

## 蛻變 - 了解你的青少年: 如何與青少年談天說“性”

10/27/2019 by Linda Pao (包孫東葵) / iPhone & text: (408) 821-8329; Line ID: lindapao07; WeChat ID: lindapao1; Email: [lindapao07@yahoo.com](mailto:lindapao07@yahoo.com)

我們教導孩子信仰、品格、生活. 要怎麼教導孩子關於愛與性的知識，好讓孩子能有健康的情感學習和性知識？時下實在沒有多少青少年會讓父母知道自己正在談戀愛，或陷在情感、情慾的困境裡，而他們真有足夠正確的信念，能以幫助他們做出對的決定？

### 1) 你對青少年子女”成長”的了解有多少？

This is to help you carry normal daily conversation with your teens (other than homework, test, grade, SAT, university application, major, etc)

- Their health condition – any back or neck pain, emotional, depressed, skin condition, always tired...
- What is their interests – interested about boys/girls? Following any youtuber? Like any singer or K-pop?
- How's their social life – no friend, few friend, friends are all from school or some from social medias, bullied or being bullied.
- What type of girl or boy do they like, or characters.
- Do they have boyfriend or girlfriend? Or have crush on someone?
- Any behavior change (work out, make up, appearance, privacy, stop talking to friend when you are around....)
- Their opinion about their hair style, hair color, type of clothing, etc.
- Talk about what they like, what they want to do in the future
- What kind of subject does their friends talked about
- Where do they get answers or knowledge? From friend or google or chat room?
- What do they watch - YouTube, Instagram, Snapchat, TikTok

現今有許多家庭因為無法給孩子一個愛的環境，造成青少年容易用性來滿足對愛的需求，認為只要彼此相愛，發生性關係是很正常的。加上同儕關係的影響，在兩性關係上很容易與世界的價值觀妥協。別以為性教育只有「十八禁」，情感教育才是孩子最欠缺的部份，有的孩子不清楚表達情感相關議題，包括如何向對方傾訴自己的感情、或是處理失戀情緒等等。

## 2) What to say – 要講什麼

- As a Christian, what is your believe. Why do you choose what you did? Here are some articles to help you talking to your teens.
  - Bible Verses About Sex
  - What does the Bible say about sex before marriage?
  - Where does the Bible teach it is wrong to have sex before marriage?
  - What does it mean to have a Christian marriage?
  - Same-sex Marriage
- 情感智商最缺乏
  - Give them chance to express their feelings
  - How to be a boyfriend or girlfriend?
  - Boundaries – do not send naked photos to anyone, avoid dark place and along in remote locations, etc.
  - Don't give up your body too easy
  - Domestic violence, verbal abuse, isolations in the relationships
  - How to handle break-up
  - Addiction of porn site, smoke, hookah, energy drink, candy/pill containing drug.
- 缺乏正確的性觀念與知識. As parents, share what you know about :
  - Sexual attraction
  - Arousal
  - Fore play and intercourse
  - What changes to expect during puberty
  - Pregnancy
  - Sexual transmitted disease (STDs) and infections
- 缺乏正確的性觀念與知識. What school teach you is just condom or birth control pill for protection. (see example 1 and 2 on next page).  
A few articles for your reference.
  - What is safer sex?
  - How does safer sex help protect me from STDs?
  - How do you get STDs?
  - Are some kinds of sex safer than others?
  - If I have an STD, how can I have safer sex?

**Example 1:** 學校教 - 保險套就可以有安全性行為...

錯、錯、錯！保險套所說的『安全』是指避孕功效有 98%，但你也可能是那少數的 2% 會懷孕，到時就成了未婚媽媽。而保險套防治性病傳染功效極低，乳膠擋不住細菌和病毒。百分之百全程用保險套，在 28 個月內，還是有五分之一的人感染披衣菌、淋病或是滴蟲。

這都還沒提到錯誤的性，對人內心情感產生的痛苦與傷害，導致憂鬱症、精神方面疾病、或自殺

**Example 2:** 學校教 - 改用口交、肛交來代替，保證不會懷孕，也不會得性病。

錯、錯、錯！肛交所冒的危險是陰道性交的 20 倍以上。肛門組織非常細緻柔軟，很容易產生微小的撕裂傷或擦傷，你甚至完全沒有感覺到自己已經受傷了。而細菌與病毒就直接從這些傷口進入。甚至肛門只有一層薄壁，細菌與病毒要穿透也很容易。簡單的說，上帝創造肛門就是讓我們大便，不是讓我們性交。人類自以為聰明，反倒讓這些細菌與病毒有機可趁。

至於口交或是互相手淫，也很危險。2007 年，一群外科醫師和癌症專家發現口腔癌人數變多。多了誰？一些不抽菸、不喝酒的年輕人！追蹤下去，發現這些人口交。證據顯示 HPV（人類乳突病毒）引起喉癌。人類的「聰明」，結果讓這個病毒竟然可以從生殖器官旅行到口腔！至於互相手淫，性病患者的指甲裏面也會有該種性病的病毒或細菌。

- 性方面的疾病. **Multiple sex partners will increase the risk of getting STDs. A few articles for your reference:**
  - 女性怎样识别自己是否得了性病？
  - 女性更容易患性病？
  - 怎样能看出男人得性病
  - 男性性病前期通常有什么症状？
  - 男性最常见的性病是哪些？

- 性關係混亂 / 性早熟
  - Party safety – drinks or pills
  - Date rape – dating location, let parents know where you are
  
- **What if** – this is the most important lesson of all
  - What if your daughter gets pregnant?
  - What if your son gets a sexual transmitted infection, or becomes a father?

