

PROJECT TOUCH
THE BOYS' AND GIRLS' CLUBS
ASSOCIATION OF HONG KONG

Serving LGB youth and their families
Since 2007

### OUTLINE OF PRESENTATION

- 1. Need assessment
- 2. Intervention approaches
- 3. Service delivery
- 4. Evaluation
- 5. Transferring knowledge
- 6. Application in different culture
- 7. Success factors
- 8. Difficulties
- 9. Future development

### THE STORY BEGINS IN COMING OUT...

• "Desperate, devastated and dysfunctional would be the most accurate descriptors of us as parents following the announcement from our 28 year old son that he, in fact, was gay ... As parents we felt alone, terribly alone. I felt so sorry for my son and felt so sorry for myself. I had always thought of myself as the luckiest man in the world but suddenly my world collapsed."

~Father of a gay son



Prayers for Bobby (2009)



## LGB YOUTH WITH MINORITY STRESS

Social stigma and discrimination

Internalized homophobia and shame

Lack of social and family support

Hide and live in closet, strong sense of loneliness

Lack of social learning in couple development

Isolated in schools, churches, mainstream service, etc

1. Need assessment

# COMING OUT TO PARENTS

- o dilemma: a deep yearning vs unknown risk
- o yearn for acceptance, an open and honest relationship
- fear of being rejected by parents or hurting them
- the most stressful but crucial experience

### WHEN PARENTS KNOW

- react with shock, guilt, anger, embarrassment and depression
- a process very similar to grieving for the loss
- suffer and struggle with marginality, vulnerability and stigmatization
- 80% shows depressive symptoms and 50% has suicidal ideation (BGCA, clinical data)

### **COPING STAGE OF PARENTS\***

混亂與失序

掙扎與抗拒

面對、解決 與成長轉化 尋找平衡與適應

一天

一個月

三個月

半年

一年

震驚、傷痛 混亂、忘掉細節 壓抑、否認 怪責他人 關係冷凍對立 迴避互動 生活茫然 自責、找出原因 生理因素 養育過程倒帶 敏感生活互動 歸因環境變異 力求控制改變

投資源 面對現實: 選擇或被迫接受 轉移失落感 認識同志世界 納入同性戀話題 生活的融入 回歸熟悉的生活 重建價值與次序 展望未來、希望 尋找替代幸福

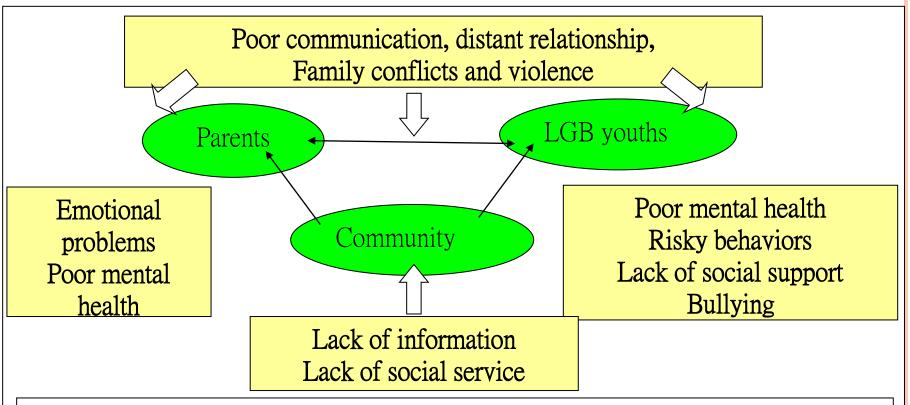
\*曾麗娟(2007)。父母面對同志子女出櫃後因應歷程之研究。玄奘大學應用心理學系研究所碩士論文。



### PERSPECTIVE OF MENTAL HEALTH

- research\* showed that family rejection during adolescence were significantly associated with poorer health outcomes for LGB young adults
  - More than 8 times as likely to have attempted suicide
  - Nearly 6 times as likely to report high levels of depression
  - More than 3 times as likely to use illegal drugs, and
  - More than 3 times as likely to be at high risk for HIV and sexually transmitted diseases

