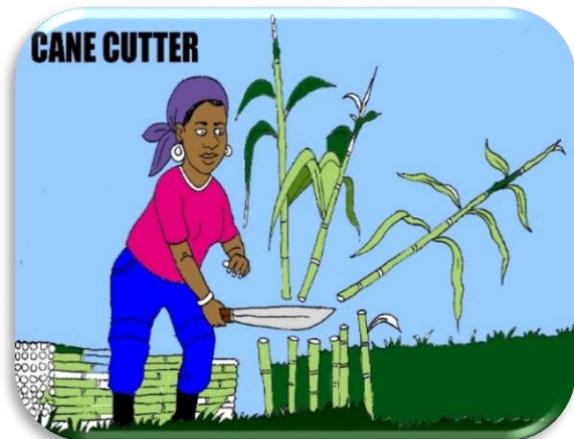


POCKET BOOKLET

Champions, Change Agents, and Positive Male Role Models



USAID Zambia Community HIV Prevention Project (USAID Z-CHPP)

June 2018



Founded in 1937, Plan International USA (Plan) is an independent development and humanitarian organization that advances girls' equality and children's rights. Plan believes in the power and potential of every child. Working together with children, young people, supporters, and partners, Plan strives for a just world, tackling the root causes of the challenges facing girls and all vulnerable children.

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Abbreviations and Acronyms

AIDS	Acquired Immunodeficiency Syndrome
ART	Anti-Retroviral Therapy
ARV	Anti-Retroviral
FGM	Female Genital Mutilation
GBV	Gender-Based Violence
HIV	Human Immunodeficiency Virus
HTS	HIV Testing Services
MRM	Male Role Model
PACT	Private Agencies Cooperating Together
PEP	Post-Exposure Prophylaxis
PEPFAR	President's Emergency Plan for AIDS Relief
PLHIV	People Living with HIV
PrEP	Pre-Exposure Prophylaxis
SGBV	Sexual and Gender-Based Violence
STI	Sexually Transmitted Infection
USAID	United States Agency for International Development
VCT	Voluntary Counseling and Testing
VMMC	Voluntary Medical Male Circumcision
WHO	World Health Organization
Z-CHPP	Zambia Community HIV Prevention Project

How to Use this Pocket Booklet

This Pocket Booklet will be used by the HIV Champions, Change Agents, and Positive Male Role Models (MRMs) of the United States Agency for International Development Zambia Community HIV Prevention (USAID Z-CHPP) project. This booklet serves as a one-stop resource for all key facts and messages on all the topics covered in the Facilitator's Guide for Community Dialogue.

HIV Champions, Change Agents, and Positive MRMs are not expected to memorize all information related to HIV prevention, testing, or treatment. Instead, they are encouraged to take this booklet with them when they do their community meetings and provide advocacy as a reference to pass standard but high-level messages. Some illustrations and pictures are included for simplicity. All cultural communications cadres are encouraged to use this Pocket Booklet during meetings, advocacy activities, and any HIV-related conversations in the community.

Key Facts about HIV and AIDS

- Human Immunodeficiency Virus (HIV) affects human health by making the body's immune system weak and less able to fight sicknesses.
- As soon as the HIV virus enters the body of an individual, he or she is capable of infecting others.
- For example, HIV invades the body like termites invading a wooden or mud house. What causes the house to collapse is actually the wind; termites just damage the system and structure within, making it vulnerable to the wind.
- The HIV virus can be found in four main body fluids: semen, vaginal secretions (vaginal fluid), breast milk, and the blood of an HIV-infected person.
- For an infection to occur, the body fluids of an infected person must enter the body of an uninfected person for infection to occur.
- HIV cannot simply pass through the skin.
- HIV will not be found in sweat or vomit.
- HIV must find a way to enter the blood stream to cause infection. HIV cannot simply pass through the skin.
- HIV is mainly transmitted from one infected person to another uninfected person through unprotected sexual intercourse.
- Someone's HIV infection status can only be known through HIV testing.
- HIV can be prevented, but AIDS cannot be cured.
- Acquired Immunodeficiency Syndrome (AIDS) cannot be cured.
- AIDS is the stage of HIV infection when there is a deficiency syndrome in the body.
- Taking Anti-Retroviral (ARV) drugs properly will help to reduce the HIV virus in the body.
- Even if you are circumcised, use a condom every time you have sex.



