

Vibe with MOSAIC's NextGen Squad: Introducing Oral PrEP

YOUTH-LED HIV PREVENTION WEBINAR SERIES
SESSION 1
12 JUNE 2024



Welcome!



We are happy to have you!

Is everyone okay with recording of the call?

Welcome to MOSAIC's first youth-led webinar series on HIV Prevention!

**PLEASE INTRODUCE YOURSELF IN THE CHAT!
TELL US YOUR NAME, COUNTRY, &
ORGANIZATION
& share a GIF that represents your current
mood.**

This will be **interactive!**

We want to hear from **YOU!**

Feel free to write questions and comments
in the chat.

A group of six young Black women are shown from the chest up, laughing and talking together. They are positioned in a line, with some looking towards each other and others towards the camera. The background behind them is a large, colorful geometric pattern of triangles in shades of green, yellow, pink, and blue. The text 'Vibe with' is in a teal script font, and 'MOSAIC'S NEXTGEN SQUAD' is in a bold, dark red sans-serif font, underlined.

Vibe with **MOSAIC'S NEXTGEN SQUAD**

A youth-developed, youth-focused safe space to learn about HIV prevention methods

Agenda

Welcome & Introduction

- Presented by Nolwazi

Knowledge & Experience Poll

Oral PrEP 101

- Presented by Luwi & Marie Merci

Panel Discussion with Oral PrEP Users

- Moderated by Merci

Q&A with a PrEP Provider

- Moderated by Nolwazi

Feedback & Closing



Helping adolescent girls and young women and other women prevent HIV by accelerating the introduction and scale-up of biomedical prevention products.



MOSAIC Project Overview

- 5-year global project funded by PEPFAR through USAID (2021-2026)
- Focuses on introduction and access for new biomedical prevention products to prevent HIV for women in sub-Saharan Africa
- Works across multiple countries – Botswana, Eswatini, Lesotho, Kenya, Namibia, Nigeria, South Africa, Uganda, Zambia, and Zimbabwe

VALUES

Country-led

Women-focused with emphasis on AGYW

Informed choice

Equitable co-leadership

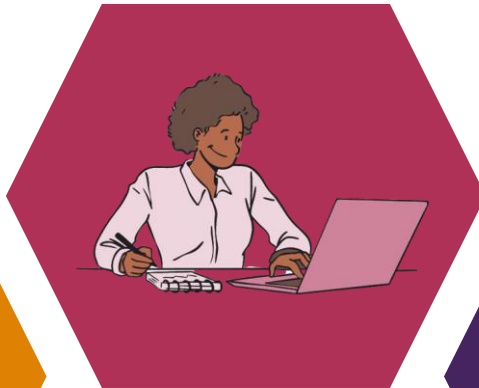
Intentionality

MOSAIC accelerates access to a multi-method market through five strategic priorities



User-centered Approach

Promote a user-centered approach



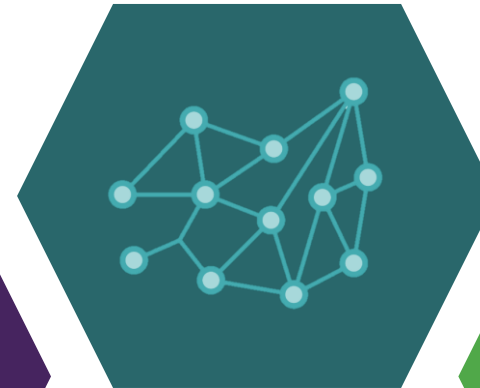
Research

Conduct research on how to enhance product availability, acceptability, uptake, and effective use



Policy & Programs

Coordinate and provide TA on regulatory review, policy, resource mobilization, supply chain, delivery, M&E, surveillance, and demand generation



Research Utilization

Implement research utilization activities and establish mechanisms for rapid, effective knowledge exchange



Local Partner Capacity

Strengthen and sustain local partner capacity to advocate for, design, and implement product introduction activities and research

The NextGen Squad (NGS) helps shape and inform MOSAIC activities

To operationalize meaningful youth engagement, MOSAIC constituted a youth advisory committee

The NGS is a team of **youth advocates** under the age of 30 who have been hired as project staff in nine MOSAIC countries: Eswatini, Kenya, Lesotho, Namibia, Nigeria, South Africa, Uganda, Zambia, and Zimbabwe.