### PERSPECTIVE OF MENTAL HEALTH



<sup>\*</sup>Research identifies family relationship as a significant predictor of mental health and risky behaviors of LGB youths (Ryan C, et al., 2009, PEDIATRICS Vol. 123 No. 1 January 2009, pp. 346-352)

### PROJECT TOUCH

- Founded in 2007 as the first social service for LGB youths and their families in Hong Kong and in greater China
- With the objectives of encouraging mutual understandings & rebuild family relationship and promoting a more open and inclusive society

### THEORY

- Affirmative Approach
- Bowen's Concept of Differentiation of Self
- Support Group
- Ecological Model and Empowerment

# AFFIRMATIVE APPROACH (NASW, APA)

- sexual orientation: normal variants of human sexuality
- recognize the value of LGB's well-being
- o create supportive environment for acceptance and growth
- evaluate and externalize the impact of heterosexism and social stigma
- examine and reflect on worker's value

# BOWEN' S CONCEPT OF DIFFERENTIATION

### • LGB:

- perceive parents reactions as rejection of self
- debating & reasoning resulted in family arguments
- escalated into defensiveness and anger

### • Parents:

- "powerful emotional counterforce" to control their child and restore homeostasis
- projection on children as continuation of self

### Treatment

- reframing parents reactions as part of a normal and hopefully progressive adaptation process
- planned distance, maintain brief contacts as connection
- avoid fusion and estrangement

### SUPPORT GROUP

- o create "we" experience and share "sameness"
- o normalize the guilty and lonely feelings
- develop social support and self help spirit
- restore the strength and resources from being marginalized
- critically examine the nature of oppression and make changes to the structure and culture

## ECOLOGICAL APPROACH & EMPOWERMENT

- Family-centered and system perspectives
- Visibility and Social Inclusion

### PROJECT TOUCH

- Normalization
  - Integrated in mainstream children and youth center
- Counseling and Support Group
- Cultivating social changes through empowerment
  - School workshops
  - Professional Trainings
  - Interviews in mass media
  - Public education and advocacy
  - Research

# 人物專訪

# 說得出的秘密



### 獨子13歲 坦承同性戀

「不孝有三,無後為大」、「男 大當婚,女大當嫁」,傳統觀念彷彿 為同性戀者判以「不孝之罪」,父母 與子女之間有個不能說的秘密,若打 開潘朵拉盒子,又是否一定會帶來不 幸與爭執呢?單親媽媽秀雅,兒子在 初中「出櫃」(同性戀者公開性向) 後,由不能接受到為兒子解決戀愛煩 惱;從沒隱瞞性傾向的 Eunice 獲母親 接受,面母女一起為同性總者拘不平 ……原來這過程雖然難行,攜手卻能 兩年前某晚,當時13歲的華仔跟 華仔跟祖母同住,但母子關係良好

他也試過和女孩一起,但没有感覺 怎樣想都不重要」。秀雅感動之餘。 ! 」秀雅説。 也反省母子問灣通不足

秀雅在華仔1歲時和丈夫離婚。 向無限計劃的社工聊天,接觸到有同

媽媽秀雅說:「我喜歡男孩子。」眼 「草仔小學二年級時撥來和我居住 前的秀雅笑言:「我那時候很睏,感 感情卻問始變差。他給祖母寵壞了 覺很不直實。」耶刻,她只懂强調他 回家後我要訓練他獨立,他選認媽媽 應專心讀書,不要想「拍拖」的事。 以前對他好一點。」秀雅說。由於工 「我有即他爲何這樣肯定。他說7、8 作忙碌,兩母子少溝道,只談讀書和 歲時已知道,更已經和一個男孩拍搖 功課。

秀雅曾日日以淚洗臉,爲兒子的 | 她說 = 秀雅從没有想過獨子是同 性向而煩惱,又不敢和親人傾訴,怕 性戀,她形容問心於兒子坦白,也因 他們看不起幸仔。「那時候壓力很大 见子的性向而不開心。秀雅表示,草 ,會將責任『攬上身』,是我『教不 F校内向,常「收埋」心事,卻能大 好」他嗎?是離婚影響了他?又怕他 脑向抽坦白,「他能我是他心目中最 患上性病、又怕他老了没体仍、没引 重要的人,所以希望我知道。其他人 女照顧怎辭?自己不能陪他一輩子啊

