

# Hong Kong International LGBTQ+ Affirmative Practices Conference 2025

香港國際LGBTQ+  
肯定式實踐手法會議2025

13/6/2025 - 14/6/2025

Co-Organizer 合辦機構:



香港中文大學  
The Chinese University of Hong Kong



[true-light.asia](http://true-light.asia)

"We firmly believe through continued action and advocacy,  
affirmative practices will remain a powerful force  
in driving meaningful and lasting change."

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肯定式手法將繼續發揮力量，推動真實而長遠的改變。」



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# Welcome Message

## 歡迎辭

Dear Esteemed Guests, Colleagues, and Advocates,

Welcome to the Hong Kong International LGBTQ+ Affirmative Practices Conference 2025 – Practices in Action: Advancing Mental Health Across Challenges, held at The Chinese University of Hong Kong on June 13–14, 2025. On behalf of the entire team at Society of True Light, we extend our warmest welcome and heartfelt thanks to each of you for joining us at this critical moment in our collective journey.

The mental health challenges faced by LGBTQ+ individuals in Hong Kong remain deeply concerning. Our recent data shows that 30.8% of LGBTQ+ respondents experience moderate to severe depressive symptoms, while 24% report moderate to severe anxiety symptoms. These figures have remained largely unchanged since a similar study in 2017 and are still significantly higher than those of the general population. This stark reality underscores the ongoing and urgent need for effective, evidence-based interventions to support the mental well-being of LGBTQ+ individuals, and underscores the importance of implementing effective, evidence-based interventions.

Building on the foundation of our previous conference, this year we take a deeper dive into the practical applications of affirmative practices, with a focus on four key areas:

- Chemsex Prevention among the Gay Population
- Intimate Relationship Violence in Queer Relationships
- Clinical Management for Transgender and Gender-Expansive Populations
- School-based LGBTQ+ Bullying Prevention

We are also proud to introduce the LGBTQ+ Affirmative Counseling Handbook 2025, which will be distributed free of charge to all registered participants. This new volume builds on the LGB Counselling Handbook published in 2023, and offers in-depth practical guidance around the four core themes of this year's conference. In addition to expert contributions, the handbook also features lived experiences and perspectives from the community, making it a valuable resource that is both professionally grounded and deeply connected to real-life contexts.

As policy landscapes shift unpredictably, sustaining meaningful care and support for LGBTQ+ communities is more challenging than ever. Yet it is precisely your presence and commitment, whether as supporting organizations, international speakers, expert contributors and community representatives behind the handbook, community partners, or our dedicated organizing team, that have made this conference possible.

Though the future may be uncertain, your unwavering support ensures that this long-marginalized community continues to be seen, supported, and empowered. We firmly believe that through continued action and advocacy, affirmative practices will remain a powerful force in driving meaningful and lasting change.

Thank you once again for being here. May these two days of dialogue and exchange inspire us all, deepen our connections, and strengthen our shared commitment to advancing LGBTQ+ mental health.



各位來賓、同工及社群倡議者：

歡迎各位蒞臨「香港國際LGBTQ+肯定式實踐手法會議 2025 — 行動實踐，突破挑戰」，本次會議於2025年6月13至14日假香港中文大學舉行。我們謹代表真光社全體同工，向每一位出席的朋友送上最誠摯的歡迎與感謝，感謝你們在這個關鍵時刻與我們同行。

香港LGBTQ+社群在精神健康方面所面對的挑戰，至今仍令人憂心。根據我們最新研究，高達三成的LGBTQ+受訪者出現中度至重度的抑鬱症狀，另有兩成四呈現中度至重度的焦慮症狀。這些數據與2017年的類似研究相比變化不大，且持續遠高於整體人口水平，反映出我們在精神健康支援LGBTQ+社群的工作上仍有極大的進步空間，也進一步突顯推動有效和具實證根據的介入策略的迫切需要。

延續上屆會議的基礎，今年我們將進一步聚焦於肯定式實踐手法的實務應用，深入探討四大主題：

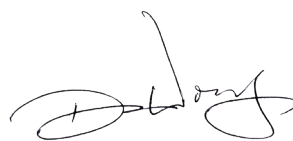
- 預防男同志社群的藥愛現象
- 酷兒關係中的親密暴力
- 跨性別與多元性別社群的臨床支援策略
- LGBTQ+校園預防欺凌策略

我們亦非常榮幸在本次會議中推出《LGBTQ+肯定式輔導手冊2025》，並免費贈送予所有已報名的與會者。本冊承接2023年出版的《性小眾輔導手冊》，進一步就本屆會議的四大主題提供具體指引與實務分享。除匯集專家撰稿外，我們亦納入社群成員的真實經驗與觀點，使本書成為兼具專業性與實用性的寶貴資源。

在當前政策與社會環境日益複雜的背景下，要持續委身關懷與照顧LGBTQ+群體並非易事。然而，正因有賴各位的參與與支持，包括熱心的支持機構、來自世界各地的演講嘉賓、撰寫手冊的專家們與社群代表、辛勤付出的籌備團隊，以及每一位投入其中的人士，這場會議才得以實現。

縱然前路未明，您的支持讓這個長期被邊緣化的社群得以被看見、被支持、被賦權。我們堅信，只要透過持續的行動與實踐，肯定式手法將繼續發揮力量，推動真實而長遠的改變。

衷心感謝各位的蒞臨，願我們在這兩天的交流中彼此啟發、深度連結，為LGBTQ+精神健康的未來攜手努力。

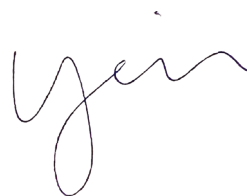


**Dino Wong (He/Him)**

Founder & Chairperson, Society of True Light

**黃政光**

真光社 創辦人及主席



**Dr. Jensen Yiu**

Vice Chairperson, Society of True Light

**姚皓璋博士**

真光社 副主席



# Message from Co-organizer

## 歡迎辭

We are delighted to welcome you to the Hong Kong International LGBTQ+ Affirmative Practices Conference 2025, co-organized by the Society of Truth Light and the Department of Social Work at the Chinese University of Hong Kong. This meaningful partnership bridges academic scholarship and community expertise, uniting research rigor with frontline practice wisdom to address urgent and evolving challenges facing LGBTQ+ communities around the world.

Our theme this year, “Practices in Action: Advancing LGBTQ+ Mental Health Across Challenges,” underscores our shared commitment to transforming evidence-based knowledge into meaningful, real-world impact. As we navigate increasingly complex social, political, and cultural landscapes, this conference offers a vital space to explore innovative, affirming, and culturally responsive approaches to mental health and well-being.

The two-day program brings together practitioners, researchers, educators, and community advocates from Hong Kong and across the globe. Through keynote addresses, academic seminars, practice-sharing sessions, and panel discussions, we will engage with diverse perspectives and strategies spanning clinical care, education, social services, and community-based support.

We hope this conference will spark fresh ideas, foster cross-sector collaboration, and inspire actionable strategies that can be applied across diverse settings. Together, let us work toward building more inclusive, supportive, and affirming environments for LGBTQ+ communities in Hong Kong and beyond.

我們誠摯歡迎您參加由真光社與香港中文大學社會工作學系共同舉辦的香港國際LGBTQ+ 肯定式實踐手法會議2025。這次意義重大的合作結合了學術研究與社區實踐的深厚經驗，攜手回應全球LGBTQ+ 社群所面對的迫切與不斷演變的挑戰。

本年度的主題為「行動實踐，突破挑戰，促進LGBTQ+ 心理健康」，體現我們致力於將實證知識轉化為具體行動與實際影響的共同承諾。在當前日益複雜的社會、政治與文化環境中，本會議提供了一個寶貴的平台，讓我們共同探索創新、肯定與具文化敏感度的心理健康實踐方式。為期兩天的會議將匯聚來自香港及世界各地的實務工作者、研究人員、教育者與社區倡議者。透過主題演講、學術研討、實務分享與座談討論，我們將深入探討涵蓋臨床照護、教育、社會服務與社區支援等多元領域的觀點與策略。

我們期望這次會議能激發嶄新思維、促進跨界合作，並啟發在不同場域中實踐的具體策略。讓我們攜手努力，為香港及更廣泛地區的LGBTQ+ 社群創造更具包容性、支持性與肯定性的環境。



**Prof. Randolph Chan**

Associate Professor,  
Department of Social Work,  
The Chinese University of Hong Kong

**陳俊豪教授**

香港中文大學社會工作學系 副教授



# About Us 關於我們



**Society of True Light** (Charity Reg. No. 91/18962) is Hong Kong's first non-profit organization dedicated to promoting LGBTQ+ affirmative practices and advocating for the abolition of conversion therapy. Through scientific research, professional training, public education, policy advocacy, and clinical counseling, we strive to strengthen the sensitivity and effectiveness of local mental health resources responsive to the unique needs of LGBTQ+ communities.

**真光社**（慈善團體註冊編號：91/18962）為香港首個致力推動LGBTQ+肯定式實踐及終止「拗直治療」的非牟利機構。本會透過實證研究、專業培訓、公眾教育、政策倡議及臨床輔導，積極強化本地具性／別敏感度及實證基礎的心理健康服務資源，以回應性／別小眾的獨特需要。

## Previous Publication 過往出版

### LGB Counseling Handbook (Chinese Version only)

The LGB Counseling Handbook is the first publication in Hong Kong focused on LGB-affirmative counseling practices. Rooted in the principles of affirmative intervention, the handbook presents a practical framework illustrated through real-life case studies. It details how to build therapeutic relationships with sexual minorities, conduct professional assessments, and implement targeted intervention strategies for two common clinical scenarios. This resource is designed to equip counselors with the core competencies of affirmative practice, enhancing both cultural sensitivity and clinical effectiveness in supporting LGB clients.

