

HIV Prevention Ambassador Toolkit



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Welcome to the HIV Prevention Ambassador Training! I'm an HIV Prevention Ambassador, and you'll see me throughout this toolkit. I'm here to help you learn and guide you through the activities.

This training will prepare you to:

- Give your peers information about oral PrEP and answer their questions
- Support your peers to make decisions about what HIV prevention options are best for them
- Help your peers get oral PrEP, use it correctly and continue using it while they are vulnerable to HIV
- Support your peers to decide who they want to tell they are using oral PrEP
- Raise awareness and build community support for oral PrEP

You may also learn how to:

- Give your peers information about how HIV is transmitted and prevented
- Identify the links between gender norms and inequalities, HIV vulnerability and gender-based violence
- Support your peers who are experiencing violence by using active listening and by empowering them to access services

The first part of this toolkit contains **Ambassador Tools**. These tools give you information about HIV, oral PrEP and other topics, which you can use while working in your community. You can also show them to others to get them excited about oral PrEP and the work that you're doing!

The second part of this toolkit contains **Worksheets**. These are for you to use for brainstorming, taking notes, problem solving and more! You'll be completing these throughout the training.

Good luck with the training – I'm excited that you'll be joining me as an Ambassador! As an Ambassador, you have the information and power to help your peers stay HIV negative. Together, we can make our communities stronger, healthier and safer. We are the generation that will end HIV!

Ambassador:



Acronyms and Abbreviations

AIDS Acquired Immunodeficiency Syndrome

ART Antiretroviral Therapy

ARV Antiretroviral

CARE Create a safe space, Actively listen, Reassure and Empower

HIV Human Immunodeficiency Virus

LGBTQI Lesbian, Gay, Bisexual, Transgender, Queer and Intersex

PEP Post-exposure Prophylaxis

PrEP Pre-exposure Prophylaxis

STI Sexually Transmitted Infection

Trans Transgender

WHO World Health Organization

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Ambassador Tools

Myths

Don't be fooled - these are myths. They are not true!



You can tell someone has HIV just by looking at them.

You should avoid people who have HIV in case they give it to you.

Using condoms or oral PrEP means you don't trust your partner.

Adolescent girls and young women, gay men and other men who have sex with men, sex workers and transgender people are more at risk of HIV because they are promiscuous.

Some herbs can protect you from HIV when you put them in your vagina.

If I use lubricant, I'm protected against HIV.

Among men who have sex with men, only the bottom partner can get HIV.

HIV-positive women should not breastfeed their babies.

Only gay people and sex workers can get HIV.

If you get HIV you will get sick and die.

Facts

These are the facts! You can rely on this information to protect yourself from HIV!



There is no way to tell if someone has HIV by looking at them. Many people have HIV without knowing it. The only way to know if you are HIV positive is to have your blood tested.

You cannot catch HIV like you catch the flu. HIV can only be transmitted when body fluid—either blood, semen, vaginal fluid, rectal fluid, or breast milk—enters the bloodstream of an HIV-negative person. You cannot get HIV through kissing, hugging, using the same utensils, using the same toilet, mosquitoes or any other casual contact.

Protecting yourself from HIV is not about trust. Anyone can be HIV positive, and many people don't know their status. If you are in a loving and trusting relationship, you should both want to protect each other from HIV. This means having safer sex, getting tested regularly and considering oral PrEP.

Actually, there are many biological reasons that these groups are vulnerable to HIV. It's easier for HIV to enter through the walls of the vagina than it is through the penis, and unprotected receptive anal sex makes people the most vulnerable to HIV. It's also harder for these groups to protect themselves from HIV because society doesn't treat them equally, and they have less power in their relationships to negotiate safer sex. **Oral PrEP can help people take control of their health!**

There are no herbs or natural remedies that can prevent or cure HIV. Inserting plants or herbs into your vagina can increase your risk of HIV; it can dry out the vagina, which can lead to tears and allow HIV to enter the body more easily.

Using water-based or silicone-based lubricant can reduce HIV vulnerability by keeping condoms from breaking or slipping, but using lubricant alone does not provide much HIV protection.

It's true that HIV vulnerability is higher for receptive anal sex (bottom) compared to insertive anal sex (top), but someone can get HIV through either insertive or receptive anal sex.

It's not that simple. Breastfeeding provides many nutrients and protective factors to a baby, and HIV transmission can be prevented with the right medication. HIV-positive mothers should work with their doctor to find the best option.

Anyone can get HIV.

While there is no cure for HIV, there are treatments available, known as **antiretrovirals**, or **ARVs** for short. If treatment is started early and taken consistently, a person with HIV can live a long and healthy life without ever developing AIDS. These medications can also help prevent transmission to others.

HIV TRANSMISSION


HIV can be transmitted from one person to another through blood, semen, vaginal fluid, rectal fluid, and breast milk. This can happen during:



- Vaginal sex
- Anal sex
- Oral sex



- Pregnancy
- Childbirth
- Breastfeeding



- Injecting drugs with a shared needle
- Direct contact with blood

HIV PREVENTION



Oral PREP

If you don't have HIV you can protect yourself by taking anti-HIV medication called oral PREP



PEP


If you've been exposed to HIV you can prevent infection by taking HIV medication called PEP within 72 hours of exposure




ART

If you're HIV positive you can prevent transmission to others by taking HIV medication


Additional methods you can use to reduce the risk of HIV transmission during sex are:




Using male or female condoms every time you have sex - including vaginal, anal and oral sex.



