



# 健康 補給站

>>> 搭配課程使用的雙語學習單，  
延伸課程知識，收穫更多新知！

HEALTHY

健康教科書特色  
50秒短影音開箱



此時此刻，你體內的器官正在運作著。你知道它們相對應的功能是什麼以及如何維持它們的健康嗎？請將器官連到相對應的功能敘述上，並寫出該器官的名稱。

At this moment, your body organs are functioning now. Do you know what their functions are and how to keep them healthy? Please match the organ to the correct description, and write down the name of the organ.

我提供全身血液。

I provide blood all over our body.

進行有氧運動可以維護我的健康。

Doing cardio can maintain my health.

我是【           】。

I am 【           】.

體內外的氣體在我這交換。

Gas exchanges here.

觸碰菸品對我有害。

Smoking is harmful to me.

我們是【           】。

We are 【           】.

我每天在凌晨 1 點到 3 點  
進行修復。

I repair from 1 to 3 a.m.  
everyday.

飲酒過量對我有害。

Drinking excess alcohol is  
harmful to me.

我是【           】。

I am 【           】.

我吸收食物殘渣的水分形成  
糞便。

I absorb water from  
undigested food, and turn  
food waste into solid poop.

我是【           】。

I am 【           】.

人稱我為「第二大腦」。

People call me "The second brain".

攝取含有纖維質的食物可以促使我的運作。

Eat food containing fiber can improve my operation.

我是【           】。


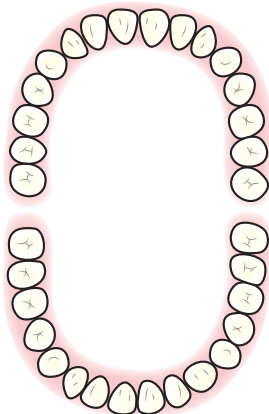
I am 【           】.

# Taking Good Care of My Eyes and Teeth

配合健康一上 1-2

你收到新生健康檢查報告了嗎？請將檢查結果填寫在左欄，並在右欄填入保健的技巧。

Do you receive your freshman health examination report? Please fill in the examination results in the left column, and the care skills in the right.

| <p>檢查結果<br/>Examination Result</p>  | <p>愛護小撇步<br/>Tips of taking good care</p>  |
|---|--|
|  <p>Left eye    Right eye</p> <p>_____    _____</p>                  | <ol style="list-style-type: none"> <li>Outdoor activities (戶外活動) : _____ ~ _____ hours per day.</li> <li>Rest (休息) for _____ minutes every _____ minutes.</li> <li>Keep our eyes _____ ~ _____ cm far from the book.</li> <li>Eat balanced (均衡), such as _____.</li> <li>Do not read in the dark or while driving.</li> <li>Get regular eye exams (檢查) every _____ ( _____ ).</li> </ol>   |
|  <p>I have _____ (顆) teeth.<br/>Draw an X on your cavity. (齲齒)</p> | <ol style="list-style-type: none"> <li>你是否每餐飯後潔牙呢？<br/>Do you brush your teeth after every meal ?<br/><input type="checkbox"/> Yes, I do.    <input type="checkbox"/> No, I don't.</li> <li>貝氏刷牙法口訣的 321 分別代表什麼？<br/>What do 3, 2, 1 mean in the Bass Brushing Method?<br/>3 : _____<br/>2 : _____<br/>1 : _____</li> <li>牙刷在清潔上仍會有死角，因此需要搭配何種潔牙用具才能有效維護口腔的健康呢？<br/>Since toothbrushes cannot clean the gap between teeth completely , what else should we use to maintain our oral health?<br/>答 : _____</li> </ol> |



# Have a Good Ear Every Good Year

配合健康一上 1-2

年 班  
姓名  
座號

- 一、請用手機或平板的「噪音測試 App」測量教室、走廊、操場等不同地點的噪音分貝數，並紀錄下來。

Please use a mobile app to measure the decibel levels of noise in different locations such as the classroom, hallway, and playground, and record your findings.

