

PPE 655PM (Project 1): Project Touch

Executive Summary

Aim and Objectives

1. To socialize with newly come out and high risk young MSM to disseminate information on safer sex and positive attitudes on love and sex by establishing a healthy community culture;
2. To build up a supportive social network that is conducive to safer sex and testing practices and norms; and
3. To upscale the empowerment and participation of young MSM currently established in past projects.

Objectives

1. To localize the model of M-empowerment, provide early intervention and promote sustainable behavioural change among young MSM through intensive community-based, peer-led multi-levelled early intervention. A diverse and youth centred mode of service delivery, including multi-session group intervention, peer education, peer support network, and mass programs will be provided to increase the awareness of young MSM towards their vulnerability to HIV, to raise their HIV/STI knowledge, to understand their risk limits and personal boundary and to master negotiation skills in regards to condom use;
2. To empower and mobilize young MSM to take charge in the prevention campaign and develop new initiatives that truly meet the need of MSM;
3. To replicate the model in Tuen Mun and university MSM groups.

Target population

Newly come out MSM

Project Design

The project is based on the CDC-recommended model of Mpowerment. The guiding principles of the projects are :

1. Personal and community empowerment
2. diffusion of new behaviors through social networks
3. peer-influence
4. putting HIV prevention within the context of other compelling issues for young gay/bisexual men (e.g. social issues)
5. community building
6. using gay-positive approaches

Key Components:

Core group	<ul style="list-style-type: none"> • Consists of a group of dedicated young MSM volunteers, responsible to make all major decisions of the projects.
Safer Sex Workshop	<ul style="list-style-type: none"> • Address issues that are important to gay youths • helping members setting boundaries • teaching safer sex negotiation skills • promoting informal outreach and project involvement
Mass Program	<ul style="list-style-type: none"> • Hosts social outreach events that provide social opportunities and promote HIV prevention and testings. • Recruits safer sex workshop participants • Creates opportunity for positive peer influence
Informal Outreach	<ul style="list-style-type: none"> • Uses peer influence to diffuse safer sex norms • Reinforced through other project components

Main achievements and conclusions

1. The project targets newly come out MSM. The average of participants are 24.3.
2. The project successfully reduces sexual risks among young MSM:
 - The number of sex partners of participants drop from 4.2 to 3.1
 - Condom use increases 9%
 - 73% of participants get tested.
3. Empowerment and youth involvement is a core part of the project. The project successfully promotes young MSM diffuses safer sex norms among peer:
 - The projects' volunteer group, Elements, has 64 active volunteers, which is the strongest volunteer group among AIDS prevention projects
 - 89% of volunteers have encouraged their peers to use condom and have HIV testing

PPE 655 PM (計劃一)
性向無限計劃 - 朋輩支援
行政摘要

宗旨及目標

1. 接觸剛出櫃、年輕及高危的男男性接觸者，從而建立一個健康的社群文化，進而提倡安全性行為及建立對愛與性的正面態度。
2. 建立一個互助的社交網路，藉此提倡安全性行為，以及鼓勵男男性接觸者接受愛滋病病毒抗體測試。
3. 增加現有計劃下年輕男男性接觸者的參與程度及規模，使他們進一步充權。

目標

1. 將 M-powerment 的框架本地化，透過集中、以社群為本、朋輩帶領多元化的及早介入方法，為男男性接觸者提供及早介入服務以及促進持續的行為改變。以提供多元，以青年為本模式的服務，包括多節數的小組介入、朋輩教育、建立朋輩互助網路、舉辦大型活動，藉此提高年輕男男性接觸者對自己作為高風險感染愛滋病病毒社群的意識、增加他們對愛滋病及性病的知識、讓他們了解個人能承擔的風險及底線、學會與另一半協商使用安全套，以達致安全性行為的溝通技巧。
2. 透過鼓勵年輕的男男性接觸者策劃預防性病的活動使他們充權，同時發展相關的新措施以真正配合男男性接觸者的需要。
3. 將這個框架套用於屯門分區以及大專組的男男性接觸者社群。