Using water-based or silicone-based lubricant to prevent condoms from breaking and dry sex




Regularly testing for STIs and treating them immediately




Abstaining, reducing your number of sexual partners and knowing your partner's status

Mothers with HIV can reduce the risk of HIV transmission to their baby by:



Taking HIV medication during pregnancy, birth and breastfeeding



HIV-positive people who do not wish to become pregnant can use family planning to prevent unintended pregnancy




Treating their baby with HIV medication

If you are HIV positive and thinking of having a baby, talk to a doctor about the best way to reduce the risk of transmission

You can reduce the risk of HIV transmission through blood by:



Avoiding contact with other people's blood

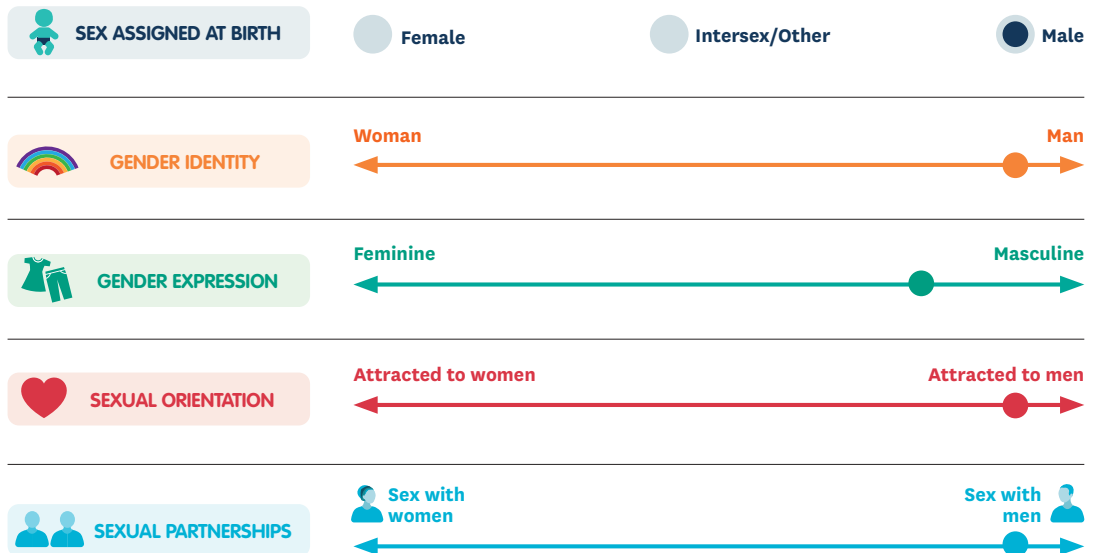
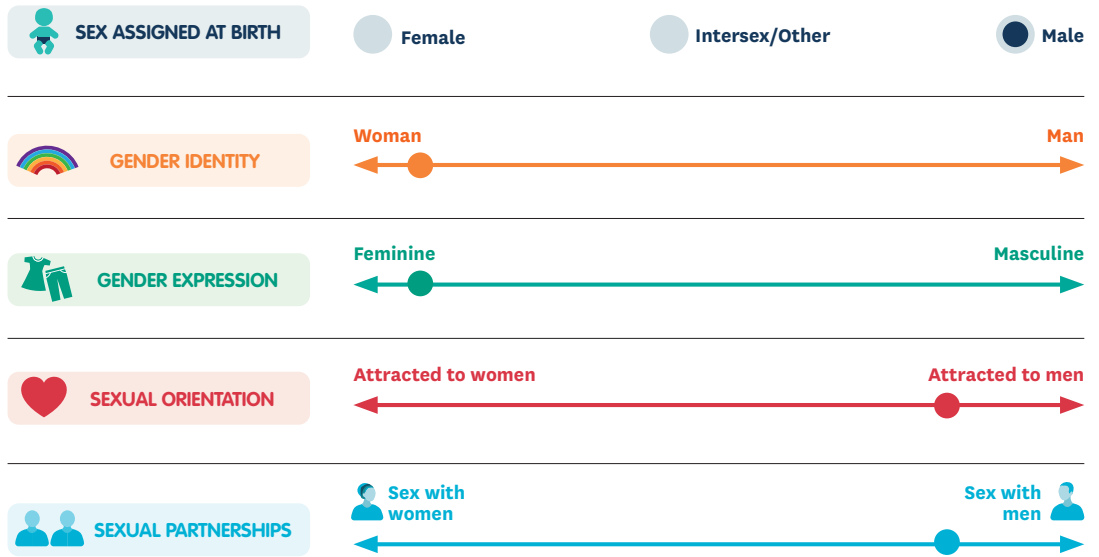
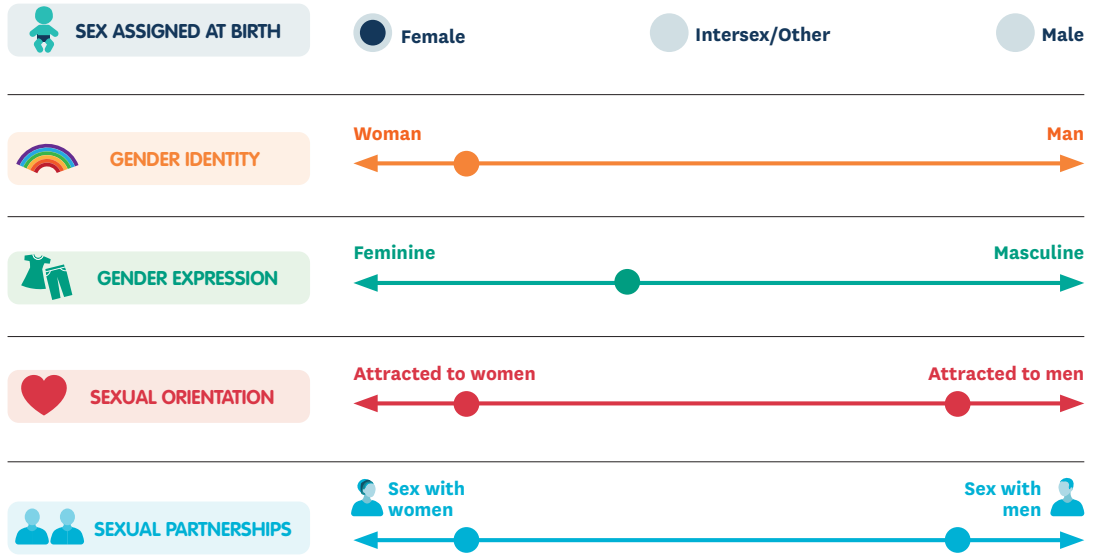