| 地點      | 教室 | 走廊 | 操場 | 其他：_____ | 其他：_____ |
|---------|----|----|----|----------|----------|
| 分貝 (dB) |    |    |    |          |          |

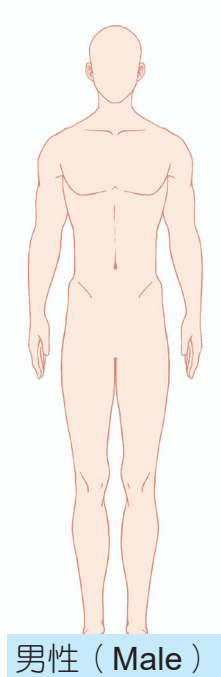
- 二、哪些地方的噪音可能對耳朵造成傷害？可以如何改善這些噪音問題？

Which locations have noise levels that could be harmful to our ears? How can we improve the noise problems in these areas?

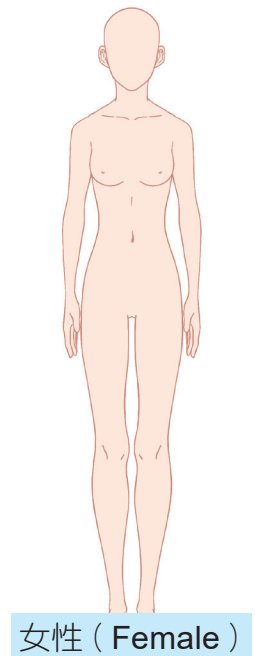
| No.      | Question (Please check the correct answer)  |
|----------|---|
| 1<br>單選題 | Which of the following statements about earwax (耳屎) is correct?<br><input type="checkbox"/> Most Asians (亞洲人) have dry (乾燥的) earwax and do not need to clean it specially (特別地), as it will be discharged (排出) by itself.<br><input type="checkbox"/> Most Asians have wet (溼的) earwax and need to clean it regularly (定期地) by themselves.  |
| 2<br>複選題 | Which of the following methods is better for cleaning water from the ear?<br><input type="checkbox"/> Blow (吹) hot (熱的) air into the ear canal with a hairdryer (吹風機).<br><input type="checkbox"/> Blow (吹) cool (涼的) air into the ear canal with a hairdryer (吹風機).<br><input type="checkbox"/> Insert (插入) a cotton swab (棉花棒) into the ear canal.<br><input type="checkbox"/> Place a thin strip of tissue paper (細條狀的衛生紙) into the ear canal. |
| 3<br>單選題 | Which of the following methods is better for removing an insect from the ear?<br><input type="checkbox"/> Shine a flashlight into the ear.<br><input type="checkbox"/> Drip (倒) oil into the ear to drown (溺) it.<br><input type="checkbox"/> Seek (尋求) assistance (協助) from an ENT (ear, nose, and throat 喉) doctor.<br><input type="checkbox"/> Tilt (傾斜) your head to one side and try to shake the insect out by jumping.                     |

- 一、請將相對應的敘述連接到正確性別的身體部位。有些只有男生，有些只有女生，有些兩者都有。

Please match the word to the correct body parts of the gender. Some are just male, some are female, and some both.



- 長出鬍鬚  
Beard grows •
- 腋毛生長  
Armpit hair grows •
- 聲音低沉  
Voice gets deeper •
- 胸部發育  
Breast grows •
- 臀部變寬  
Hips widen •
- 陰毛生長  
Pubic hair grows •



- 二、請觀看完影片及上網查找資料後，完成下列空格。

Please fill in the blanks after watching the video and searching for materials.

Q1 : What can you do to prevent (預防) acne (痤瘡) ?

