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To : News Editors and Reporters  
(Local News / Health / Social Service / Education / Supplementary Columns)  
From : Hong Kong AIDS Foundation Corporate Affairs Department

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**FOR IMMEDIATE RELEASE**

**30 November 2018**

**A survey on “First Sex and Sexual Health”**

**First-time Sex at Age 11 and Half of Respondents Engaged in Unprotected Sex**

**The majority of respondents did not take comprehensive HIV/AIDS precautionary measures**

In the face of an increasingly open attitude towards sex in society, there is a serious deficiency of sex knowledge among adolescents. Hong Kong AIDS Foundation (The Foundation) has recently conducted a survey on “First Sex and Sexual Health” and 536 questionnaires were successfully collected. In the survey, five respondents said they had sex for the first time at age 11 and nearly half of the respondents have never used condoms for safe sex.

The results of the survey show that:

1. **The average interval between the first sexual contact and being tested for HIV is nearly 3 years and the longest interval is 16 years**

According to the results of the survey, the average interval between the first sexual contact and being tested for HIV, regardless of the sexual orientation of the respondents, is nearly 3 years and the longest interval is 16 years. In view of the situation, the Foundation has vowed to devote more effort to public education, especially targeting adolescents. One of the most important ways to enrich their knowledge of HIV and sex is to drive home the need to be tested for HIV. Young people should begin to see taking an HIV test as normal, similar to a regular medical check-up.

2. **52 respondents replied that they had had their first sex at or before age 15**

Out of the 52 respondents who replied that they had had their first sex at or before age 15 and 5 of them said they had had sex for the first time at age 11. Only around 26% of them had used a condom during their first sexual contact and only around 32% of them had been tested for HIV after their first sexual experience. The Foundation stressed that more resources should therefore be allocated to promote sex education to provide proper counselling to adolescents at an early age and help them learn more about safe sex. Critically, we need to implant a concept in the minds of young people that they should protect themselves through using condoms and



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taking regular HIV tests if they have unsafe sexual intercourse, regardless of their orientation.

### 3. **“Trust” is the major reason for not using a condom**

The survey also found that the main reason for not using a condom during the respondents' first sexual contact was “trust” (around 20%). People may mistake trust as safety. The Foundation suggests that more resources from the Government and schools should therefore be spent to promote sex and relationship education among young people, especially females, aiming at helping them to develop gender equality in sexual behavior and relationships.

### 4. **The majority of respondents missed all comprehensive HIV/AIDS precautionary measures and misconceptions about HIV are putting people at high risk of infection**

For the preparation rate of condoms, around 40% of respondents stated that they did not prepare condoms for their first sexual experience. The survey also revealed that “unplanned sexual activities” (60%) and “feel embarrassed to buy condoms” (14%) were the major reasons for not preparing condoms. We strongly recommend our Government, in particular the Department of Health and Education Bureau, to approve and ensure the facilitation of condom delivery for the public, for example distribution points for condoms made available at student unions and dorms, especially as young people tend to have sex at a much younger age nowadays.

In addition, the response that their first sexual experience would “involve oral sex only” or “not involve penetrative sex” accounts for 20% of homosexual males and 40% of homosexual females as a reason for not preparing condom for their first sexual encounter. In this regard, health education about the prevention of sexually transmitted diseases and HIV for homosexual populations (e.g. young Lesbian Gay Bisexual Transgender groups and bisexual people) should be strengthened.

Besides this, the survey shows that some respondents had a misconception about the HIV “window period” and relied on condoms as the only HIV protection measure. As mentioned in the “Recommended HIV/AIDS Strategies for Hong Kong (2017-2021)”, no single HIV prevention strategy is sufficient to control the HIV epidemic. Information about HIV testing should therefore be made more accessible to the public to promote regular HIV testing.

Furthermore, the Foundation is calling on the public, especially females who are under the age of 18 and have a history of unsafe sex, to be tested for HIV testing to better understand their health status.



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## **Upcoming activities**

### **World AIDS Day 2018**

Spearheaded by the World Health Organization (WHO), World AIDS Day (WAD) has taken place on December 1<sup>st</sup> every year since the virus was first identified in 1984 and in memory of those who have died of AIDS.

In order to raise awareness of HIV/AIDS and spread the message of “Love with Sextitude”, we are following in the WHO’s footsteps by holding our own “2018 World AIDS Day” Candle-light Vigil Ceremony at Central Pier 8 on December 1<sup>st</sup> this year. In the ceremony, welcoming speech will be given by Dr. LEONG Che Hung, GBM, GBS, JP, Chairman of the Hong Kong AIDS Foundation. The popular singer, Ms. Tang Siu Hau, will perform at the ceremony and accept her HIV testing in public arranged by our staff member. In addition, the release date of a new set of TV and radio Announcements in the Public Interest (APIs) of the Foundation will also be broadcasted.

Details of the event are as follows:

- Date : 1 December 2018 (Saturday)  
Time : 3:00 p.m. – 6:00 p.m. Community Activities  
6:00 p.m. – 7:00 p.m. Commemoration Ceremony  
Venue : G/F, Central Terminal Building, Central Piers (connecting Pier 7 and Pier 8)

### **HIV Testing Week**

HIV testing plays a critical role in preventing the spread of HIV infection. In this regard, the Hong Kong AIDS Foundation is organising a Testing Week from 26 November to 2 December 2018 to provide free, anonymous and confidential antibody tests and counselling services for the public at various locations (including Lai Chi Kok, Central and Shaukeiwan) with a view to calling on the public, especially those who have a history of unsafe sex, to have a thorough understanding of their health and enabling infected people to receive appropriate treatment as early as possible. The test should be conducted three months after any unsafe sexual behavior or any unprotected sexual exposure/possible HIV exposure.

Appointment for the HIV test can be made via any of the means shown below:

- 1) AIDS Helpline: 2513 0513
- 2) WhatsApp: 9093 0335
- 3) Line: HIVTesting
- 4) WeChat: hkaidfoundation
- 5) Website: <https://www.aids.org.hk/>



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### **About the Hong Kong AIDS Foundation**

The Hong Kong AIDS Foundation was established in 1991 and is a non-governmental social service organization. The Foundation's mission is to limit the spread of HIV infection in the community. Throughout the years, the Foundation has been actively engaged in the promotion of AIDS education, the provision of services, and the nurturing of a harmonious and caring environment for those infected with or affected by HIV/AIDS. For more details about our work, please visit <http://www.aids.org.hk>.

### **Media Enquires**

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