

## 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.



# 樂妍站

## Women Wellness Satellites

### 港島樂妍站

Women Wellness Satellite (Hong Kong)

柴灣康民街1號 柴灣健康院2字樓

2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan

☎ 2855 1333

### 九龍樂妍站

Women Wellness Satellite (Kowloon)

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6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin

☎ 2855 1222

### 新界樂妍站

Women Wellness Satellite (New Territories)

屯門屯利街4號1樓

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- 註：1. 各樂妍站的開放時間及收費詳情，請瀏覽樂妍站網址 ([www.wws.org.hk](http://www.wws.org.hk))。
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 (<https://www.dhc.gov.hk/tc/dhc.html>)。

- Note: 1. For the opening hours and charges of each WWS, please visit the website of WWS ([www.wws.org.hk](http://www.wws.org.hk)).
2. Women who are interested in receiving the WWS services can approach DHC/Es for enquiries.
3. For the contact addresses and telephone numbers of the DHC/Es, please visit the website of DHC (<https://www.dhc.gov.hk/en/dhc.html>).



樂妍站網址  
[www.wws.org.hk](http://www.wws.org.hk)



地區康健中心網址  
[www.dhc.gov.hk](http://www.dhc.gov.hk)



# 樂妍站

## Women Wellness Satellites

## 性健康 SEXUAL HEALTH

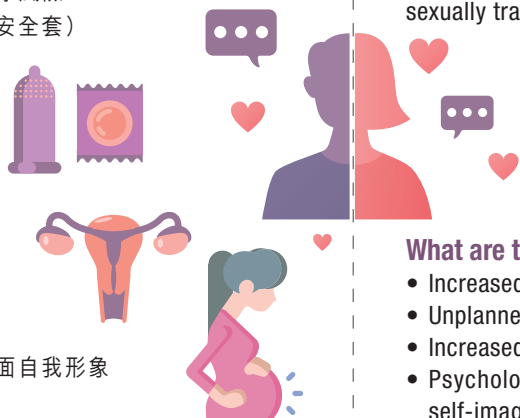


東華三院  
Tung Wah Group of Hospitals

## 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

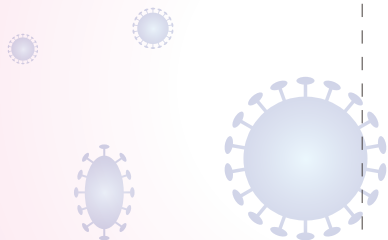
- 增加性傳染病（STI）風險
- 意外懷孕
- 增加患上子宮頸癌風險
- 心理困擾，包括內疚、焦慮及負面自我形象

## 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:

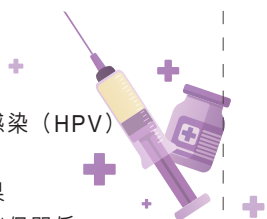
- 細菌感染 Bacterial infections
  - 梅毒 Syphilis
  - 淋病 Gonorrhoea
  - 衣原體感染 Chlamydia
- 寄生蟲感染 Parasitic infections
  - 滴蟲 Trichomoniasis
- 病毒感染 Viral infections
  - 乙型肝炎 Hepatitis B
  - 生殖器疱疹 Herpes Simplex Virus (HSV)
  - 人類免疫缺乏病毒 Human Immunodeficiency Virus (HIV)
  - 人類乳頭瘤病毒 Human papillomavirus (HPV)



## 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.