1. Wash my face with warm water ( \_\_\_\_\_ ± \_\_\_\_\_ °C ) by pressing (按壓) it softly.
2. Eat \_\_\_\_\_ (健康) food more , such as \_\_\_\_\_ .
3. Keep my \_\_\_\_\_ (手) away from my face.
4. Have enough \_\_\_\_\_ (睡眠) .
5. Replace (更換) my \_\_\_\_\_ (口罩) everyday .

Q2 : What is body odor (體味) ?

Body odor is caused (造成) by a mix (混合) of bacteria ( \_\_\_\_\_ ) and sweat ( \_\_\_\_\_ ) .

Q3 : What can you do to reduce (減少) body odor ?



## 一、請勾選含有性別刻板印象的對話內容。

Please check the dialogue that contains gender stereotypes.

| No. | Question (Please check the correct answer)   | ✓ / ✗ |
|-----|--|-------|
| 1   | A : "Boys should be braver (更勇敢) and not cry easily."<br>B : "It's better for girls to be gentle (溫柔). Being too loud will scare people."  |       |
| 2   | A : "I think boys and girls should be free to choose (選擇) the sports they like."<br>B : "Yes! Sports should not have gender restrictions (限制)."                                      |       |
| 3   | A : "I heard that female (女性) Ph.D. (博士) is very good at research (研究), which is not easy!"<br>B : "Yes! It is even more difficult (困難) for girls to succeed (成就) in academia (學術)." |       |

## 二、How do these people break traditional (傳統的) gender (性別) stereotype (刻板印象)?

Please write down what you see and contrast (對比) to the traditional gender stereotype.




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## 三、在日常生活中，你打算如何挑戰或改變你觀察到的性別刻板印象？

In your daily life, how do you plan to challenge or change the gender stereotypes you observe?

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# I am Not Good Enough

配合健康一上 1-4

年 班

姓名  
座號

一、你喜歡現在的自己嗎？0 ~ 10 分，你會給自己幾分？請上色。

Do you like yourself? On a scale of 0 to 10, how much do you feel? Please color it.

|  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|

0

1

5

10

最不滿意

非常滿意

Very Dissatisfied

Very Satisfied

二、The visualize drawing board of future life (未來生活的視覺畫板)

請畫出一張理想中的未來生活畫面，並用文字簡單描述。

Please draw a picture of your ideal future life, and describe it with a few words.

三、The To-do-list of future dream (未來夢想的任務清單)

你會選擇用哪些方法來達到你的目標呢？請勾選或自由增列。

What methods will you choose to achieve your goals? Please check it out or add others.

勇於參加活動，探索興趣    自主報名相關課程    學習時間管理



# How to Be Social

配合健康一上 2-1

年 班

姓名  
座號

## 一、請先思考下列問題，再掃描 QR code 觀看影片。

Please think about the questions below first, then scan the QR Code to watch the video.

1. 什麼是「好的人際關係」？ What is “a good relationship”？

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2. 你發現人際關係好的人通常具備什麼樣的特質或能力？

What personality or ability do they have?

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## 二、觀看完影片後，請回答下列問題。

After watching the video, please answer the following questions.

1. 有關影片中增進人際關係的訣竅，你曾經在生活中實踐哪些呢？

- 溝通的重點不是「你」或是「我」，而是「我們」
- 試著多用愛的五種語言表達愛
- 尊重、感謝與原諒他人
- 經常開口大笑，保持微笑
- 需要幫助時，直接開口



人際關係  
必備五大訣竅

2. 延續上題，請分享一則你曾經在生活中實踐的故事。(格式不拘，可用文字或圖畫)





# Say No to Sexual Harassment

配合健康一上 2-2

年 班

姓名  
座號

## 一、請將情境與相對應的性騷擾分類配對。

Please match the situations to the corresponding categories of sexual harassment.

(A) 言語上 Verbal

(B) 行為上 Physical

(C) 視覺上 Visual

( ) 1. 在路上遇到臉頰肉肉的學弟，直接衝去揉他的臉。

Whenever I meet the junior brother with fleshy face, I will rush to rub his face.