Misconceptions and Myths about HIV

- HIV is a death sentence.
- If I take Pre-Exposure Prophylaxis (PrEP), I don't need to use a condom.
- You can tell if someone has HIV and AIDS by looking at them.
- HIV-positive people can't safely have children.
- With all of the modern treatments, HIV is no big deal.
- HIV always leads to AIDS.
- If both partners have HIV, there's no reason for a condom.

- HIV and AIDS can be cured with prayers or traditional medicine.
- HIV is transmitted by touching a positive person.
- A circumcised male cannot contract HIV.

Key Messages for Prevention

- Abstain from having unsafe sex.
- Delay sexual activity for as long as possible.
- Be faithful to one sexual partner who is also faithful to you.
- Use male or female condoms consistently and correctly each time you are having sex.
- Go for an HIV test before you try to become pregnant, or as soon as you find out you are pregnant.
- ARVs taken during pregnancy significantly reduce the risk of transmission to the baby.
- There is help for mothers who are concerned about transmission through breast milk at Infant Feeding Counseling.
- Do not share needles, razor blades, or any other sharp objects that expose you to HIV infection.
- Go for Voluntary Counseling and Testing (VCT) services before you and your partner stop using condoms.
- Get Sexually Transmitted Infections (STIs) treated right away, as their presence makes HIV transmission more likely.
- Undergo Voluntary Medical Male Circumcision (VMMC) and wait until the wound heals fully to practice sex.
- If you are HIV-positive, taking ARVs and using condoms can reduce the chance of spreading infection to others.

Key Facts about Condoms

- Condoms prevent HIV transmission with more than 98% efficacy if used properly and consistently.
- The female condom is 10 times stronger than the male condom.
- The female condom can be worn up to eight hours before sexual intercourse, while the male condom can only be put on an erect penis.
- The female condom generates warmth from the vagina; there is no need to withdraw the penis immediately after ejaculation.
- In addition to blocking the exchange of body fluids between the man and the woman, the female condom also protects the outer part of the vagina.
- Anyone who is sexually active can use a condom to prevent contracting or passing on sexually transmitted diseases, including HIV, and to prevent unwanted pregnancy.



- Women who ask to use condoms are not prostitutes; they are trying to protect themselves from HIV.
- Women and girls often do not have the power to negotiate condom use.
- No penis is too big or too small for condoms.
- If extra lubrication is needed, choose a water-based product, NOT an oil-based product. For example, never use Vaseline.

Misconceptions and Myths about Condoms

- Condoms can cause cancer.
- Condoms prevent sexual pleasure.
- Double the condom means double the prevention.
- Condoms cut off my circulation.
- My girlfriend is on the pill, so we don't need condoms.
- You have to be 18 to buy condoms.
- Condoms are used by western countries to control populations in Africa.
- HIV is in the condom.
- If you are found with condoms, it means you are promiscuous.

Key Messages on Condoms

- Condoms are safe and secure if used correctly and consistently.
- Condoms prevent unwanted pregnancy.
- Condoms are convenient and inexpensive to use.
- Condom usage reduces worry about getting HIV and AIDS.
- Condoms protect people from getting STIs, which may cause infertility and other complications.
- Most condoms are lubricated, which helps if the woman's vagina is dry.
- Say no to sex without condoms – clearly and directly.
- State firmly and clearly that your life and health are more important than the sexual relationship.
- Ensure that you have a condom before you have sex.
- Negotiate with your partner to use condoms consistently and correctly.
- State your reasons for refusing to have sex without a condom in a firm manner.
- Tell your partner that, in addition to your concern for your own safety, you are concerned about his or her safety, too.
- When male partners are not willing to use male condoms, female partners are encouraged to use female condoms.

Key Facts about VMMC

- Circumcised men are at a lower risk of some STIs, especially those that cause ulcers on the genitals, like chancroid (symptoms of which include sores and swelling) and syphilis.
- There are lower rates of infections of the urinary system in male infants who are circumcised.
- Men who are circumcised do not suffer health problems associated with the foreskin, such as phimosis (an inability to pull back the foreskin) or Para phimosis (swelling of the foreskin when pulled back, causing inability to return it to its normal position).
- Circumcised men do not have to clean under their foreskin, so they may find it easier to maintain cleanliness of the penis.
- Female partners of circumcised men are at a lower risk of cervical cancer.
- Circumcision is associated with a lower risk of cancer of the penis.
- Circumcision does not prevent a person from acquiring HIV infection, but it reduces the risk.

