

知「性」父母

給ADHD青少年的性與關係教育

全面性教育



The sexuality Information & Education Council of the United States (2004)

你有你的看法

染上性病是
咎有自取的

不同性取向的人
都應得到尊重

性的行為是個人的，
其他人不該加以評論

政府需要
立法禁止
色情刊物 / 資訊

娼妓
應該合法化

易服
是個人興趣

婚前性行為
是可以的

多於一個性伴侶
是不可以的

你的性態度

保守

開放

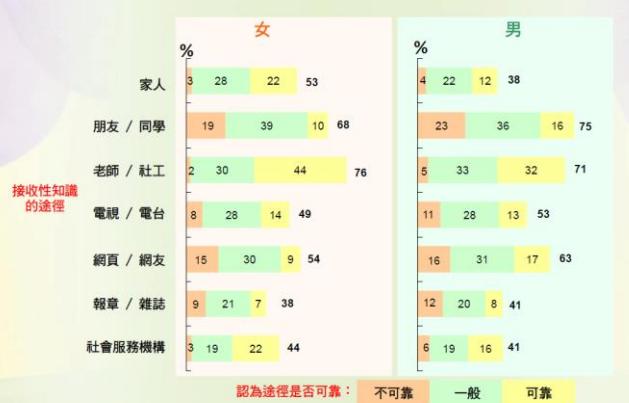


你談及性的信心



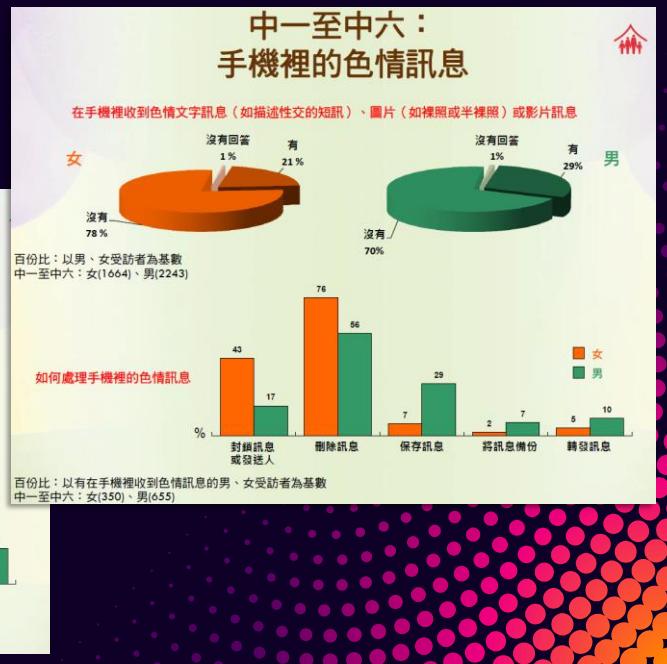
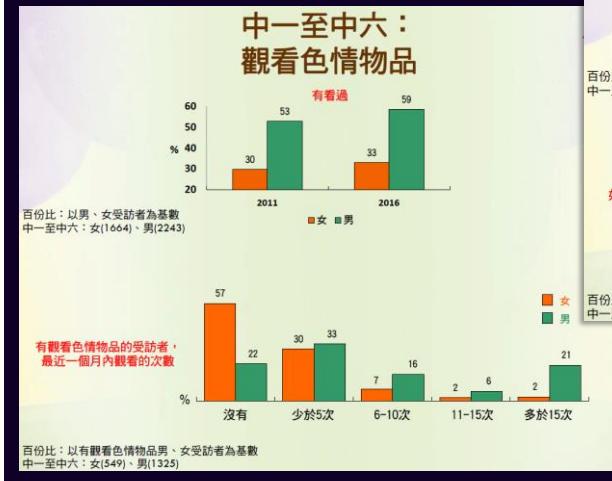
青少年的性文化

中一至中六：性知識來源



百分比：以男、女受訪者為基數
中一至中六：女(1664)、男(2243)

青少年的性文化



ADHD對青少年性發展的影響

◎ 戀愛

◎ 拍拖次數

◎ 戀愛關係的長短

Table 2. Romantic Involvement of Adolescents With and Without ADHD by Gender.