( ) 2. 傳色情網站的連結到 Line 群組。

Send a link of porn site to the Line group chat.

( ) 3. 走廊上，一群學長在評論全校女生的身材，說XXX的上圍很豐滿，屁股很翹。

In the corridor, a group of seniors are commenting on the bodies of the girls in the school, saying that somebody has a plump bust and a nice butt.

## 二、閱讀完文章後，請回答下列問題。

Please answer the following questions after reading the article.

### Is it OK to watch porn in public?

A London woman recently shared an uncomfortable (不舒服的) experience (經驗) during her ride on a crowded (擁擠的) evening bus. The man sitting beside her was openly watching porn (淫穢的) videos on his phone, including animated and live-action content. Despite her efforts to avoid (避免) looking, the brightness of his screen caught her eye (注意力).

The incident left her with many questions: Should watching pornography in public be allowed (允許)? Are there any laws (法律) against it, and how could they be enforced (執行)? She also worried about the impact (影響) on other passengers (乘客), especially (特別是) children.

Though upset (沮喪的), she chose not to confront (面對) him or alert (警報) the driver due to the crowded bus. This experience highlights concerns about privacy (隱私), public behavior, and social responsibility (責任) in shared spaces.

*Adapted from BBC News*

1. Do you think it is illegal (違法) to watch porn videos in public (公眾場合)? Why?

違法，根據《\_\_\_\_\_》  
\_\_\_\_\_

不違法，因為：\_\_\_\_\_

2. What would you do if somebody watch porn videos in public loudly?

\_\_\_\_\_  
\_\_\_\_\_

此時此刻，你體內的器官正在運作著。你知道它們相對應的功能是什麼以及如何維持它們的健康嗎？請將器官連到相對應的功能敘述上，並寫出該器官的名稱。

At this moment, your body organs are functioning now. Do you know what their functions are and how to keep them healthy? Please match the organ to the correct description, and write down the name of the organ.

我提供全身血液。  
I provide blood all over our body.  
進行有氧運動可以維護我的健康。  
Doing cardio can maintain my health.  
我是【 心臟 】。  
I am 【 heart 】.

體內外的氣體在我這交換。  
Gas exchanges here.  
觸碰菸品對我有害。  
Smoking is harmful to me.  
我們是【 肺臟 】。  
We are 【 lungs 】.

我每天在凌晨 1 點到 3 點  
進行修復。  
I repair from 1 to 3 a.m.  
everyday.  
飲酒過量對我有害。  
Drinking excess alcohol is  
harmful to me.  
我是【 肝臟 】。  
I am 【 liver 】.

我吸收食物殘渣的水分形成  
糞便。  
I absorb water from  
undigested food, and turn  
food waste into solid poop.  
我是【 大腸 】。  
I am 【 large intestine 】.


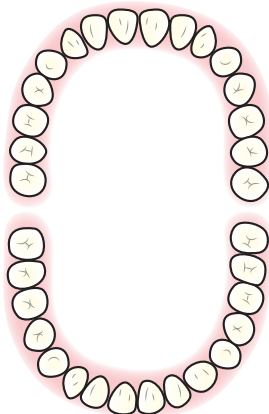
人稱我為「第二大腦」。  
People call me “The second brain” .  
攝取含有纖維質的食物可以促使我的運作。  
Eat food containing fiber can improve my operation.  
我是【 小腸 】。  
I am 【 small intestine 】.