### 《性小眾輔導手冊》（僅提供中文版）

《性小眾輔導手冊》為香港首本聚焦於性小眾肯定式輔導的實務指南。本書以肯定式介入為核心原則，結合真實輔導個案，具體說明如何與性／別小眾建立輔導關係、進行專業評估，並就兩個常見的輔導情境提供具體的介入策略與回應建議，協助輔導人員有效掌握肯定式工作的核心要領，提升臨床實踐的敏感度與有效性。



立即下載



# Organizing Committee

## 籌備委員會

### Co-chairpersons 聯合主席



**Mr. Dino Wong**  
黃政光先生

Founder & Chairperson, Society of True Light  
Registered Clinical Psychologist  
真光社 創辦人及主席  
註冊臨床心理學家



**Dr. Jensen Yiu**  
姚皓璋博士

Vice Chairperson, Society of True Light  
真光社 副主席



**Prof. Randolph Chan**  
陳俊豪教授

Associate Professor, Department of Social Work, The Chinese University of Hong Kong  
香港中文大學社會工作學系 副教授

### Committee Members 委員



**Mr. Alan Hau**  
侯詠釗先生



**Dr. Chris Leung**  
梁志峯醫生



**Mr. Harrison Sit**  
薛朗天先生



**Ms. Moe Tang**  
鄧萌女士



**Ms. Joann Yeung**  
楊頌恩女士



# From Understanding the Mental Health Landscape, to Insights for LGBTQ+ Affirmative Practice

## 從理解 LGBTQ+ 社群心理健康現況，到LGBTQ+肯定式實踐的需要

As we gather to explore actionable strategies and evidence-based interventions, it's critical to ground our discussions in the realities faced by Hong Kong's LGBTQ+ community. The latest community research, conducted by Prof. Randolph Chan in collaboration with Society of True Light, sheds light on the persistent mental health challenges within this community and underscores the urgent need for affirmative, inclusive practices.

當我們在本會議聚首一堂，探討可行策略和以實證為本的措施之際，我們必須以香港LGBTQ+社群所面臨的現實作為討論基礎。由陳俊豪教授與真光社合作進行最新的社群研究，揭示了社群持續面臨的精神健康挑戰，並強調推行肯定式共融實踐的迫切需要。

### Key Findings

#### 我們的研究

Our 2024 survey of 1,433 LGBTQ+ individuals in Hong Kong reveals a concerning picture:

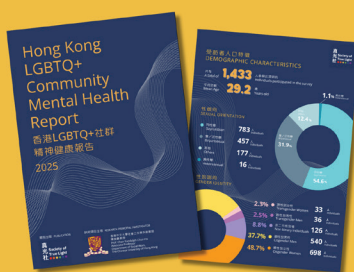
我們於2024年對1,433名香港LGBTQ+人士進行的調查顯示了一個令人擔憂的情況：

- **30.8%** of LGBTQ+ respondents reported moderate to severe depression symptoms.
- **24.0%** of them experienced moderate to severe anxiety symptoms.
- **30.8%** LGBTQ+ 受訪者有高度風險出現抑鬱症。
- **24.0%** 受訪者有高度風險出現廣泛性焦慮症。



香港LGBTQ+社群  
心理健康報告2025

立即下載



Despite growing public attention to mental health in Hong Kong, a statistical comparison with our 2017 data reveals no significant improvement in these figures, which remain alarmingly higher than those in the general population. This stagnation underscores the urgent need to convene and develop targeted affirmative practices to address ongoing challenges.

## Why This Matters

### 研究和實踐的重要性

The mental health disparities faced by the LGBTQ+ community are not just statistics; they reflect lived experiences of marginalization and exclusion. The findings reinforce the need for LGBTQ+ affirmative practices, approaches that validate identities, foster resilience, and address unique mental health needs. Without targeted, evidence-based interventions, these challenges risk perpetuating cycles of distress and inequity. This conference aims to bridge this gap by fostering dialogue and sharing practical solutions that empower practitioners, educators, policymakers, and communities to make a tangible difference.

Together, we can drive meaningful change, ensuring that every LGBTQ+ individual in Hong Kong has access to the affirmative mental health support and inclusive society.

儘管香港普羅大眾對心理健康的關注日益增加，但與2017年的數據進行統計比較後，發現LGBTQ+社群的數字並無顯著改善，且仍遠高於一般大眾的平均水平。這種停滯狀態突顯了我們需要連結起來，制定針對性的肯定式實踐，以應對社群持續的挑戰。

LGBTQ+社群面對的心理健康現況不僅是數據；它們反映了邊緣化和被排斥的真實經歷。研究結果強調了LGBTQ+肯定式實踐的必要性，即肯定身份、促進社群的韌性，並應對獨特心理健康需求的實踐方法。若缺乏針對性、科學根據及人性化的介入措施，這些挑戰亦難以得到改善。本次會議旨在通過促進對話和分享實用解決方案，縮小這一差距，有賴本地心理健康工作者、社會工作者、以及本地LGBTQ+社群的共同努力，創造實質改變。

讓我們攜手並肩，推動有意義的改變，確保香港每一位LGBTQ+人士都能獲得肯定式的心理健康支持及共融的社會環境。



# Programme Rundown

## 會議程序

DAY 1

13 June 2025 (Fri) // 2025 年 6 月 13 日 (五)			
09:15 - 09:45	Registration	登記	
09:45 - 09:50	<b>Welcome Speech &amp; Opening Remarks</b>  <b>Dino Wong</b> Chairperson & Founder, Society of True Light	歡迎辭及開幕辭  <b>黃政光</b> 真光社 創辦人及主席	EN
09:50 - 11:20	Keynote Speech <b>Applying LGBTQ+ Affirmative Practices Across Health, Relationships, and Advocacy Issues</b>  <b>Dr. Shelley L. Craig</b> Full Professor, Factor-Inwentash Faculty of Social Work, University of Toronto, Canada	主題演講 <b>LGBTQ+肯定式實踐手法在健康、關係及倡議層面的應用</b>  <b>Dr. Shelley L. Craig</b> 多倫多大學, Factor-Inwentash 社會工作學院, 教授	EN
11:20 - 11:40	Coffee break & poster viewing	小休及閱覽學術海報	
<b>Focus Theme (1): Chemsex Prevention among the Gay Population</b> <b>焦點主題 (一) 預防男同志社群的藥愛現象</b>			
11:40 - 12:40	Practice Sharing <b>Local Insights Toward Informed Clinical Practices for Clients with Chemsex Issues</b>  <b>Dr. Krystal Lee</b> Clinical Assistant Professor, Department of Psychiatry, The University of Hong Kong Honorary Associate Consultant, Department of Psychiatry, Queen Mary Hospital Honorary Senior Doctor, Integrated Treatment Centre, Special Preventive Programme, Centre for Health Protection, Hong Kong SAR Government	實踐分享 <b>應對藥愛個案的本地臨床實務分享</b>  <b>李芷琪醫生</b> 香港大學精神醫學系 臨床助理教授 瑪麗醫院精神科 榮譽副顧問醫生 香港衛生防護中心特別預防計劃綜合治療中心 榮譽高級醫生	廣

13 June 2025 (Fri) // 2025 年 6 月 13 日 (五)			
12:40 - 14:00	Lunch Break	午休	
13:30 - 14:00	Registration	登記	
14:00 - 15:30	Regional Experience <b>Multidisciplinary Support for Clients with Chemsex Issues in Taiwan</b>  <b>Dr. Hsu Sen Chieh</b> Secretary General, Taiwan Lourdes Association, Taiwan Adjunct Assistant Professor, Tunghai University, Taiwan	地區經驗 <b>台灣對藥愛個案的跨界別支援</b>  <b>徐森杰博士</b> 台灣露德協會 秘書長 台灣東海大學 兼任助理教授	
15:30 - 15:50	Coffee break & Poster viewing	小休及閱覽學術海報	
<b>Focus Theme (2): Intimate Relationship Violence in Queer Relationships</b> <b>焦點主題 (二) 酷兒關係中的親密暴力</b>			
15:50 - 16:25	Academic Seminar <b>Vulnerabilities to Intimate Relationship Violence and Resilience in Queer Relationships</b>  <b>Prof. Iris Lo</b> Assistant Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University	學術演講 <b>親密關係暴力的風險因素與酷兒關係的心理韌性</b>  <b>勞保儀教授</b> 香港理工大學應用社會科學系 助理教授	
16:25 - 17:25	Practice Sharing <b>Clinical Assessment and Intervention for Intimate Relationship Violence in Queer Relationships</b>  <b>Ms. Amy Lin</b> Director of Community Development, Taiwan Tongzhi (LGBTQ+) Hotline Association, Taiwan  <b>Online</b>	實踐分享 <b>臨床評估及介入酷兒關係中的親密關係暴力</b>  <b>林昱君女士</b> 台灣社團法人台灣同志諮詢熱線協會 社群發展主任  <b>線上舉行</b>	
17:25 - 17:30	Closing remarks	閉幕辭	



14 June 2025 (Sat) // 2025 年 6 月 14 日 (六)			
09:00 - 09:30	Registration	登記	
<b>Focus Theme (3): Clinical Management for Transgender and Gender-Expansive Populations</b> <b>焦點主題 (三) 多元性別人士的臨床管理</b>			
09:30 - 11:00	Academic Seminar <b>Clinical Care for Transgender and Gender Diverse Children and Teenagers</b>  <b>Ms. Isabelle S. van der Meulen, MD</b> Clinical Doctor & Researcher, The Center of Expertise on Gender Dysphoria, Department of Child and Adolescent Psychiatry, Amsterdam University Medical Center, the Netherlands	學術演講 <b>臨床支援跨性別與多元性別兒童及青少年</b>  <b>Ms. Isabelle S. van der Meulen, MD</b> 荷蘭阿姆斯特丹大學醫學中心 兒童與青少年精神科部門 性別焦慮專業中心 臨床醫生與研究員	EN
11:00 - 11:20	Coffee break & Poster viewing	小休及閱覽學術海報	
11:20 - 11:45	Academic Seminar <b>Gender Identity Change Efforts and Challenges Faced by the Trans Community in Hong Kong</b>  <b>Prof. Randolph Chan</b> Associate Professor, Department of Social Work, The Chinese University of Hong Kong	學術演講 <b>本地跨性別社群的性別認同「矯正」經驗及挑戰</b>  <b>陳俊豪教授</b> 香港中文大學社會工作學系 副教授	EN
11:45 - 12:45	Practice Sharing <b>Clinical Management for Transgender and Gender Diverse Clients in Hong Kong</b>  <b>Dr. Natalie Sin</b> Clinical Psychologist	實踐分享 <b>臨床支援本地跨性別及多元性別個案</b>  <b>冼泠音博士</b> 臨床心理學家	廣
12:45 - 13:30	Lunch Break	午休	