Variables ^a	ADHD		Comparison		Group	Gender	Group × Gender			
	Male <i>n</i> <i>M</i> (<i>SD</i>)	Female <i>n</i> <i>M</i> (<i>SD</i>)	Male <i>n</i> <i>M</i> (<i>SD</i>)	Female <i>n</i> <i>M</i> (<i>SD</i>)						
Number of RR ^b	18 18	3.50 (2.23) 12	2.33 (1.50) 11	2.09 (1.38) 16	1.75 (0.86) 5.18*	.09 .09	2.96 .05	0.89 .09	.02	
Age of 1st RR (years)	18 18	13.11 (1.63) 12	14.36 (1.50) 11	13.55 (1.37) 16	13.81 (1.17) 1.32	.02 .00	3.79*	.07	1.60 .03	
Longest RR (months)	18 18	8.75 (9.16) 12	6.33 (6.64) 11	5.82 (5.42) 16	14.88 (11.87) 1.32	.02 .02	1.85 .02	.03 .03	5.53*	.10
Age of more than kissing	14 14	14.29 (1.68) 6	15.17 (0.75) 6	14.17 (2.14) 11	14.91 (1.30) 1.12	.00 .00	2.21 .00	.06 .02	.00 .00	.00
Age of 1st sexual intercourse	6 6	14.50 (1.76) 4	15.50 (0.58) 5	16.40 (0.55) 6	15.33 (0.82) 3.10	.15 .15	0.01 .01	.00 .00	4.41*	.21
Number of sexual partners	6 6	4.00 (3.69) 4	4.50 (3.87) 5	1.60 (0.55) 6	2.00 (1.10) 4.34*	.20 .20	0.15 .05	.01 .00	0.00 .00	.00

^aRange for number of romantic relationships (1-8); age of 1st RR (9-18), longest RR (months); 1-36); age of more than kissing (11-17); age of 1st sexual intercourse (12-17); number of sexual partners (1-10).

^bRR: romantic relationships.

**p* < .05.

ADHD對青少年性發展的影響

⊗ 性行為

◎ 第一次性交年齡

◎ 性伴侶數目

Table 2. Romantic Involvement of Adolescents With and Without ADHD by Gender.

Variables ^a	ADHD				Comparison				Group	Gender	Group × Gender			
	Male		Female		Male		Female							
	n	M (SD)	n	M (SD)	n	M (SD)	n	M (SD)	F	η^2	F	η^2	F	η^2
Number of RR ^b	18	3.50 (2.23)	12	2.33 (1.50)	11	2.09 (1.38)	16	1.75 (0.86)	5.18*	.09	2.96	.05	0.89	.02
Age of 1st RR (years)	18	13.11 (1.63)	12	14.36 (1.50)	11	13.55 (1.37)	16	13.81 (1.17)	0.02	.00	3.79*	.07	1.60	.03
Longest RR (months)	18	8.75 (9.16)	12	6.33 (6.64)	11	5.82 (5.42)	16	14.88 (11.87)	1.32	.02	1.85	.03	5.53*	.10
Age of more than kissing	14	14.29 (1.68)	6	15.17 (0.75)	6	14.17 (2.14)	11	14.91 (1.30)	0.12	.00	2.21	.06	0.02	.00
Age of 1st sexual intercourse	6	14.50 (1.76)	4	15.50 (0.58)	5	16.40 (0.55)	6	15.33 (0.82)	3.10	.15	0.01	.00	4.41*	.21
Number of sexual partners	6	4.00 (3.69)	4	4.50 (3.87)	5	1.60 (0.55)	6	2.00 (1.10)	4.34*	.20	0.15	.01	0.00	.00

^aRange for number of romantic relationships (1-8); age of 1st RR (9-18), longest RR (months); 1-36; age of more than kissing (11-17); age of 1st sexual intercourse (12-17); number of sexual partners (1-10).

^bRR: romantic relationships.

* $p < .05$.

Rokeach, A. & Wiener, J. (2018). The romantic relationships of adolescents with ADHD. *Journal of attention disorders*, 22, 35-45.
Flory, K., Molina, B.S.G., Pelham Jr., W.E., Gnagy, E., & Smith, B. (2006). Childhood ADHD predicts risky sexual behavior in young adulthood. *Journal of clinical child and adolescent psychology*, 35, 571-577.

ADHD對青少年性發展的影響

⊗ 性行為

◎ 高危性行為機會

- 濫交
- 沒有使用安全套

Table 1. Group Differences in Risky Sexual Behaviors Among Young Adult (Ages 18–26) Controls and Probands

Behavior	Controls		Probands		$\chi^2 (1)$	p	Risk Difference
	%	n	%	n			
Casual sex past year?	19	15/78	37	48/150	7.54	.01	18
Multiple ^a sex partners in lifetime?	28	22/79	60	79/31	3.56	.06	32
Have ever while using drugs or alcohol ^b ?	48	36/75	46	57/123	0.05	.82	—
Condom non-use past year ^c with infrequent ^d condom use?	5	4/78	13	20/131	5.51	.02	10
Ever had an STD?	2	2/110	4	7/174	1.15	.28	2
Infrequent ^e use of reliable ^f birth control methods?	20	15/75	31	37/119	2.06	.09	11
Ever gotten someone pregnant?	5	4/76	24	30/126	13.44	.00	19

^aMultiple is defined as more than 4. ^bDefined as some of the time, half of the time, most of the time, or almost always during the past year.