# Taking Good Care of My Eyes and Teeth

配合健康一上 1-2

你收到新生健康檢查報告了嗎？請將檢查結果填寫在左欄，並在右欄填入保健的技巧。

Do you receive your freshman health examination report? Please fill in the examination results in the left column, and the care skills in the right.

| <p>檢查結果<br/>Examination Result</p>   | <p>愛護小撇步<br/>Tips of taking good care</p>   |
|--|---|
|  <p>Left eye    Right eye</p> <p>_____</p> <p>(學生自由填答)</p>                              | <ol style="list-style-type: none"> <li>Outdoor activities (戶外活動) : <u>2</u> ~ <u>3</u> hours per day.</li> <li>Rest (休息) for <u>10</u> minutes every <u>30</u> minutes.</li> <li>Keep our eyes <u>35</u> ~ <u>40</u> cm far from the book.</li> <li>Eat balanced (均衡), such as <u>深綠色蔬菜、含 Omega-3 食物等</u>.</li> <li>Do not read in the dark or while driving.</li> <li>Get regular eye exams (檢查) every <u>year</u> ( <u>年</u> ).</li> </ol>  |
|  <p>I have _____ (顆) teeth.</p> <p>Draw an X on your cavity. (齲齒)</p> <p>(學生自由填答)</p> | <ol style="list-style-type: none"> <li>你是否每餐飯後潔牙呢？<br/>Do you brush your teeth after every meal ?<br/><input type="checkbox"/> Yes, I do.    <input type="checkbox"/> No, I don't.</li> <li>貝氏刷牙法口訣的 321 分別代表什麼？<br/>What do 3, 2, 1 mean in the Bass Brushing Method?<br/>3 : <u>3 面都要刷 (咬合面、內側、外側)</u><br/>2 : <u>2 顆一起刷</u><br/>1 : <u>來回刷 10 下</u></li> <li>牙刷在清潔上仍會有死角，因此需要搭配何種潔牙用具才能有效維護口腔的健康呢？<br/>Since toothbrushes cannot clean the gap between teeth completely , what else should we use to maintain our oral health?<br/>答 : <u>牙線 (Dental floss)</u></li> </ol> |



# Have a Good Ear Every Good Year

配合健康一上 1-2

|    |   |
|----|---|
| 年  | 班 |
| 姓名 |   |
| 座號 |   |

一、請用手機或平板的「噪音測試 App」測量教室、走廊、操場等不同地點的噪音分貝數，並紀錄下來。

Please use a mobile app to measure the decibel levels of noise in different locations such as the classroom, hallway, and playground, and record your findings.

| 地點      | 教室 | 走廊          | 操場 | 其他：_____ | 其他：_____ |
|---------|----|-------------|----|----------|----------|
| 分貝 (dB) |    | (學生依實際情況填寫) |    |          |          |

二、哪些地方的噪音可能對耳朵造成傷害？可以如何改善這些噪音問題？

Which locations have noise levels that could be harmful to our ears? How can we improve the noise problems in these areas?

(學生依實際情況填寫)

| No.      | Question (Please check the correct answer)  |
|----------|---|
| 1<br>單選題 | <p>Which of the following statements about earwax (耳屎) is correct?</p> <p><input checked="" type="checkbox"/> Most Asians (亞洲人) have dry (乾燥的) earwax and do not need to clean it specially (特別地), as it will be discharged (排出) by itself.</p> <p><input type="checkbox"/> Most Asians have wet (溼的) earwax and need to clean it regularly (定期地) by themselves.</p>  |
| 2<br>複選題 | <p>Which of the following methods is better for cleaning water from the ear?</p> <p><input type="checkbox"/> Blow (吹) hot (熱的) air into the ear canal with a hairdryer (吹風機).</p> <p><input checked="" type="checkbox"/> Blow (吹) cool (涼的) air into the ear canal with a hairdryer (吹風機).</p> <p><input type="checkbox"/> Insert (插入) a cotton swab (棉花棒) into the ear canal.</p> <p><input checked="" type="checkbox"/> Place a thin strip of tissue paper (細條狀的衛生紙) into the ear canal.</p>  |
| 3<br>單選題 | <p>Which of the following methods is better for removing an insect from the ear?</p> <p><input type="checkbox"/> Shine a flashlight into the ear.</p> <p><input type="checkbox"/> Drip (倒) oil into the ear to drown (溺) it.</p> <p><input checked="" type="checkbox"/> Seek (尋求) assistance (協助) from an ENT (ear, nose, and throat 喉) doctor.</p> <p><input type="checkbox"/> Tilt (傾斜) your head to one side and try to shake the insect out by jumping. 解析：因不確定該昆蟲為趨光性或避光性，故不建議使用手電筒照明。另外，若耳膜有受損，倒油等液體入耳淹死昆蟲的同時，可能造成中耳、內耳的感染。</p> |

