

甚麼是性健康？

性健康是「……與性行為相關的身體、情感、精神和社會健康的狀態；它不僅限於沒有疾病、功能障礙或虛弱。性健康需要對性行為和性關係採取積極和尊重的態度……」（世界衛生組織，2006a）

性行為的形式

當談及人類的性行為時，其涵義超越單純的身體接觸，還包括個人的態度、經驗、慾望、喜好，以及多種相關的心理和社會現象。性行為不僅涉及與生育相關的行為，同時也包括並非以繁衍為目的而令人愉悅和滿足的行為。



What is sexual health?

Sexual health is “…… a state of physical, emotional, mental and social well-being related to sexuality; it is not limited to the absence of disease, dysfunction or infirmity. Sexual health requires positive and respectful attitudes towards sexuality and relationships……” (WHO, 2006a)

Sexual behaviour

When applied to human, sexual behaviour has a broader meaning that encompasses not only physical practices but also attitudes, experiences, desires, preferences and a variety of related psychological and social phenomena, including any actions related not only to reproduction but also to pleasurable satisfaction without conception.



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Women Wellness Satellite



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- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

Note: 1. Please visit the website of [WWS](http://www.wws.org.hk) for the opening hours and service charges of each [WWS](http://www.wws.org.hk).
2. Women who are interested in receiving [WWS](http://www.wws.org.hk)'s services can approach [DHC/Es](http://www.dhc.gov.hk) for enquiries.
3. Please visit the website of [DHC](http://www.dhc.gov.hk) for the addresses and telephone numbers of the [DHC/Es](http://www.dhc.gov.hk).



樂妍站網址
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地區康健中心網址
www.dhc.gov.hk

性健康
SEXUAL HEALTH

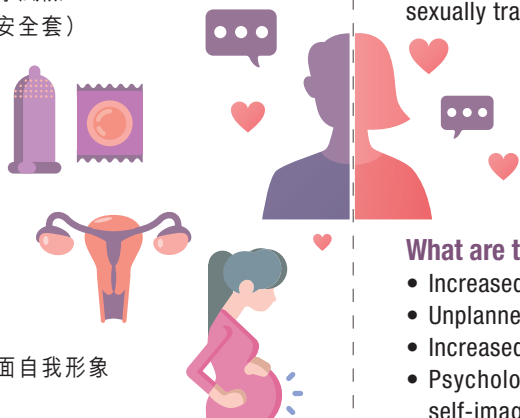


SEXUAL HEALTH

安全性行為

雖然沒有任何性行為能被視為完全沒有風險，但安全性行為能大大降低感染性病及意外懷孕等健康風險。

- 正確及持續使用屏障式工具（如安全套）
- 限制性伴侶人數
- 定期進行性健康檢查
- 確保所有性行為均為雙方自願及互相尊重



不安全性行為的健康風險

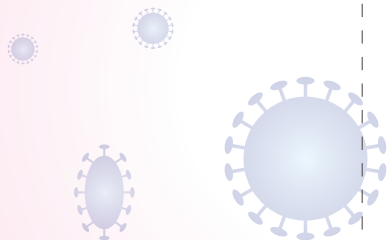
- 增加性傳染病（STI）風險
- 意外懷孕
- 增加患上子宮頸癌風險
- 心理困擾，包括內疚、焦慮及負面自我形象

性傳染病 Sexually Transmitted Infections (STIs)

性傳染病是指可經性接觸傳播的感染。常見的性傳染病包括：Sexually transmitted infections (STIs) are infections that can be passed from one person to another through sexual contact.