Misconceptions and Myths about VMMC

- The science supporting VMMC is flawed.
- VMMC is an attack on cultural practices (i.e., traditional circumcision).
- Male circumcision is the same as Female Genital Mutilation (FGM). **Note:** Male circumcision has health benefits for the man and his female partner. There are no health benefits to men or women in FGM. FGM is a harmful and dangerous cultural practice that has no health benefits.
- A circumcised penis dries quickly after sex. This may reduce the lifespan of any HIV present after sex.
- VMMC encourages risky behavior as circumcised men feel they no longer need to use condoms.
- VMMC only has health benefits for men.
- VMMC negatively affects penile sensation and sexual function.

Key Messages on VMMC

- Male circumcision reduces the risk of HIV acquisition in men by about 60%.
- VMMC is a highly cost-effective intervention for preventing HIV acquisition; it offers men lifelong partial protection against HIV infection, and other health benefits.
- The foreskin of the penis has cells that are especially vulnerable to HIV infection. Removing the foreskin removes these target cells and makes the penile skin more durable, which might also reduce risk.
- Male circumcision offers additional protection from HIV because it reduces the possibility of tear and injury to the penis during sex.
- Currently, there is no evidence that circumcising men already living with HIV will reduce the likelihood of HIV being transmitted to their sexual partners.
- There is no evidence that male circumcision is protective for men who have sex with men.
- A man who is circumcised can still contract HIV. Even if they are circumcised, men should limit their number of sexual partners, use condoms correctly and consistently, and seek prompt treatment for STIs to further reduce their risk of infection. Male circumcision does not replace other HIV

prevention methods. Whether circumcised or not, men are at risk of HIV infection during unsafe sexual intercourse.

- Men and their sexual partners should not relax their attitude toward safer sex after circumcision.

Key Facts about HIV Testing Services

- HIV Testing Services (HTS) is the process by which an individual undergoes pre- and post-test counseling, enabling him or her to make an informed choice about being tested for HIV.
- HTS is entirely the choice of the individual, and he or she must be assured that the process will be confidential. HTS is “client-centered” to the extent that it focuses on the client’s unique issues and circumstances related to HIV risk.
- HTS helps people know their HIV status, whether positive or negative, which helps prevent the spread of HIV.
- After HTS, if negative, an individual can learn about ways to protect himself or herself from HIV infection.
- After HTS, if positive, an individual learns more on how to get care, live positively, and avoid transmitting HIV to others.
- HTS is important for pregnant women because knowing the mother’s status helps prevent transmission of HIV to the unborn infant.



Misconceptions about HTS

- HIV testing is unreliable.
- HIV testing is invasive and prolonged.
- Everyone will know about your sexual history after an HIV test.
- The HIV test will negatively affect prospects.
- Those who test people are Satanists who just want to draw blood from people.

Key Messages for HTS

- When a positive person learns of his or her status, he or she can begin treatment and to live positively.
- With the increasing availability of ARVs, knowing your HIV status is no longer the “death sentence” as was thought once upon a time.
- With Anti-Retroviral Therapy (ART) programs and more knowledge on how to live positively and healthy with HIV, there are many real benefits in knowing your HIV status.
- HTS can link positive people with other services such as support groups and medical facilities.

- If someone is concerned that they may be infected because of unprotected sex, transfusion with untested blood, sharing needles or other injection material, or one of the sexual partners is infected, they can go for HTS to learn their HIV status.
- Whether HIV positive or negative, knowing your status will allow you to make important choices about your health and your future.
- Ongoing counseling and support are often made available to those who are HIV positive so that they can begin to live positively and know they are not alone.
- It is important to consider the window period (the time immediately after HIV infection when HIV antibodies may not appear in a person's blood).
- It is possible that during the window period individuals who are infected with HIV will test negative. (This is called a false negative.)
- If a person feels he or she is at risk of contracting HIV, he or she should have another HIV test approximately three months after the time he or she felt he or she was at risk.

