



A DEAFENING SILENCE 震耳欲聾的沉默

Men around the world are opening up about their experiences of sexual harassment and violence. In Hong Kong, however, cultural taboos and obsolete laws stifle their voices.

世界各地的男性開始緩慢但堅定地披露自己遭受性騷擾和性暴力的經歷。不過，在香港，文化禁忌和倒行逆施的法律扼殺了他們的聲音。

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The #MeToo Movement has become one of the most significant cultural and political phenomena of the modern era, leading to a profound reckoning that's affected all sectors of society. While over the past three years, women have felt more empowered to speak up, an increasing number of male victims have also come forward to report sexual violence.

Research conducted by the American organisation In6 found that at least one in six men in the United States have been sexually abused or assaulted at some point in their life, while the largest anti-sexual assault NGO in the country, Rainn (Rape, Abuse & Incest National Network), reports that one in 10 victims of rape are male.

Regardless of one's sex or gender, opening up about sexual abuse is traumatic, and many victims stay silent for decades. Feelings of shame and regret persist, and reporting incidents to the authorities means reliving the trauma for a second time.

Men face an additional impediment: deeply embedded attitudes and pervasive stereotypes regarding sex, masculinity, and male sexual orientation.

Despite the emotional and societal obstacles, drop a tipping point of sorts came in 2018. In front of a packed

#MeToo運動已經成為當代最重要的一個文化和政治現象，引起社會各界的深刻反思。過去三年，這場運動鼓勵了無數女性受害人分享自己的經歷，與此同時，越來越多男性也站出來舉報性暴力。

美國組織 In6 的研究發現，美國每六名男性中至少有一名曾遭受性虐待或侵犯，而該國最大的反性騷擾 NGO Rainn（反強暴、虐待和近親相姦國家網絡）則指出，每十名強暴受害者中就有一名是男性。

無論一個人的性別為何，要吐露自己受到性侵犯的經歷，都是痛苦的過程，許多受害人因而數十年保持沉默。羞恥和悔恨的感覺會一直纏繞，而向當局舉報事件則意味著要第二次經歷傷害。而男性還有多一重障礙，就是社會對於性、男子氣概和男性性傾向，都有著根深蒂固的態度和無處不在的刻板印象。

儘管存在著情感與社會障礙，轉捩點出現在 2018 年。演員 Terry Crews 在坐滿人的美國參議院司法委員會內作證，稱他在兩年前的一場活動上，被一名很有聲望的荷里活經理人性侵犯。Crews 說，這名男子兩次觸摸他的陰莖。「侵犯行為只持續了數分鐘，但他抓住我陰莖的時候，其實是在告訴我，他掌握權力。」Crews 補充道：「當男性站出來作證時，那種沉默震耳欲聾。」在香港，隨著越來越多男人站出來分享他們的經歷，這種沉默也正在慢慢地發聲。

US Senate Judiciary Committee, actor Terry Crews testified that he had been sexually assaulted at an event two years earlier by a respected Hollywood agent.

According to Crews, the man groped his genitals twice: “The assault lasted only minutes, but what he was effectively telling me while he held my genitals in his hand was that he held the power.” Crews added: “The silence is deafening when it comes to men coming forward.”

In Hong Kong, this silence is slowly lifting with more men speaking up and sharing their stories.

CULTURAL IMPEDIMENTS

One evening in the late 1980s, a 19-year-old Hongkonger named Pablo Chan* visited his neighbour – a famous singer in his 50s – for what was supposed to be a friendly catchup. But as the night progressed, the neighbour’s behaviour deteriorated. The man forced Pablo to watch a pornographic film while touching his genitals without his consent.

Frightened and shocked, Pablo tried to resist, but the perpetrator continued. After some time, the young man managed to push off his neighbour, who acted surprised that Pablo wasn’t enjoying the sexual advances. When Pablo attempted to escape, the man blocked the door; before letting Pablo go, he told him to keep quiet about what had happened.

文化障礙

1980年代末的一個夜晚，19歲的香港人陳柏樂*探訪一名鄰居——那是一名50多歲的知名歌手。他本來只是打算去聊聊天，但隨著夜幕漸垂，這名鄰居的行為開始越來越離譜。他強迫柏樂看一部色情片，同時在柏樂沒有同意的情況下摸了他的陰莖。

驚惶的柏樂試圖反抗，但侵犯者繼續他的行為。一會兒之後，年輕人終於成功推開了他的鄰居，後者很驚訝柏樂對他的性挑逗毫不享受。當柏樂試圖逃離現場時，這名男子擋住了門口；讓柏樂離開之前，他要求柏樂不要把剛剛發生的事說出去。

It took another 30 years for Pablo to tell the Hong Kong Men’s Association (HKMA) about the incident, coming forward only after it was revealed that the same man allegedly assaulted several other people. A spokesperson for the HKMA says Pablo didn’t report the assault earlier because he didn’t know the process and wasn’t confident that anyone would believe him – especially his family. In addition, the HKMA say that due to the fact that the alleged perpetrator was famous “[Pablo] didn’t want to make a fuss.”