對象

剛出櫃的男男性接觸者

計劃設計

以下計劃的框架是建基於疾病預防與控制中心所建議的 Mpowerment。以下是計劃下的指導原則：

1. 個人及社群充權
2. 透過社交網路滲入新的行為
3. 朋輩影響
4. 把愛滋病預防結合到年青男同志有興趣的事情上 (如社交)
5. 建立社群
6. 利用同志正向的導向

重要部分：

核心小組	<ul style="list-style-type: none">● 以一群熱心而又年輕的男男性接觸者為首，專門為各類計劃下主要的決定
安全性行為工作坊	<ul style="list-style-type: none">● 處理與年輕同志有關的重要課題● 幫助同志朋友設立底線● 教導同志朋友與另一半有關安全性行為的協商技巧● 推廣非正式外展以及鼓勵他們參與相關計劃
大型活動	<ul style="list-style-type: none">● 舉辦社交外展活動，從而提供同志們與人社交的機會、推廣預防愛滋病病毒，以及進行快速測試的重要訊息● 招募參與安全性行為工作坊的參加者● 增加正面的朋輩影響力
非正式外展	<ul style="list-style-type: none">● 利用朋輩影響力建立安全性行為的規範● 透過其他計劃部分藉以加強安全性行為的規範

重要成果及總結

1. 這個計劃主要針對剛出櫃的男男性接觸者。每個計劃的平均參與人數是 24.3。
2. 這項計劃成功減少年輕男男性接觸者有關性方面的危機。
 - 參加者的性伴侶由平均 4.2 個減少至 3.1 個
 - 使用安全套的比率提升了 9%
 - 有 73%的參加者已進行了快速測試
3. 充權以及青年參與是計劃下的一個重要部分。這個計劃成功於年輕男男性接觸者的朋輩間推廣了安全性行為的規範。
 - 計劃下的義工小組 Element 總共有 64 位活躍義工，這規模是眾多預防愛滋病的計劃中最強大的義工小組。
 - 有 89%的義工曾鼓勵他們的朋輩用安全套以及進行愛滋病病毒的快速測試

PPE 655 PM (Project 2 & 4):

Comprehensive Package for Young MSM and Young

MSM newly infected with HIV

Executive Summary

Project Aims

1. To early reach out and provide intervention to newly come out MSM by building an extensive catchment and referral base (with schools, youth and outreach services, mobile outreach and social marketing);
2. To provide a continuous support for newly come out MSM and socialize them with safer sex practice and positive attitudes on love and sex by establishing a supporting network to them;
3. To provide intensive counseling and support to MSM with drug taking, prolong unsafe sex or other high risk behaviors;
4. To provide continuous support for young MSM aged 16-29 newly infected with HIV and ensure their drug adherence;
5. To empower PLHIV to participate in HIV prevention and peer support;
6. To build capacity of teachers, social workers and medical professionals in offering non-discriminative and supportive service to teenage and young MSM in related to safer sex and regular testing;
7. To enhance the understanding, communication and support in family of teenage and young MSM and engage families in HIV prevention

Project Objectives

1. To collaborate with multi-disciplinary professional in case consultation and counseling with young MSM with high risk behaviors.
2. To increase teachers, social workers and medical professionals' awareness on HIV prevention and skills on working with MSM through providing sensitivity and skill-building trainings
3. To equip parents with knowledge in HIV and have better communication with gay children
4. To run school educational workshops and visits and public exhibition