Key Facts about ART and ARVs

- ARVs are medicines used to treat people living with HIV (PLHIV).
- ARVs can bring a person with AIDS back to good health and keep an HIV-positive person healthy for a long time.
- ART refers to the treatment of HIV using ARVs. It is a treatment and not a cure.
- ART or ARVs can help in decreasing the viral load (amount of virus) in the bloodstream.
- ARVs are taken in combination; the combination of drugs is tailored for each person. Usually, people take 2-3 ARVs a day.
- Once started, ARVs must be taken for the rest of a person's life.
- ARVs control or inhibit the virus from multiplying.
- ARVs protect and/or restore the immune system.
- ARVs improve overall health and prolong life.
- ARVs reduce HIV-related illnesses and deaths.
- ARVs prevent mother-to-child transmission of HIV infection.
- ARVs are used as a Post-Exposure Prophylaxis (PEP).
- ARVs improve the quality of life for PLHIV.



Misconceptions about ART

- ARVs will make you sicker.
- You can stop and start your ARVs.

- Once you have become resistant to your ARVs, there is nothing doctors can do for you.
- ARVs drive you mad.
- ARVs will cause liver and kidney failure.
- ARVs are unaffordable.
- ARVs make you fat.
- Traditional medication can be used instead of ARVs.
- You cannot take ARVs and tuberculosis treatment together.

Key Messages on ART

- Treatment may not be given for every HIV-infected person for different medical and social reasons.
- Treatment is recommended for all HIV-infected pregnant women and for all HIV-infected children.
- People infected with HIV can still stay strong by maintaining healthy living.
- ARVs must be taken properly every day at the correct times.
- If a person does not take all of the right medicines (ARVs) every day at the right times, the ART will not work.
- When a person takes all the medicines every day at the right times, we say that there is compliance or adherence.
- Adherence maintains the correct number of drugs to fight HIV in a person's body. If ARVs are not taken properly, they can cause more harm than good.
- Everyone should know their status! Go for HTS; if results are positive, start treatment right away.
- ARV drugs should never be shared with anyone.
- ARV drugs are free; go to the nearest health facility.

Key Facts about Gender and HIV

- Gender is the collection of social, cultural, and psychological features that a society often considers as either masculine or feminine.
- Sex is the biological and physiological characteristic that describes individuals as female or male.
- Gender stereotypes are rigidly held and oversimplified cultural beliefs about the characteristics of females and males. (For example, all men are aggressive, and all women are submissive.)
- Gender stereotypes begin from infancy (how we treat boy and girl babies) and continue throughout the human life cycle.
- Women have long and hard days because society tasks them with all household chores and all child-rearing responsibilities.
- Women often do not have the power to dictate when, how, or where they want (or do not want) to have sex.
- At its root, Gender-Based Violence (GBV) stems from the cultural imbalance of power between men and women.

- Men are taught to be unemotional, so they have no outlet for feelings. They must remain strong even when they feel sadness (e.g., after the death of a family member).
- Men may be forced into violence even when they do not want to participate because they feel the need to live up to social expectations.
- Due to peer pressure, men have multiple sexual partners.
- Gender roles may limit a man's role in the family or prevent him from enjoying fatherhood.

Misconceptions about Gender and HIV

- There is nothing we can do to stop violence against women.
- Women and men should just remove themselves from abusive relationships.
- Drugs and/or alcohol always cause violence against women.
- Witchcraft and supernatural forces cause HIV.
- Adolescent girls and young women do not have rights.
- It is best to keep girls sexually naïve until marriage. This way, they will be virgins at their wedding and faithful to their husband after marriage.
- If we teach girls and young women about sex and HIV, they're more likely to be promiscuous.
- It is OK for boys and men to have sexual explorations and experimentations before or after marriage.
- It is normal for boys and men to have sexual urges, but girls and women should not have sexual urges.
- Violence against women is a women's issue that does not concern men or the greater society.