The focus here is to teach your teen, that nothing is guaranteed or set in stone, and that their daily choices could trigger a number of infinite possibilities. As a responsible parent, your “what if” response should be tailored towards supporting your teen, but not enabling or bailing them out of trouble.

### 3) How – 怎麼樣去講

- ✓ 先聊聊天或是別的話題, 再切入主題
- ✓ 好奇而向他們提問
- ✓ 突發奇想的向他們提問
- ✓ 問卷調查
- ✓ 分享新聞, 社會案件 (for your safety)
- ✓ 幫助別的父母
- ✓ 少量多次
- ✓ 想聽聽他們的看法. (不同文化, 時代, 背景)
- ✓ 承認不知如何講, 但父母有責任與愛
- ✓ 父母自己要先做一些預備工課 (they may ask you questions)
- ✓ Always “CALM” no matter what you hear
  
- What to Avoid – 避免事項
  - Do not interrupt
  - Do not eager to correct their thoughts
  - Do not tell them that they are wrong, use the word “interesting”
  - Force them to do what you tell them
  - Make them think your way is the only way, or the right way
  - Do not create “tense” moment
  - Do not criticize their friends

## Bible Verses About Sex

Compiled and Edited by BibleStudyTools Staff on 2/4/2015

God gives us very clear guidance in His Word on how we can best experience the gift of intimacy and love that He gave to us through sex. If you are wondering what the Bible says about pre-marital sex or marital sex, use the verses below to study in context what God would have for you to learn.

Sex was meant as wonderful experience between husband and wife to provide physical, emotional and spiritual bonding. If you are feeling overwhelmed with a sexual sin remember that God promises to forgive us and cleanse us from all unrighteousness (1 John 1:9). God wants to pour grace on you so you can move forward in healing from hurtful sexual choices and into a place of fulfillment!

1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

約翰一書 1:9 我們若認自己的罪、神是信實的、是公義的、必要赦免我們的罪、洗淨我們一切的不義。

2 Corinthian 12:21 I am afraid that when I come again my God will humble me before you, and I will be grieved over many who have sinned earlier and have not repented of the impurity, sexual sin and debauchery in which they have indulged.

哥林多後書 12:21 且怕我來的時候、我的神叫我在你們面前慚愧。又因許多人從前犯罪、行污穢姦淫邪蕩的事、不肯悔改、我就憂愁。

Ephesians 5:3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

以弗所書 5:3 至於淫亂、並一切污穢、或是貪婪、在你們中間連提都不可、方合聖徒的體統。

Ephesians 5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

以弗所書 5:33 然而你們各人都當愛妻子、如同愛自己一樣、妻子也當敬重他的丈夫。

Galatians 5:16 *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

18 But if ye be led of the Spirit, ye are not under the law.

19 Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness, lasciviousness,

20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told *you* in time past, that they which do such things shall not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

24 And they that are Christ's have crucified the flesh with the affections and lusts.

加拉太書 5:16 我說、你們當順著聖靈而行、就不放縱肉體的情慾了。

5:17 因為情慾和聖靈相爭、聖靈和情慾相爭、這兩個是彼此相敵、使你們不能作所願意作的。

5:18 但你們若被聖靈引導、就不在律法以下。

5:19 情慾的事、都是顯而易見的、就如姦淫、污穢、邪蕩、

5:20 拜偶像、邪術、仇恨、爭競、忌恨、惱怒、結黨、紛爭、異端、

5:21 嫉妒、〔有古卷在此有兇殺二字〕醉酒、荒宴等類、我從前告訴你們、現在又告訴你們、行這樣事的人、必不能承受 神的國

5:22 聖靈所結的果子、就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、

5:23 溫柔、節制、這樣的事、沒有律法禁止。

5:24 凡屬基督耶穌的人、是已經把肉體、連肉體的邪情私慾、同釘在十字架上了。

Genesis 2:24 That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

創世紀 2:24 因此、人要離開父母、與妻子連合、二人成為一體。

Hebrews 13:4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

希伯來書 13:4 婚姻、人人都當尊重、床也不可污穢、因為苟合行淫的人 神必要審判。

1 Corinthians 6:9 Or do you not know that wrongdoers will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor men who have sex with men

10 nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God.

11 And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

12 “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.

13 You say, “Food for the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body.

14 By his power God raised the Lord from the dead, and he will raise us also.

15 Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never!

16 Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.”<sup>b</sup>

17 But whoever is united with the Lord is one with him in spirit.<sup>c</sup>

18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.

19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;  
20 you were bought at a price. Therefore honor God with your bodies.