Never using a needle that has been used by someone else

HIV can be transmitted during blood transfusions, but most hospitals now test blood for HIV before using it in a transfusion. If you're worried, ask your doctor!

YOU CANNOT GET HIV FROM TOUCHING, KISSING OR SHARING FOOD AND DRINK WITH SOMEONE WHO IS HIV POSITIVE

Sex, Gender Identity, Gender Expression, Sexual Orientation & Sexual Partnerships



Gender Inequality Problem Tree



CARE Response

Create a safe space

A safe space is both physically and emotionally safe. Make sure you're somewhere private, where they feel physically safe. Explain that you're just there to listen – you won't judge them or tell them what to do. Let them know they can trust you to protect their confidentiality.

Actively listen

Show them you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give them space to talk, and acknowledge and validate their feelings.

Reassure

Reassure them by letting them know they're not alone, you're there for them and their feelings are valid. If they've shared an experience of violence, let them know that you believe them and it's not their fault.

Empower and support

Let them know they are in control of what happens next. Help them to identify their needs and consider their options. Be ready to provide them with information about support services they can access.

Test and Prevent

Everybody has a responsibility to contribute to the prevention of HIV in our community!

TEST

Test for HIV and STIs – and do it regularly!

Most HIV transmissions come from people who don't know they're HIV positive. Knowing you're HIV positive gives you the power to protect your health and prevent transmission to others. Knowing your partner's status is also important for making decisions about HIV prevention.

When you're getting tested for HIV, you can also test for other STIs. Most STIs can be treated, but if they go untreated, they can cause serious health problems. STIs also make you vulnerable to HIV – so testing regularly and treating STIs helps to prevent HIV.



PREVENT

Protect yourself from HIV transmission every time you have sex!



Male condoms and female condoms

Male and female condoms put a barrier between the most delicate skin and body fluids that may contain HIV and other STIs. Using lubricant (water- or silicone-based) will help prevent condoms from breaking.



Oral PrEP (pre-exposure prophylaxis)

Oral PrEP is a medication that an HIV-negative person can take to protect themselves from HIV. It creates a shield around a person's blood cells to protect them from HIV. When a person takes oral PrEP every day and they're exposed to HIV, it can't infect their blood cells. The virus will die, and the person won't get HIV. Oral PrEP doesn't protect you against STIs, so it's best to always use a condom.

Abstinence, reducing your number of sexual partners, and voluntary medical male circumcision can also help prevent HIV.

RESPOND

If you've been exposed to HIV, act quickly!

If you're worried you might have been exposed to HIV, you can take emergency medication to reduce the risk that you'll get HIV.



PEP (post-exposure prophylaxis)

If HIV makes it into the body, PEP can stop it from spreading to other cells. When HIV can't spread, it dies. This may prevent a person from becoming HIV positive. PEP must be started within 72 hours of exposure and taken every day for 4 weeks.

TREAT

If you've been diagnosed with HIV, start treatment as soon as possible to stay healthy and prevent transmission.

If you find out you have HIV, it's important to start treatment right away. It won't cure HIV, but it can stop the virus from spreading and developing into AIDS – meaning that you can live a long and healthy life. HIV treatment also reduces the risk that you'll transmit HIV to others.



ART (Antiretroviral therapy)

ART is a combination of medications that work together to reduce the amount of HIV in a person's body and boost their immune system. If treatment is started early and taken every day, the amount of HIV in a person's blood can become so low that there's not enough of the virus to pass on to others. This is called an undetectable viral load.

Oral PrEP, PEP and ART

Antiretrovirals are a type of medication that make it harder for HIV to attack the cells in a person's body and to spread to other cells. Oral PrEP, PEP and ART contain different combinations of antiretrovirals that work in different ways to fight the virus at different stages. Oral PrEP, PEP and ART cannot be swapped – they only work when used as prescribed.



ANTIRETROVIRAL MEDICATION

Oral PrEP (Pre-Exposure Prophylaxis)

WHO IS IT FOR?

People who don't have HIV and want to protect themselves from getting it.

HOW DOES IT WORK?

Oral PrEP protects a person from HIV by creating a shield around the cells that HIV tries to attack.

WHEN IS IT USED?

During periods in a person's life when they're vulnerable to HIV.

HOW EFFECTIVE IS IT?

Oral PrEP has to be taken as prescribed. Once it builds up in the body, it can be over 90% effective at preventing HIV, although this may be closer to 75% among people who inject drugs.

PEP (Post-Exposure Prophylaxis)

WHO IS IT FOR?

People who are worried they've been exposed to HIV in the past 72 hours.

HOW DOES IT WORK?

It stops HIV from spreading to other cells. When HIV can't spread, it dies.

WHEN IS IT USED?

PEP must be started within 72 hours of exposure and taken every day for 4 weeks.

HOW EFFECTIVE IS IT?