The NGS holds MOSAIC **accountable** to its plans, actions, and monitoring, evaluation, and learning efforts so it remains:

- responsive to young people's needs, preferences, and lived experiences
- inclusive of the diversity of AGYW
- meaningfully engaging young people in research and research utilization



Overall objectives

- Review MOSAIC work plans and activity implementation plans
- Support MOSAIC to engage and capacitate young people
- **Provide MOSAIC with reality checks**
- Help MOSAIC “do no harm”
- Support young people to act as HIV Prevention Product Ambassadors

Research objectives

- Support MOSAIC to collect information in such a way that ensures that young people’s voices are centered
- Help design protocols that align to local realities for young people and answer their pressing questions
- Serve as data collectors and/or support data entry
- Support data interpretation

RU/KM objectives

- Contribute to knowledge products that are accessible to young people
- Ensure that knowledge products are contextualized
- Disseminate information, experiences, and perspectives through youth networks and global channels

Meet the NextGen Squad (NGS)



Adaobi
FHI 360, Nigeria



Celi
Wits RHI, South Africa



Nts'ebo
Jhpiego, Lesotho



Febbe
Jhpiego, Namibia



Merci
LVCT Health, Kenya



Luwi
FHI 360, Zambia



Maggie
LVCT Health, Kenya



Nolwazi
FHI 360, Eswatini



Rubuna,
FHI 360, Uganda



Sanele,
PZ, Zimbabwe



Chantel,
Wits RHI South Africa

YOUR MODERATORS:



Mercy "Luwi" Katoka, FHI 360, Zambia

Luwi is a Prevention Program Assistant and NextGen Squad representative for FHI 360 Zambia. She is also an HIV Prevention Ambassador and a South-to-South Learning Network champion. She is passionate about SRHR, HIV prevention, and choice.



Marie "Merci" Niyibeshaho, LVCT Health, Kenya

Marie Merci is an Adolescents and Young People Liaison Officer at LVCT Health and the NextGen Squad representative for Kenya. She is also a youth advocate and the President of the Nairobi Youth Advisory Council. Merci is passionate about SRHR for young people and good food!



Nolwazi Khanyile, FHI 360, Eswatini

Nolwazi is the Youth Representative and Research Assistant for FHI 360 Eswatini and a member of the NextGen Squad. She is a researcher and a qualified nurse-midwife who is passionate about meaningful youth engagement. She is a Rotaract on weekends!





KNOWLEDGE & EXPERIENCE POLL

Please answer the very short poll on your screen.

For the first time, there are multiple HIV prevention methods available...