According to Hong Kong’s Social Welfare Department, less than 4 per cent of the 1,020 reported sexual violence cases in 2018 were filed by male victims. The figure for sexual harassment is only slightly higher: The Equal Opportunities Commission (EOC) received 310 complaints of sexual harassment between 2016 and 2018, but only 7 per cent of these were filed by men.

Similarly, there have been only a few high-profile cases reported in the media over the past few years: in 2015, photographs circulated of seven firemen trying to force an object into the anus of one of their colleagues.

Meanwhile, in 2017, a group of Hong Kong University students poured hot wax on a male student’s genitals. In a separate incident around the same time, a student slapped another male student in the face with his penis in a hazing ritual.

事發30年後，隨著這名男歌手被揭發性侵犯了其他幾個人，柏樂才終於向香港男士協會（男協）說出了這段經歷。男協的一名發言人說，柏樂並未更早舉報事件是因為他不了解程序，也沒信心有人會相信他，尤其是他的家人。此外，男協表示，由於被指控的侵犯者很有名，「（柏樂）不想把事情鬧大。」

香港社會福利署的數據顯示，2018年有1,020宗已報告的性暴力案件，當中不到4%的申訴人是男性受害者。在性騷擾案件中，有關數字只稍微高一點：平等機會委員會（平機會）在2016到2018年間共收到310份關於性騷擾的投訴，但其中只有7%來自男性。相似地，香港近年只有三宗矚目事件被傳媒

報導：2015年，網上流傳的照片顯示，七名消防員試圖將一件物件塞入他們一名同事的肛門；2017年，一群香港大學學生將熱蠟倒在一名男同學的陰莖上；在差不多同期的另一宗欺凌事件中，一名男學生在「捉弄習俗」中，用自己的陰莖打另一名男學生的臉。意料之內的是，性騷擾在香港的年輕人之間很常見。平機會的一份報告指出，四分之一的大學生在2016到2017年間曾遭到性騷擾，其中大部分來自他們的同學。同一份報告也發現，接近五分之一的男同學曾被性騷擾，但只有不到3%的人曾經向大學正式投訴。聳人聽聞的故事固然能引起傳媒關注，但絕大多數的受害人和他們的經歷則繼續被深深掩埋。

Unsurprisingly, sexual harassment is prevalent among younger people in Hong Kong. According to an EOC report, one in four university students was sexually harassed between 2016 and 2017 – the majority of whom were harassed by a classmate. The same report also found that nearly one in five male students was sexually harassed but less than 3 per cent lodged an official complaint with their university. Sensational stories generate headlines, but the vast majority of victims, and cases, remain buried.

Crystal Yeung, who is the assistant corporate communications manager at the EOC, confirms that over 90 per cent of victims take no action with regards to reporting an incident.

Kam Wing Koo, a therapist with the Caritas Family Service who provides counselling to male victims of sexual abuse, says the numbers of male victims are likely much higher:

“Men in Hong Kong don’t know how to seek help. It’s hard for them to express their feelings because they’re trained not

平等機會委員會助理機構傳訊經理楊欣穎確認，超過九成的受害人不會舉報侵犯事件。

香港明愛家庭服務性治療師古錦榮有為男性性侵犯受害者提供諮詢服務。他說實際上受到性侵犯的男性應該比已知的多出很多。「香港的男性不知道如何尋求幫助。他們很難表達自己的感受，因為他們一直以來都被教導不要這樣做。如果他們尋求幫助，他們就成為了受害者。社會也不鼓勵男性承認自己受傷。」

古錦榮說，朋友、家庭和熟人都往往會忽視受害人對事件的說法，反而會說他們是心懷怨恨，或者只是需要放下。古錦榮堅決認為，我們必須嘗試理解男性要開口說出創傷經歷到底有多難，並鼓勵他們尋求幫助。

“It’s hard for men to express their feelings because they’re trained not to.”

「男人很難表達自己的感受，因為他們一直以來都被教導不要這樣做。」

— Kam Wing Koo 古錦榮



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to. If they do seek help, they're victimised. Society doesn't encourage men to admit that they hurt too."

Koo says friends, family, and acquaintances all too often dismiss victims' version of events, suggesting that they're holding grudges or simply need to let go. Koo is adamant that we must try to acknowledge how hard it is for men to open up about traumatic experiences and encourage them to seek help.