It depends on a lot of things, but if someone starts taking PEP straight away and they take it every day for 4 weeks, there's a high chance it will prevent them from becoming HIV positive.

ART (Antiretroviral Therapy)

WHO IS IT FOR?

People who are HIV positive.

HOW DOES IT WORK?

ART involves taking a combination of HIV medication (antiretrovirals) that reduces the amount of HIV in a person's body and boosts their immune system.

WHEN IS IT USED?

People with HIV should start ART as soon as possible.

HOW EFFECTIVE IS IT?

It's different for everyone, but if a person begins ART soon after they get HIV, they have the best chance of living a long and healthy life. It can also stop the virus from being transmitted to others.



Daily PrEP

Daily PrEP is for anyone who is vulnerable to HIV. It is important that anyone who is prescribed daily PrEP takes it every day. If it is not taken every day, the drug levels will not be high enough to protect them from HIV, and they will remain vulnerable to HIV.

WHO IS IT FOR?

Anyone who is vulnerable to HIV can take daily PrEP.

HOW IS IT TAKEN?



Each day for as long as someone is vulnerable to HIV

HOW LONG DOES IT NEED TO BE TAKEN BEFORE IT IS EFFECTIVE

Men who have sex with men:



2 to 24 hours before sex

Everyone else:



Each day for 7 days

HOW LONG DOES IT NEED TO BE TAKEN AFTER THE LAST POTENTIAL HIV EXPOSURE?

Men who have sex with men:



Each day for 2 days

Everyone else:



Each day for 28 days

"Men who have sex with men" refers to gay, bisexual and other men who have sex with men.

"Everyone else" refers to men who have vaginal or anal sex with women; cisgender women; and transgender women and transgender men who have vaginal/frontal sex.

PrEP for Men Who Have Sex with Men

There are two ways that gay, bisexual and other men who have sex with men can take oral PrEP: on demand (2+1+1) and daily. On-demand PrEP is for gay, bisexual and other men who have sex with men who meet certain criteria, while daily PrEP is for anyone who is vulnerable to HIV. It is important that anyone who begins taking oral PrEP speaks to their health care provider about which type of PrEP use is right for them and that they use it as prescribed. If it is not taken as prescribed, the drug levels will not be high enough to protect them from HIV, and they will remain vulnerable to HIV.

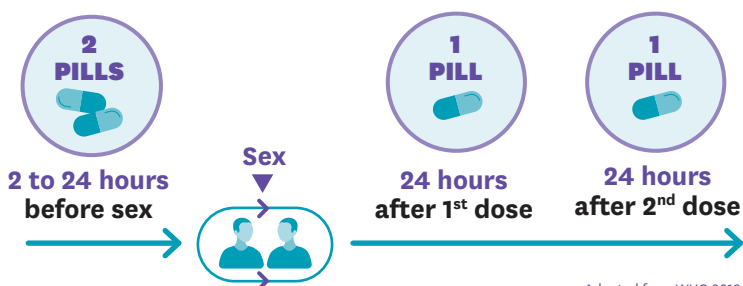
WHO IS IT FOR?

Men who have sex with men who are vulnerable to HIV and:

1. have sex infrequently (one day per week or less on average)
2. can predict when sex will happen (at least 2 hours in advance or can delay sex for at least 2 hours)
3. do not have chronic hepatitis B

On-demand use is **not** appropriate for transgender women or transgender men who have vaginal/frontal sex.

HOW IS IT TAKEN?



Adapted from WHO 2019

If he has sex again in the next few days, he should take one pill each day that the sex continues. After the last sex act, he should take a single pill each day for two days.

*Check national guidelines to see if they include on-demand PrEP.

On-demand use (2+1+1)*

PrEP

Daily use

WHO IS IT FOR?

Anyone who is vulnerable to HIV – including gay, bisexual and other men who have sex with men – can take PrEP daily.

HOW IS IT TAKEN?



Each day for as long as someone is vulnerable to HIV

HOW LONG DOES IT NEED TO BE TAKEN BEFORE IT IS EFFECTIVE?



2 to 24 hours before sex

HOW LONG DOES IT NEED TO BE TAKEN AFTER THE LAST POTENTIAL HIV EXPOSURE?



Each day for 2 days

Oral PrEP – Answering Your Questions

**Hi! I'm an HIV Prevention Ambassador.
Do you have any questions about oral PrEP?**



What is oral PrEP?

It's a medication that an HIV-negative person can take to protect themselves from HIV. The word **PrEP** stands for **Pre** (before) **Exposure** (coming into contact with the virus) **Prophylaxis** (medication to prevent an infection from happening).

How does it work?

Oral PrEP creates a shield around your blood cells to protect them from HIV. Because HIV cannot infect these blood cells, the virus dies.

How effective is it?

If you take it as prescribed, it will build up in your system and become over 90% effective at preventing HIV, although this may be closer to 75% among people who inject drugs. Talk to your health care provider to find out how long you need to take it before it will protect you from HIV. Oral PrEP only protects you from HIV while you are taking it. If you took it in the past but are not taking it now, you are not protected.

Is oral PrEP right for me?

That's your decision. It's your body, so it's your choice! You might consider oral PrEP if

you're having sex and you want an additional method to protect yourself from HIV. Oral PrEP only needs to be taken during periods in your life when you are vulnerable to HIV.

Are there any side effects?

Oral PrEP is just like any other medication. A small number of people experience minor side effects like headaches, weight loss, nausea, vomiting or abdominal pain, but these will likely go away in a few weeks.

Will oral PrEP protect me from other STIs and pregnancy?

No! Oral PrEP will not prevent other STIs or pregnancy. It's best to use condoms (and lubricant) and contraception with oral PrEP.

How do I take oral PrEP?

