

2005 Project Dr. Sex, Jr.

Background

People with questions and problems about sex always turn to doctors and nurses for help and counseling. As such, the training of medical and nursing professionals on sex education and health promotion on sexual issues should begin in their student days. Red Ribbon Centre and Sex Education Online of Radio Television Hong Kong co-organised the Dr. Sex Jr. Programme in 2005 to encourage Medical and Nursing students to participate in sexual health promotion and to arouse their awareness of the importance of sex education.

Aim and objectives

This project aimed to equip the future medical and nursing professionals with the knowledge on HIV/AIDS and STD and health education, also to promote community participation in the prevention of HIV/AIDS. There were three objectives: -

- (a) To enrich the knowledge about HIV and STD infection in medicine students and nurse students and to arouse their awareness of HIV and STD prevention, also to provide a chance for future doctors and nurses to experience health education;
- (b) To let them understand that sex is not an individual issue but an issue affecting the whole society;
- (c) To encourage them to participate more in sex education in Hong Kong and to be aware of the importance of sexual health.

Target group

This project targeted at the medical students and nursing students studying in local universities, i.e. University of Hong Kong, Chinese University of Hong Kong and Hong Kong Polytechnics University.

Details of the programme

The training course included 3 seminars, visit, guided study and quizzes.

- (a) The 3 seminars were conducted by doctors, nurses and social workers. Topics included basic knowledge, epidemiology, diagnosis, treatment, prevention and care of HIV/AIDS and STD, social and legal issues related to sex, love, marriage and family and counselling skills.



- (b) Visit to Red Ribbon Centre was arranged.
- (c) Reading materials were provided for guided study. Trainees could also use the library of Red Ribbon Centre, which is housed with a wide range of collections of journals, books, newspaper cuttings and health promotion materials on HIV/AIDS and STD from local and worldwide.

Only those who passed the quizzes were qualified to be Dr. Sex, Jr.. Those completed the performance target with satisfaction were awarded a certificate of merit.

Publicity

Medical students and nursing students were recruited through the faculties and departments of the three universities offering undergraduate medical or nursing degree. Posters, leaflets, website were produced for publicity. Student societies of universities were also involved in the recruitment. Applications were submitted through the website. Other than their personal particulars, they had to submit an article about the reason for joining this project. A panel selected the most appropriate candidates to join the project.

Graduation Ceremony

RTHK and Red Ribbon Centre co-organised a **Safer Sex Bus Parade cum "Dr. Sex, Jr." Graduation Ceremony** at East Point Road Precinct, Causeway Bay on

19-3-2005. After the ceremony, two buses travelled to different districts to arouse the awareness of the importance of safer sex. Medical and Nursing students who joined "Dr. Sex, Jr." and member of the participating organizations delivered safer sex message and distribute free condoms to the public at several designated stops, including Lo Ma Chau, Yuen Long, Shumshuipo, Prince Edward, Mongkok and Jordan.