14 June 2025 (Sat) // 2025 年 6 月 14 日 (六)			
13:30 - 14:00	Registration	登記	
<b>Focus Theme (4): School-based LGBTQ+ Bullying Prevention</b> <b>焦點主題 (四) LGBTQ+ 校園預防欺凌策略</b>			
14:00 - 15:00	<p>Panel Discussion</p> <p><b>What Works for Whom? Creating an Anti-Bullying and LGBTQ+ Inclusive Environment from Community Perspectives</b></p> <p>Moderator</p> <p><b>Dr. Diana Kwok</b> Associate Professor, Department of Special Education and Counselling, The Education University of Hong Kong</p> <p>Panelist</p> <p><b>Ms. Jessica Chan</b> Co-President, Queer Straight Alliance</p> <p><b>Mr. Roland Cheng</b> Committee Member, SaanSing Sex and Gender Concern Group</p> <p><b>Tari</b> Head of Transgender Sector, Hong Kong Secondary Schools Gender Studies Club</p> <p><b>K So</b> Founder, LGBTQ+/Ally Paulinians</p>	<p>專題討論</p> <p><b>共創 LGBTQ+ 共融及反欺凌校園：社群經驗</b></p> <p>主持人</p> <p><b>郭勤博士</b> 香港教育大學特殊教育與輔導學系 副教授</p> <p>討論嘉賓</p> <p><b>陳洛萱女士</b> Co-President, Queer Straight Alliance</p> <p><b>鄭浩霖先生</b> 山城性/別關注組 成員</p> <p><b>Tari</b> 中學生性別研究學會 跨青分部部長</p> <p><b>K So</b> LGBT+/Ally Paulinians 創辦人</p>	廣



English 英語進行



Cantonese imultaneous interpretation to English廣東話進行，設有英語即時傳譯



Mandarin with simultaneous interpretation to English 國語進行，設有英語即時傳譯

14 June 2025 (Sat) // 2025 年 6 月 14 日 (六)			
15:00 - 16:00	<p>Panel Discussion</p> <p><b>Cultivating a Safe and LGBTQ+ Inclusive Learning Environment from Primary School to University</b></p> <p>Moderator</p> <p><b>Dr. Diana Kwok</b> Associate Professor, Department of Special Education and Counselling, The Education University of Hong Kong</p> <p>Panelist</p> <p><b>Ms. Carey Choi</b> Education Manager, Teen's Key - Young Women Development Network Limited</p> <p><b>Ms. Hannah Chow</b> Project Manager, Project Touch, The Boys' and Girls' Clubs Association of Hong Kong</p> <p><b>Ms. Grace Lee Ming-ying</b> Education Manager, The Family Planning Association of Hong Kong</p> <p><b>Ms. Anastasia Pun</b> Education &amp; Development Manager, Sticky Rice Love</p>	<p>專題討論</p> <p><b>促進 LGBTQ+ 共融校園：預防欺凌策略</b></p> <p>主持人</p> <p><b>郭勤博士</b> 香港教育大學特殊教育與輔導學系 副教授</p> <p>討論嘉賓</p> <p><b>蔡嘉莉女士</b> 青躍 – 青少年發展網絡 教育經理</p> <p><b>鄒恒女士</b> 香港小童群益會性向無限計劃 計劃經理</p> <p><b>李明英女士</b> 香港家庭計劃指導會 教育經理</p> <p><b>潘雨晴女士</b> 糖不甩 教育及發展經理</p>	
16:00 - 16:20	Coffee break & Poster viewing	小休及閱覽學術海報	

14 June 2025 (Sat) // 2025 年 6 月 14 日 (六)			
16:20 - 17:50	<p>Regional Experience</p> <p><b>Cultivating a Safe and LGBTQ+ Inclusive Learning Environment from Primary School to University</b></p> <p><b>Hung Chu Yin</b> Former Chairperson, Taiwan Gender Equity Education Association (TGEEA), Taiwan</p> <p><b>Online</b></p>	<p>地區經驗</p> <p>為 LGBTQ+ 學生由小學至大學締造安全及共融的學習環境</p> <p><b>洪菊吟</b> 台灣性別平等教育協會 前理事長</p> <p><b>線上舉行</b></p>	
17:50 - 18:00	5-minute Presentation by the Best Poster Award Winner	最佳海報得獎主的五分鐘演講	
18:00 - 18:05	Closing remarks	閉幕辭	



# Keynote Speaker

## 專題講員



**Dr. Shelley L. Craig**

Professor, Factor-Inwentash Faculty of Social Work,  
University of Toronto

多倫多大學 Factor-Inwentash 社會工作學院 教授

Dr. Shelley L. Craig is Full Professor at the Factor-Inwentash Faculty of Social Work (FIFSW) at the University of Toronto and Canada Research Chair in Sexual and Gender Minority Youth (SGMY). Shelley's program of research, based on decades of community and clinical practice, is focused on developing affirmative programs and clinical interventions to cultivate the resilience of SGMY and explore the role of digital technologies on youth mental health. She has developed and tested the first evidence-based interventions for SGMY mental health including AFFIRM (an affirmative cognitive-behavioral group intervention), which has been translated into multiple languages and implemented across the globe and AFFIRMative Caregiver (for parents and caregivers of SGMY). She leads the International Partnership for Queer Youth Resilience (INQYR) with over 100 scholars and trainees and is the author of over 150 academic publications as well as the forthcoming Oxford Clinical Practice book *The Nuts and Bolts of Affirmative CBT*.

Dr. Shelley L. Craig 是加拿大多倫多大學社會工作學院的教授，同時也是加拿大性小眾青少年群體的研究主席。Dr. Craig 的研究建立在長年社區與臨床實務的基礎之上，致力於發展肯定式臨床介入措施，以培養性小眾青少年群體的抗逆力，並探索數位科技在青少年心理健康中的角色。Dr. Craig 發展並驗證了首個針對性小眾青少年心理健康的實證介入方案，包括 AFFIRM（一項肯定式認知行為團體治療方案，已被翻譯成多種語言並在全球多地推行），以及 AFFIRMative Caregiver（專為性小眾青少年的父母與照顧者設計）。Dr. Craig 領導一個由超過 100 位學者與研究人員組成的國際合作網絡——International Partnership for Queer Youth Resilience (INQYR)，並已發表超過 150 篇學術著作。她即將出版《牛津臨床實務系列》新書《The Nuts and Bolts of Affirmative CBT》，深入探討肯定式認知行為治療的實務操作。

# Other Speakers

## 其他講員



**Ms. Jessica Chan**  
**陳洛萱女士**

Co-President, Queer Straight Alliance

Since 2024, Jessica has been a Co-President of the Queer Straight Alliance (QSA), an LGBTQ+ organisation for tertiary students. She oversees the Events and Careers Team. Prior to this, she was the Co-Head of her secondary school LGBTQ+ non-profit organisation. Outside of these roles, she has been a long-time advocate for the rights of the LGBTQ+ community, channeling her effort in various ways such as volunteering at the Pride Parade. Her passion extends to addressing discrimination in everyday life through advocacy. Beyond her contributions to the LGBTQ community, Jessica is currently a final year law student of the UCL-HKU Dual Degree Programme and plans to pursue a career in commercial law.

Jessica 自2024年起擔任為本地大專生而設的 LGBTQ+ 團體 Queer Straight Alliance (QSA) 的共同主席。她負責領導活動與職涯小組。在此之前，她曾擔任其中學的 LGBTQ+ 非牟利組織的共同負責人。除上述職責外，她長期積極以不同方式為 LGBTQ+ 群體爭取權益，包括在倫敦同志遊行中擔任義工。她亦致力透過倡議行動，回應日常生活中存在的歧視現象。除了對 LGBTQ+ 群體的貢獻外，Jessica 現正就讀於 UCL-HKU 雙學位課程的最後一年，並計劃從事商業法律工作。

### About the Organization

Queer Straight Alliance (QSA) is an independent non-profit society that aims to create a community for the betterment of LGBTQ+ Tertiary Students in Hong Kong. This includes raising awareness, educating others and supporting the community in various ways. QSA consistently facilitates discussions on Diversity, Equity, and Inclusion in the workplace for LGBTQ+ individuals. They support university students and allies in Hong Kong through career, social, and educational initiatives on and off campuses. Such career initiatives include the annual Inclusion Recruitment Conference, the annual year-long Mentorship Programme and career workshops. QSA has been committed to advocacy since its formation in 2008 and will continue on this path.

### 機構介紹

Queer Straight Alliance (QSA) 是一家獨立的非牟利團體，旨在建立一個促進香港 LGBTQ+ 大專生福祉的社群，工作包括提升公眾意識、教育大眾，以及以多種形式支援社群。QSA 積極推動職場的多元、公平與共融 (DEI) 議題，尤其聚焦 LGBTQ+ 群體的職涯發展，以在校內外的職涯、社交及教育活動，支援本地大專生及其盟友。QSA 的職涯活動包括每年舉辦的「多元共融招聘大會」、為期一年的導師計劃以及職涯工作坊等。自2008年成立以來，QSA 一直致力於倡議工作，並將持續推動相關發展。



### **Prof. Randolph Chan** **陳俊豪博士**

Associate Professor, Department of Social Work,  
The Chinese University of Hong Kong  
香港中文大學社會工作學系 副教授

Professor Randolph Chan (he/him) is an Associate Professor in the Department of Social Work at the Chinese University of Hong Kong. His research centers around the intersections of minority stress, resilience, and mental health among LGBTQ+ individuals and other socially marginalized populations. Through extensive studies, he seeks to understand the impact of distal and proximal minority stressors on mental health and well-being among LGBTQ+ individuals. His research also explores the mechanisms through which resilience resources can be harnessed to foster positive adaptation in the face of social adversity, ultimately promoting thriving within LGBTQ+ communities.