Oral PrEP can be taken with or without food, and taking it at the same time each day may help someone remember to take it. If it is not taken at exactly the same time each day, that is okay.

Can I take oral PrEP if I'm pregnant or breastfeeding?

Yes! It is safe to take oral PrEP during pregnancy, while breastfeeding or when trying to get pregnant.

If I take oral PrEP, does that mean I can't drink or take drugs?

Alcohol and other drugs won't affect oral PrEP. But make sure to keep yourself safe when drinking or using drugs. If you're having sex, make sure to use condoms to protect yourself from other STIs and pregnancy.

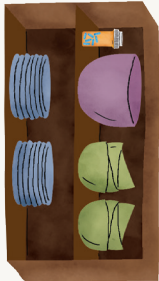
Can I take oral PrEP if I'm taking other medications, including hormone therapy?

Yes. Oral PrEP does not interact with most other medications, including hormone therapy. But let your health care provider know about all the medications you are taking.

10 Tips for Using Oral PrEP

1 **Keep your pills in a place that's easy to find**

Make sure you pick a safe spot, away from small children and in a dry area.



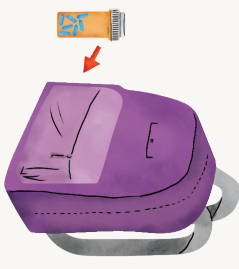
2 **Use a daily pill box**

This can help you keep track of the pill you need to take each day.



3 **Keep a back-up supply with you**

Put some pills into a makeup bag or purse and keep it in your backpack or handbag. That way, you'll have them with you if you need to take one at work, school, or if you travel. Make sure to keep them dry and safe!



4 **Take the pill as part of your daily routine**

Try to take the pill at the same time each day, like when you brush your teeth or at bedtime.



5 **Try different ways of swallowing the pill**

Try placing it on your tongue, taking a sip of water and bending your head forward before swallowing.



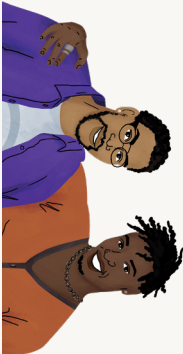
6 **Set an alarm on your phone or use a pill reminder app**

Set a repeating alarm on your phone or download a free pill app to remind you take your pills and get your refills. You can also use the app to keep notes about things you want to tell your health care provider.



7 **Ask someone to remind you**

Ask a partner, family member or friend to remind you to take your pill.



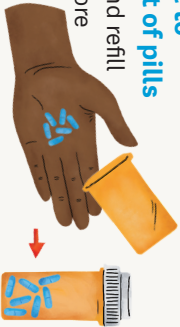
8 **Join or start an oral PrEP support group with friends**

You're not the only one using oral PrEP. Connect with other people taking PrEP so you can support each other. Some support groups meet in person, others use social media or WhatsApp.



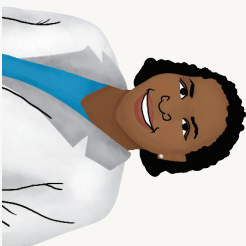
9 **Try not to run out of pills**

Plan ahead and refill your pills before you run out.



10 **Keep appointments with your health care provider**

If you're having side effects, talk to your health care provider about how to reduce or manage them. Your health care provider can also help if you're having trouble taking the pill every day.



Taking your pill as prescribed will keep you protected from HIV



Telling Others Role-Play 1: Deciding



Do I have to tell my partner if I want to use oral PrEP?

You don't have to tell anyone. Your body belongs to you, and you have the right to make your own decisions about your health.

Some people use oral PrEP without their partner knowing, and some choose to tell their partner. It's your decision. It might be helpful to think about the reasons you would like to tell your partner and the reasons you don't want to.



Well, it would be nice to have my partner's support.

Lots of people who use oral PrEP say it really helps to have their partner's support. It also makes them feel more comfortable taking it.

If I don't tell my partner, I might feel guilty or worried about them finding out.

I understand why you might worry about that. It's normal to feel guilty about keeping something a secret. We grow up being told that keeping secrets is a bad thing. I want you to know that it's your choice if you want to tell your partner. You don't need to feel guilty about making a decision to protect your health. If you choose not to tell your partner, I can support you to keep it private.

Are there any reasons you don't want to tell your partner?

I'm not sure if my partner will be supportive! What if my partner thinks I'm cheating on them or that I don't trust them? What if my partner doesn't want me to use it?

These are really common concerns. You could try talking to your partner about oral PrEP without telling them you're thinking about using it. For example, you could explain that other people your age are using it. This might give you an idea of what your partner thinks about oral PrEP and whether they're likely to be supportive. If you do decide to tell your partner, we can practice responding to their concerns.

Don't forget, if you tell your partner and they're not supportive, you can still make your own decision about whether you want to use it.

Telling Others Role-Play 2: Telling Your Partner

I've decided to tell my partner about oral PrEP. Do you have any advice about how I should do that?

I'm glad to hear you're interested in talking to your partner. Many people say it's helpful to have their partner's support.

Partners are most likely to be supportive if they have accurate information about oral PrEP. Without it, they may believe some of the myths, which might make them less supportive.

Do you know if your partner knows much about oral PrEP?

I don't think so.

It might be helpful to talk to your partner about oral PrEP before you tell them you're using it. Try mentioning it casually a few times to start a conversation so you can provide them with accurate information. These conversations might also help you understand what your partner thinks about oral PrEP.

Okay, great I'll try that. When I'm ready to tell my partner, what should I say?

The first decision you'll need to make is whether you'll say that you're considering using oral PrEP, or you're using oral PrEP.

I'm not sure yet.