SEXUAL TABOOS

Koo cites a case involving a 28-year-old man named Adam Lau* who reached out to Caritas in 2016. When he was five, Adam says his uncle made him watch pornography, groped his genitals, and forced him to touch his uncle in return.

Adam knew that it was wrong but was confused as he had become aroused during the assault; he didn't tell his parents about what had happened for another three years. Even then, his family didn't take his story seriously, pursuing no further action other than talking to the boy's uncle. Adam has found it difficult to trust people ever since.

"Like Adam, many male victims feel turned on during an assault. This can lead to confusion: were they enjoying the sexual interaction? Were they actually assaulted? If the perpetrators are men, [victims] might question their sexuality," says Koo. According to Australia's Department of Health, erections and ejaculation are normal bodily responses to intense physical stimuli and cannot be controlled.

Despite this, Koo says Hong Kong society often ridicules men who experience sexual assault, especially homosexual men, which makes it hard for victims to speak up: "I try to help victims clarify their sexual orientation and separate arousal from consent. We can't help feeling a certain level of pleasure when we're touched physically, but we shouldn't confuse that with consent."

Henry Chan, the HKMA's chief executive, highlights another pertinent issue that is often not taken seriously: women assaulting men. The problem, Chan says, is that people think the victim is just bragging about having sex.

The HKMA highlights the case of an 18-year-old Catholic student who was forced to have sex with his female supervisor during a trip to China in the 1980s.



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The victim eventually told his classmates, but instead of encouraging him to report the incident to the police they teased him for "showing off."

Established in 2010 as an off-shoot of Hong Kong Man Power, a defunct organisation that focused on men's rights, HKMA, for its part, is trying to change the conversation. One of its founders, Leung Chi Keung, is adamant about educating the general public about men's struggles after nearly being sexually assaulted on the street when he was 11 years old.

Leung recalls a man in Sham Shui Po trying to touch his buttocks, before Leung's mother intervened. "Although the incident didn't traumatise me, it did make me pay more attention to male issues and how men can also be victims," Leung recalls.

性禁忌

Leung Chi Keung,
co-founder of HKMA
男協創辦人之一梁志強

古錦榮引述的一宗案例涉及一名叫劉子琦*的28歲男性，他在2016年向明愛求助。他說他五歲的時候，他的叔叔逼他看三級片，摸他的陰莖，並強迫他摸回叔叔的。子琦知道這是不對的，但他很困惑，因為他在被侵犯的時候也感覺到亢奮。他直到三年之後才向父母說出事件，但他的家人並沒有認真對待，除了跟男孩的叔叔談了談之外，並沒有採取其他行動。從那以後，子琦就變得很難再信任人。

古錦榮說：「和子琦一樣，許多男性受害人在被侵犯時都會感覺到性興奮。這會讓他們感覺困惑：他們是否享受這種性互動？他們真的受到了侵犯嗎？如果侵害者是男性，他們（受害人）甚至會質疑自己的性取向。」澳洲衛生部指出，勃起和射精是身體對於強烈生理刺激的正常反應，是不能控制的。

即便如此，古錦榮說，香港社會常常會嘲笑經歷過性侵犯的男性，尤其是同性戀男性，這令受害人難以講述自己的經歷。「我嘗試幫助受害人弄清楚他們的性取向，以及分清刺激和同意

這兩件事。我們身體被觸碰的時候，無可避免會感覺到一定程度的愉悅，但我們不應該將這種感受與同意性行為混為一談。」

男協總幹事陳智恒指出，另一個常被忽視的相關問題是女性對男性的騷擾。陳智恒說，問題在於，人們認為受害者只是在吹噓自己的性經歷。男協提供了一個案例：一名18歲信天主教的學生在1980年代去中國內地探訪，其間被迫與他的女導師發生了性關係。受害人最終將經歷告訴了自己的同學，同學非但沒有鼓勵他舉報，反而嘲笑他是在「炫耀」。

The organisation had planned to set up an emergency centre for male victims of sexual violence but couldn't secure enough funding. Instead, they shifted their focus to providing emotional support and promoting awareness. Leung says they're still hoping to collaborate with women's groups to promote gender equality and address common issues of sexual assault and harassment.

In 2013, HKMA launched a hotline called *Hard Men* which provides a platform for men to talk about their issues, offering assistance in cases of sexual violence, domestic violence, and emotional issues. Between July and December of that year, HKMA received a total of 158 cases, 5 per cent of which concerned sexual violence.

"We listen to the men and provide emotional support. If their cases are substantiated, we'll put them in contact with EOC counsellors for a follow-up," says Chan.