Project Design and Target

Targets	Intervention
School-based prevention: High risk teenage and young MSM, teachers and social workers	<ol style="list-style-type: none"> 1. Multi-disciplinary professional collaboration in case consultation and counseling 2. Sensitivity and skills-building training 3. Inclusive sex education workshops in schools and universities, and online teaching materials for MSM safe sex education
Family-based prevention: Parents of MSM	<ol style="list-style-type: none"> 1. HIV education 2. Parents Educator Training
PLHIV	<ol style="list-style-type: none"> 1. Case escort 2. Mentorship 3. Volunteer group
Popular Opinion Leaders: MSM who are popular in online MSM community and dedicated in HIV prevention work	<ol style="list-style-type: none"> 1. Popular Opinion Leader Training and spreading of Safer Sex messages through their social network
Newly come out and young MSM aged 16 – 25	<ol style="list-style-type: none"> 1. Facebook, Mobile Apps & Internet Outreaching for newly come out and young MSM by online peer counselors 2. Social Media campaign
Hard-to-reach and Internet-based MSM	<ol style="list-style-type: none"> 1. Facebook, Mobile Apps & Internet Outreaching 2. Mentorship
Media and the Public	<ol style="list-style-type: none"> 1. Public exhibition 2. Educational multi-media productions
Young MSM	<ol style="list-style-type: none"> 1. Case Intervention

Achievement

The project provided inclusive sex education in 19 schools reached to 1090 students and 13 organizations reached 386 teachers, social workers, counselors and medical professionals. Through means of drama education, safer sex messages were delivered in a more interactive way.

The project organized a systematic support network in online and offline platform for young MSM to assess the needed services. Through mentorship and online outreach, the young MSM received safer sex dialogue and HIV knowledge in a friendly environment so they had more willingness to assess VCT services.

The project has a thorough volunteer development system. Popular Opinion Leader (POL) training nurtures 40 quality volunteers to involve in different prevention works (“elements” core volunteer group, online mentorship & outreaching, VCT, and school inclusive sex education).

PPE 655 PM (計劃 2 & 4):

性向無限- 年青男同志及感染者的整全介入

行政摘要

計劃宗旨

1. 透過建立一個覆蓋範圍廣的服務以及轉介平台 (學校、青年及外展服務、流動外展服務及社交網絡營銷)，及早識別以及提供介入給剛出櫃的男男性接觸者
2. 透過建立一個互助支援網絡，讓剛出櫃的男男性接觸者得到持續的支援，使他們了解安全性行為的實踐以及培養對愛與性的正面態度
3. 給予吸食藥物、長期進行不安全性行為或其他高風險性行為的男男性接觸者深入的輔導以及支持
4. 為 16 至 29 歲剛被感染愛滋病毒的年輕男男性接觸者提供持續的支援，以及確保他們按時服藥。
5. 以充權的理念，讓愛滋病毒感染者參與宣揚預防愛滋病毒以及朋輩支援的工作，讓他們助人自助。
6. 讓老師、社工以及醫護界專業人士在為青少年、年輕男男性接觸者提供有關安全性行為及定期進行測試的服務的時候，學會給予不歧視而又支持他們的服務技巧
7. 加強男男性接觸者與其家庭成員的了解、溝通以及互相支持，讓年輕男男性接觸者以及他們的家人能有預防愛滋病的意識。

計劃目的

1. 與跨界別的專業人士互相合作，共同管理個案，以及為進行高危性行為的年輕男男性接觸者提供適合的輔導。
 2. 透過提供敏銳度以及個案管理技巧提升的訓練，讓老師、社工以及醫護界專業人士增加對預防愛滋病毒的意識，學會處理男男性接觸者個案的技巧。
 3. 增加家長對愛滋病毒的知識，讓家長能與他們的同志孩子有更良好的溝通。
- 在不同學校舉辦教育工作坊，探訪以及公眾展覽

計劃設計及對象

對象	介入
以學校為本的預防: 高危青少年以及年輕男男性接觸者，老師及社工	<ol style="list-style-type: none">1. 多各界的專業人士商議不同個案的管理及合適的輔導2. 敏銳度以及個案管理技巧提升的訓練3. 在中學及大學舉辦多元性教育工作

