“甚麼是性侵犯？”

性侵犯是指牽涉兒童的非法性活動（例如強姦、口交），或該兒童不能作出知情同意的性活動。這包括：

（一） 直接或間接對兒童作出性方面的利用或侵犯（例如製作色情物品）。性侵犯事件可能發生在家中或其他地方；
（二） 侵犯者可能是兒童的父母、照顧者、其他成年人甚或其他兒童，以個別或有組織的方式進行；
（三） 以褻瀆或其他方式引誘兒童加以侵犯；以及
（四） 侵犯者可能是兒童認識的或是陌生人。（兒童性侵犯有別於隨便的性關係，後者不涉及一方對另一方性方面的利用，例如男童與女童之間隨便的性關係，雖然男童或會因此觸犯猥褻侵犯（非禮）或與未成年少女非法性交的罪行。）

兒童及青少年因心智尚未成熟，對性一知半解，故均被認為沒有能力對任何性活動作出知情同意。因此，即使兒童為換取金錢或物質的報酬而同意進行的性活動，也不可被界定為知情同意。

誤解與事實

誤解	事實
✗ 強姦、亂倫和非禮才是性侵犯。	✓ 除了這些侵犯行為外，一些沒有身體接觸的行為，例如向兒童露體、用猥褻言語挑逗兒童、強迫兒童觀看色情電影、錄像或刊物等也是性侵犯的行為。
✗ 兒童只會被陌生人性侵犯。	✓ 大部分個案顯示性侵犯者多是受害人認識和信任的人，甚至可能是親人。侵犯者往往是兒童心目中所信任和愛護的權威形象，侵犯者可能游說、利誘、欺騙，或者強迫兒童與其性交或進行性行為。
✗ 只有女孩子才會遭受性侵犯。	✓ 男孩子也同樣會遭受異性或同性侵犯者的侵犯。

兒童遭受性侵犯的表徵

大部份受害者都不能夠、不願意、或害怕表達他們被性侵犯的經歷，他們可能被侵犯者誤服或威脅不可將被性侵犯的經歷告知其他人。曾被性侵犯的兒童可能在行為、情緒或身體上有異常表現。父母須留意兒童是否出現以下的徵象：

- 經常作惡夢、不能熟睡或失眠
- 下體經常發炎、感染性病
- 青春期懷孕
- 懂得超乎自己年齡所及的性知識或性行為
- 畫人物時畫出性器官
- 經常手淫
- 極度害怕獨處，不願與別人有目光接觸
- 極度厭惡留在某處或與某人共處
- 情緒低落、自卑、甚至有自殺傾向

上述徵象，只作參考，如發現兒童有以上情況，宜再作進一步探討。

懷疑兒童受到性侵犯怎麼辦？

正確態度	錯誤態度
✓ 保持冷靜、信任的態度	✗ 過於激動
✓ 在安全的環境與兒童傾談	✗ 妄下判斷
✓ 鼓勵兒童說出事實，以了解情況	✗ 作出引導性的提問
✓ 讓兒童知道你明白他/她的感受，並會認真處理他/她的問題	✗ 怪責兒童
✓ 肯定兒童能講出被性侵犯的事件是正確的	
✓ 讓兒童知道性侵犯是錯誤的行為，也是一個不應守的秘密	
✓ 讓兒童知道被性侵犯不是他/她的錯誤	