後來,她到香港小童群益會找性

性戀子女的家長,可「同聲同氣」分享心 成爲兒子的戀愛顧問,「他拍推,和伴侶 车,也滤波不少同件爆塞下。抽表示, 60年,有不問心會和療證。我皇子有點 「他們很親切・很喜歡和他們聊天」。 「只要我接受他就好」

社工教媳不一定要全盤接收問言問語 他分享,更俏皮地說:「我們一起出荷, ,這令她減輕不少壓力。雖然很友仍會施 會計論哪個路人可能是同性驗。」想起兒 歷,要她改變兒子,但她已學會面對 「他是我的兒子・又不是他 們的。只要我接受他就好」 · 姚笑説:「如果他突然學

成異性戀,我反而會覺得不習 間,要重新適應。 秀雅現已完全接受兒子的性 向,母子話題增加了,常一起和 小童群益會認識的朋友聯天、唱K ・吃飯・用代人打成一片。秀雅更

[公主病] , 吵架原因可能來自他自己: 間性腦出資·思性離出資。原有網署計 秀雅認爲見子「出櫃」後・可以盡情和

子的坦誠,秀雅感到安慰地說: 「他早一點告訴我、總好過到他 要談婚論嫁時·我逼他結婚才 Smith -

> 華仔常送禮物給秀雅 見子送的這本電話 薄, 秀雅一直放在手



### 同性戀不是罪 父母一定要和同性

戀子女清通・不要第一 時間就關上門・別各書 给子女解释的機會 - 如 表示, 经受纳证契禁部 要時間和觀身經歷的 「同性戀不是里。我只 希望他找到一個疼爱他 對感情認真,照顧他 -生的人。]

秀雅在度過了情緒上的陰霾後 和兒子的關係更進一步,達 電視劇劇情也會討論一番。

母女寄語

Funice Au · 和打扮版文、源新不绘不修 的母親,退休救師區媽媽成了很大的對比 友又换 Eunice 在老人院工作, 對老人家有愛心 又好。 對小孩卻反感,曾任教小學的區碼鄉就 區媽媽 很喜歡小朋友。但這對母女卻有一個共通 性戀者 點·就是正義感。

### 小學時已喜歡女孩

现年43歲的 Eunice, 小學時已知道自 己喜歡女孩子。更告訴媽媽要和別名「原 | 區媽 子眼」的女同學結婚、「她眼睛大大的。 数部 很漂亮 | - 姚和男性曾「實驗」拍接。 但我没法爱上他,更不想拖他的手。若 我没有試過,我不可以說No(不可接受男 性戀是性),但試過確實是不可以」。Eunice没 管教她 有因爲性向感到不安・她笑説:「没有錢 才會不安,交不到貨給老闆才會不安。」 任幼稚 她認爲最重要是媽媽接受她。

回想過去·Eunice 發因為學校同性變 己的嫉 同學受歧视,而不敢坦白自己的性向。她 遺傳到 懷述,有小學同學是Tom Boy(作男性打 與爲同 扮的女生),被戲稱爲「打針雞」。「傅 、「我 言她去打男性荷爾蒙,才可以咁Man,所 ,辦事 以我也不敢說自己喜歡女孩,怕被改「花 當天要 名」」。中學時,又有女生因感情纠紛打 更曾 架收場,引來警察,又要見家長。「那時 童群益 **候覺得同性戀很「大件事」。等於被迫究** 跟其他

) 492-90

### 自殺濫藥風險大減



### 同志「出櫃」錦囊

終相關書屬放在富敬處。讓家人有心理準備 先試探家人接受程度,如與他們討論相關新聞 関金人一起参加醫導小班,加強技術報 同志家長支援賠繳: 2321 1103 同志家長支援網站: www.newtouch.ne 并料及此上各港小量群益者

【本報訊】[一男一女結婚都會離婚、唔 **空保供卖额商灌缮 1。用大得知至子是图** 性戀害的一刻、沒有驚訝、也沒有難場、阿 傾向只偶人生哪一部份、仲有朋友、家人同 事業」。有社工引述外國研究表示,同性戀 者替得到父母接納、白殺及濫願風險會大幅