If you choose to tell your partner that you're considering using oral PrEP, you could think about saying:

- Did you know that HIV rates in our community are very high?
- I've been thinking about using oral PrEP just to make sure I'm protected against HIV.
- It's being recommended to help prevent HIV.
- I've heard a lot about it. It's completely safe and won't have any impact on you.
- It will just be like taking other medication to prevent getting sick.
- I would really like your support. Taking oral PrEP will help me feel protected from HIV. Many people my age are getting HIV, so I want to be as protected as I can be.

What if I choose to tell my partner after I start using it?

You can think about saying:

- Using oral PrEP is just like using any other medication that protects your health – it's not a big deal.
- It was recommended to me by a health care provider. I made the decision on my own because it's about my health and it won't have any impact on you.
- I take it because many people my age are getting HIV, and I want to know I'm protected no matter what.

These are just some options. You know your partner best, so it's important that you decide what you want to say.

Don't forget, taking oral PrEP is your right. You are making a responsible decision to protect your health.

What if my partner thinks I'm cheating on them, or that I don't trust them?

You could try explaining that using oral PrEP isn't about your relationship – it's a decision about your health. You could also try to explain that you're trusting him by asking for his support.

What if he thinks this means we don't need to use condoms?

Explain that oral PrEP will only protect you from HIV. It won't protect your partner. It also won't protect either of you from STIs. Condoms are always the best method because they protect against HIV, STIs and unplanned pregnancy.

Do you have any other advice?

Sure, here are some tips:

- Picking your timing is important. Try to find a time when your partner is in a good mood, you're both sober and you have some privacy.
- If you're worried that they may get angry or could be violent, try to find a place where you can easily leave or get help if you need to.
- Try practicing what you're going to say. I'm happy to do that with you, or you could ask a friend.
- If you have any friends who are using oral PrEP and have told their partners, you could ask them for advice.

Telling Others Role-Play 3:

Keeping Your Oral PrEP Use Private



I've decided not to tell my partner.

It's great you've made a decision that works best for you. Many people make the same decision, and they successfully use oral PrEP without telling their partners.

Do you have any questions about keeping your oral PrEP use private?

How do I make sure my partner doesn't find out?

If you want to tell other people in your life, such as your family or friends, make sure they understand you've chosen not to tell your partner. And only tell people you trust.



How do I hide my oral PrEP pills?

There are lots of ways to keep your pills hidden. You could try:

- Keeping them with other medications in a different container
- Keeping them in your bag or backpack in a little pouch
- (Women) Keeping them with your tampons or pads

People who are really worried about their partners finding their pills might keep them somewhere else, like at a friend's house, but this can make it difficult to remember to take them as prescribed.

Other people don't hide the pills and instead pretend they're something else, like pills for period pains, contraception or headaches.

What if my partner finds out?

Although many people use oral PrEP without their partner finding out, it's a good idea to plan what you will say if they do.

You can think about saying:

- Using oral PrEP is just like using any other medication that protects your health – it's not a big deal.
- It was recommended to me by a health care provider. I made the decision on my own because it's about my health and it won't have any impact on you.
- I take it because many people my age are getting HIV, and I want to know I'm protected no matter what.

You could also say you were just trying it and were going to let them know if you decide to take it.

These are just some options. You know your partner best, so it's important that you decide what you want to say. It might be helpful to practice what you're going to say. I'm happy to do that with you, or you could ask a friend.

Is there anything else I should consider?

Don't forget, taking oral PrEP is your right. Your body belongs to you, and you have the right to make your own decisions about your health. You're not alone. Many people choose to use oral PrEP without telling anyone.

If you have any more questions or concerns you can always talk to me. And if you decide you want to tell your partner at a later time, I can support you to do that too.

Awareness Raising Role-Play

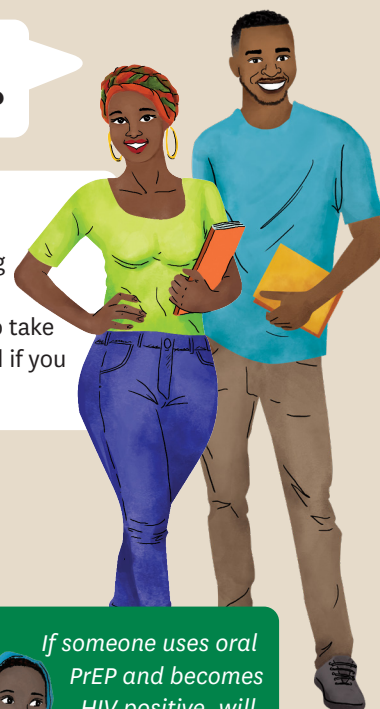


**Hi! I'm an HIV Prevention Ambassador.
Do you have any questions about oral PrEP?**

Yes! What is oral PrEP?

It's a medication that an HIV-negative person can take to protect themselves from HIV.

Oral PrEP creates a shield around a person's blood cells to protect them from HIV. If a person is taking oral PrEP every day and they're exposed to HIV, it won't be able to infect their blood cells. The virus will die, and the person won't get HIV. Oral PrEP does not protect against other STIs. It is important to take oral PrEP as instructed, and it only protects you from HIV while you are using it. You are not protected if you used PrEP in the past but are not using it now.



Isn't oral PrEP only for sex workers and people who are promiscuous?

Oral PrEP is for anybody who's vulnerable to HIV. Rates of HIV infection in this country are very high. Oral PrEP can help change this! If we all do our part to prevent HIV, we can help end HIV in our country.



My daughter-in-law is breastfeeding. If she takes PrEP, will it harm the baby?

This is a very common myth, but it's not true. PrEP is safe to use during pregnancy, childbirth and breastfeeding, and it does not affect future fertility.