	坊，提供網上教學材料以給予男男性接觸者安全性行為教育
家庭為本的預防: 男男性接觸者的家人	預防愛滋病 教育家長訓練
愛滋病毒感染者	個案陪同 同志師友計劃導師 義工小組
社群領袖訓練: 在男男性接觸者社群中受歡迎的男男性接觸者，而又投入於預防愛滋病毒工作	社群領袖訓練以及透過他們的人際網絡宣揚安全性行為的訊息
剛出櫃的年輕男男性接觸者 年屆 16 至 25	1. Facebook 流動應用程式以及利用網上朋輩輔導員在網上接觸剛出櫃的年輕男男性接觸者 2. 網路媒體營銷
難以接觸、網路為主的男男性接觸者	Facebook 流動應用程式以及網上外展 同志師友計劃
媒體及公眾	公眾展覽 教育性的多媒體製作
年輕男男性接觸者	個案介入

成果

這計劃成功在 19 間學校提供了多元性教育，接觸到 1090 位學生以及 13 間機構中的 386 位老師、社工、輔導員以及醫護專業。透過話劇教育，安全性行為的訊息便可以以更有趣互動的方式傳遞。

這個計劃組織了一個有系統的支援網絡，線上、線下地讓年輕男男性接觸者獲得有需要的服務。透過同志師友計劃以及網上外展，年輕男男性接觸者可以在一個友善的環境下接收安全性行為的對話以及愛滋病毒的知識，從而讓他們可以更願意去接觸自願輔導及快速測試服務。

這個計劃有一個完善的義工發展系統。社群領袖培訓了 40 位有質素的義工去投入不同的預防性工作 (Elements 核心義工小組、網上同志師友計劃以及外展、自願輔導及快速測試服務以及學校多元性教育)。

PPE 665 PM (Project 3)

Regular Testing and Safer Partners

Executive Summary

Aims and Objectives

1. To socialize young MSM, newly come out MSM and couple with regular testing and safer sex practice by establishing a supportive norm and culture to them
2. To expand VCT service for young MSM, couple and in remote area
3. To tackle the unsafe sex practice among couples, address the psychosocial factors behind and build healthy couple relationship with better communication and mutual understanding
4. To address the tension of condom use in gay relationship and provide techniques on negotiation skill of condom use for gay couples

Target population

Newly come out MSM

Project Design

Key Components:

VCT	<ul style="list-style-type: none">• VCT services are provided from Monday to Sunday in various testing sites including Diamond Hill, Wan Chai, Sheung Wan, Tuen Mun, Fanling and Tai Po. We provide the most extensive VCT services among AIDS prevention NGOs.• 50% of our service users are below 24.
Couple intervention	<ul style="list-style-type: none">• Couple group that addresses misconception about couple using condoms, and focuses on communication skills and negotiation skills in condom use• Education booklets and videos on couple relationships were produced and received very good response from the community.

PPE 665 PM (計劃 3)

性向無限—測試及伴侶支援

行政摘要

宗旨及目標

1. 透過建立一個互助的社群文化，讓一群剛出櫃的年輕男男性接觸者建立支援網絡，讓他們培養定期的快速測試以及安全性行為的習慣
2. 擴展給予年輕男男性接觸者以及同志伴侶的自願輔導及快速測試服務到更遠的地區
3. 處理同志伴侶之間的不安全性行為，對應同志伴侶背後社會心理的因素，建立一種更良好的溝通以及彼此了解的健康伴侶關係
4. 處理同志關係中使用安全套的掙扎，教導同志伴侶如何與另一半使用安全套的協商技巧

對象

剛出櫃的男男性接觸者

計劃設計

重要部分:

自願輔導及快速測試服務	<ul style="list-style-type: none">● 由星期一至星期五在不同測試地點都有提供自願輔導及快速測試服務，包括鑽石山、柴灣、上環、屯門、粉嶺及大埔。我們是眾多預防愛滋病非政府機構中提供最廣泛的自願輔導及快速測試服務。● 有 50%的服務使用者都低於 24 歲。
伴侶支援介入	<ul style="list-style-type: none">● 伴侶小組是處理伴侶間對使用安全套的誤解，以及針對使用安全套上的溝通以及協商技巧。● 已提供教育小冊子以及短片有關伴侶關係，並收到十分好的公眾回響。