陳俊豪教授現為香港中文大學社會工作學系副教授。他的研究主要聚焦於多元性別社群及其他被社會邊緣化群體所經歷的少數群體壓力、抗逆力與心理健康之間的互動關係。透過廣泛的研究，他致力探討遠端及近端的少數群體壓力因素如何影響多元性別人士的心理健康與幸福感。他的研究同時探索如何運用抗逆力資源，以促進多元性別社群的整體福祉。



### **Mr. Roland Cheng** **鄭浩霖先生**

Committee Member, Saan Sing Sex and  
Gender Concern Group  
山城性/別關注組 成員

Roland Cheng has been a committee member of the Saan Sing Sex/Gender Concern Group since 2013. Apart from organizing queer community events in Hong Kong, he is also the teaching assistant of Department of Comparative Literature at The University of Hong Kong, and a part-time lecturer at HKU SPACE Community College. He is currently pursuing a PhD in human geography at University of Toronto, studying the spatiality of queer movement under the interplay of capitalism, heteronormativity and authoritarianism.

鄭浩霖自2013年起成為山城性／別關注組成員。佢亦都在香港大學比較文學系擔任教學助理，並在香港大學專業進修學院社區學院擔任兼職講師。

目前，他正在多倫多大學攻讀人文地理學博士學位，研究在資本主義、異性戀規範和專制主義相互作用下的酷兒運動的空間性。

#### **About the Organization**

Established in 2011, the Saan Shing Sex/Gender Concern Group (formerly known as the CUHK Sex/Gender Concern Group) is dedicated to organizing activities related to sex/gender issues both on and off campus, with the aim of enhancing students' and the university's awareness of sex/gender issues and fostering a more diverse and inclusive campus environment.

#### **機構介紹**

山城性／別關注組（前身為中大性／別關注組）於2011年創立，多年來在校園內外致力舉辦有關性/別議題的活動，盼能提升學生，乃至校方的性/別意識，營造更多元共融的校園環境。



## Ms. Carey Choi 蔡嘉莉女士

Education Manager, Teen's Key -  
Young Women Development Network Limited  
青躍 – 青少年發展網絡 教育經理

Ms. Carey Choi is a professional sexuality educator and registered social worker, currently serving as the Education Manager in Teen's Key. With nine years of experience in sexuality education-, she focuses on implementing sexuality education workshop for secondary school students and young people. She is also dedicated to training youth sexuality education ambassadors. In recent years, she has established the online sexuality education platform SexualityHub HK and a board game, providing accurate and gender-friendly comprehensive sexuality education content to adolescent groups.

蔡嘉莉小姐為專業性教育工作員及註冊社工，現為青躍教育經理。在性教育相關工作已有九年經驗，主力負責推行中學及青少年的性教育服務，亦致力培訓青年性教育大使，近年建立網上性教育平台SexualityHub HK及性教育桌遊，向青少年群體提供正確及性別友善的全面性教育內容。

### About the Organization

Teen's Key is a nonprofit organization committed to helping young women— no matter their situation or circumstance— gain access to information, essential services, and support they need. We focus on addressing young women's sexual and reproductive health, and to providing holistic treatment for young women in crisis, including those who work in the sex industry. We provide a safe space where young women can realize their potential and where new hope can be formed.

### 機構介紹

青躍是首個完全由年輕女性領導、幫助弱勢青少年的非牟利團體。不論弱勢年輕女性的狀況、處境，青躍均會盡力取得她們所需的資訊、服務和支援。我們關注年輕女性的性與生育健康，以及如何為身處危機中的年輕女性提供全面照顧；並為她們提供安全空間，讓她們發揮潛能，重燃新的希望。





## Ms. Hannah Chow 鄒恒女士

Project Manager, Project Touch, The Boys' and Girls' Clubs Association of Hong Kong

香港小童群益會性向無限計劃 計劃經理

Ms. Hannah Chow holds a Bachelor's degree in Social Work and a Master's degree in Family Counseling and Family Education. As the Project Manager of the Project Touch initiative at the Boys' and Girls' Clubs Association of Hong Kong, she provides support for families with gender diverse children. She also has pioneered support services for transgender individuals in the Project.

Passionate about family inclusion, Ms. Chow focuses on addressing the unique challenges families face due to minority stress. She strives to create non-judgmental spaces where family members can create new narratives of their experiences, build positive self-identity, and overcome challenges in understanding gender issues. Her work fosters open communication and stronger relationships within families.

Ms. Chow is also dedicated to sharing her expertise at various educational institutions, amplifying the voices of families and promoting greater awareness of gender diversity.

鄒恒女士先後修讀社會工作學士和家庭輔導及家庭教育文學碩士，現職香港小童群益會性向無限計劃（計劃）的計劃經理。鄒女士主力為多元性別者的家庭提供支援，期間於計劃開展跨性別人士支援服務。

觀察到多元性別者的家人受著文化及污名等小眾壓力，鄒女士期望提供不批判的空間予家庭成員詮釋自身經驗，建立正面的自我認同，同時陪伴家庭渡過了解性別議題上面對的挑戰，促進家庭在性別議題上的溝通。

鄒女士積極在不同院校分享多元性別的家庭工作，將多元性別者的家庭的聲音帶到不同地方。

### About the Organization

Project Touch is the first social service for Lesbian, Gay, Bisexual and Transgender (LGBT) youths in Hong Kong since 2007. We strongly committed towards supporting marginalized youths and promoting equality and social inclusion. When we first started, social services tailored

for the LGBT population were very limited despite the high service demand. Identifying the crippling need for support in LGBT individuals and their families, we took the initiative and developed a holistic development program for LGBT youths in 2007 and the first Parent Support Group in 2008, in the forms of and on-going support group.

Nowadays, the service coverage has expanded to people with diverse sexualities and gender identities.

### 機構介紹

性向無限計劃成立於 2007 年，是當時香港唯一提供支援服務予男女同性戀者、雙性戀者、跨性別人士及其家長的主流社會服務機構。觀察到多元性別社群的迫切需要，計劃主動為社群提供全面支援服務，致力陪伴及協助多元性別人士探索自我，推廣平等理念及社會共融。自 2007 年成立多元性別青年支援服務，計劃亦於 2008 年開展家長服務，其後亦將服務層面推廣至不同性傾向及性別認同人士。



## Dr. Hsu Sen Chieh 徐森杰博士

Secretary General, Taiwan Lourdes Association, Taiwan  
Adjunct Assistant Professor, Tunghai University, Taiwan

台灣露德協會 秘書長  
台灣東海大學 兼任助理教授

Dr. Hsu Sen Chieh is a PhD in social work, an experienced family therapist and psychodrama director. He has long been committed to addressing the social and psychological needs of marginalized communities, including people living with HIV, individuals with substance use disorders, gender-diverse populations, and involuntary clients and families. His professional interests also extend to spiritual growth and the development of human potential.

Dr. Hsu currently serves as Secretary General of the Taiwan Lourdes Association, Board Member of The Association for Couple and Family Therapy in Taiwan, and Chairperson of the DongGuan Social Welfare Association. He also acts as an external supervisor for various institutions, including domestic violence prevention centers, student counseling centers, and mental health and substance abuse prevention services across multiple counties and municipalities. Additionally, he is a member of numerous governmental and advisory bodies, such as gender equality committees, drug prevention councils, and the AIDS Prevention and Patient Rights Protection Committee.

His areas of specialization include harm reduction and addiction treatment, systemic couple and family therapy, psychodrama, human rights-based social work, interventions for involuntary clients and families, and participatory action research. In recent years, his work has also focused on trauma-informed care and spiritual healing for helping professionals.

徐森杰是一位社工博士，是資深的家族治療師及心理劇導演。長年投入弱勢社群如愛滋、藥癮、多元性別暨非自願性案主／家的社會暨心理需求的評估與處遇，同時也關注於個體的靈性成長與潛能發展。

目前任職於台灣露德協會秘書長、華人伴侶及家族治療協會理事，以及東光社會福利協會理事長；亦擔任許多縣市家防中心、學生輔導諮商中心、少輔會暨社安網相關機構家庭支持暨處遇、心理衛生或毒防中心的外聘督導；也是許多縣市性平會、毒防諮詢會及中央愛滋病防治暨權益保障會的委員。

專長於成癮減害與戒治、系統動力觀的伴侶及家族治療、心理劇、以人權為基礎的社會工作，非自願性案家處遇以及培力行動研究，近日也持續關注於助人者的創傷照管及靈性療癒。

### About the Organization

Taiwan Lourdes Association, founded in 1997, is a leading non-profit organization dedicated to HIV/AIDS and addiction services. Since 2012, it has operated Chou-lu Therapeutic Community, a therapeutic recovery community providing holistic support for individuals overcoming substance dependence.

### 機構介紹

台灣露德協會成立於1997年，是一個致力於協助受愛滋及藥癮影響人群及其家庭，以社區為基礎的非營利社福組織，目前在台灣的北部、中部及東部提供愛滋暨藥癮社區照顧。2006年採借減害取向的社區處遇，陸續於2011年成立中部同志中心及2012年創立朝露農場—藥愛減害治療性社區（戒毒村）。露德協會近卅年來秉持正義與仁愛的精神，為社會上最弱小的弟兄姐妹們提供全人的照顧，與多專業合作、跨專業服務，與服務對象建立夥伴關係，提升生活品質、維護基本權益，並共創生活福祉而努力。



## Hung Chu Yin 洪菊吟

Former Chairperson, Taiwan Gender Equity  
Education Association (TGEEA), Taiwan  
台灣性別平等教育協會 前理事長

A retired public elementary school teacher in Taiwan with a passion for teaching and learning, dedicated to developing curricula and teaching materials. She has participated as chief editor in projects commissioned by the Ministry of Education, including “We Can Teach Gender This Way” and “From 1 to 12: Gender Equity Education Manuals Across Learning Stages”. Additionally, she has contributed lesson plans to projects such as “Light of Gender Talks”, “Comprehensive Sex Education”, and “Women in Science and Technology”. She has also planned and developed educational board games like “HomePlay” and “Magic School”, and co-authored the emotional education material “The Tree of Gender”. Currently, she serves as the associate editor of the Ministry of Education’s Gender Equity Education Quarterly.

