

「愛滋病全人健康」 - 男男性接觸者及愛滋病病毒 感染者愛滋病防治服務執行總結

1. 機構背景

大同是由一群男同性戀者，在二零零九年情人節成立的組織。我們感到這社會有需要打破因同性戀者的身分被污名化，所帶來的排斥及隔絕。

大同也發現，社會上對愛滋病預防、對年輕同性戀者的教育及支援有很大的需求。大同也相信，在沒有偏見及歧視的社會，年輕同性戀者能活出健康及完滿的生活。而性健康對所有人來說，應是一種權利。

在這幾年開展的愛滋病防護工作及對性小眾社群的服務，大同發現與愛滋病病毒感染者有關的服務仍有很多未被補上的空隙，也缺乏人力去為他們提供一個更全面的服務環境。特別在感染者朋輩充權相關服務可以看得到這些缺憾。

因大同的成員當中也有感染者，自從二零一四年起，大同設立了分支組織 - 朋牽會，朋牽會不斷為感染者義工提供訓練，再由他們為整個社群提供感染者朋輩支援服務。

2. 計劃目標

這個計劃的目的，在於透過增加男男性接觸者對性健康及自己精神健康的了解，從而減少愛滋病在社群中擴散的機會。同時，這個計劃會教育社會大眾，令他們更了解、明白性小眾的需要。

- I. 使男男性接觸者在面對污名及歧視下，仍能活出完滿、具生產力的生活，同時處於良好的精神健康。
- II. 教育公眾，使其更了解男男性接觸者的需要，並消除對這群性小眾群組的污名及歧視。
- III. 提供愛滋病及性健康相關支援服務，確保能提供最好、最高可能性的治療方案或支援服務。
- IV. 提高政府及非政府組織對男男性接觸者性健康需要的認知及意識。
- V. 透過鼓勵群眾更著重自己健康、提高性病測試及地區性健康服務提供者的普及，來降低愛滋病及性病的傳播。

3. 計劃設計

這個計劃包括兩個主要部分，包括鼓勵更多年輕男男性接觸者參與愛滋病預防工作，及為一般男男性接觸者社群提供愛滋病預防相關服務。

大同打算採用朋輩影響的方式，即帶動男男性接觸者在同志場所內，帶起非正式討論來宣傳安全性行為。我們將會由男男性接觸者負責這計劃的管理、設計及落實，務求令計劃一直與社群相關。

朋輩間的影響，對愛滋病病毒的預防工作是有效的。例如由一名感染者分享個人經歷，能很大程度增加受眾對愛滋病的預防意識。這些都能鼓勵男男性接觸者提早進行第一次快速測試，以及把恆常測試視為習慣。同輩間的教育在傳達愛滋病的預防及治療是具有優勢的，因為相較於陌生人，男男性接觸者從朋輩接收到這些性相關的資訊會感到更自在自然。而朋輩支援者或會因討論、分享他們的經歷，而令他們看起來更可信。而朋輩支援者在向其他人講述、分享知識時，也同時增加了他們自己對愛滋預防或治療的知識。

4. 目標群組

這個計劃的對象是年齡小於 30 歲的年輕男男性接觸者，以及普遍男男性接觸者。我們會透過探訪同志場所或同志友善的場所，來接觸目標人群。同時，也會與大學的學生組織及學校部門合作，在校園裡舉辦與性健康主題相關的活動，來接觸年輕男男性接觸者。

愛滋病防治工作亦會經常探訪同志場所，例如以男同性戀者為客群的酒吧、桑拿，及性小眾友善的活動。性小眾友善活動包括，世界不再恐同日及香港同志遊行等。透過參與這些活動可以接觸到男男性接觸者，也方便傳達預防愛滋病資訊，例如正確使用安全套及進行性病測試。

5. 主要成就

計劃分別在香港中文大學、香港城市大學及香港專業教育學院（黃克競分校）成功舉辦了七節「男男性健康工作坊」，共有一百五十九參與人次。透過與大專院校建立合作關係，大同能有效接觸年輕男男性接觸者社群，並傳達愛滋病預防的方法。

「年輕男男性接觸者朋輩支援者訓練工作坊」成功招募十八位參與者。在經過訓練後，義工們透過熱線服務、網上介入、外出探訪、支援小組及工作坊來進行愛滋病預防工作。

在過去的性小眾活動中，例如國際不再恐同日、香港同志遊行及世界愛滋病日，大同也設立了教育攤位來派發性病預防的傳單及小冊子。這些教育宣傳物資也在同志話劇及香港同志影展派發。

大同也首次開展了性病自助測試的服務，一共收到了三百七十七人次的申請，在經過測試前的篩選，把像女性、未與同性發生性行為的男性撇除後，一共送達了二百七十個自助測試包。

6. 總結

二零一九至二零年度是大同首次獲得愛滋信託基金撥款支持。我們由衷地感謝愛滋信託基金對大同防治愛滋病工作的支持。隨著年輕男男性接觸者感染愛滋病的數字持續上升，大同會繼續研究，並專注於年輕男男性接觸者間預防愛滋病的方法。我們相信建立一個同志友善的社會環境以及支援男同性戀者心理上的需要，絕對有利愛滋病的公眾教育及預防工作。

“Holistic Health of HIV!” - HIV Intervention for MSM and PLHIV Services Programme Executive Summary

1. Background

Gay Harmony was established on Valentine’s Day in 2009. Gay Harmony was organized by a group of young gay men, who felt there are needs to break the felt of isolation by young gay men due to their stigmatized identity.