哥林多前書 6:9 你們豈不知、不義的人不能承受 神的國麼。不要自欺。無論是淫亂的、拜偶像的、姦淫的、作變童的、親男色的、  
6:10 偷竊的、貪婪的、醉酒的、辱罵的、勒索的、都不能承受 神的國。  
6:11 你們中間也有人從前是這樣。但如今你們奉主耶穌基督的名、並藉著我們 神的靈、已經洗淨、成聖稱義了。  
6:12 凡事我都可行。但不都有益處。凡事我都可行、但無論那一件、我總不受他的轄制。  
6:13 食物是為肚腹、肚腹是為食物。但 神要叫這兩樣都廢壞。身子不是為淫亂、乃是為主。主也是為身子。  
6:14 並且 神已經叫主復活、也要用自己的能力叫我們復活。  
6:15 豈不知你們的身子是基督的肢體麼。我可以將基督的肢體作為娼妓的肢體麼。斷乎不可。  
6:16 豈不知與娼妓聯合的、便是與他成為一體麼。因為主說、『二人要成為一體。』  
6:17 但與主聯合的、便是與主成為一靈。  
6:18 你們要逃避淫行。人所犯的、無論甚麼罪、都在身子以外。惟有行淫的、是得罪自己的身子。  
6:19 豈不知你們的身子就是聖靈的殿麼。這聖靈是從 神而來、住在你們裡頭的。並且你們不是自己的人。  
6:20 因為你們是重價買來的。所以要在你們的身子上榮耀 神。

Matthew 5:28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

馬太福音 5:28 只是我告訴你們、凡看見婦女就動淫念的、這人心裡已經與他犯姦淫了。



Mark 7:22-23 adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. **23** All these evils come from inside and defile a person.”

馬可福音 7:22 偷盜、兇殺、姦淫、貪婪、邪惡、詭詐、淫蕩、嫉妒、謗讟、驕傲、狂妄。

7:23 這一切的惡、都是從裡面出來、且能污穢人。

1 Thessalonians 4: 3-5 It is God’s will that you should be sanctified: that you should avoid sexual immorality; **4** that each of you should learn to control your own body in a way that is holy and honorable, **5** not in passionate lust like the pagans, who do not know God;

帖撒羅尼迦前書 4:3 神的旨意就是要你們成為聖潔、遠避淫行。

4:4 要你們各人曉得怎樣用聖潔尊貴、守著自己的身體。

4:5 不放縱私慾的邪情、像那不認識 神的外邦人。

Proverbs 5:15-19 Drink water from your own cistern, running water from your own well. **16** Should your springs overflow in the streets, your streams of water in the public squares? **17** Let them be yours alone, never to be shared with strangers. **18** May your fountain be blessed, and may you rejoice in the wife of your youth. **19** A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be intoxicated with her love.

箴言 5:15 你要喝自己池中的水、飲自己井裡的活水。

5:16 你的泉源豈可漲溢在外、你的河水豈可流在街上。

5:17 惟獨歸你一人、不可與外人同用。

5:18 要使你的泉源蒙福、要喜悅你幼年所娶的妻。

5:19 他如可愛的麀鹿、可喜的母鹿、願他的胸懷、使你時時知足、他的愛情、使你常常戀慕。

1 Corinthians 13:4-8 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. **5** It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **6** Love does not delight in evil but rejoices with the truth. **7** It always protects, always trusts, always hopes, always perseveres. **8** Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.

哥林多前書 13:4 愛是恆久忍耐、又有恩慈·愛是不嫉妒·愛是不自誇·不張狂·

13:5 不作害羞的事·不求自己的益處·不輕易發怒·不計算人的惡·

13:6 不喜歡不義·只喜歡真理·

13:7 凡事包容·凡事相信·凡事盼望·凡事忍耐·

13:8 愛是永不止息·先知講道之能、終必歸於無有·說方言之能、終必停止、知識也終必歸於無有·

<https://www.gotquestions.org/sex-before-marriage.html>

## **What does the Bible say about sex before marriage?**

There is no Hebrew or Greek word used in the Bible that precisely refers to sex before marriage. The Bible undeniably condemns adultery and sexual immorality, but is sex before marriage considered sexually immoral?

According to 1 Corinthians 7:2, “yes” is the clear answer: “But since there is so much immorality, each man should have his own wife, and each woman her own husband.” In this verse, Paul states that marriage is the “cure” for sexual immorality. First Corinthians 7:2 is essentially saying that, because people cannot control themselves and so many are having immoral sex outside of marriage, people should get married. Then they can fulfill their passions in a moral way.

Since 1 Corinthians 7:2 clearly includes sex before marriage in the definition of sexual immorality, all of the Bible verses that condemn sexual immorality as being sinful also condemn sex before marriage as sinful. Sex before marriage is included in the biblical definition of sexual immorality.

There are numerous Scriptures that declare sex before marriage to be a sin (Acts 15:20; 1 Corinthians 5:1; 6:13, 18; 10:8; 2 Corinthians 12:21; Galatians 5:19; Ephesians 5:3; Colossians 3:5; 1 Thessalonians 4:3; Jude 7). The Bible promotes complete abstinence before marriage. Sex between a husband and his wife is the only form of sexual relations of which God approves (Hebrews 13:4).