- 一、請將相對應的敘述連接到正確性別的身體部位。有些只有男生，有些只有女生，有些兩者都有。

Please match the word to the correct body parts of the gender. Some are just male, some are female, and some both.



- 二、請觀看完影片及上網查找資料後，完成下列空格。

Please fill in the blanks after watching the video and searching for materials.

Q1 : What can you do to prevent (預防) acne (痤瘡) ?

1. Wash my face with warm water ( 25 ± 5 °C ) by pressing (按壓) it softly.
2. Eat healthy (健康) food more , such as 芭樂 (含維他命 A)、木耳 (膠原蛋白)、胡蘿蔔 (抗氧化) 等.
3. Keep my hands (手) away from my face.
4. Have enough sleep (睡眠) .
5. Replace (更換) my mask (口罩) everyday .

Q2 : What is body odor (體味) ?

Body odor is caused (造成) by a mix (混合) of bacteria ( 細菌 ) and sweat ( 汗水 ) .

Q3 : What can you do to reduce (減少) body odor ?

體育課當天攜帶更換衣物、使用手帕擦汗等



洗臉技巧  
影片

## 一、請勾選含有性別刻板印象的對話內容。

Please check the dialogue that contains gender stereotypes.

| No. | Question (Please check the correct answer)   | ✓ / ✗ |
|-----|--|-------|
| 1   | A: "Boys should be braver (更勇敢) and not cry easily."<br>B: "It's better for girls to be gentle (溫柔). Being too loud will scare people."  | ✓     |
| 2   | A: "I think boys and girls should be free to choose (選擇) the sports they like."<br>B: "Yes! Sports should not have gender restrictions (限制)."                                      | ✗     |
| 3   | A: "I heard that female (女性) Ph.D. (博士) is very good at research (研究), which is not easy!"<br>B: "Yes! It is even more difficult (困難) for girls to succeed (成就) in academia (學術)." | ✓     |

## 二、How do these people break traditional (傳統的) gender (性別) stereotype (刻板印象)?

Please write down what you see and contrast (對比) to the traditional gender stereotype.



爸爸在照顧嬰兒，媽媽在修理馬桶，打破男女生在家庭中任務分配的既定印象。  
(答案僅供參考，學生可自由發揮。)



男生在化妝，女生是相撲選手，打破男女生在社會中對他們的既定期待。(答案僅供參考，學生可自由發揮。)

## 三、在日常生活中，你打算如何挑戰或改變你觀察到的性別刻板印象？

In your daily life, how do you plan to challenge or change the gender stereotypes you observe?

舉辦服裝展，呈現男生可美、女生可帥。(答案僅供參考，學生可自由發揮。)



# I am Not Good Enough

配合健康一上 1-4

年 班

姓名  
座號

一、你喜歡現在的自己嗎？0 ~ 10 分，你會給自己幾分？請上色。

Do you like yourself? On a scale of 0 to 10, how much do you feel? Please color it.

|  |  |  |  |          |  |  |  |  |
|--|--|--|--|----------|--|--|--|--|
|  |  |  |  | (學生自由發揮) |  |  |  |  |
|--|--|--|--|----------|--|--|--|--|

0

1

5

10

最不滿意

非常滿意

Very Dissatisfied

Very Satisfied

二、The visualize drawing board of future life (未來生活的視覺畫板)

請畫出一張理想中的未來生活畫面，並用文字簡單描述。

Please draw a picture of your ideal future life, and describe it with a few words.