台灣公立國民小學基層教師退休，熱愛教與學，致力於研發課程與教材，參與教育部《我們可以這樣教性別》、《從1-12：跨學習階段的性別平等教育教材手冊》主編、以及《性談之光》《全面性教育》《女科技人》等計畫編寫教案；策畫TGEEA研發桌遊《扮家家遊》、《魔法學園》，與編撰情感教育教材《千德爾》，目前亦擔任教育部性別平等教育季刊副總編輯。

### About the Organization

The Taiwan Gender Equity Education Association (TGEEA) was established in 2002 by a group of grassroots teachers and education professionals who are passionate about gender equity issues. In its early years, the association took on the follow-up assistance for the Yeh Yung-chih Incident. Subsequently, in collaboration with other civil organizations, TGEEA participated in the legislative process of Taiwan’s unique “Gender Equity Education Act.” Since then, TGEEA has continuously brought together grassroots teachers and professionals from various fields to join the promoting gender equity education, working together to create an inclusive and friendly education environment.

### 機構介紹

台灣性別平等教育協會（TGEEA）由一群關心性別平等議題、充滿熱忱的基層老師及教育工作者於2002年成立。成立初期，即接手葉永鋕事件的後續協助事宜，之後更在與其他民間團體的合作下，催生了台灣獨有的《性別平等教育法》。此後，TGEEA持續集結基層教師與各領域的專業人士，加入推廣性別平等教育的行列，一同為打造友善的學習環境而奮鬥。



### Dr. Diana Kwok 郭勤博士

Associate Professor,  
Department of Special Education and Counselling,  
The Education University of Hong Kong  
香港教育大學 特殊教育與輔導學系 副教授

Dr. Kwok is Associate Professor in the Department of Special Education and Counselling, the Education University of Hong Kong. Dr. Kwok is a registered social worker, approved counselor supervisor, and a sex and expressive arts therapist. She used to work in school, family, mental health, and LGBT service settings, in Hong Kong, and in the U.S.. She provides professional training and clinical supervision to social workers, counsellors, and mental health practitioners on sexuality education, and sexual diversity counseling in universities, NGOs, and government organizations.

Dr. Kwok's research interest focuses on the sexuality education of marginalised students, such as SEN, LGBTQ/transgender, and ethnic groups.

郭勤博士現為香港教育大學特殊教育與輔導學系的副教授。她也是註冊社工，輔導督導，表達藝術及性治療師。過往曾在香港及美國兩地工作，任職學校、家庭、精神健康和LGBTQ+服務，也致力於推動平等性教育，於院校、社福機構及政府部門就性教育、性傾向性別多元教育為教師、社工提供專業培訓。

郭博士的研究領域是在華人社會文化下探討被邊緣化的學生的性教育經歷，如特殊學習需要、多元性傾向、跨性別、及少數族裔學生等。

### Ms. Grace Lee Ming-ying 李明英女士

Education Manager,  
The Family Planning Association of Hong Kong  
香港家庭計劃指導會 教育經理

Ms. Grace Lee Ming-ying is Education Manager of The Family Planning Association of Hong Kong (FPAHK). She is an experienced sexuality educator and a certified sex therapist. She works closely with the government and various stakeholders to promote comprehensive sexuality education (CSE). She supervises an education team in FPAHK that develops multi-media resources, school and community programs, youth volunteer services, and oversees service development of an activity & resource centre and a mobile classroom. Currently, she serves as a Board Member of The Hong Kong Association of Sexuality Educators, Researchers & Therapists Limited (HKASERT), Hong Kong AIDS Foundation, and an advisor of Macao Society of Sexuality Education.

李明英女士是香港家庭計劃指導會的教育經理。她是一位經驗豐富的性教育工作者及認可性治療師。她與政府和各持份者緊密合作，推動全面性教育。她負責管理家計會的教育團隊，開發多媒體資源、學校和社區活動、青年義工服務，並監督活動及資源館和流動教學車的服務發展。她目前擔任香港性教育、研究及治療專業協會的理事會委員、香港愛滋病基金會董事局委員，以及澳門性教育學會顧問。

#### About the Organization

The Family Planning Association of Hong Kong (FPAHK), a non-profit making organization, advocates, promotes and provides information, education, medical and counselling services in sexual and reproductive health for the community.

#### 機構介紹

香港家庭計劃指導會為志願機構，致力為港人提倡、推廣及提供性與生殖健康方面的資訊、教育、醫療及輔導服務。





**Dr. Krystal Lee**  
**李芷琪醫生**



Clinical Assistant Professor, Department of Psychiatry, The University of Hong Kong  
Honorary Associate Consultant, Department of Psychiatry, Queen Mary Hospital  
Honorary Senior Doctor, Integrated Treatment Centre, Special Preventive Programme, Centre for Health Protection, HKSARG

香港大學精神醫學系 臨床助理教授

瑪麗醫院精神科 榮譽副顧問醫生

香港衛生防護中心特別預防計劃綜合治療中心 榮譽高級醫生

Dr Lee is a specialist psychiatrist and a fellow in community medicine. She worked in the Hong Kong Department of Health on HIV prevention, and the Chinese University of Hong Kong on research projects on HIV epidemiology before she began her psychiatry training. She later worked in the substance abuse clinic in Queen Mary Hospital and undertook a research project on substance use in HIV-infected gay and bisexual men looking into their psychiatric comorbidities and HIV risks. She has begun to provide treatment for patients with substance use in the Integrated Treatment Centre regularly since 2023. At present, she is also in charge of the perinatal psychiatry service in Queen Mary Hospital. She is interested in the intersections between HIV epidemiology and psychiatry, and that between early development and subsequent development of psychopathology.

李醫生是精神科專科醫生及社會醫學學院院士。她在接受精神科專科培訓前，曾於香港衛生署從事愛滋病預防工作，並於香港中文大學參與有關愛滋病流行病學的研究項目。其後，她於瑪麗醫院的藥物濫用診所工作，並開展一項針對感染愛滋病毒的男同性戀及雙性戀男性的藥物使用研究，探討他們的精神共病情況及愛滋病風險。自 2023 年起，她開始定期於綜合治療中心為藥物使用者提供治療服務。現時，她亦負責瑪麗醫院的圍產期精神科服務。她的研究興趣包括愛滋病流行病學與精神醫學之間，以及早期發展與日後精神病理發展之間的交織性。



## Ms. Amy Lin 林昱君女士

Director of Community Development, Taiwan Tongzhi  
(LGBTQ+) Hotline Association, Taiwan  
台灣社團法人台灣同志諮詢熱線協會 社群發展主任



Ms. Lin has been a staff member at the Taiwan Tongzhi (LGBTQ+) Hotline Association since 2011. Her main areas of work include lesbian issues, women's sexual pleasure, intimate partner violence in LGBTQ+ relationships, body positivity, and relationship issues. She also hosts a podcast channel called "lez.weekly 女同志週記 (Lesbian Weekly)".

2011年加入台灣同志諮詢熱線協會擔任工作人員至今，主要工作在女同志議題、女性性愉悅議題、同志親密關係暴力、Body Positivity Issues、Relationship Issues，擁有一個Podcast頻道「lez.weekly 女同志週記」。

### About the Organization

Taiwan Tongzhi Hotline Association was founded in 1998 and is now the oldest and the largest lesbian, gay, bisexual, and transgender (LGBTQ+) organization in Taiwan.

Our Mission and Vision is LGBT Peer Mentoring, LGBT Support Network, LGBT Community Center and LGBT Rights Education.

### 機構介紹

台灣同志諮詢熱線協會成立於1998年，是台灣歷史最悠久、規模最大的女同性戀、男同性戀、雙性戀與跨性別 (LGBTQ+) 組織。

我們的使命與願景包括同儕輔導、支持網絡、社區中心，以及同志人權教育。



## Prof. Iris Lo 勞保儀教授

Assistant Professor, Department of Applied Social  
Sciences, The Hong Kong Polytechnic University  
香港理工大學應用社會科學系 助理教授

Prof. Iris Lo is Assistant Professor in Sociology at the Hong Kong Polytechnic University. She received her PhD in Sociology from the University of Oxford. Her research areas include family, gender, sexuality, reproduction, work-family reconciliation, and social policy. She studies the extent and nature of changes to family and work lives and sociological questions around social inequality. Her research also examines the role of social policy and culture in influencing people's life choices and well-being.

Prof. Lo has been awarded several grants from prestigious funding bodies to conduct research on workplace diversity and inclusion and mental health.

勞保儀教授為香港理工大學社會學助理教授，並於牛津大學獲得社會學博士學位。她的研究範疇包括家庭、性別、性傾向、生育、工作與家庭平衡及社會政策。她關注家庭與工作生活的變遷程度及本質，以及與社會不平等相關的社會學問題。她的研究亦探討社會政策與文化在影響個人生活選擇與福祉方面所扮演的角色。

勞教授曾獲多個享譽盛名的資助機構撥款，進行有關職場多元共融及心理健康的研究。



**Ms. Anastasia Pun**  
**潘雨晴女士**

Education & Development Manager,  
Sticky Rice Love  
糖不甩 教育及發展經理

Ana is a registered social worker with prior experience at an integrated family service center. She began volunteering with Sticky Rice Love in 2017, leading school workshops and engaging in online discussion forums. Since 2021, she has become a full-time employee and is now the Education and Development Manager. In this role, she coordinates Comprehensive Sexuality Education workshops with various institutions and manages administrative tasks. Throughout her journey, Ana has recognised the gaps in sexuality education in Hong Kong and the stigma surrounding sexuality. She aims to promote Comprehensive Sexuality Education, empowering young people to explore their identities, bodies, and relationships in a positive and open-minded environment.

