

# 保護長者

## 免受性虐待

Protecting Elders Against Sexual Abuse

### What is sexual abuse?

- **Sexual abuse is the act of sexual assault on an elder (including exposure of sexual organ to an elder, indecent assault and rape, etc.).**
- Sexual abuse will do far-reaching harm to elder victims, who may be in low mood, exhibit feelings of inferiority and, at worst, suicidal tendencies.

### What are the indicators of elder sexual abuse?

- Physical indicators
  - unusual bruises on chest/ genitalia/ inner parts of thighs
  - unexplainable sexual diseases
  - unexplainable urinary inflammations
  - unusual bleeding or laceration in external genitalia, vaginal or anal area, etc.
  - unexplainable stains of semen found in vagina or anus
- Behavioural indicators
  - appears to be very frightened upon contact with the suspected abuser
  - excessive masturbation
  - drastic change in sexual attitude/ sexual behaviour
- Environmental indicators
  - torn, stained or bloody underclothing

The above behaviours or signs are not necessarily evidence of elder abuse. However, if these indicators appear, we should be alerted and pay more attention to the well-being of the elders. Where necessary, assistance of professionals (e.g. social workers, medical personnel) should be sought as soon as possible.

### How to help an elder who is victim of sexual abuse?

- Sexual abuse will cause tremendous trauma to the victim. Owing to prohibition of traditional taboo and psychological disturbance, an elder usually finds it difficult to disclose the incident to others. Should the family members/friends of the elder identify the above physical, behavioural or environmental indicators, they should take the initiative by showing concern to the elder and encourage him/her to reveal the difficulties.
- Stay calm and avoid over-reacting.
- Talk with the elder alone, encourage him/her with patience to reveal the incident and give him/her emotional support.
- Don't blame the elders who are the victims of sexual abuse. Explain to them that the situation is no fault of theirs.
- Encourage an elder victim to seek assistance from professionals such as social workers, the police, doctors, etc., so as to prevent recurrence of the abuse and arrange appropriate counselling and various support services for the elder.

### How to seek assistance?

- Persons in need of assistance may approach District Elderly Community Centres, Family Services Centres/Integrated Family Service Centres in respective districts. Telephone numbers for enquiries and addresses of these centres are available on the Social Welfare Department website at <http://www.info.gov.hk/swd>.
- If the abused elder is receiving other social services, he/she may seek assistance from the social workers of the service unit concerned, who may arrange referrals where necessary.
- **Social Welfare Department Hotline: 2343 2255**
- **Caritas Family Crisis Support Centre Hotline: 18288**
- **RainLily of the Association Concerning Sexual Violence Against Women: 2375 5322**

美滿生活

## 何謂性虐待？

- **性虐待是指性侵犯長者（包括向長者展示自己的性器官、非禮及強迫進行性行為等）。**
- 性虐待對受害人的傷害程度非常深遠。長者可能會情緒低落、感到自卑，嚴重的甚至有自殺傾向。

## 長者遭受性虐待有甚麼表徵？

- **身體表徵**
  - 胸部/生殖器官/大腿內側有不尋常的瘀傷
  - 無法解釋的性病
  - 無法解釋的尿道炎
  - 外生殖器部位、陰道、肛門等有不尋常的流血或撕裂
  - 陰道或肛門內發現無法解釋的精液
- **行為表徵**
  - 見到懷疑施虐者表現得非常恐慌
  - 過度手淫
  - 性態度/性行為有極大轉變

## • 環境表徵

- 內衣被撕裂、有污跡或染有血跡

以上所列的行為或跡象，並非一定是虐待長者的証據，但當這些表徵出現時，大家應提高警覺，多關注長者的情況，如有需要，盡快尋求專業人士（例如社工、醫護人員）協助。

## 如何協助受性虐待的長者？

- 性虐待會給長者帶來極大的創傷，基於傳統禁忌及心理困擾，長者通常都難以將事件向他人透露。家人和朋友若發現有上述的身體、行為或環境表徵，可主動關心長者，鼓勵他/她們把困難說出來。
- 要保持冷靜，切忌過於激動。
- 與長者單獨傾談，耐心地鼓勵他/她們說出事件，並給予情緒上的支持。
- 不應責怪長者，讓他/她們知道性虐待並非他/她們的錯。
- 鼓勵長者向專業人士如社工、警方、醫生等尋求協助，避免侵犯事件再次發生，並為長者安排適當輔導及各種支援服務。

## 如何求助？

- 可聯絡各區長者地區中心及家庭服務中心/綜合家庭服務中心，各中心的查詢電話及地址可參考社會福利署網頁：  
<http://www.info.gov.hk/swd>
- 如被虐長者正接受其他社會服務，可向該服務單位社工求助。如有需要，該服務單位社工可安排轉介。
- **社會福利署熱線：2343 2255**
- **明愛向晴熱線：18288**
- **關注婦女性暴力協會—風雨蘭：2375 5322**