假如兒童說出被性侵犯：

正確態度	錯誤態度
✓ 立即向專業人士，如社工、警方或醫生等尋求協助	✗ 向兒童查詢被性侵犯的詳細經過

假如你有疑問：

正確態度
✓ 你可向專業人士，如社工、警方或醫生尋求協助

如何預防兒童被性侵犯？

- 讓兒童知道侵犯者可以是陌生人或認識的人。
- 教導兒童認識自己身體的各部份。
- 幫助兒童認識身體有些部份是很私隱的，例如胸部、下體等，別人不可隨意觸摸。
- 讓兒童明白他們對自己身體有自主權。
- 讓兒童明白有權拒絕任何人（包括家長及親人）不善意的觸摸或要求。
- 讓兒童知道可以用不同方法，例如搖頭、堅定說「不」、呼叫、走開等顯示拒絕。
- 鼓勵兒童把被侵犯的經歷或一些令他們感到困擾的秘密接觸，告訴可信任的成年人，尋求幫助。
- 讓兒童知道當某一成年人不相信自己時，必須繼續告訴其他可以信任的成年人，直至有人相信及幫助自己為止。
- 讓兒童知道性侵犯是不正確的行為，不應將事情保密。
- 不要勉強或鼓勵兒童向親友隨便擁抱或親吻，讓他們了解一般人與人之間的社交界線。
- 盡力了解兒童的家庭及他們的朋友。

- 要明白侵犯者通常不需用暴力來與兒童進行性接觸。由於兒童需要信任和倚賴其他人，他們往往因要獲得愛或肯定而被引誘進行性活動。父母應關愛他們的孩子，使他們得到情感的滿足，以免侵犯者乘虛而入。
- 父母如能尊重和愛護子女的身體，兒童亦會懂得要求別人像父母般尊重自己的身體。若果兒童在家經常被體罰，可能會誤會成人因擁有權力而可以不適當地對待他們的身體。
- 與兒童溝通，鼓勵他們發問或分享經驗，並向他們解釋如被性侵犯，應對你或可信任的人說出來。

為甚麼需要正視虐兒問題及怎樣協助受虐兒童和施虐者？

- 施虐者或會意識到自己的行為可能有問題，但他們往往無法控制，有些甚至不願改變虐兒的行為。
- 任何家庭都會出現問題，而任何家庭問題總有解決的方法。虐兒是家庭問題的徵兆，施虐者和受虐兒童同樣需要專業人士的治療和轉導。有需要時，應及早求助。
- 虐兒不單是個別家庭的問題，而且對兒童日後的成長，以及能否成為一個對社會有貢獻、奉公守法的良好公民，有著莫大的影響。
- 我們希望每個關心兒童成長和期望減少社會問題的市民，都能積極提高對虐兒問題的警覺性，並正視虐兒問題的嚴重性和深遠影響。
- 要成功防止虐兒事件的發生，有賴社會人士繼續推行社區教育和宣傳。
- 遇有懷疑虐兒個案，應盡早聯絡有關機構或各區的保護家庭及兒童服務課。

June 2018

社會福利署
Social Welfare Department

“What is Sexual Abuse ?”

Sexual abuse is the involvement of a child in sexual activity (e.g. rape, oral sex) which is unlawful, or to which a child is unable to give informed consent. This includes direct or indirect sexual exploitation and abuse of a child (e.g. production of pornographic material). It may take place within the home or outside the home. It may be committed by parents, carers, other adults or children singly or acting in an organised way. The abuser may make use of rewards or other means to attract the child. It may be committed by individuals either known or strangers to the child. (Child sexual abuse is different from casual sexual relationship that does not include any sexual exploitation, e.g. between a boy and a girl, though the boy can be liable for offences like indecent assault or unlawful sexual intercourse with an underaged girl.)

Any dependent, developmentally immature children and adolescents involved in sexual activities that they do not fully comprehend are considered unable to give “informed consent”. For instance, when a child is involved in a sexual act in return for snacks or money, though the child may say “yes” to the perpetrator, this should not be regarded as an “informed consent” by the child.

Myth vs. Reality

Myth	Reality
✗ The only forms of sexual abuse are rape, incest and indecent assault.	✓ Other than these offensive behaviour, sexual abuse may also involve acts without body contact, such as indecent exposure, flirtation through obscene language, forcing children to watch pornography, etc.
✗ Children are only sexually abused by strangers.	✓ In most cases, the perpetrators are known to and trusted by the victims. They may even be close relatives. The offender is often an authority figure whom the child trusts or loves. The offender may persuade, bribe, trick, or coerce the child to engage in sex or sexual acts.
✗ Only girls are sexually abused.	✓ Boys can also be victims of sexual abuse by abusers of the same or opposite sex.

