

What is sexual abuse?

- Sexual abuse is the act of sexual assault on an elderly person such as exposure of sexual organ to an elderly person, indecent assault and rape, etc.
- Sexual abuse will do far-reaching harm to an elderly person who may be in low mood, exhibit feelings of inferiority and, at worst, have suicidal tendencies.

How to identify an elderly person is being sexually abused?

- **Physical indicators**
 - bruises on chest/ genitalia
 - unexplainable sexual diseases
 - unexplainable urethritis
 - unexplainable bleeding in external genitalia, vaginal or anal area, etc.
- **Behavioural indicators**
 - being extremely frightened when seeing the suspected abuser
 - excessive masturbation
 - drastic change in sexual attitude/ sexual behaviour
- **Environmental indicators**
 - torn, stained or bloodied underclothing

The behaviours or signs listed above may not necessarily be evidence of elder abuse. However, once they appear, we should be alerted and pay more attention to the elderly person. Where necessary, assistance of relevant professionals (e.g. social workers, healthcare personnel and police officers, etc.) should be sought as soon as possible.

How to help an elderly person being sexually abused?

- Sexual abuse will cause tremendous trauma to an elderly person. Owing to traditional taboo and psychological disturbance, the elderly person usually finds it difficult to disclose the incident to others. Should the family members/ friends of the elderly person identify the above physical, behavioural or environmental indicators, they should take the initiative to show concern to the elderly person and encourage him/ her to reveal the difficulties.
- Stay calm and avoid over-reacting.
- Talk with the elderly person alone, encourage him/ her with patience to reveal the incident and give him/ her emotional support.
- Do not blame the elderly person. Explain to him/ her that being sexually abused is no fault of his/ hers.
- Encourage the elderly person to seek assistance from professionals such as social workers, police officers and doctors so as to prevent recurrence of the sexual abuse incident and arrange appropriate counselling and various support services for him/ her.

How to seek assistance?

- Persons in need of assistance may approach District Elderly Community Centres or Integrated Family Service Centres/ Integrated Services Centres in respective districts. Telephone numbers for enquiries and addresses of these centres are available on the Social Welfare Department website at <http://www.swd.gov.hk/>
- If the elderly person being abused is receiving other social services, he/ she may seek assistance from the social worker of the service unit concerned, who may arrange referrals where necessary.
- **Social Welfare Department Hotline : 2343 2255**
- **Family Crisis Support Centre (24-hour hotline) : 18288**
- **CEASE Crisis Centre 24-hour Hotline : 18281**
- **RainLily Hotline : 2375 5322**



保護長者

免受性侵犯

Protecting Elderly Persons Against Sexual Abuse

保護長者 – 免受性侵犯

何謂性侵犯？

- 性侵犯是指性侵犯長者，例如施虐者向長者展示自己的性器官、非禮或強迫進行性行為等。
- 性侵犯對受害人的傷害非常深遠。長者可能會情緒低落、感到自卑，嚴重的甚至有自殺傾向。

怎樣留意長者受到性侵犯？

- 身體表徵
 - 胸部／生殖器官有瘀傷
 - 無法解釋的性病
 - 無法解釋的尿道炎
 - 無法解釋的外生殖器官部位、陰道、肛門等流血
- 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證據，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，應盡快向有關專業人士（例如社工、醫護人員、警方等）尋求協助。

如何協助受性侵犯的長者？

- 性侵犯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／她們知道受到性侵犯並非他／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，避免性侵犯事件再次發生，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或綜合家庭服務中心／綜合服務中心，各中心的查詢電話及地址可參考社會福利署網頁：
<http://www.swd.gov.hk/>
- 如受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
- 向晴熱線（24小時）：18288
- 芷若園24小時危機熱線：18281
- 風雨蘭熱線：2375 5322