Key Messages on Gender and HIV

- Gender stereotypes reinforce the power imbalance that exists in society between men and women.
- The gender power imbalance perpetuates gender discrimination and gender inequalities at all levels. This greatly constrains women at all levels – from her household to the advancement of women at a national level.
- Gender equality demands that people of both sexes are free to develop their personal abilities and make free choices.
- Gender equality means that no one is held back by gender stereotypes or prejudices.
- Economic vulnerability may force someone into transactional sex or intergenerational sex.
- Cultural imbalance of power makes women not to negotiate safer sex.
- Women are robbed of the ability to express opinions or have preferences on sexual relationships because of cultural norms and practices that promote submissiveness.
- Women who take part in anal sex (either by choice, coercion, or force) are more likely to contract HIV.

Key Facts about Sexual and Gender-Based Violence

- Sexual and Gender-Based Violence (SGBV) is a result of unequal power relations between men and women, boys and girls.
- SGBV includes any act or threat by a man- or woman-dominated institution that inflicts physical, sexual, economic, or psychological harm on a boy or girl.
- SGBV occurs in both the public and private spheres.
- SGBV happens in all societies, across all social classes.
- SGBV more often comes from a friend or relative of the woman, not a stranger.
- SGBV infringes on one's freedom to decide with whom to have sex.
- Men can also suffer from GBV.
- Physical violence is characterized by actions that include beating, kicking, biting, burning, strangling, slapping, punching, and assault using weapons (e.g., guns, knives, electric cables, razor blades).
- Sexual violence is the forcing of undesired sexual behavior by one person on another.
- Sexual abuse includes the following: sexual harassment, sexual coercion, incest, rape, defilement, and child sexual abuse.
- Emotional violence is any behavior that attempts to control a person by causing emotional harm to that person, such as threats, intimidation, humiliation, coercion, or bullying.
- Economic violence is behavior that aims to strip resources from men and women so that they are dependent on others, often to create greater dependence on their abuser, such as not allowing women access to family finances or inheritance.
- Domestic violence is an act or threatened act of violence by a family member, spouse, or romantic partner, including the forceful detention of an individual, which results in or threatens to result in physical injury from women and men.
- Women who suffer from GBV often experience more than one of the categories above, as they are interrelated.



Myths and Misconceptions about SGBV

- Most SGBV is perpetrated by strangers.
- A man cannot rape his wife.
- Sex workers cannot experience rape.
- A woman who is not beaten is not loved.
- Domestic violence is a private family matter in which the state has no right to intervene. How a man treats his wife is a private matter.

- Women should tolerate violence to keep the family together.
- SGBV is only caused by substance abuse (e.g., alcohol and/or drugs).
- SGBV only includes physical abuse (e.g., hitting, punching, biting, slapping, pushing).
- Domestic violence happens only to a certain type of person.
- Men and women are equally violent to each other.
- Physical conflict is a normal part of any relationship.
- Women allow intimate partner violence to happen to them. If they don't want it, they can leave their abusive partners.

Key Messages on SGBV

- A woman whose sexual partner is violent and abusive may fear negotiating condom use.
- Forced sex with an infected person often leads to HIV, as forced sex commonly leads to tearing of the vagina, which puts a woman at greater risk. (This is especially crucial in young women, as the lining of the vagina is very thin and fragile in adolescent girls.)
- When a woman suggests condom use, it does not mean she suspects a man of being promiscuous.
- An abusive sexual partner will make his or her sexual partner fear to suggest going for HIV Testing and Counseling. He or she might even avoid going in secret for fear that his or her partner will find out and the SGBV will increase.
- Always disclose your HIV status to your partner.
- A woman in an abusive relationship may result in non-adherence to ART.
- A woman who is dependent on a man to care for her is vulnerable to SGBV.
- A woman who has not disclosed her status might not go for the care that she needs for fear of SGBV.

Key Facts about Alcohol and Substance Abuse

- Drugs and alcohol are potentially damaging to a person's physical, social, and mental health if taken in excess.
- Drugs should only be taken as advised by a medical practitioner. Drug and alcohol levels should be limited to safe levels.
- *Depressants* are drugs or chemicals that decrease the activity of any bodily function (e.g., alcohol and tranquilizers).
- *Stimulants* are drugs that excite the central nervous system, increase alertness, and alleviate fatigue (e.g., caffeine, cocaine, and amphetamines; also pep or diet pills).
- *Hallucinogen* is a drug that changes a person's perception, such as marijuana or heroin.