Far too often we focus on the “recreation” aspect of sex without recognizing that there is another aspect—procreation. Sex within marriage is pleasurable, and God designed it that way. God wants men and women to enjoy sexual activity within the confines of marriage. Song of Solomon and several other Bible passages (such as Proverbs 5:19) clearly describe the pleasure of sex. However, the couple must understand that God’s intent for sex includes producing children. Thus, for a couple to engage in sex before marriage is doubly wrong—they are enjoying pleasures not intended for them, and they are taking a chance of creating a human life outside of the family structure God intended for every child.

While practicality does not determine right from wrong, if the Bible's message on sex before marriage were obeyed, there would be far fewer sexually transmitted

diseases, far fewer abortions, far fewer unwed mothers and unwanted pregnancies, and far fewer children growing up without both parents in their lives. Abstinence is God's only policy when it comes to sex before marriage. Abstinence saves lives, protects babies, gives sexual relations the proper value, and, most importantly, honors God.

<https://www.biblword.net/sex-before-marriage/>

## **What does the Bible say about sex before marriage?**

### **Where does the Bible teach it is wrong to have sex before marriage?**

God is the inventor of marriage. When God created Eve, Adam was very happy. They clearly belonged together. The conclusion is: *“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh”* (Genesis 1:24). ‘One flesh’ refers to sexual unity, but also to the deeper spiritual unity between husband and wife in marriage. These two things go together. Sex is for marriage and marriage is for sex.

#### **Sex is part of God’s wonderful creation**

Sex is part of God’s wonderful creation, and it is to be enjoyed in the way God designed it: within the bonds of marriage. The first chapter of the Bible already makes this clear.

In the rest of the Bible God’s design (sex is to be enjoyed in marriage) is always assumed. This is especially clear from the fine that a man has to pay for sleeping with an unmarried virgin (Exodus 22:16-17) and from the requirement that a woman should be a virgin on her wedding night (Deuteronomy 22:13-21).

#### **Sex before marriage is a sin**

The New Testament also clearly teaches that sex before marriage is a sin. In Mark 7:20 Jesus gives a list of sins. Among them are ‘sexual immorality’ and ‘adultery’. So there is sexual immorality that is not adultery. Sexual immorality refers, among other things, to sex before marriage. Paul says the same in 1 Corinthians 7:2: *“Because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband.”* So if you want to have sex, there is only one way not to fall into sexual immorality: to have your own husband or wife.

## A positive view of sex within marriage

However, the Bible has a positive view of sex within marriage. Song of Songs speaks positively of the longing of a man and a woman for each other. Sex is not to be hidden because it is dirty, but it is to be protected because it is precious. Marriage is the protection that God has given us for this precious gift. Hebrews 13:4 encourages us “*let marriage be held in honor among all, and let the marriage bed be undefiled.*” Following God’s rules rather than our own desires is the best guarantee for our long term happiness, also in the area of our sexuality.

<https://www.biblword.net/a-christian-marriage/>

## **What does it mean to have a Christian marriage?**

A Christian marriage is a marriage which has been instituted and functions according to biblical principles. It is a marriage between one man and one woman (Genesis 2:24, Matthew 19:4,5). In a Christian marriage there is no room for multiple wives or husbands. Neither is a 'marriage' between two men or women a marriage according to biblical principles. A Christian marriage is a covenant between one man and one woman for life.

### **Commitment before God**

A Christian marriage has started with a commitment before God to be faithful to each other. In Malachi 2:14 it says '...because the Lord was witness between you and the wife of your youth'. Proverbs 2:17 speaks of the adulteress 'who forsakes the companion of her youth and forgets the covenant of her God'. The word covenant here refers to her marriage. This verse shows that marriage is a covenant before God.

### **Commitment before other people**

There also needs to be a commitment before other people, so that society can treat the couple as a married couple. In this way the couple can also be held accountable to the promises they made to each other before witnesses. When Jesus talked to the woman at the well in Samaria, he said: 'For you have had five husbands, and the one you now have is not your husband.' (John 4:18). This woman was living together with a man, but he was not her husband because there had never been a public commitment, so Jesus saw them as unmarried.

### **Sexual intercourse**

It is normally consummated by sexual intercourse (Genesis 2:24; Matthew 19:4,5) (unless disability or other circumstances prevent the couple from having sexual intercourse). Sexual intercourse should only take place within the covenant

relationship of a marriage. Sexual relationships outside marriage are adultery and immoral (Hebrews 13:4).

### No room for selfishness

A Christian marriage portrays the relationship between Christ and the church (Ephesians 5:32). Christ gave Himself up for the church; likewise, husbands should give themselves up for their wives and love them as their own bodies (Ephesians 5:25-29). And as the church submits to Christ; likewise, wives should submit to their husbands and acknowledge him as the head of the family (verses 22-24). There is no room for selfishness in the Christian marriage. The couple is told to honor each other (1 Peter 3:2,7). The Christian marriage reflects the relationship between Christ and the church. There are to be mutual love, faithfulness and a servant attitude on both sides.