明(24歳)托香思、新設「出槽」提過:「「佛想」、「人 (4) 妖力明音花名由細胞列大、初中開始發素自己維度領 用仔來調女仔,甚會確請好求與歷惠估到沒便同性聯繫。 如果有人問起,我就會承認。」他說一直投刺遊向父母通露 性傾向,直至 09 年地顾家人出席一個有關同性戀的茶動。 -加由此聯得公開·自然。

### 同志父母應學懂接納

知于典若母、超太笑言、兒子能小喜歡帳手工、愛穿 可效理 2320 4005 常取免费 妹妹的衣服。説活時又不時獲出「魔花子」。對兒子性傾向

早己心底有數。她修與丈夫談及。兩夫簽都持開明額度 「唔覺例何性學便行差錯錯,但一樣識別書、一樣有工作」 他明白要全世界接受同性糖品妄想。他最低限度希望同志父 母分類推薦,接執子女性傾向。

對於本途回往婚姻会幼化, 南末有聯營群職的阿明經 為一級婚書可有可夠,「最大概合法化係得到雙方父母認 到」。原太也摒棄了到了雷傳宗接代的傳統思想。

### 出櫃前先探父母口風

香地小童群益會社工周較任表示。大型份同些糖者早 於 15 歲前已清楚自己的性候何;美國去年一項研究指急。 **同性樂者者得到父母支持,其自殺率是不被接稿者的九分** 一、而他們獨產及洋攤風驗均大報減少。他建議同志「总權」 首先就寫父在「白風」」如舊有醫者屬放在家中常開業、成 母依何於論和屬斯图 -

小菜群滋會 08 年满川古文振取務對象擴展至同古父 母,為他們提供倒來輔導,小型分享等距將,說會最近將 「個司志「由權」故事拍成紀錄片《Always my child· 讓我 柳葉树一颗3、张岭鲜新下圆二() 月18日5及圆形(2)日) 在爾仔藝術中心描放;市民

蘋果網綁片

牛年歲晚份外寒冷,卓媽媽與諾仔非親非故,走在一起 仍温暖,只因他們愛着同一個男人,她愛她兒子阿卓,諾仔 也愛。春節令同志倍感壓力,因為又要説謊解釋何時派利是 極少像諾仔,可登堂入室與男友的媽媽吃團年飯,這位媽媽 懂得放開,「一味反對就少咗個仔, 啲家反而多咗個。」

旁人總以為他倆是母子,診所護士也問卓媽媽:「係你 邊位,咁乖。」卓媽媽爽快答:「仔囉。」23歲的諾仔感動 因為他只是她兒子的男友。

諾仔兩年多前當義工認識阿卓, 半年後甜蜜相戀, 但慢 慢看到月亮背面,發現 27 歲的阿卓「成日無理取鬧」。他以 為自己不夠好,才發現是阿卓從小因性格柔弱受盡欺凌,18 歲時「出櫃」(向家人承認同性取向), 遭掃出家門。

卓媽媽說雖已心裏有數,但不敢面對,「阿卓認咗,我 個心反而放鬆咗,唔使再估。如果唔接受,咪冇咗個仔。」 可惜,卓父盛怒,弟弟也有微言,卓仔多年也沒回家過年。

### 媽:識個好曳嘅女仔咪仲衰

卓媽媽對兒子不離不棄,獲悉他在公司也因性取向遭同 事攻擊,心痛不已。在她眼中,兒子善良又俊俏,「最少兩 次有女仔喺街見到佢就話鍾意,有個仲糾纏三個鐘。| 只因 性取向不同,媽媽的金叵羅變成地底泥。

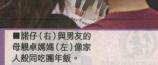
「想俾佢知有人關心佢。」諾仔又與阿卓最愛的媽媽交 整團年,同志仍須努力。

心,「連佢睇醫生日子都入埋 dairy。」阿卓終卸下防備,卓 媽也將兒子變得開朗歸功諾仔,「如果佢識咗個好曳嘅女仔,

「我哋三個一齊食團年飯,新年就去我屋企拜年。呢個 訪問都係畀佢嘅驚喜。」兩人笑意盈盈,幸福滿瀉。小童群 益會「認識性傾向」家長支援服務社工周峻任説,父母面對 子女出櫃易失措,甚至反感弄至僵局,少數像卓媽媽般開明。