^cInfrequent is defined as less than almost always. ^dReliable methods of birth control included the pill, condoms, foam, and diaphragms.

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ADHD對青少年性發展的影響

⊗ 性行為

◎ 高危性行為機會

- 濫交
- 沒有使用安全套

Table 2. Comparison of Probands With and Without a Childhood Diagnosis of ODD/CD to Controls on Risky Sexual Behaviors

Behavior	Probands With ODD/CD vs. Controls		Probands Without ODD/CD vs. Controls	
	Odds ratio	p	Odds ratio	p
Casual sex past year?	2.37	.01	2.91	.04
Multiple sex partners in lifetime?	4.41	.00	2.38	.08
Casual sex past year with infrequent condom use?	2.98	.06	5.14	.02
Ever gotten someone pregnant?	6.31	.00	2.84	.20

Note: ODD = oppositional defiant disorder; CD = conduct disorder. Ns for probands without ODD/CD, probands with ODD/CD, and controls are 51, 144, and 111, respectively.

ADHD加上長期行為問題增加高危性行為的機會

Rokeach, A. & Wiener, J. (2018). The romantic relationships of adolescents with ADHD. *Journal of attention disorders*, 22, 35-45.

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ADHD對青少年性發展的影響

⊗ 性健康

◎ 感染性病的機會

TABLE 1 Demographic Data and Incidence of Any Sexually Transmitted Infection (STI) Among Adolescents and Young Adults With Attention-Deficit/Hyperactivity Disorder (ADHD) and Controls

	Participants With ADHD (n = 17,899)	Controls (n = 71,592)	p Value
Age at enrollment (y), mean (SD)	14.88 (3.33)	14.89 (3.34)	.547
Sex, n (%)			1.000
Male	14,391 (80.4)	57,564 (80.4)	
Female	3,507 (19.6)	14,028 (19.6)	
ADHD medications, n (%)			<.001
<30 cDDD	7,098 (39.7)	71,555 (99.9)	
30~364 cDDD	7,940 (44.4)	35 (0.0)	
≥365 cDDD	2,860 (16.0)	2 (0.0)	
Incidence of any STIs, n (%)	219 (1.2)	306 (0.4)	<.001
HIV	18 (0.1)	25 (0.0)	<.001
Syphilis	34 (0.2)	28 (0.0)	<.001
Genital warts	55 (0.3)	81 (0.1)	<.001
Gonorrhea	25 (0.1)	35 (0.0)	<.001
Chlamydial infection	59 (0.3)	86 (0.1)	<.001
Trichomoniasis	47 (0.3)	67 (0.1)	<.001
Age at any STI (y), mean (SD)	20.51 (4.48)	21.90 (4.49)	<.001

Chen, M.H., Hsu, J.W., Huang, K.L., Bai, Y.M., Ko, N.Y., Su, T.P., Li, C.T., Lin, W.C., Tsai, S.J., Pan, T.L., Chang, W.H., & Chen, T.J. (2018). Sexually transmitted infection among adolescents and young adults with ADHD: a nationwide longitudinal study. *Journal of the American academy of child & adolescent psychiatry*, 57, 48-53.

家長可幫忙的方向

朋輩因素

家庭因素

個人因素

Flory, K., Molina, B.S.G., Pelham Jr., W.E., Gnagy, E., & Smith, B. (2006). Childhood ADHD predicts risky sexual behavior in young adulthood. *Journal of clinical child and adolescent psychology*, 35, 571-577.

ADHD與性的關係

朋輩因素

社交技巧弱

多與反叛青少年一起

Flory, K., Molina, B.S.G., Pelham Jr., W.E., Gnagy, E., & Smith, B. (2006). Childhood ADHD predicts risky sexual behavior in young adulthood. *Journal of clinical child and adolescent psychology*, 35, 571-577.

ADHD與性的關係



衝動

沒有持續跟進
ADHD的需要



需要跟進

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ADHD與性的關係



頻密的家庭爭執

不足的親子溝通

不足的監督

同理心

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如何表達同理心？

- 先聆聽 / 觀察
- 切勿過早下定論
- 感受孩子的感受
- 表示明白孩子的感受