### Struggle in marriage

Of course, we live in a fallen world and Christians also often struggle in their marriages. But despite all the difficulties, both partners in a Christian marriage are called to portray Christ in their marriage. This means that they are ready to forgive each other. It means they are willing to be obedient to God and his Word, which tells couples to be faithful to each other even when the going gets tough. It means that the couple strives to honor God in their relationship. God will give us the grace to do so, when we ask him! (Hebrews 4:14-16)



[https://www.openbible.info/topics/same-sex\\_marriage](https://www.openbible.info/topics/same-sex_marriage)

## Same-sex Marriage

Leviticus 18:22

You shall not lie with a male as with a woman; it is an abomination.

Leviticus 20:13

If a man lies with a male as with a woman, both of them have committed an abomination; they shall surely be put to death; their blood is upon them.

Romans 1:26-27

For this reason God gave them up to dishonorable passions. For their women exchanged natural relations for those that are contrary to nature; and the men likewise gave up natural relations with women and were consumed with passion for one another, men committing shameless acts with men and receiving in themselves the due penalty for their error.

1 Corinthians 6:9-11

Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

1 Timothy 1:9-10

Understanding this, that the law is not laid down for the just but for the lawless and disobedient, for the ungodly and sinners, for the unholy and profane, for those who strike their fathers and mothers, for murderers, the sexually immoral, men who practice homosexuality, enslavers, liars, perjurers, and whatever else is contrary to sound doctrine,

Mark 10:6-9

But from the beginning of creation, ‘God made them male and female.’ ‘Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.’ So they are no longer two but one flesh. What therefore God has joined together, let not man separate.”

Genesis 2:24

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

Matthew 19:4-6

He answered, "Have you not read that he who created them from the beginning made them male and female, and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh'? So they are no longer two but one flesh. What therefore God has joined together, let not man separate."

Deuteronomy 22:5

"A woman shall not wear a man's garment, nor shall a man put on a woman's cloak, for whoever does these things is an abomination to the LORD your God."

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<https://www.youlai.cn/yyk/article/244551.html>

## 女性怎样识别自己是否得了性病？

以前谈到性病，首先会想到男性。的确，根据 8 年前的数据统计，发病患者以男性为主，男女性的比例为 8：1。但近年来，女性性病患者的数量上升较快，现在男女性病患者的比例已经达到 1.4：1。而且，很多在男性身上症状明显的性病，在女性患者中常常没有特殊表现，以致耽误治疗时机。女性性病不及时治疗，可以上行感染导致盆腔炎，引起性交困难和下腹及背部疼痛；可以至上行至输卵管导致输卵管炎，导致不孕症和异位妊娠；一些病毒如人乳头瘤病毒和人单纯疱疹病毒与宫颈癌、外阴癌、肛门癌等生殖系统肿瘤的发病有关。孕妇感染性病，还可能导致流产、胎死宫内、早产或在分娩过程中感染新生儿。如果到这一步才治疗性病，岂不悔之晚矣？

那么，有没有办法通过某些迹象发现女性可能患有性病呢？下面提出的六种病况颇有特征性，一旦发现这些蛛丝马迹，可高度怀疑女性已染上性病，女性和性伴侣可学会及时治疗和自我保护。

- 1、**白带增多**：为黄色或绿色的脓液，往往伴随小便时疼痛，小便次数增加，而且有憋不住尿的情况。
- 2、**白带增多**：为豆腐渣样，白色，结块，量明显增多。常常伴有内、外阴瘙痒，瘙痒往往非常强烈。
- 3、**外阴奇痒，白带增多**：可以有泡沫，内裤上还经常有黄色的液体。

4、生殖器表面有溃疡：多表现为大阴唇或小阴唇内侧出现直径 1 厘米左右的硬结，表面有轻度破溃。女性往往没有任何不舒服的感觉，溃疡会在一个月左右消失。

5、身上出现很多红色的斑：颜色比较暗，需要注意看才能发现，而且不痒。

6、阴道口周围出现小菜花样或锯齿状的生物：碰上去没有痛觉，平时也没有任何感觉。

## 女性更容易患性病？

在某网站对 500 名女性网友进行的一项名为“你对性病了解多少”的问卷调查中，超过半数的被调查者对性病的了解微乎其微，而一些自认为了解性病的被访者对性病的认识也是支离破碎。由于对性病知识缺乏基本的了解，不少女性把性病看成是洪水猛兽，更多的则是把它与道德品质联系在一起。其实性病和其它传染病一样，仅仅是一种传染性疾病而已，只不过是和性活动有关罢了。我们既不能对它掉以轻心，麻痹大意；也不能过于紧张，草木皆兵；更不要以为患了性病就意味着判了死刑。

从医学的观点来看，性病与其它疾病没有本质上的差别，只要有性的活动，就不可避免地会产生病原体感染。社会越开放，人的交往就越频繁，患性病的几率就越大。近几年来，我国性病患者数量以每年约 15% 的速度递增。虽然性病感染者主要以男性为主，但从生理结构来讲，女性比男性更容易感染性病。