媽媽已接納其同志身份,但諾仔帶男友回家拜年也感尷 尬,「雖然畀咗心理預備阿嫂佢哋,但都係決定淨係同阿媽 拜年。」而且他仍未向80歲老父出櫃。看來,要一家齊齊整





### Counseling

- Individual & family counseling provided accordingly
- Counseling objectives
  - Cognitive level: Remove stigma & prejudice
  - Emotional level: Acknowledge the emotions expressed
  - Relational level: Foster communication
- Crisis Intervention: Reduce physical and psychological harm to LGB youth
- Group transition: Motivate & prepare parents to meet other parents
- Workers' role: affirming but not taking side

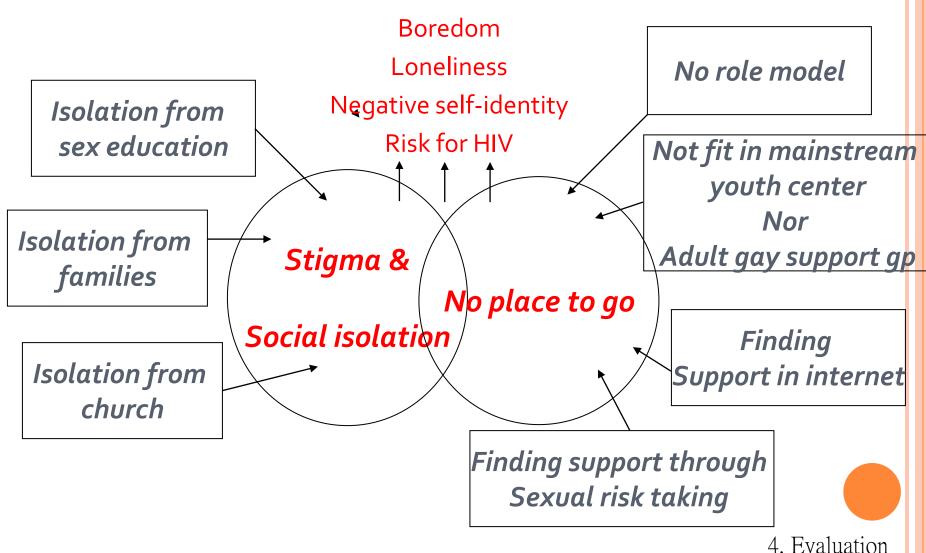
### SUPPORT GROUP

- Both parents & LGB youth participated in the SAME group
- Encourages mutual dialogue and understanding
- Content covered:
  - Understanding sexual orientation
  - Opening dialogue with children/parents
  - Managing conflicts
  - Coping with stress and stigma
  - Coping with coming out

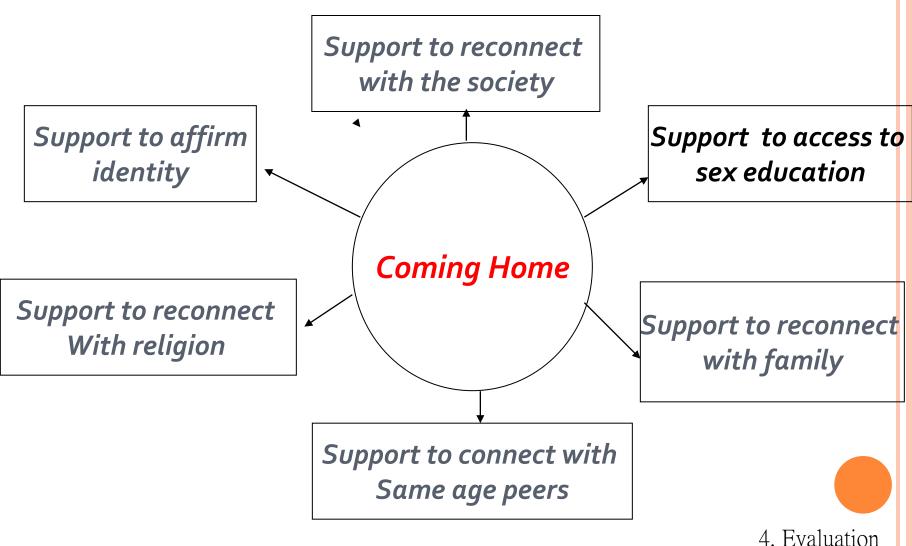
### OUTPUT & OUTCOME FROM PARENTS

- Serve more than 50 families
- 83% reported improved emotional health
- 80% reported improved relationship with children
- Most important:
- Reconnect the love and relationship
- Regain hope of future

