rate among 18-27 year old young women had declined from 19.5% in 1986 to 14% in 2001 (Fig. 15). The mean age of first pregnancy remained at around 20 (Fig. 16). About half of the pregnancies culminated in the birth of the baby while about 40% ended in abortion. The abortion rate of women in this group fell for the first time after a trend of 20 years' rise (Fig. 17). Over the past five years, the proportion of legal abortions at local hospitals and the Association had doubled to 60% (Fig. 18).

圖十八  
Fig18

進行墮胎的地方

Place at which Induced Abortion was Carried Out



## **Conclusion and Recommendations**

Compared with the findings in the last Youth Sexuality Survey five years ago, the sexual knowledge of youths in the areas of fertility and conception showed no significant improvement. There is even a regression in their knowledge about the transmission of sexually transmissible diseases (STDs) and HIV/AIDS. Inadequate knowledge in these areas may lead to risk-taking behaviour and detriment to their health. More explicit sex education, particularly on topics regarding conception, contraception and transmission of STDs including HIV/AIDS, is required to enable young people to make better informed decisions.

The proportion of young people who have dated continued to rise. An increasing number have started dating the opposite sex in their lower forms. As society becomes more open, dating may be accepted as part of the normal social life of young people. Parents and teachers are advised to give appropriate guidance to them in this respect.

The trend of discussing sex or even dating strangers met through ICQ among youths is a serious concern. Young people should realize that dating a stranger whose identity and background they know nothing about can be extremely dangerous. If in doubt, they should seek advice from parents and teachers. Parents are advised to pay more attention to this issue.

Regarding family planning, the proportion of respondents who plan to get married further declined from that of five years ago. This reflects a change in their attitudes towards marriage and family. Fewer people appear to hold the traditional view that "building a family" is an imperative.

The rate of practicing contraception in pre-marital sex remained at a level similar to that of 1996. Despite a higher rate of condom use, a considerable number of people still adopt less reliable contraceptive methods such as withdrawal / coitus interruption. People are advised to seek proper consultation regarding contraception. Young women with experience of sexual intercourse are reminded to have a pap test regularly to protect them against cervical cancer.

Although the survey found an increasing proportion of youths have had sexual intercourse and pre-marital sex, both pregnancy and abortion saw slight decreases. Those who seek abortion are more likely to approach institutions such as hospitals and the Association, which can provide legal abortion, in

## **總結及建議**

與五年前的「青少年與性研究」相比，青少年對懷孕方面的知識並無顯著改進，而對性病及愛滋病的知識更有所倒退。性知識不足會引致高風險行為而危害健康。為青少年提供的性教育，尤其在懷孕、避孕、性病（包括愛滋病）傳播方面，應該更為明確，以便他們能作出最佳的知情決定。有約會經驗的青少年比率不斷上升，越來越多學生於初中時已開始約會異性。由於社會越來越開放，約會可視為青少年正常社交生活的一環。家長與教師應為他們提供適當指引。

青少年透過 ICQ 跟陌生人談性，甚至與人約會的潮流非常值得關注。青少年應該知道與一名身份和背景不明的陌生人約會可以是很危險的事，他們如有疑慮，應該尋求父母及師長的意見。家長亦應多加留意。

在家庭計劃方面，計劃將來結婚的受訪者比率較五年前為少，正好反映他們對婚姻及家庭觀念的改變，越來越少年青人認同「成家立室」是必須的這個傳統觀念。

曾有婚前性行為而避孕的比率與五年前差不多。雖然使用避孕套的比例相當高，但仍有一定數目的受訪者採用體外排精或半途抽出等不可靠的避孕方法。青少年應尋求正確的避孕意見。曾有性經驗的女性亦應定期接受柏氏抹片檢驗，預防子宮頸癌。

雖然研究顯示有性交及婚前性行為經驗的青少年比率不斷上升，但是意外懷孕和墮胎的比例則有輕微下降，較多女性選擇在香港醫院及家計會進行合法墮胎而不在港或內地進行非法墮胎。我們仍需強調，要避免意外懷孕，青少年對性應有負責任的態度。他們如選擇性行為，便應學會並持續及正確使用可靠的避孕方法。

## 銘謝

家計會謹此向負責指導及監察研究進展的「二〇〇一年青少年與性研究」工作小組委員會致以謝意，當中包括主席林大慶教授、顧問 Dr Sunita Stewart、成員何陳雪鸚教授、李文江先生、李永浩教授、李伍淑嫻女士、麥龍詩迪教授、吳敏倫教授及葉兆輝博士。

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最後，我們多謝所有曾參與調查的學校校長、學生、青少年以及其他人士。

contrast to illegal clinics in Hong Kong or across the border. Yet it needs to be stressed that, to avoid unplanned pregnancy, young people should adopt a responsible attitude towards sex. If they choose to have sex, they should learn and use reliable contraceptive methods properly and consistently.

## Acknowledgements

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