国外研究发现，健康女性与男性性病病人性接触，女性接触 1 次的感染率可达 80%~90%；健康男性与女性性病病人性接触，男性接触 1 次的感染率只有 20%~50%。研究者认为，这与女性生殖器官更复杂、生理功能更特殊有关。

- 1、女性内外生殖器的腺体、隐窝、皱褶较多，环境较潮湿，有利于淋球菌等性病病原体的生存；
- 2、女性体内的雌激素具有促进细菌生长、繁殖的作用；
- 3、女性比较广泛使用宫内避孕器，增加感染淋球菌的可能性；

- 4、女性性兴奋时子宫收缩，可使淋球菌上行到子宫腔和输卵管；
- 5、月经期间子宫内膜的破损，性交时更容易感染淋球菌等病菌；
- 6、人工流产常常使宫颈和子宫内膜受损伤，全身抵抗力下降，从而给淋球菌等病菌的感染提供了可乘之机。

很显然，女性生殖器官的生物学结构比男性复杂得多，而且女性生殖器官比男性具有更多独特的生理功能，在性交前后均比男性难于清洗，这样，往往使女性比男性更易患性病。

因此，避免不洁性接触是预防性病最关键的一环。要对你的性伴侣有绝对的了解，不要与不了解的人发生性关系。在开始性生活之前，如发现你的性伙伴生殖器官有异常的情况，最好避免此次性生活。只有尽最大可能的情况下保证你的性伴侣没有性病，这才是最有效的避免性病的方法。

性生活时采取防护措施，如使用男用避孕套、女用避孕套等。实际上，避孕套最初就是为预防梅毒而发明的。不论是否需要避孕，都鼓励采用这些方法。但需强调的是：避孕套不是 100% 保险，大约有 10% 以上的失败率。

注意性生活的卫生保持生殖器官清洁卫生。男性应经常擦洗阴茎、阴茎头及阴囊表面，女性也应经常洗澡，保持外阴部清洁。注意饮食起居的卫生，不共用毛巾、浴巾、贴身衣物、牙刷等。更不能共用剃须刀、注射针头等。性病患者用过的内衣裤要严格消毒，外出时注意选择卫生条件好的旅馆、浴室等。

## 怎样能看出男人得性病

男性性病症状主要表现在生殖器官的病变上。其主要的性病症状为，排尿频繁，排尿疼痛，尿道烧灼感，尿道口红肿，有脓液流出。可在生殖器附近出现疱疹、硬结、溃疡、疣状物等。

但是，不是所有性病都能见到这些症状。有些人得了性病后症状很不明显；有些人发生的疱疹、溃疡是在隐蔽的部位，如男性阴茎包皮内等；有的性病(如梅毒)可以首先表现在身体的其他部位，如唇、咽等部位。所以，没有生殖器部位的症状不一定就表明没有性病；看不出明显症状的人仍然可以传播性病。具体一些性病症状，还要看是哪一种性病，不同种类的性病症状也不是一样。比如说淋病这种性病，男性症状就是尿道口流脓、而尖锐湿疣他就不一样。尖锐湿疣男性性病症状主要表现在一些龟头、肛门、阴囊潮湿的地方有一疣状物。不规则排列。

专家提醒：1、最近是否曾经与不了解的人发生过性行为。2、最近是否曾经与性病患者有过非性行为的直接接触或间接接触。如与梅毒病患者接吻。梅毒患者病变除发生在生殖器和会阴部外，还可以发生在口唇或舌部，这些病变部位有大量的梅毒螺旋体存在，与这样的病人接吻就很有可能染上梅毒。或曾接触过性病患者的分泌物，而这些分泌物中含有可导致性病的病原体，如淋病就可通过间接接触传播。这两种要去医院做相关的检查。以免传染了性病，还不知道，继续把性病传染给他人，不仅仅给自己造成了伤害、也给他人造成了伤害。

性病的早期症状：

一：尿道出现分泌物

若尿道口出现脓性分泌物，粘稠量多色黄，晨起尤甚，则可能为急性;若尿道口有透明的粘性分泌物，量少，则可能为尿道炎。

二：男性出现尿频、尿急、尿痛、尿道口红肿

男性出现此症状，若伴有夜间阴茎痛性勃起者，多考虑为尿道炎。

三：尿道会有瘙痒感

男性出现此症状，多考虑为尿道炎或淋菌性尿道炎的早期反应。

四：外阴部赘生物

若在外阴或肛周处，见多发性浸润性、灰白色、扁平隆起性丘疹或结节，且潮湿易糜烂，伴有臭味，多考虑为扁平湿疣(性病螺旋体感染);若在外阴或肛周处，见淡红色或灰褐色，菜花状或鸡冠状且有蒂的疣状物，易出血，多考虑为性病;若在肛周或外阴部，见米粒大的半球形丘疹，中央有脐窝，表面有蜡样光泽，顶端挑破可挤出乳酪样物质，应考虑为传染性软疣。