Ana是一名註冊社工，曾在綜合家庭服務中心工作。2017年，她加入糖不甩成為義工，協助帶領入校工作坊及參與網上討論區。自2021年以來，她成為糖不甩的全職同事，現擔任教育及發展經理，負責與各機構及學校協調全面性教育工作坊及管理行政事務。在她的成長過程中，Ana深深感受到香港性教育的不足及對性的污名化。她的目標是推動全面性教育，讓年輕人在正面、開明的環境中探索自我、身體及關係。

### About the Organization

Founded in 2014, Sticky Rice Love is a registered charitable organisation in Hong Kong dedicated to Comprehensive Sexuality Education (CSE) and inclusive sexual health services online and offline. The organisation creates a positive environment for discussing sexual issues, empowering youth to reconnect with their sexuality and make informed decisions. Sticky Rice Love offers interactive workshops for students, parents, teachers, and professionals, ensuring a comprehensive understanding of sexuality. Annually, it serves more than 7,000 students across local and international schools, from kindergarten to university.

Utilising various social media platforms and instant messaging apps, Sticky Rice Love actively engages its community and regularly publishes educational content, amassing over 10,000 followers. Furthermore, the organisation partners with local universities to conduct research that informs evidence-based practices in sexuality education, demonstrating its commitment to helping youth cultivate responsible and respectful attitudes towards sexuality.

### 機構介紹

糖不甩成立於2014年，是香港註冊慈善機構，專注於全面性教育及性健康推廣。透過營造安全、友善的環境，鼓勵年輕人以正面及開明態度討論性相關議題，作出知情選擇。

透過多元化互動工作坊，糖不甩的全面性教育內容涵蓋幼稚園至大學階段，每年服務超過7,000名本地及國際學校學生、家長及教育工作者。同時透過社交媒體發佈性教育資訊，促進公眾討論，觸及逾10,000名追蹤者。糖不甩亦持續與本地大學進行研究，以實證為基礎提升教學內容，幫助年輕世代培養負責任、尊重多元的性觀念。



**Dr. Natalie Sin**  
**冼冷音博士**

Clinical Psychologist  
臨床心理學家

Dr. Natalie Sin is a Clinical Psychologist at a clinic dedicated to serving gender-diverse clients, bringing extensive expertise in supporting their mental health needs. She refined her skills through specialized training at multiple Gender Identity Clinics in the UK, gaining a profound understanding of gender diversity in clinical practice. Dr. Sin currently serves as an honorary supervisor for clinical psychology trainees from the University of Hong Kong and the Chinese University of Hong Kong, guiding emerging psychologists in delivering culturally sensitive, inclusive care. Additionally, she has provided specialized training to medical and mental health professionals on offering affirming support to gender-diverse individuals.

冼冷音博士是一位臨床心理學家，於一所專門服務多元性別人士的診所工作。她擁有豐富經驗，致力支援他們的心理健康需要。她曾於英國多間性別認同診所接受專業培訓，深化了其在臨床實務中對性別多樣性的理解。冼博士現為香港大學及香港中文大學臨床心理學實習生的榮譽督導，指導新一代心理學家提供具文化敏感度及共融性的專業服務。她亦曾為醫護及心理健康專業人員提供專業培訓，教授如何為多元性別人士提供肯定式支援。

**Ms. Isabelle S. van der Meulen, MD**

Clinical Doctor & Researcher, The Center of Expertise on Gender Dysphoria, Department of Child and Adolescent Psychiatry, Amsterdam University Medical Center, the Netherlands

荷蘭阿姆斯特丹大學醫學中心兒童與青少年精神科部門  
性別焦慮專業中心 臨床醫生與研究員

Isabelle van der Meulen (MD, PhD Candidate) works as a clinical doctor and researcher in the field of child- and adolescent psychiatry at the Center of Expertise on Gender Dysphoria at the Amsterdam University Medical Center in the Netherlands. She has clinical experience in the fields of pediatrics, child- and adolescent psychiatry and pediatric public health. Currently, she works with transgender and gender-diverse children and adolescents, conducting diagnostic assessments to evaluate gender dysphoria, providing counseling throughout their gender affirming trajectory, and consulting on complex cases. In 2022, next to her clinical work, she started her PhD project, in which she studies the effect of early endocrine treatment in transgender adolescents on their sexual development and functioning, with a special focus on the role of puberty suppression.

Isabelle van der Meulen (醫學士，博士候選人) 在荷蘭阿姆斯特丹大學醫學中心的性別焦慮專業中心任職，從事兒童與青少年精神醫學領域的臨床醫生與研究工作。她在兒科、兒童與青少年精神醫學以及兒童公共衛生等領域擁有臨床經驗。目前，她為跨性別及性別多元的兒童與青少年進行性別不安的診斷評估，於其性別肯定過程中提供輔導諮詢，並參與複雜案例的會診。

2022 年，她在從事臨床工作的同時，開始了博士研究項目，研究早期內分泌治療對跨性別青少年性發展與功能的影響，特別關注青春期的延後治療在其中所扮演的角色。



## Tari

Head of Transgender Sector,  
Hong Kong Secondary Schools Gender Studies Club  
中學生性別研究學會 跨青分部部長

### About The Organization

Hong Kong Secondary Schools Gender Studies Club (GSC) is a student-led initiative aimed at providing a safe space for teens to discuss sex, gender equality, and LGBTQ issues. This club fosters open discussions and supports peers navigating their sexual identities. With around 3,000 followers on Instagram, GSC covers subjects often absent from the school curriculum, such as feminism and support for sexual assault survivors, occasionally organising events to raise awareness, gather information and educate others on these issues. Members, including a diverse group of students, emphasize the importance of comprehensive sex education, advocating for inclusivity and empathy.

### 機構介紹

香港中學性別研究學會 (GSC) 是一個由學生主導的團體，旨在為青少年提供一個安全的空間，討論性別、性別平等及 LGBTQ 議題。該會鼓勵開放對話，並支持正在探索性認同的同儕。

GSC 在 Instagram 上擁有約 3,000 名追蹤者，涵蓋許多校園課程中鮮有觸及的主題，例如女性主義與性侵倖存者支援。學會亦不時舉辦活動，提高公眾關注、收集資訊並推動相關教育。

GSC 的成員來自不同背景，強調全面性教育的重要性，並積極倡導共融與同理心。





## K So

Founder, LGBT+/Ally Paulinians  
LGBT+/Ally Paulinians 創辦人

K So is a registered social worker who started her LGBTQIA+ advocating journey since university. She had volunteered in various non-profit organizations/ community groups, including AIDS Concern, Action Q, BGCA Project Touch, Pink Dot, Translate For Her, RTHK CIBS Radio Drama, etc. She led the CUHK Saan Sing Sex and Gender Concern Group during 2018-2020, and was a committee member for the 3rd Hong Kong Queer Literary and Cultural Festival. She set up LGBT+/Ally Paulinians in 2022, in the hope of supporting LGBTQIA+ secondary school students.

K So is dedicated to support and advocate for the rights of LGBTQIA+ and ethnic minority community in Hong Kong through day-time job and volunteering work. She believes diversity is beautiful, and love can conquer the world.

K So 是一名註冊社工，從大學開始為性／別小眾進行倡議工作。她曾在多個非牟利機構及團體擔任義工，包括關懷愛滋、Action Q、小童群益會 Project Touch、一點粉紅、Translate For Her、香港電台 CIBS 廣播劇等。她曾擔任中大山城性／別關注組和第三屆香港同讀文化節的委員。2022 年，她成立 LGBT+/Ally Paulinians 以支援性／別小眾中學生。

K So 致力透過日間工作和義工機會為性／別小眾和少數族裔進行倡議。她相信「多元是美麗的，而愛可以征服世界」。

### About The Organization

LGBT+/Ally Paulinians was established in May 2022, aiming to create a safe space for LGBTQIA+ students in three St Paul's girls' schools, and leverage the resources of alumnus, in order to walk with the needed secondary school students in this chaotic world. The group had organized various student activities and alumnus gatherings. They also participated in local LGBTQIA+ community events and speaking opportunities to raise public awareness on the challenges of LGBTQIA+ students.

### 機構介紹

LGBT+/Ally Paulinians 於2022年5月中成立，目的是為三間聖保祿女校的LGBTQIA+同學建立一個安全的空間；同時連結舊生的力量，支援有需要的中學生，一起在混亂的世界中並肩同行。LGBT+/Ally Paulinians曾舉辦多個中學生活動和舊生聚會，亦透過參與大大小小的社群活動和演講工作，提高大眾對性／別小眾中學生的關注。



# Poster Presentations

## 海報發表

01

### **Family Microaggressions toward LGBTQ+ and Internalized Homonegativity on Psychological Distress and Relationship Satisfaction among Same-Sex Couples in Hong Kong: An Actor-Partner Interdependence Modeling Study**

#### **Authors**

Gabriel Man Hin Cheung & Prof. Winnie W. S. Mak

Department of Psychology,  
The Chinese University of Hong Kong

#### **Background & Objectives**

This study applied Minority Stress theory (MST) to examine the effect of culturally salient stressors on psychological distress and relationship satisfaction among Hong Kong Chinese same-sex couples, an underrepresented group in minority stress research. Given the unique cultural characteristics of Hong Kong, namely Confucianism and collectivism, minority stressors may affect minoritized individuals differently compared to the patterns appearing from predominantly Western research. Informed by Hong Kong and Chinese minority stress studies, we investigated the roles of family microaggressions toward LGBTQ+ and internalized homonegativity on the outcome measures.

#### **Methods**

We recruited 68 same-sex romantic or sexual couples (138 individuals) through social media and on-campus posters for this study. We ran two actor-partner interdependence models (APIMs): one with psychological distress and the other with relationship satisfaction as the outcome variables, controlling for demographic covariates.

#### **Results**

The findings partially supported MST but highlighted important cultural divergences. Specifically, we found (1) significant actor and partner family microaggressions effects on greater psychological distress and (2) a significant actor (but not partner) internalized homonegativity effect on lower relationship satisfaction. These results suggest that, for Chinese same-sex couples, familial stressors primarily undermine mental health, while internalized stigma more selectively affects relationship quality. The robust partner effects observed for family microaggressions underscore the relational and interdependent nature of stress in collectivistic cultures.