(學生自由發揮)

三、The To-do-list of future dream (未來夢想的任務清單)

你會選擇用哪些方法來達到你的目標呢？請勾選或自由增列。

What methods will you choose to achieve your goals? Please check it out or add others.

勇於參加活動，探索興趣    自主報名相關課程    學習時間管理

(學生自由發揮)

## 一、請先思考下列問題，再掃描 QR code 觀看影片。

Please think about the questions below first, then scan the QR Code to watch the video.

1. 什麼是「好的人際關係」？ What is “a good relationship”？

學生自由發揮，如：朋友不求多，但彼此誠心相待。

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2. 你發現人際關係好的人通常具備什麼樣的特質或能力？

What personality or ability do they have?

學生自由發揮，如：善解人意、慷慨、貼心等。

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## 二、觀看完影片後，請回答下列問題。

After watching the video, please answer the following questions.

1. 有關影片中增進人際關係的訣竅，你曾經在生活中實踐哪些呢？

溝通的重點不是「你」或是「我」，而是「我們」

試著多用愛的五種語言表達愛

尊重、感謝與原諒他人

經常開口大笑，保持微笑

需要幫助時，直接開口

2. 延續上題，請分享一則你曾經在生活中實踐的故事。(格式不拘，可用文字或圖畫)



人際關係  
必備五大訣竅

(學生自由發揮)





# Say No to Sexual Harassment

配合健康一上 2-2

年 班

姓名

座號

## 一、請將情境與相對應的性騷擾分類配對。

Please match the situations to the corresponding categories of sexual harassment.

(A) 言語上 Verbal

(B) 行為上 Physical

(C) 視覺上 Visual

( B ) 1. 在路上遇到臉頰肉肉的學弟，直接衝去揉他的臉。

Whenever I meet the junior brother with fleshy face, I will rush to rub his face.

( C ) 2. 傳色情網站的連結到 Line 群組。

Send a link of porn site to the Line group chat.

( A ) 3. 走廊上，一群學長在評論全校女生的身材，說 XXX 的上圍很豐滿，屁股很翹。

In the corridor, a group of seniors are commenting on the bodies of the girls in the school, saying that somebody has a plump bust and a nice butt.

## 二、閱讀完文章後，請回答下列問題。

Please answer the following questions after reading the article.

### Is it OK to watch porn in public?

A London woman recently shared an uncomfortable (不舒服的) experience (經驗) during her ride on a crowded (擁擠的) evening bus. The man sitting beside her was openly watching porn (淫穢的) videos on his phone, including animated and live-action content. Despite her efforts to avoid (避免) looking, the brightness of his screen caught her eye (注意力).

The incident left her with many questions: Should watching pornography in public be allowed (允許)? Are there any laws (法律) against it, and how could they be enforced (執行)? She also worried about the impact (影響) on other passengers (乘客), especially (特別是) children.

Though upset (沮喪的), she chose not to confront (面對) him or alert (警報) the driver due to the crowded bus. This experience highlights concerns about privacy (隱私), public behavior, and social responsibility (責任) in shared spaces.

*Adapted from BBC News*

1. Do you think it is illegal (違法) to watch porn videos in public (公眾場合)? Why?

違法，根據《中華民國刑法第 235 條》散布、播送或販賣猥褻之文字、圖畫、聲音、影像或其他物品，或公然陳列，或以他法供人觀覽、聽聞者，處二年以下有期徒刑、拘役或科或併科九萬元以下罰金。

不違法，因為：若有戴耳機，並非刻意供人觀看的話，其實不算違法。

2. What would you do if somebody watch porn videos in public loudly?

我會過去提醒他，跟他說他不小心開到擴音，並建議他戴上耳機。如果他沒耳機，自己身上剛好有多一副耳機的話，我會直接給他。