五：外阴部溃疡

若为圆形溃疡，软骨样硬，不痛，单发，多考虑为性病;若溃疡柔软，边缘如锯齿状，较浅，伴有疼痛，多发伴有脓苔，;溃疡若由簇集水疱演变而成，质软且疼痛，多考虑为生殖器疱疹。

六：全身皮肤发疹

若全身出现淡红色斑疹或暗红色丘疹，不痛不痒，掌跖可并见，掌跖部的疹子周围可见袖口样脱屑，多考虑为Ⅱ期性病疹。除生殖器部位外，个别性传播疾病可发生在唇舌、手指、乳房、眼睑及肛门等处;不治疗，一个月后可自然消退，遗留一个浅的疤痕或色素斑。在性传播疾病发生后1~2周，附近的淋巴结肿大，多为两侧



性，数目较多，触之坚硬，但无压痛，不化脓也不溃破。肿大淋巴结消退比性传播疾病晚，约需几个月左右。

## 男性性病前期通常有什么症状？

### 一、性病的潜伏期：

梅毒：2～3周；

淋病：2～10天；

非淋性尿道炎：1～3周；

尖锐湿疣：3周～8个月，平均3个月；

生殖器疱疹：2—20天，平均6天；

性病性淋巴肉芽肿：6～21天，平均7～10天。

ADIS：3月-10年。

### 二、性病都有症状的，有下列症状注意了：

(1) 尿频、尿急、尿痛：可见于淋病、非淋菌性尿道炎、前列腺炎。

(2) 尿道口脓性分泌物：可见于淋病。

(3) 尿道口清稀分泌物：可见于由衣原体或支原体感染引起的非淋菌性尿道炎。

(4) 龟头包皮红肿：可见于淋病、龟头包皮炎、阴部疱疹等。

(5) 阴部赘生物：可见于尖锐湿疣、传染性软疣、阴部良性肿瘤等。

(6) 外阴、龟头包皮溃疡：可见于包皮龟头炎、阴部疱疹、梅毒、淋病、软下疳、第四性病、第五性病、艾滋病、固定红斑型药疹等。

(7) 生殖器脓疱：可见于淋病、阴部疱疹、疥疮。

(8) 腹股沟淋巴结肿大：可见于梅毒、软性下疳、腹股沟肉芽肿、性病淋巴肉芽肿、艾滋病等。

- (9) 周身皮疹：可见于梅毒。
- (10) 外阴部瘙痒：可见于阴虱、疥疮。
- (11) 白带恶臭：可见于滴虫性阴道炎、淋病、霉菌性阴道炎等。
- (12) 生殖器部疼痛：可见于淋病、阴部疱疹、非淋菌性尿道炎。

## 男性最常见的性病是哪些？

1、淋病，在男人潜伏期 2~14 日，通常以尿道轻度不适起病，数小时后发现尿痛和脓性分泌物。当病变扩展至后尿道时可发现尿频，尿急。检测可见脓性黄绿色尿道分泌物，尿道口红肿。

2、梅毒，这是由细菌感染引起的，它能侵袭人的心脏、眼睛、大脑、骨骼及神经系统。前期梅毒表现为阴部发现无痛溃疡，能够侵犯皮肤、粘膜及其他多种组织部位。

3、滴虫病，这是由寄生虫引起的感染，滴虫病症状表现为阴道有分泌物，同房时有不适感，排尿疼痛，以及阴道恶臭等。

4、生殖器湿疣，开始表现为阴部，大腿或臀部瘙痒或灼痒、疼痛。继而，阴部、臀部、肛门或身体的其他部位会明显的溃疡。

5、非淋菌性尿道炎，男人非淋菌性尿道炎表现为尿道不适、发痒、烧灼感或刺疼，尿道红肿，尿道分泌物多为浆液状、稀薄、晨起有"糊口"现象。

6、尖锐湿疣，病初为淡红或污红色粟状大小赘生物，性质柔软，顶端稍尖，逐渐长大或增多。可发展成乳头状或囊状，基底稍宽或有带，表面有颗粒。在肛门部常增大，状如菜花，表面湿润或有出血，在颗粒间常积存有脓液，散发恶臭气味，搔抓后可继发感染。

7、衣原体病，是一种细菌感染，是目前最常见的性传染病，症状：排泄物异常，小便疼痛，下腹部疼痛或同房时疼痛。

[https://zhidao.baidu.com/question/2010530482107773628.html?qbl=relate\\_question\\_2](https://zhidao.baidu.com/question/2010530482107773628.html?qbl=relate_question_2)

<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex>

## **What is safer sex (safe sex)?**

Safer sex is all about protecting yourself and your partners from sexually transmitted infections. Safer sex helps you stay healthy and can even make sex better.

**Want to get tested for STDs?**  
**FIND A HEALTH CENTER**

## **How does safer sex help protect me from STDs?**

STDs are infections that are passed from one person to another during sexual activity. Anybody who has oral, anal, or vaginal sex, or genital skin-to-skin contact with another person can get STDs. Safer sex (often called “safe sex”) means taking steps to protect yourself and your partner from STDs when you have sex.