Gay Harmony also observed there are great needs for HIV prevention, education and support specifically targeted at young gay men. Gay Harmony believes young gay men can live full and healthy lives free from prejudice and discrimination, and that good sexual health is a right and reality for all.

Started HIV prevention and LGBT services within these years, Gay Harmony found the PLHIV services are still many gaps and lack of manpower resources to provide more holistic service environment to the PLHIV, especially on the services of PLHIV peer empowerment. Base on some of board member of Gay Harmony are also PLHIV, so that since 2014, Gay Harmony setup the sub-organization of PLHIV peer group, name PL Connection, to provide PLHIV peer support services on the community empowerment, all the services are providing by PLHIV peer and providing continuously training to core volunteers.

2. Aim and Objectives

The aims and objectives of the project is to prevent HIV spreading in the MSM community by empower MSM on sexual health and mental wellbeing aspects. The project is also to educate the public, to enhance their understanding on the needs of sexual minority.

- I. Empower young MSM so that they can lead full and productive lives in the face of stigma & discrimination, and to ensure their mental health and wellbeing
- II. Educate the public to better understand the needs of this sexual minority group and campaign to eradicate stigma & discrimination
- III. Provide support services for HIV & sexual health issues, and by working to ensure that the best possible treatment and support services are available

for them

- IV. Support government and non-governmental organizations in maximizing awareness of the sexual health needs of young gay men in Hong Kong
- V. Minimize the spread of HIV and STIs, by encouraging people to value their health and by leading innovation to increase access to testing and local sexual health services

3. Project Design

The HIV prevention project consists of two major parts, YMSM mobilize for prevention involvement and HIV prevention service for general MSM.

Gay Harmony is proposing a peer-influence approach that involves encourage MSM to initiate informal conversations with their peers in MSM venues to promote safe sex. MSM will be involved in the management, design and implementation of the project, to ensure its relevance to other MSM.

Peer-influence is an effective method of HIV prevention. Personal testimonies by HIV positive speakers are powerful for HIV/AIDS awareness. This could encourage early and regular HIV testing among MSM. The peer education also has advantage in delivering HIV/AIDS prevention and intervention information. It is because some of their peers will feel more comfortable receiving sexuality-related information from them than from outsiders. Peer educators may have added credibility because of their experiences with the issues being discussed. A benefit that is often overlooked is that presenting such information increases peer educators' own knowledge and skills related to HIV/AIDS prevention and intervention.

4. Target Population

The project target young MSM under 30 years old and general MSM. The targeted population could reach by approaching university, gay venues and LGBT friendly events. The project coordinated with student unions and university faculty to approach YMSM by organized sexual health workshop in institutions. The HIV prevention project frequently outreach visit gay venues like gay bar and gay sauna, and LGBT friendly events like HK IDAHO+ and Hong Kong Pride Parade. These outreach visit could approach general MSM and provide HIV preventive information like condom usage and STD testing.

5. Main Achievements

The project successfully organized **7 sessions** Institution Sexual Health Workshop for MSM in The Chinese University of Hong Kong, City University of Hong Kong and Hong Kong Institute of Vocational Education - Haking Wong (IVE-Haking Wong) with **159 participants**. By building cooperative relationship with universities, Gay Harmony could efficiently approach YMSM for HIV preventive measures.

YMSM peer educator training programme recruited **18 participants**. After training, these peer educators support the HIV prevention project in helpline services, internet intervention, outreach service, support groups and workshops.

Gay Harmony had set up educational booth during LGBT events to distribute educational materials and promote sexual health information, like the Hong Kong IDAHO+, Hong Kong Pride Parade and World AIDS Day. The information pack had also been distributed in gay drama screening and HKLFGG.

Gay Harmony also first implemented the STD self-testing service. **377 requests** were received, after pre-test counselling and screen out ineligible applicants like female and heterosexual male, **270 self-test kits** were delivered.

6. Conclusions

2019-2020 is the first project year Gay Harmony receive funding support from AIDS Trust Fund. Thank you for the support from Council for the AIDS Trust Fund, granting reliable resources for Gay Harmony to implement HIV prevention project. With the increasing number of HIV infection in YMSM community, Gay Harmony will study on this trend and focus our HIV preventive measures in YMSM group. We believe by building a gay friendly environment and support the MSM psychological needs, could bring benefits to the HIV education and prevention work in Hong Kong.