LEGAL BARRIERS

Aside from sexual taboos and cultural stigma, another major obstacle for male victims is the law, particularly, the government's definition of rape. According to Section

118 (3a.) of the Crimes Ordinance, only women can be rape victims. Specifically, a man commits rape if he "has unlawful sexual intercourse with a woman who at the time of the intercourse does not consent to it." There is no mention of men being raped.

Angeline Chan, a spokesperson for the Progressive Lawyers Group, says the current law inhibits men from coming forward as victims of rape, although men can press charges against women for sexual assault.

"It is outdated," says Chan. "Legislative provisions overlook the possibility of male victims."

Chan argues that the government should redefine rape so that it includes penetration of the vagina, anus, or mouth. However, Chan believes it's not just the law that needs to change, but the existing culture and people's entrenched attitudes.

Koo of Caritas wholeheartedly agrees: "Men have the right to feel pain, and we mustn't forget that they're human beings too. As a society we need to find the space to talk about sex and gender issues. Only then will we be able to talk about sexual abuse." ■

**Names have been changed to protect the identity of the individuals.*

男協成立於2010年，是已經停止運作的組織「男士權責關注組」的分支。男協專注於捍衛男性權利，著力改變有關問題的討論方式。協會創辦人之一梁志強自11歲險些被人當街性侵後，就堅決致力於教導公眾男人之苦。梁志強還記得當年在深水埗，一名男子如何試圖觸碰他的臀部，幸好梁志強的媽媽及時介入。「雖然事件沒有對我造成創傷，但的確讓我更留意男性議題，並意識到男性也可能成為受害人。」梁志強說。

協會曾計劃為男性性暴力受害人設立緊急支援中心，但未能籌得足夠的經費。於是他們將重點放在提供情緒支援和公眾教育上。梁志強說，他們仍然希望與女性團體合作，推廣性別平等和處理性侵犯、性騷擾等常見問題。

2013年，男協推出「男人之苦」熱線，讓男性可以吐露自己面對的問題，並為遭受性暴力、家庭暴力和情緒問題的男性提供協助。當年的7月到12月，男協收到158宗個案，其中5%與性暴力有關。「我們聆聽男性的聲音，並為他們提供情緒支援。如果個案屬實，我們會讓他們與平機會的諮詢師聯絡跟進。」陳智恒說。

法律桎梏

除了性禁忌和文化汙名，香港男性在舉報性侵犯時要面對的另一主要障礙是本地法律。更具體來說，是政府對於強暴的定義。根據《刑事罪行條例》第118(3a)條規定，只有女性才可以是強暴的受害者。如果一名男性「與一名女子非法性

交，而性交時該女子對此並不同意」，即屬強姦。法例中並無提及男性也可以是強姦的受害人。

法政匯思的發言人之一陳信忻律師說，雖然男性可以指控女性性侵犯，但現有的法律窒礙了男性強暴受害人站出來申訴。「這是過時的。法規忽視了男性作為受害人的可能性。」陳信忻認為，政府應該重新定義強姦，使之囊括對陰道、肛門和口腔的插入行為。不過，陳信忻相信要改變的不止是法律，還有現存的文化和人們根深蒂固的態度。

明愛的古錦榮完全同意：「男性也有權感到痛苦，我們不能忘記，他們也是人。我們社會要找出空間討論性和性別議題。只有這樣我們才能討論性侵犯。」■

**為保護個人身分已使用化名。*

WHERE TO FIND HELP

何處可以求助

Caritas Family Service 香港明愛家庭服務

Provides counselling services to sexual abuse victims.
為性侵犯受害者提供諮詢服務。
+852 2474 7312
family.caritas.org.hk

Hong Kong Men's Association 香港男士協會

HKMA's Hard Men hotline provides support for men.
男協「男士之苦熱線」為男性提供支援服務。
+852 5402 3333
facebook.com/HKMenAssoc

Hong Kong Family Welfare Society 香港家庭福利會

Supports men on marital problems via classes and workshops.
為婚姻出現問題的男性提供支援、課程和工作坊。
+852 2527 3171
menservicehk.org.hk

Harmony House 和諧之家

Offers counselling services and assistance to male victims of sexual abuse.
為男性性虐待受害人提供諮詢和協助。
+852 2295 1386
harmonyhousehk.org

Po Leung Kuk: Family Crisis Support 保良局：家庭危機支援服務

A 24-hour hotline that provides emotional support and relevant information for men in difficult intimate or family relationships.
24小時熱線為面對親密或家庭關係困難的男性提供情緒支援和相關資訊。
+852 2890 1830
family.poleungkuk.org.hk