There are lots of ways you can make sex safer. One of the best ways is by using a barrier — like condoms, female condoms, and/or dental dams — every single time you have oral, anal, or vaginal sex. Barriers cover parts of your genitals, protecting you and your partner from body fluids and some skin-to-skin contact, which can both spread STDs.

Getting tested for STDs regularly is also part of safer sex, even if you always use condoms and feel totally fine. Most people with STDs don’t have symptoms or know they’re infected, and they can easily pass the infection to

their partners. So testing is the only way to know for sure whether or not someone has an STD.

Getting tested protects you by letting you know if you DO have an STD, so you can get the right treatment to stay healthy and avoid giving it to other people.

Sticking to sexual activities that don't spread STDs — like outercourse or mutual masturbation (masturbating while with each other) — is a great way to safely get sexual pleasure and be intimate with another person. But if you're taking off underwear and touching each other or having any kind of sex, using barriers is the safer way to go.

Another way to make sex safer is to avoid drinking too much alcohol or doing other drugs. Getting wasted can make you forget how important safer sex is, and you may accidentally make decisions that increase your chances of getting STDs. It's also harder to use condoms correctly and remember other safer sex basics when you're drunk or high.

The only way to be totally sure you won't get an STD is to never have any kind of sexual contact with another person. But that doesn't work for the vast majority of people — most of us are sexually intimate with other people at some point in our lives. So if you're going to have sex, making it safer sex is the best way to help you avoid getting or passing an STD.

## **How do you get STDs?**

STDs are usually passed from one person to another during oral, anal, or vaginal sex. There are lots of different STDs. Some are carried in body fluids like semen (cum), vaginal fluids, and blood. Others can be passed just from

skin-to-skin touching with an infected body area. Using barriers like condoms and dams helps you avoid contact with fluids and some types of skin-to-skin contact during sex. So when you don't use condoms, your chance of getting an STD goes up.

All STDs can infect your genitals. Vaginal or anal sex without a condom has a high risk for passing:

- chlamydia
- gonorrhea
- syphilis
- HIV
- herpes
- HPV and genital warts
- hepatitis B
- pubic lice
- scabies
- trichomoniasis

Some STDs can also infect your lips, mouth, and throat. Oral sex without a condom or dam has a high risk for passing:

- herpes
- syphilis

- gonorrhea
- HPV
- hepatitis B

Some STDs can be passed even if there's only some skin on skin action with no fluids passed. Genital skin-to-skin contact can spread:

- herpes
- HPV
- pubic lice
- scabies

## **Are some kinds of sex safer than others?**

Yup. There are even a few totally risk-free ways to get sexual pleasure and be intimate with another person, like masturbating, and dry humping (aka grinding) with clothes on.

Low risk activities include kissing, touching your partner's genitals with your hands, using sex toys with a partner, dry humping (grinding) without clothes, and oral sex. But it's still possible to get certain STDs from these things, so using condoms and dams to avoid contact with skin and fluids whenever you can helps you stay healthy.

Having vaginal or anal sex without a condom is super risky. You can get any and all STDs from unprotected vaginal or anal sex. The best way to protect yourself if you're going to have vaginal or anal sex is use a condom every

single time. Using lube with that condom also makes sex safer, especially anal sex.

When it comes to HIV, oral sex is much safer sex than vaginal or anal sex. But other infections, like herpes, syphilis, hepatitis B, gonorrhea, and HPV, can be passed during oral sex. So no matter what kind of sex you have, use condoms or dams to make it safer.

## **If I have an STD, how can I have safer sex?**

If you find out that you have an STD, it's important to know how to have safer sex and avoid passing it on. Luckily, many STDs can be easily cured with medication, so once you finish treatment, you don't have to worry about giving your STD to anyone.

And even though some STDs can't be cured, there are ways to treat your symptoms and help avoid giving your STD to people you have sex with. Depending on what STD you have, there are things you can do to protect your partners. Here's a handy checklist:

- Always use condoms and dental dams during oral, anal, and vaginal sex — whether or not you have an STD.
- Don't have sex at all if you have any STD symptoms (like sores or warts around your genitals, weird discharge from your penis, vagina or anus, or itching, pain, irritation and/or swelling in your penis, vagina, vulva, or anus).
- Go see a doctor or nurse so they can start treating your STD as soon as possible.

- If you have a curable STD (like gonorrhea, chlamydia, or syphilis), take all of your medication the way your doctor tells you to, even if your symptoms go away sooner. The infection stays in your body until you totally finish the treatment. Your partner(s) should also be treated at the same time. Don't have sex at all until you both finish your treatment, and your doctor or nurse says it's OK.
- If you have an STD that can't be cured (like HIV or herpes), talk with your doctor about medicines that can help lower your chances of spreading it to a partner. Depending on what STD you have and where it is, you may need to use condoms/dams every time you have oral, anal, and/or vaginal sex.

Always tell your sexual partners that you have an STD before you have sex, so you can work together to make a safer sex plan and help prevent it from spreading. It's not the easiest conversation, but it's an important one. Here are some tips to help.