- Drugs commonly abused in Zambia include alcohol, Benylin, tobacco, dagga (also known as marijuana or cannabis), cocaine, heroin, khuba, and snuff.
- Accidents, missed opportunities, unintended pregnancies, and academic failure are more likely when you cannot think straight.
- Drug addiction and alcoholism divert needed financial resources from more constructive endeavors.
- Health problems associated with alcoholism include permanent loss of memory, liver and heart damage, blackouts, and shaky balance.
- Common side effects of drinking include frequent mood swings, outbursts of violence, and depression.
- Young people's normal growth and development can be stunted due to alcohol abuse.

Misconceptions about Alcohol and Substance Abuse

- Addicts can quit using drugs any time they want.
- Prescription medication is not addictive.
- Alcohol addiction is not as intense as drug addiction.
- There is only one form of treatment for alcoholism.
- Addiction is a moral failure.
- All people that use drugs are addicted.
- Addicts are easy to identify.
- Only "hard" drugs are dangerous.

Key Messages on Alcohol and Substance Abuse

- Alcohol and drug abuse impair judgment and reasonable thinking in critical areas, which can harm individuals and make them powerless to do anything about the situation.
- When someone is under the influence of a drug, they can make unsafe sexual choices, putting themselves at risk of STIs and HIV infections.
- People are more likely to transmit HIV and STIs when under the influence of alcohol and drugs.
- Alcohol consumption is considered a risk factor for STI and HIV infection, especially when someone is an alcohol or drug abuser.
- People under the influence of alcohol may lose the resolve to use condoms.
- Condom negotiation with a partner who is drunk is very difficult.
- Alcohol acts as a depressant on the body; it slows our reflexes, constricts blood vessels, and influences the way we see and interpret events around us.
- Drinking too much can make men impotent.
- Drugs and alcohol can damage an unborn child.
- Drug abuse and addictive behavior interfere with the establishment of healthy relationships resulting in GBV.

Key Facts about Stigma, Discrimination, and Positive Living

- Stigma is a set of negative (and often unfair) beliefs that a society or group of people have about something or a mark of disgrace associated with a particular circumstance, quality, or person. It is often not based on fact, but on perception.
- Discrimination is the unjust or prejudicial treatment of different categories of people; for example, on the grounds of race, age, sex, or HIV status. It occurs when a distinction is made against a person that results in their being treated unfairly and unjustly based on their belonging (or being perceived to belong) to a particular group.
- HIV stigma often leads to HIV discrimination.
- People can stigmatize others directly or in a passive way.
- The group who stigmatizes others is made to feel superior, and those that are victims of stigma are often devalued and ashamed.
- Stigma results in denial, rejection, and discrediting.
- Stigma leads to discrimination, which inevitably leads to the violation of human rights.
- Stigma fuels the spread of HIV because it undermines prevention activities, care, and support of infected individuals.
- People hiding their status may not be able to refuse sex to avoid arousing suspicion. This increases the risk of transmission and reinfection.
- Stigma also causes discrimination against individuals suffering from HIV/AIDS infections.
- Stigma can bring about shame, denial, self-isolation, neglect, loss of hope, depression, alcoholism, self-rejection, anger, and violence. It can result in people being kicked out of family, house, work, rented accommodation, organizations, etc.
- Stigma can cause dropout from school (resulting from peer pressure – insults), depression, and suicide.



Misconceptions about Stigma and Discrimination

- PLHIV are a public health risk.
- HIV is a death sentence.
- People that are HIV positive are taking advantage of free health care.
- Finding out that you are living with HIV is the end of the world.
- Stigma and discrimination always come from other people and not self.
- Blame and moral judgment are not part of stigma and discrimination.
- PLHIV did something wrong; the disease is God's punishment.



Key Messages on Stigma and Discrimination

- Talk to someone you trust about your HIV status.
- Talk to a counselor who will listen to your fears and worries about your status.
- A counselor will help with the information on how to take care of yourself.
- Involve your friends and family members who you can trust to help you deal with your worries.
- Talking to somebody helps you cope with stress and ease the tension. It will lighten the load.
- Engage in social activities and seek social support.
- Mix with friends and family members freely.
- Visit friends and participate in meetings of the local network of HIV support groups and share experiences and challenges; this will help you overcome difficult conditions.
- Stay in the company of a good friend who might help and avoid depression.