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### [SDGs 3] Good Health and Wellbeing

**[3.3.4] Does your university as a body provide students access to sexual and reproductive health-care services including information and education services?**

#### **NCUT Sexual and Reproductive Health Care Services for Students**

To ensure the well-being of students in matters of sexual and reproductive health, NCUT offers comprehensive knowledge and education services. These services include regular information dissemination via email to keep both teachers and students informed and engaged. This initiative allows teachers to better assist students with timely and relevant advice on sexual education. For instance, NCUT provides reminders about dating precautions and protective measures before significant events like Chinese Valentine's Day.

#### **Guidelines for Safe Dating**

The National Health Service provides the following five rules to promote safe dating practices among young people:

##### **1. Safety First (Safe):**

- Inform relatives and friends about the person and place of the date.
- Choose open and bright locations for meetings and avoid being alone in private spaces.
- Do not consume food or drinks that are out of sight or provided by unknown sources.

##### **2. Master Time (Time):**

- Pay attention to the time to avoid returning home late.
- Maintain constant communication with relatives and friends during the date.
- Aim to conclude the date within 1 to 2 hours after dinner. If it gets too late, reschedule the appointment.

##### **3. Appropriate Behavior (Act):**

- Ensure that interactions during the date are comfortable for both parties.
- Firmly refuse or advise against behavior that exceeds your comfort zone or is inappropriate.
- Clearly communicate your boundaries and do not compromise to please the other person.

##### **4. Discover Risks (Risk):**

- Be vigilant about potential risks and evaluate possible crises during the date.
- Avoid remote driving routes or sensual places after dinner if they pose a danger.
- Leave dangerous locations immediately and call 110 for help if necessary.

### 5. Rational Thinking (Think):

- Teenagers in love tend to lose their way and lack rational thinking due to intense emotions. In a healthy relationship, both parties need to think rationally and communicate effectively. Make timely adjustments to how you interact with each other.
- A person who truly loves you will want you to be healthy and happy. Their satisfaction will stem from seeing you content and flourishing.
- NCUT appeals to young friends to give each other more space when couples get along and establish good communication methods. When dating, you should also think about each other's safety, so that the relationship you long for can continue.

These guidelines help students navigate their dating experiences safely and responsibly, reinforcing the importance of self-awareness and precaution in their personal lives.



## 112年8月份衛生保健教育宣導專欄-青春愛戀 開啟安全約會5守則

資料來源:衛生福利部國民健康署

浪漫的七夕情人節往往是青少年情侶們特別嚮往的節日，在充滿巧克力、花束及禮物的浪漫氛圍中，心情特別的愉悅；但是，安全的約會也是很重要的，除了可以創造共同的美好回憶之外，還可以讓彼此的感情更進一步的升溫。

### 「START」安全約會5守則

該如何「開啟」安全的約會，國民健康署提供以下5個守則，呼籲青少年朋友們在赴約時要謹記在心，保護自己的安全：

- 安全至上(Safe)**：赴約前應先讓親友知道約會的對象與地點，赴約時應選擇公開及明亮的場所，避免於隱密的空間獨處，另外，不喝、不吃離開視線後或不明人士提供的飲料和食物。
- 掌握時間(Time)**：約會當天應注意時間避免晚歸，並隨時與親友保持聯繫，建議約會時間最晚可以控制在晚餐後1至2個小時內結束，過晚則應予以回拒或另改時間。
- 合宜行為(Act)**：約會時相處與互動是要令彼此感到安心的，當對方逾越你能接受的範圍或表現出不適當的行為時，就要態度堅定地拒絕或勸告，讓對方明確地瞭解與你相處的界線，不應為了配合或討好對方而妥協。
- 發現風險(Risk)**：約會過程中要能隨時掌握風險、評估可能發生的危機，如：行車路徑越來越偏僻、晚餐後邀約聲色場所續攤等，一旦發現苗頭不對應馬上離開危險地點，必要時撥打110求助，切記多一分小心，就多一分安心。
- 理性思考(Think)**：戀愛時的青少年容易因為愛情而迷失方向、缺乏思考，在一段正常的戀情中需要的是雙方理性思考及溝通，並適時調整彼此的相處模式，真正愛你的人會希望你健康快樂地做自己，對方也會因為你的快樂而感到滿足。

青少年對於愛情憧憬的背後，往往也伴隨著許多衝動，國民健康署呼籲青少年朋友們，在情侶相處過程中應給予彼此多一點空間，並建立

## NCUT AIDS Prevention and Health Seminar

NCUT regularly conducts AIDS prevention and health lectures, using blood donation activities to promote awareness and encourage safe practices. These initiatives urge students to refuse sexual temptation, practice safe sex, avoid using blood donation as a means to test for AIDS, and provide a free anonymous AIDS screening hotline and referral counseling services to improve student health.

### Participation in 2023

- **AIDS Prevention and Health Lectures:** 374 students attended two sessions.
- **Blood Donation Activities:** 498 teachers and students participated in two sessions.

### Health Education Lecture Activity: AIDS Prevention and Treatment

In alignment with World AIDS Day, NCUT organized an event to enhance the knowledge of AIDS prevention and treatment among teachers and students. This activity was led by Li Huifang, a health officer from the National Army Taichung General Hospital, who provided insights into the current state of AIDS and offered practical prevention and treatment strategies.

- **Additional Publicity Activity:** Schick's razor awareness campaign was incorporated, where Nurse Li advised students against sharing knives and razors to prevent blood-borne diseases.
- **Interactive Learning:** Post-lecture, the Office of Academic Affairs conducted a quiz with prizes to boost student engagement and reinforce health concepts.
- **Participation:** 353 students (211 males, 142 females) and 45 faculty members (25 males, 20 females).

### NCUT Health Care Center Initiatives

To enhance the health and well-being of its community, NCUT has established a health care center under the Student Affairs Office. Key initiatives include:

#### 1. Campus Health Service:

- Upgraded health center equipment.
- Enhanced emergency injury and illness treatment services.
- Provided medical supplies and established partnerships with hospitals and clinics to minimize on-campus injuries and improve health service quality.

#### 2. Campus Catering Hygiene Management:

- Partnered with professional nutritionists for food hygiene training of catering staff.
- Utilized the Ministry of Education's food material registration platform to strengthen self-management of catering hygiene and prevent food safety incidents on campus.

#### 3. Campus Health Promotion Activities:

- Implemented plans to promote a healthy campus atmosphere.

- Enhanced health knowledge and self-management among students, promoting a healthy lifestyle.

#### 4. Prevention and Control of Infectious Diseases on Campus:

- Collaborated with health units to disseminate accurate prevention and control information for various infectious diseases.
- Conducted prevention publicity and strengthened students' knowledge of epidemic prevention.
- Assisted suspected cases in seeking medical treatment and managed confirmed cases to prevent the spread of infections on campus.

#### 5. Student Health Check:

- Conducted regular health checks and provided medical reports and consultations.
- Strengthened students' self-care abilities and followed up on health education for abnormal physical examination results and specific diseases to improve overall student health.

These comprehensive efforts by NCUT aim to foster a healthy, informed, and safe campus environment for all students and faculty.