If someone uses oral PrEP and becomes HIV positive, will ART still work for them?

ART should still work for them. The risk of developing HIV drug resistance is very small (<0.1%), especially if clients take oral PrEP as instructed and get tested for HIV regularly.



There is no need for oral PrEP. Everyone should practice abstinence until they are married.

Abstinence is one way for people to protect themselves from HIV, but abstinence doesn't work for everyone. HIV is increasing, so it's best to have different options so that everyone can choose what works best for them. You don't have to worry that oral PrEP will encourage people to have more or riskier sex; there have been lots of studies and they all show that this is not true.



Since PrEP contains ARVs, does that mean it's for people who are HIV positive?

It's true that PrEP contains ARVs, but PrEP is only for people who are HIV negative, and anyone taking PrEP has to get tested for HIV regularly to make sure they are still HIV negative. If you see someone with a bottle of ARVs, don't assume they are HIV positive.



If my partner wants to use oral PrEP, does that mean they don't trust me or that they're having an affair?

Using oral PrEP doesn't mean your partner doesn't trust you or that they're having an affair. It just means they want to be in control of their health. Oral PrEP is like any other medication people take to protect their health. Many people in relationships take oral PrEP. Also, just because your partner is using oral PrEP doesn't mean that you are protected from HIV. Talk to a health care provider about how to protect yourself and consider taking PrEP.

What can we do to prevent HIV in our community?

Supporting people to use oral PrEP is an important way you can help prevent HIV. If people use oral PrEP, the rates of HIV in this community will decrease.

It's also important to reduce the risk of HIV transmission in your own life. You can do this by having an HIV test so you know if you're HIV positive. Most HIV transmissions come from people who don't know they're HIV positive. If you are HIV positive, there's medication that can keep you healthy and prevent you from passing it on to others.



Worksheets

Sex, Gender Identity, Gender Expression, Sexual Orientation & Sexual Partnerships



SEX ASSIGNED AT BIRTH



Female



Intersex/Other



Male

SEX ASSIGNED AT BIRTH:

The classification of people as male, female, intersex or another sex based on a combination of sexual and reproductive organs, hormones and chromosomes when they are born.



GENDER IDENTITY

Woman

Man

GENDER IDENTITY:

One's sense of self as being male, female, nonbinary or another gender, which may or may not correspond with the sex assigned at birth.



GENDER EXPRESSION

Feminine

Masculine

GENDER EXPRESSION:

How one chooses to express their sense of being male, female, nonbinary or another gender through appearance and social behavior.



SEXUAL ORIENTATION

Attracted to women

Attracted to men

SEXUAL ORIENTATION:

An enduring emotional, romantic or sexual attraction to people of another gender or sex; the same gender or sex or more than one gender or sex.



SEXUAL PARTNERSHIPS

Sex with women

Sex with men

SEXUAL PARTNERSHIPS:

Who one has sex with. Sexual orientation will not always align with sexual partnerships.

CARE Response - Disclosures of Violence

STEP	How do I do this?	What does this look like in practice?
<p>Create a safe space</p>	<p>A safe space is both physically and emotionally safe. Make sure you're somewhere private, where they feel physically safe. Explain that you're just there to listen – you won't judge them or tell them what to do. Let them know they can trust you to protect their confidentiality.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Actively listen</p>	<p>Show them you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give them space to talk, and acknowledge and validate their feelings.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Reassure</p>	<p>Reassure them by letting them know they're not alone, you're there for them and their feelings are valid. If they've shared an experience of violence, let them know that you believe them. and it's not their fault.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Empower and support</p>	<p>Let them know they're in control of what happens next. Help them to identify their needs and consider their options. Be ready to provide them with information about support services they can access.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Oral PREP Journey Map

1 Hi I'm _____
 I've heard about oral PREP but I don't really know much about it.

What does your character need to know about oral PREP to decide if it's right for them?

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2 I'm interested in using oral PREP but I worry about _____

How can you support them to feel more comfortable using oral PREP?

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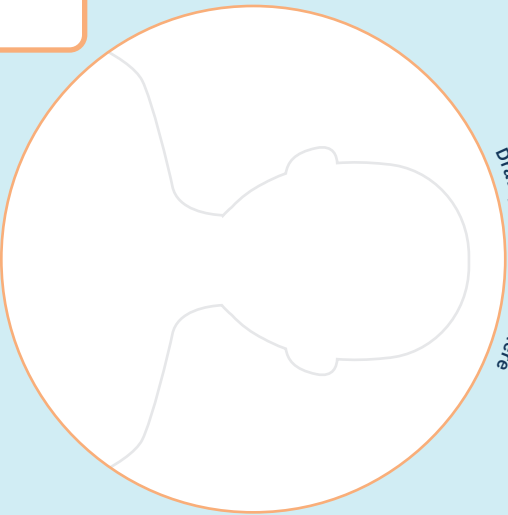
3 I want to use oral PREP. How do I get it?

How can you help them get oral PREP?

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Draw your character here

4 I am using oral PREP, but sometimes I forget to take it. I'm not sure I will continue using it.

How can you support them to take oral PREP as instructed and continue to use it while they are vulnerable to HIV?

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It's a great feeling to be in control of my health and know that I'm protected from HIV!

5 Do I need to tell my partner or family?

How can you support them with the decision about whether to tell their partner or family about taking oral PREP?