Common STIs include:

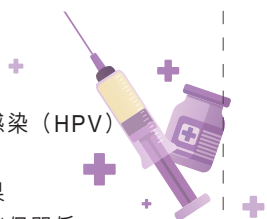
- 細菌感染 Bacterial infections
 - 梅毒 Syphilis
 - 淋病 Gonorrhoea
 - 衣原體感染 Chlamydia
- 寄生蟲感染 Parasitic infections
 - 滴蟲 Trichomoniasis
- 病毒感染 Viral infections
 - 乙型肝炎 Hepatitis B
 - 生殖器疱疹 Herpes Simplex Virus (HSV)
 - 人類免疫缺乏病毒 Human Immunodeficiency Virus (HIV)
 - 人類乳頭瘤病毒 Human papillomavirus (HPV)



如何預防性傳染病？

減低感染風險的方法包括：

- 屏障式工具：正確及持續使用安全套
- 疫苗接種：預防乙型肝炎及人類乳頭瘤病毒感染（HPV）
- 限制性伴侶人數
- 定期檢查：雙方均應接受性病檢查並分享結果
- 單一伴侶：與未受感染的固定伴侶維持單一伴侶關係



Practicing safe sex

While no sexual activity can be considered completely risk-free, safe sex practices significantly reduce health risks such as sexually transmitted infections and unwanted pregnancies.

- Use barrier methods (condoms) correctly and consistently
- Limit the number of sexual partners
- Have regular sexual health check-ups
- Ensure that all sexual activities are consensual and respectful

What are the health impacts from unsafe sex?

- Increased risk of sexually transmitted infections (STIs)
- Unplanned pregnancies
- Increased risk of cervical cancer
- Psychological distress, including guilt, anxiety and negative self-image

性傳染病的傳播途徑 How are STIs spread?

- 體液交換（精液、陰道分泌、肛門分泌、血液）
Exchange of bodily fluids (semen, vaginal fluids, anal fluids, blood)
- 性行為時的皮膚接觸
Skin-to-skin contact during sexual activity
- 口交
Oral-genital contact



任何性別或性取向的人士均有機會感染性傳染病，持續實踐安全性行為仍然重要。

STIs can affect anyone, regardless of gender and sexual orientation. Practicing safe sex remains important.

How can I prevent STIs?

Steps to reduce your STI exposure:

- Barrier methods: Consistent and correct use of condoms
- Vaccination: Hepatitis B and HPV infection prevention
- Partner limitation: Reduce the number of sexual partners
- Regular testing: Both partners should undergo STI testing and share results
- Monogamy: A mutually monogamous relationship with an uninfected partner

與伴侶溝通

良好的溝通對健康的性關係至關重要，有助建立信任和親密感：

- 討論雙方的性需要、期望及界線
- 坦誠交流避孕及預防性病的方法
- 互相分享憂慮和感受
- 尊重及聆聽對方意見

更年期後可以有性生活嗎？

很多女性在更年期後仍可享受積極而滿足的性生活，但荷爾蒙變化可能為性生活帶來挑戰：

- 雌激素減少可導致陰道乾澀及變薄
- 這些變化可能令性行為感到不適或疼痛
- 可考慮的解決方法包括：
 - 性行為時使用潤滑劑
 - 增加前戲時間
 - 維持安全規律性生活有助保持陰道健康

Communication with partner

Good communication with your partner is essential for a healthy sexual relationship. It also helps build trust and intimacy:

- Discuss sexual needs, desires and boundaries
- Talk openly about contraception and STI prevention
- Share concerns and feelings honestly
- Listen and respect to each other

Can I have sex after menopause?

Many women continue to enjoy active, fulfilling sexual lives after menopause. However, hormonal changes may present challenges:

- Decreased estrogen levels can cause vaginal dryness and thinning of vaginal tissues
- These changes may make sexual activity uncomfortable or painful
- Potential solutions include:
 - Using lubricants during sexual activity
 - Allowing more time for arousal
 - Staying sexually active and safe, which helps maintain vaginal health

如對性健康有任何疑慮，建議諮詢醫護人員，獲取保密的專業建議、檢查及治療。

If you have concerns about your sexual health, consult your healthcare professionals for confidential advice, examination and treatment.