#### **Conclusion & Implications**

Overall, this study contributes to a more culturally informed understanding of minority stress among sexually minoritized individuals, highlighting the necessity of adapting minority stress frameworks for collectivistic, Confucian-influenced societies. For practical implications, individual-based interventions may focus on familial stress while relationship-based interventions may focus on internalized homonegative beliefs. Public education may also stress that subtle, covert microaggressions (not just obvious, overt discrimination) may still pervasively undermine mental health of sexually minoritized individuals.

## How non-attachment negatively links to minority stress and attenuates its associated impact on perceived social support and sleep: A sequential mediation analysis

### Authors

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The University of Hong Kong

### Keywords

Non-attachment, minority stress, rejection sensitivity, identity-affirming support, sleep disturbance

Minority stress is ubiquitous for sexual minorities. One form of minority stress is the expectation of societal rejection based on one's sexual minority status (Meyer, 2003). These expectations are often slowly internalized via personal and vicarious identity-negative experiences (Feinstein, 2019), causing sexual minorities to be sensitive to rejection (Baams et al., 2019) and perceive less identity-affirming social support (Rogowska & Cisek, 2024). According to Meyer's minority stress model (2003), minority stress and its influence on the perception of social support negatively impacted the psychophysiological functions of sexual minorities, including sleep (Caceres et al., 2022). Non-attachment, which involves detaching from thoughts, feelings, and the external world without control, has been shown to reduce general stress and improve health and interpersonal outcomes (Chio et al., 2018; Sahdra et al., 2010). Our current study aims to investigate whether the benefits of non-attachment extend to minority stress and how it consequently attenuates the effects on perceived social support and sleep disturbance among gender minorities in Hong Kong. A total of 1,044 participants were recruited to complete the survey, which included measures of non-attachment, sleep disturbance, rejection sensitivity, and LGBT-affirming support. The results show that non-attachment nega-

tively predicts minority stress and sleep disturbance. Minority stress mediates the impact of non-attachment on sleep disturbance. Identity-affirming social support significantly associates with non-attachment, minority stress, and sleep, but does not mediate their relationships. Our findings highlight that non-attachment can be a cultivable personal resource that buffers against the impact of domain-specific minority stress and its associated health outcomes.

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## **Preliminary Study on the Roles of Dispositional Factors on Microaggression and Dehumanisation Against Asexuals by Heterosexual Individuals**

### **Authors**

Ho Seong Man, Eddie S. K. Chong

Department of Social Work and Social Administration,  
University of Hong Kong

### **Background & Objectives**

Research studies reported microaggression and dehumanisation against asexual individuals from heterosexual individuals. Compared to heterosexual people or non-asexual sexual minorities, asexual individuals were found to have higher perceived stress, mental health risks, and suicidality. The current study aims to investigate the roles of dispositional factors, such as intergroup disgust sensitivity (ITG-DS), social dominance orientation (SDO), and right-wing authoritarianism (RWA), on trait-based dehumanisation, and microaggression against asexual individuals from heterosexual individuals in the context of Hong Kong (HK).

### **Methods**

Heterosexual individuals aged 18 or above and based in HK were recruited to participate in the study. They filled out a survey in which they provided their demographic information and finished scales measuring the aforementioned factors and outcome variables.

### **Results**

Preliminary mediation and regression analyses with a sample of 102 HK heterosexual participants showed statistically significant results, i.e., the relationship between SDO and microaggression was found to be mediated by ITG-DS, and RWA could predict animalistic and mechanistic dehumanisation of asexual individuals by heterosexual participants.

### **Conclusion & Implications**

These preliminary findings showed that heterosexual individuals with higher SDO may have higher ITG-DS, and thereby be more likely to perform microaggression against asexual people in HK. Moreover, heterosexual individuals with higher RWA were also more likely to attribute less humanness to asexual people through animalistic and mechanistic dehumanisation. As the first and preliminary study of the underlying mechanisms of heterosexual individuals' microaggression and dehumanisation against asexual people in HK, this study offered insights on the future development of relevant interventions targeting the public with its majority being heterosexual in HK.

## Interpersonal Discrimination, General Psychological Processes, and Depression among Chinese Sexual Minority Individuals: A Network Analysis Study

### Authors

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### Background

Research studies reported microaggression and dehumanization. Hatzenbuehler's (2009) psychological mediation framework outlines how distal minority stressors impact on sexual minority health through general psychological processes, including coping/emotional regulation, cognitive, and social/interpersonal processes. However, few studies have thoroughly examined all components of the framework or their interconnections. Moreover, evidence from non-Western culture, such as China, remains limited.

### Objectives

This study employs a network approach to explore the relationships between interpersonal discrimination, general psychological processes, and depression among Chinese sexual minority individuals, while considering the intricate interconnections among these processes.

### Methods

From May to July 2023, we recruited a sample of 1,486 cisgender Chinese sexual minority participants, including 1,024 cisgender women and 462 cisgender men (age  $M = 22.44$ ,  $SD = 3.42$ ), assessing interpersonal discrimination (prejudice events and microaggressions), coping/emotion regulation processes (emotion dysregulation and self-compassion), cognitive process (self-esteem), social/interpersonal processes (family support and social inhibition), and depression. A partial-correlation network was estimated, and the network structure among women and men were compared.

### Results

The interconnected network revealed the link between interpersonal discrimination and depression through general psychological processes. Among these interconnected general processes, coping/emotion regulation (emotion dysregulation) and cognitive processes (low self-esteem) were the most central. The comparison between genders showed relative stability of the network structure with some notable differences: prejudice events and self-compassion were positively correlated among women but unrelated among men. Microaggressions and social inhibition showed a weak negative correlation among women but a slight positive association among men.

### Conclusion and Implications

This study provides Chinese evidence for psychological mediation framework, reveals the interplay of general psychological processes between interpersonal discrimination and depression, and highlights the crucial role of coping/emotion regulation and cognitive processes. These findings offer insight into the complex warrant further investigation in future research and potentially have implications for clinical practice aimed at promoting sexual minority individuals' mental health.

## Pilot test of the Parent CARES-LGB intervention with 8 nonaccepting parents of LGB adults

### Authors

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### Background & Objectives

Parents who attempt to “protect” their child from being lesbian, gay, or bisexual (LGB) often engage in behaviours that are perceived as rejection, which may strain the parent-child relationship and affect the child’s mental health. In response to this challenge, we developed Parent CARES-LGB, a theme-based, 10-session intervention grounded in Emotionally Focused Therapy (EFT). The intervention is designed to engage nonaffirming parents of LGB adults by meeting them at their current stage of acceptance-without requiring affirmation from the outset-while fostering space for relational growth.

### Methods

This project utilized a pre-experimental design involving eight parents (ages 47-63) from Malaysia (n=6) and Singapore (n=2), representing a range of ethnic (i.e., Chinese, Malay, Indian) and religious (i.e., Buddhism, Christianity, Catholicism, Islam) backgrounds. Preliminary data were collected at three time points-pre-intervention, post-intervention, and a three-month follow-up-using measures related to parental acceptance, rejection, and emotion regulation. Clinically significant changes were explored using the Reliable Change Index (RCI). In parallel, qualitative insights were drawn from reflections across therapy sessions, post-intervention interviews, and follow-up conversations.

### Preliminary findings

Initial patterns suggest that half of the participants reported notable improvements in parental acceptance post-intervention, with some maintaining these gains at follow-up. A majority of the participants demonstrated reduced rejection-related behaviours, and a subset experienced better emotional regulation. Qualitative reflections pointed toward greater emotional insight, improved parent-child connection, and increased openness toward their child’s identity journey.

### Conclusion & Implications

This evolving intervention framework appears to offer promise in working with nonaffirming parents within Southeast Asian contexts. By emphasizing emotional connection, cultural responsiveness, and psychological safety, Parent CARES-LGB may provide clinicians with a meaningful, context-sensitive approach to supporting families navigating complex experiences of acceptance and identity. Ongoing work is being conducted to refine and further evaluate its impact.offered insights on the future development of relevant interventions targeting the public with its majority being heterosexual in HK.



## Beyond Parental Acceptance and Rejection: A Triadic Caregiving Framework for Understanding Parental Responses to LGB Children

### Authors

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### Background & Objectives

Existing models of parental acceptance and rejection have been instrumental in guiding our understanding of how parents respond to their LGB children. However, such binary framings may overlook the complexity of parental motivations, risk marginalizing nuanced family dynamics, and can inadvertently reinforce parental defensiveness in therapeutic contexts. In this developing conceptual work, we propose a preliminary caregiving-informed lens—tentatively articulated as matched care, misguided care, and self-protective withdrawn care—to explore more differentiated, care-oriented understandings of parental responses. Drawing from attachment theory and Emotionally Focused Family Therapy (EFFT), this evolving framework aims to reconsider parental behaviours as diverse caregiving efforts that vary in their alignment with the child's attachment needs.

### Methods

This evolving framework was informed by a combination of critical engagement with existing literature and reflective insights from clinical work with nonaccepting parents of LGB adults. The development process involved identifying recurring patterns in parental responses across therapy sessions. Emerging caregiving tendencies were tentatively categorized based on their underlying intentions, the focus of care, and their degree of alignment with the LGB child's emotional and attachment needs.

### Preliminary observations

Three caregiving tendencies have been provisionally identified:

- Matched care reflects attuned, emotionally responsive behaviours that appear well-aligned with the child's identity and attachment needs.
- Misguided care captures caregiving efforts that are motivated by concern but shaped by misinformation or rigid beliefs.
- Self-protective withdrawn care refers to patterns where parents disengage emotionally, often to manage their own distress or discomfort.

### Conclusion & Implications

This tentative caregiving-informed lens seeks to expand beyond the acceptance-rejection binary by framing parental responses as varying expressions of care. By exploring the motivations and functions underlying these responses, this evolving framework may offer pathways for deepening therapeutic engagement with nonaccepting parents. It has the potential to guide culturally responsive practice, inform future research directions, and support compassionate family work grounded in attachment and systemic understanding.