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Character Profile

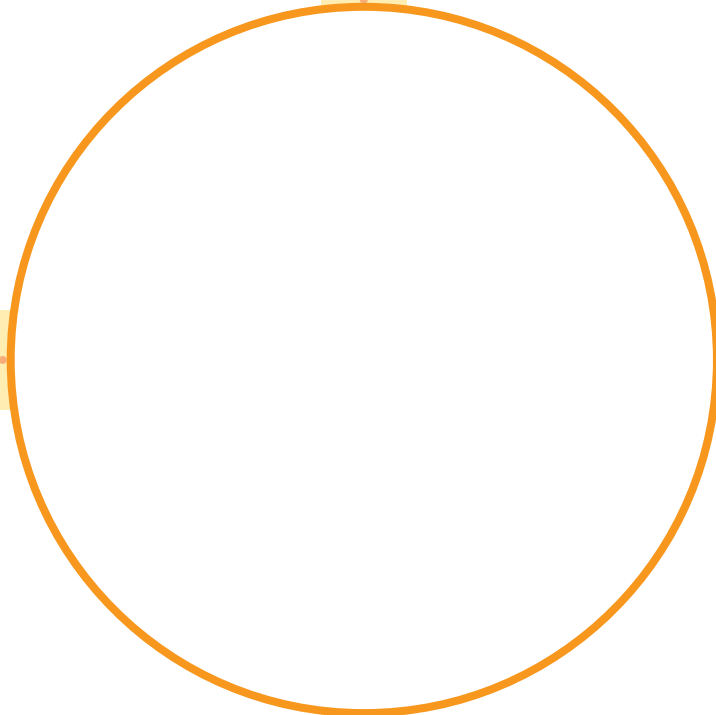
Name

Who are they?

Are they vulnerable to HIV?
How do they protect themselves?

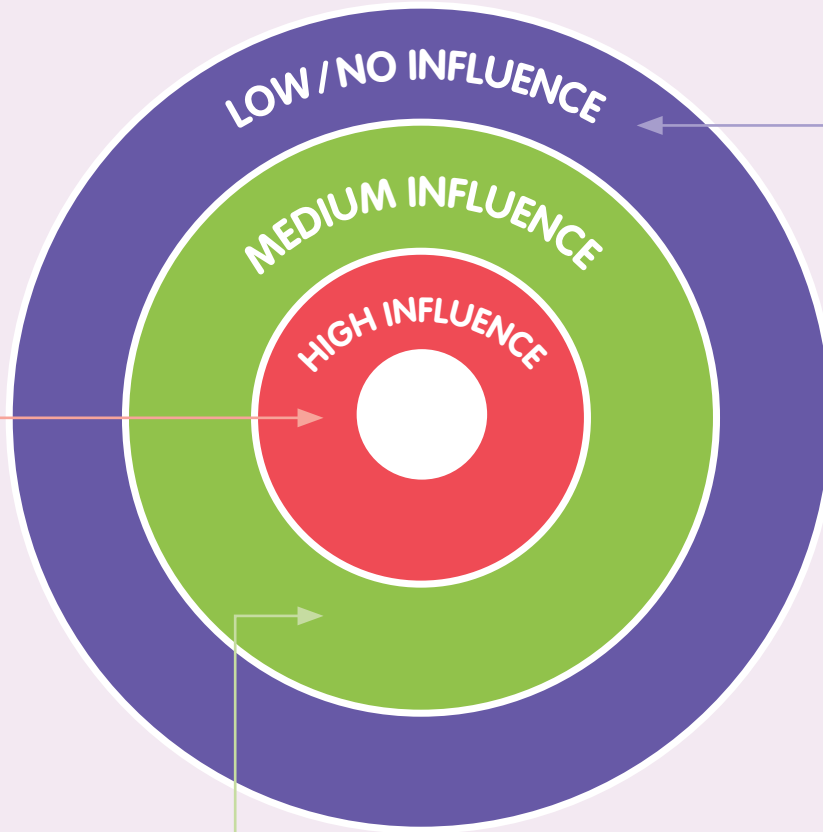
What do they know, think and feel about HIV?

What do they know, think and feel about oral PrEP?



My Circles of Influence

Who can you influence?



High influence

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Medium influence

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Low/no influence

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Removing Barriers to Oral PrEP

What would make it easier for your peers to use oral PrEP?

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What would make it easier for your peers to find out about oral PrEP?

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What would make it easier for your peers to get oral PrEP?

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What would make it easier for your peers to take oral PrEP as prescribed and continue taking it?

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What would make it easier for your peers to tell their partners and family about using oral PrEP?

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Advocacy Planning

What is the problem you want to address?

What do you want to achieve (your objective)?

Who has the power to do this?

What opportunities are there to influence them?

Who are your allies that you can work with to strengthen your influence?

What support or resources do you have, and what will you need?

My Personal Action Plan

Our goal

What are you most passionate about doing as an Ambassador?



What are your strengths that will help you in your role as an Ambassador?



What types of activities are you most interested in doing to contribute toward the goal?



Where do you have the most influence?



What is one thing you can achieve that will contribute toward the goal (your objective)?



What support or resources do you have, and what will you need to achieve this?



CARE Response - Peer Support

STEP	How do I do this?	What does this look like in practice?
<p>Create a safe space</p>	<p>A safe space is both physically and emotionally safe. Make sure you're somewhere private, where they feel physically safe. Explain that you're just there to listen – you won't judge them or tell them what to do. Let them know they can trust you to protect their confidentiality.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Actively listen</p>	<p>Show them you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give them space to talk, and acknowledge and validate their feelings.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Reassure</p>	<p>Reassure them by letting them know they're not alone, you're there for them and their feelings are valid. If they've shared an experience of violence, let them know that you believe them and it's not their fault.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Empower and support</p>	<p>Let them know they are in control of what happens next. Help them to identify their needs and consider their options. Be ready to provide them with information about support services they can access.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

HIV PREVENTION AMBASSADOR TOOLKIT