Symptoms of child sexual abuse

Most victims cannot, are unwilling or afraid to, talk about their experience of being sexually abused. They may be convinced or threatened by the abusers that they must not tell anyone about it. Thus, parents need to be aware of the following behaviour, emotional or physical changes in their child which may signal sexual abuse :

- nightmares or frequent insomnia
- inflammation of the genitals, venereal disease
- teenage pregnancy
- knowledge of sex and sexual behaviour inappropriate to their age
- depicting sex organs when drawing pictures of people
- frequent masturbation
- extreme fear of being left alone, unwilling to have eye contacts with others
- noticeable fear of a person or certain places
- depressed, feeling inferior, expressing a desire to commit suicide

These are only some of the symptoms for reference. If you observe any of the above symptoms, you should make further enquiry.

What should I do if I suspect a child has been sexually abused ?

Attitude :

Dos	Don'ts
✓ Keep a calm and trustful manner.	✗ Don't become too agitated.
✓ Talk to the child in a safe environment.	✗ Don't make judgemental comments.
✓ Encourage him or her to disclose what has happened.	✗ Don't ask questions leading the child to reveal events that may not have happened.
✓ Assure the child that you understand his/her feelings and will handle his/her problem seriously.	✗ Don't blame the child.
✓ Assure the child that they are doing the right thing in disclosing the sexual abuse incident.	
✓ Let the child know that sexual abuse is wrong and should not be kept secret.	
✓ Let him or her know that it is not his or her fault to be sexually abused.	

If an incident of sexual abuse is disclosed by the child,

Dos	Don'ts
✓ Seek help immediately from a professional such as the social worker, police or doctor.	✗ Do not go into details of the abuse.

In case of doubt,

✓ You can always seek help from a professional such as the social worker, police or doctor.

How to prevent sexual abuse ?

- Let children know that sexual abusers can be strangers or someone they know.
- Teach children about their body parts.
- Help children understand that some parts of their bodies – e.g. their breasts and genitals – are so private that no one else should touch them.
- Foster children to have a sense of ownership regarding their bodies.
- Tell children that they have the right to refuse anybody's unfriendly touch or requests, including those of their parents and relatives.
- Teach children that they can refuse sexual contact by various means such as shaking their heads, saying “NO” firmly, screaming or running away.
- Encourage children to seek help by telling an adult they can trust about the sexual abuse experience or secret touch that bothers them.
- Let children know that if an adult does not believe them, they should talk to other adults they can trust until someone believes them and help them.
- Help children realise that sexual abuse is wrong and should not be kept secret.
- Do not coerce or encourage children to give relatives hugs and kisses too casually. Let them know the general social distance with other people.
- Make an effort to know the children's families and their friends.
- It is noted that physical force is often not necessary to engage a child in sexual activity. Children need to trust and are dependent on others. They will often do whatever they are asked to do in order to gain love or recognition. In this way, they may be seduced to perform sexual acts. Thus parents should take care of the emotional needs of the children to prevent abusers from taking advantage of them.
- If parents treat their children's bodies with respect, children will expect others to treat their bodies in a similar manner. Children who are consistently subject to corporal punishment at home may get a misconception that adults are entitled to molest their bodies because they are more powerful.
- Communicate with your children. Encourage them to ask questions and share their experience. Explain to them that they should inform you or other trust-worthy adults if they have been abused.

Why should we care about child abuse and what can we do to help ?

- People who abuse children may be aware that their behaviour is questionable. But very often, they have difficulty to control their abusive behaviour or some may even be unmotivated to change such behaviour.
- All families have problems and for all family problems, there should be solutions. Child abuse is just a sign of family problems. Victims of abuse and the abusers are equally in need of professional treatment and counselling. People should seek help as early as possible.
- Child abuse is not just the problem of individual families. It will also hinder the development of the children and affect their ability to contribute to the society as law-abiding citizens.
- We hope that everyone who cares about children's development and reducing social problems will help stop child abuse. We have to enhance our awareness about the scope and extent of the problem and give it serious attention.
- For effective prevention of child abuse, we need the continual support of our community in promoting public education and publicity.
- In case you come across any suspected case of child abuse, please contact the relevant organisation or respective Family and Child Protective Services Unit.

2018年6月

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