## A Systematic Review on Cultural Relational Determinants of Mental Health among LGB individuals in Sinosphere Context

### Authors

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### Background & Objectives

Previous literature has extensively focused on exploring how constructs surrounding individuality would contribute to the high prevalence of depression and anxiety of Lesbian, gay and bisexual (LGB) individuals. In particular, within the Sinosphere, cultural norms rooted in connection and relations—such as filial piety (family relations) and collectivism (social relations)—play a central role in influencing psychological well-being. Despite their relevance, these culturally embedded relational dynamics have not been systematically synthesised in the existing literature. This study adopts a cultural-relational framework, Relational Cultural Theory (RCT) to examine how interpersonal processes and sociocultural expectations intersect to impact the mental health experiences of LGB individuals in Chinese cultural contexts.

### Methods

A comprehensive literature search was conducted in PubMed, PsycINFO, Web of Science, Scopus and CINAHL to enhance the richness of the data. Peer-reviewed English literature focused on cultural relational determinants of depression and anxiety among LGB individuals were included in the review.

### Results

Adverse childhood experiences and intimate partner violence, bullying, and intersectional stigma such as HIV, particularly when rooted in gender non-conformity and sexual orientation status, emerged as relational disruptions that contributed to chronic disconnection and internalised distress as indicated in Relational Cultural Theory. Cultural expectations to preserve group harmony, maintain heteronormative family structures, and fulfill filial obligations created persistent pressures to conform, often manifesting as psychological burden and emotional suppression. Implicit and explicit heteronormative assumptions, alongside societal pressure to enter heterosexual marriage and continue the family line, further compounded feelings of isolation and marginalization. Conversely, access to social support, community engagement, and legal recognition of same-sex relationships functioned as protective relational determinants by fostering connection through mutual empathy and validation.

### Conclusion & Implications

This study advocates for a more nuanced understanding of LGB mental health within Chinese societies, where cultural relational factors play a critical role in shaping lived experiences.

## Navigating inner turmoil: A phenomenological study of gender-affirming surgery among transgender people in Hong Kong

### Authors

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### Background & Objectives

Gender-affirming surgery (GAS) is associated with improved surgical satisfaction, self-esteem, mental health, and quality of life. However, decision-making processes among transgender people remain understudied, especially in non-Western contexts. This study explored the decision-making process surrounding GAS among transgender people in Hong Kong.

### Methods

Part of a large project on body image and gender identity, this study obtained ethical approval from the Research Ethics Committee of the Hong Kong Metropolitan University (Ethical approval no.: HE-RCT2024/NHS14). Using purposive sampling, 19 participants (8 transgender men and 11 transgender women) at varying transition stages were recruited with assistance from Gender Empowerment and Quarks. Semi-structured individual interviews focusing on GAS decision-making were conducted. Thematic analysis was used to analyze the data.

### Results

Three themes emerged: 1) Motivations for undergoing GAS. Participants expressed a desire for gender

identity alignment and social and legal recognition.

2) Factors influencing the decision-making process. Interpersonal factors (e.g., age, health concerns, and fears about surgical risks), interpersonal dynamics (e.g., family support or opposition), and systemic barriers (e.g., financial costs, long wait time) influenced decisions. 3) Reflection on surgical and non-surgical paths. While many reported satisfaction post-surgery, others found acceptance through non-surgical means, such as hormone therapy or embracing an imperfect self. Many viewed gender identity as socially constructed, seeing surgery as one of many routes toward authentically.

### Conclusion

The decision-making process of GAS among transgender people is complex, shaped by personal motivations, interpersonal dynamics, and systemic barriers. Authorities should consider simplify legal requirements for changing gender markers on identification to enhance accessibility. Family education programs are critical to foster understanding and support, given its profound impact on transgender people's transition journey. Additionally, promoting resilience, self-compassion, and acceptance of diverse gender expressions could empower individuals to navigate their transition authentically.

### Keywords

transgender; gender-affirming surgery; decision-making process; qualitative study.

### Competing interests

The authors declare that they have no competing interests.

### Funding

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### Acknowledgments

We extend our sincere gratitude to Gender Empowerment and Quarks for their invaluable support in facilitating this study. We also deeply thank all participants for generously sharing their experiences and contributing to this research.

## The Bright Side of Gender Nonconformity Among Chinese Cisgender Sexual Minority Individuals: Life Satisfaction, Positive Sexual Identity, and Interpersonal Resources

### Authors

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### Background & Objectives

Gender nonconformity is often associated with increased stress and adverse mental health outcomes among lesbian, gay, and queer (LGQ) individuals. However, less is known about how it may also relate to positive psychological outcomes, especially in non-Western contexts. This study examined associations between gender nonconformity and life satisfaction among Chinese cisgender LGQ individuals using a positive psychology framework. Specifically, we tested if: (1) positive sexual identity (identity centrality, affirmation, and superiority) suppresses negative associations and (2) interpersonal resources (community connectedness and family support) buffer such associations.

### Methods

A cross-sectional online survey was conducted with 1,486 Chinese cisgender LGQ individuals (aged 18–56) between May and July 2023. Correlation analyses, parallel mediation, and moderation models were employed to examine key associations.

### Results

Gender nonconformity was negatively associated with life satisfaction among cisgender sexual minority men ( $r = -.09$ ,  $p < .05$ ) but positively associated among cisgender sexual minority women ( $r = .11$ ,  $p < .001$ ). Among men, identity affirmation and identity superiority suppressed the negative impact of gender nonconformity ( $\beta = .04$ , 95% CI [.02, .07];  $\beta = .03$ , 95% CI [.001, .07], respectively). Furthermore, family support—but not community connectedness—moderated this negative association ( $\beta = .11$ ,  $SE = .04$ ,  $p < .01$ ). No comparable mediation or moderation effects were found among sexual minority women.

### Conclusion & Implications

This study provides a nuanced and hopeful perspective on the implications of being a gender nonconforming person in China, where traditional gender roles and filial obligations may heighten social costs. Our findings highlight gender-specific pathways linking gender nonconformity and well-being, and emphasize the protective roles of positive identity and family support. These results underscore the need for culturally sensitive practices and strength-based interventions that affirm gender diversity and engage families as active partners in promoting the well-being of Chinese sexual minority individuals.

### Keywords

Chinese LGQ individuals; gender nonconformity; positive sexual identity; life satisfaction; interpersonal resources

## A scoping review of gender affirmation experiences among transgender and gender diverse people in mid and late life

### Authors

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### Background

Although gender affirmation – the process of being affirmed in one’s gender identity, expression, and/or role – is a social determinant of health for transgender and gender diverse (TGD) people, little research has been conducted on this subject, particularly among mid- and late-life TGD individuals. This scoping review addresses this gap by synthesizing peer-reviewed literature on gender affirmation experiences among TGD people in mid and late life.

### Methods

We conducted a literature search in April 2025 on MEDLINE, Social Work Abstracts, and CINAHL PLUS from EBSCOhost, APA PsycInfo, ASSIA, and Sociological Abstracts from ProQuest, and SCOPUS.

### Results

From 1,329 studies retrieved, 55 were included in this review. Gender affirmation experiences encompass four domains: internal/psychological, interpersonal, medical and legal.

In the *internal/psychological* domain, participants shared experiences of internal conflict, self-acceptance and self-actualization. Engaging in spiritual conversations or observing bodily changes of ageing and menopause led some to experience internal affirmation. Also, an awareness of having limited time to fully express themselves motivated many to embrace their gender identities.

In the *interpersonal* domain, participants discussed coming out, navigating “passing,” and receiving social support. Many were involved in community advocacy and mentoring younger generations. However, they often faced TGD-identity related rejection in family, workplace and public settings. Some faced exclusion from younger TGD and the broader LGB communities.

In the medical domain, participants shared experiences and needs regarding gender-affirming hormones and surgeries. While some began medical transition in mid- or late life, others regretted not pursuing it earlier. Many faced treatment denials or expressed concerns about vulnerability as older TGD individuals (e.g., losing gender identity awareness due to dementia) in health-care settings like long-term care, nursing homes, and end-of-life care.

In the legal domain, participants expressed desires and experiences of legal recognition of their gender. For example, some hoped to change end-of-life document to avoid erasure of their identified gender.

### Conclusion

This review can inform the design of tailored gender affirmation needs for TGD people in mid- and late life.



## Gender affirmation experiences among Transgender and Gender Diverse People in Hong Kong and Taiwan

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### Background & Objectives

We aimed to understand the lived experiences of TGD people in Hong Kong and Taiwan encounter during their gender affirming pathway.

### Methods

This research explores the experiences of six TGD individuals aged between 18 and 49, with four identifying as transwomen, one transman, and one non-binary transwoman. Semi-structured interviews with sections on multiple gender affirmation domains (psychological, interpersonal, medical, legal, and socio-cultural) were conducted in April-May 2025.

### Results

In the psychological domain, participants described experiences of gender dysphoria and euphoria, including joy when wearing affirming clothing. Most navigated conflicts between gender identity and spiritual beliefs. Some countered internalized transphobia through self-care and community advocacy.

In the interpersonal domain, some concealed TGD identities to family — three young transwomen in Hong Kong maintained masculine presentations at home while storing feminine clothes elsewhere (e.g., lockers,

dormitories). Five faced familial nonacceptance (e.g., psychological and verbal abuse, avoided TGD-related discussions), while one transman reported acceptance, with parents who educated themselves, supported his transition, and affirmed him as their son. Many experienced marginalization in school, religious communities and workplace.

In the medical domain, five participants accessed gender-affirming hormones, including DIY hormones, and HRT, reporting euphoric experiences. Many learned about gender-affirming surgeries, self-injection, and voice training through local community resources. Three underwent gender-affirming surgeries in Thailand, while two young transwomen are saving for surgeries. One participant was unable to pursue hormone therapy due to health status. Some also expressed desires for accessing Facial Feminization Surgery and voice surgeries.

In the legal domain, one Taiwanese and three Hong Kong participants changed their name/gender markers on IDs and institutional records. Others planned updates post gender-affirming surgeries. Three Hong Kong participants expressed despair being unable to amend birth certificates, raising concerns about police interactions, public encounters, and marriage rights.

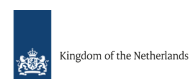
### Conclusion & Implications

This research explored the psychosocial, interpersonal, medical, and legal experiences and needs of TGD individuals in Taiwan and Hong Kong throughout their gender affirming pathway. The findings offer practical implications for professionals to better understand and support TGD communities.

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