# THEMES IDENTIFIED – BEFORE JOINING THE PROJECT



# SUPPORTING QUALITY GAY LIFE



| Research  | Date                          | Collaborators  |
|---|-------------------------------|--|
| Experiences of Chinese Gay & Bisexual Youth in "Project Touch": Empowerment-based HIV/AIDS Prevention Project | Jul<br>2009                   | Ms Diana Kwok, Department of Applied Social Science, The City University of Hong Kong  |
| The School Experience: how is the life of LGB youth in schools  | Aug<br>2009                   | BGCA   |
| Effect of parental reaction of coming out to LGB youth' mental health   | May<br>2010                   | Prof. Winnie Mak, Department of Psychology, The Chinese University of Hong Kong  |
| Lesbian, Gay and Bisexual Youth<br>Health Survey  | Jan<br>2012                   | Prof. Krystal Lee, School of Public Health and Primary Care, The Chinese University of Hong Kong                                   |
| Attitude of University Students towards Homosexuality  How parents cope with their children coming out        | Dec<br>2011<br>Underg<br>oing | The Student Union of the Chinese University of Hong Kong Prof. Hung Suet-lin, Department of Social Work, The Baptist University of |
| Psychological Health and Use of Social Media by Lesbian, Gay and Bisexual Youths                              | Underg<br>oing                | Hong Kong Prof. Winnie Mak, Department of Psychology, The Chinese University of Hong Kong  |

| Presentation   | Date        | Academic Seminar  |
|--|-------------|---|
| Is this a home for me? Building supports for sexual minority adolescents in Hong Kong- implication for social work practice                                | Jun<br>2009 | International Conference: Promoting Harmony and Justice in a World of Conflict                                    |
| Empowerment through "Project Touch"  - Narratives from Chinese Gay and Bisexual Youth Volunteers in Hong Kong  | May<br>2010 | World Social Work Conference  |
| Opening Difficult Dialogue – Sexual Education for Parents with LGB Children  | Jun<br>2010 | Asian Sex Education Conference  |
| Successful Factors in Hong Kong AIDS Prevention for Men who have sex with Men. (as representative of Hong Kong Council of Coalition of AIDS Organizations) | Dec<br>2010 | UNAIDS/UNDP Action Planning Meeting of Men who have sex with men and transgender People Multi-City HIV Initiative |
| Opening Gay-friendly Space – an experiment of a mainstream NGO   | Apr<br>2011 | Gender Conference 2011: Gender/Sexual Politics in Hong Kong   |
| Homophobic Bullying in Hong Kong<br>Schools  | Apr<br>2011 | "Managing Diversity in Plural Society" Conference, Faculty of Law, Hong Kong University                           |

### APPLICATION IN DIFFERENT CULTURE

Taiwan:

Buddhist

Blessing from

• Religion

• Family culture and structure

• Changes in legal, policy and cultural norms in social environment



Singapore: pinkdot

5. Application in different culture

### SUCCESS FACTORS

- Love and collective wisdom of parents
- Non-discriminative space and attitudes
- Cultural sensitivity of workers
- Multi-leveled and integrated intervention
- Use of mass media and social media
- Integrating research as part of intervention



HKCSS 2011
Best Social Service Award



# DIFFICULTIES

- Attack and complaints
- Parents insist to change children's sexual orientation

## FUTURE DEVELOPMENT

- Changes in discourse: family diversity and fluidity
  - Families with LGB child
  - Same-sex couples as a family unit
  - Same-sex parents with their children







9. Future development



香港小童群益會/策劃蘇美智/著

就像最初。常他們重新看見一一直領航,

愛,一直領航, 帶他們重新看見 自己的孩子, 就像最初。