Available in all PEPFAR countries

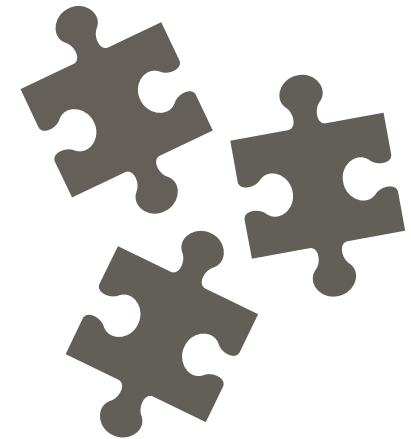


In early rollout stages



Now available in market in Zimbabwe and Zambia

In development



...we are moving towards a multi-method market

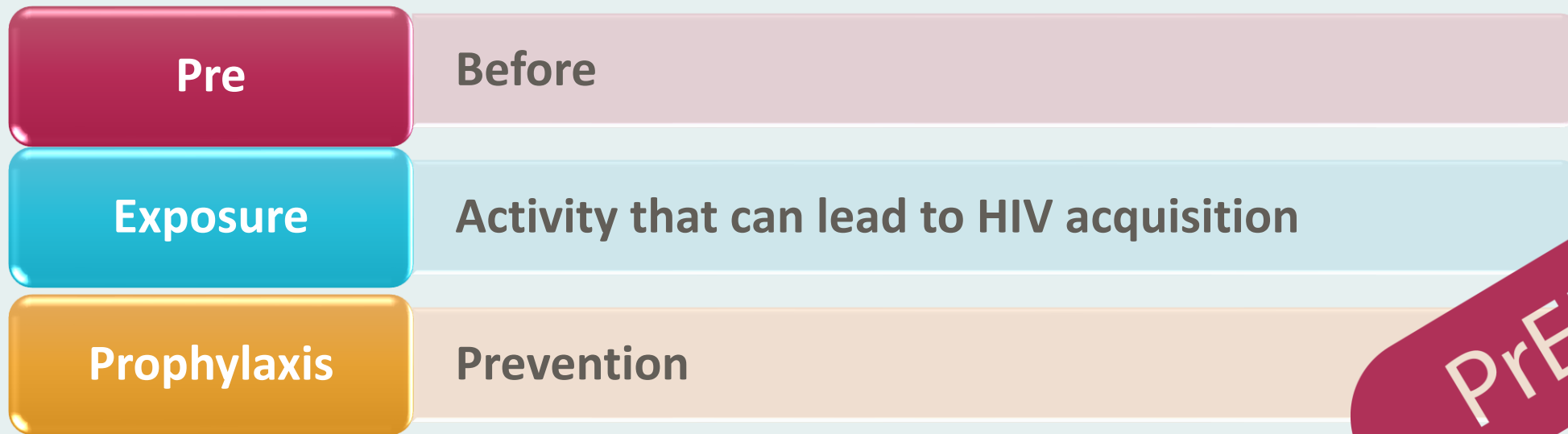


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ORAL PREP 101

ORAL PrEP 101

PrEP stands for **P**re-**E**xposure **P**rophylaxis



ORAL PrEP 101

- A **pill usually containing a combination of 2 antiretroviral drugs taken by HIV negative people** to prevent HIV acquisition
 - Tenofovir + emtricitabine (TDF/FTC), commonly known as Truvada
 - Tenofovir, alafenamide and emtricitabine (F/TAF), commonly known as Descovy
- 2 Ways to take oral PrEP:
 - **Daily Oral PrEP**
 - **On-Demand or Event-Driven (ED-PrEP)**
- Prevents HIV **from all types of exposure (sexual or nonsexual)**.
- Provides systemic protection, which means it **protects your whole body from HIV**.
- Highly effective at preventing HIV when taken as prescribed, as proven by 14 randomized control trials and 3 observational studies



How Does Oral PrEP Work

- The medication in oral PrEP **stops HIV from multiplying in your body**. If the virus can not multiply, it will die. Oral PrEP must be taken consistently before coming into contact with the virus.
- When taken as directed, oral PrEP **reduces the chances of getting HIV during sex by 90% or more**, and by about 75% during injection drug use.
- **It does not need to be a life sentence!** You can use oral PrEP during periods of time when you feel the highest chance of being exposed to HIV.
- Oral PrEP **does not protect you from other sexually transmitted infections (STIs)**, so you may want to use condoms as well.



Oral PrEP gives you amazing protection from HIV, when used as prescribed!

Who Can Take Oral PrEP?

- Oral PrEP is recommended for **anyone who is HIV NEGATIVE and believes they have a high chance of getting HIV** through sex or injection drug use.
- Daily oral PrEP has been **approved in many countries** for men and women, including transgender men and women.
- It has been proved to be **safe to use during pregnancy and breastfeeding.**
- Oral PrEP **does not prevent** pregnancy or other STIs.
- It **does not cause infertility.**

Talk to your health care provider to see if Oral PrEP is right for you!



Side Effects of Daily Oral PrEP

Side effects of oral PrEP are **usually mild and do not last more than a month.**

Common side effects include:

- Nausea
- Diarrhea
- Stomach pain or discomfort
- Vomiting
- Headaches
- Itching

If oral PrEP users are experiencing severe or prolonged side effects, clients should reach out to their providers.



Starting & Stopping Daily Oral PrEP

Talk to your health care provider if you decide to start and stop taking oral PrEP!

Populations	Starting Daily Oral PrEP	Using Daily Oral PrEP	Stopping Daily Oral PrEP
People assigned female at birth using oral PrEP during sexual exposure ^a People assigned male at birth using gender affirming hormones and using oral PrEP during sexual exposure ^b People using oral PrEP acquisition from nonsexual exposure ^c	Take a single dose (1 pill) for 7 days before potential exposure	Take one pill a day	Take a single dose daily for 7 days after last potential exposure.
People assigned male at birth not using gender affirming hormones ^d	Take a double dose of oral PrEP 2-24 hours before potential sexual exposure.	Take one pill a day	Take a single dose daily for 2 days after the last potential exposure.

^a cisgender women, transgender men, nonbinary people assigned female at birth

^b transgender women using gender affirming hormones, nonbinary people assigned male at birth using gender affirming hormones

^c anyone who shares injection-related materials

^d cisgender men, transgender women not using gender affirming hormones, nonbinary people assigned male at birth not using gender affirming hormones

Event-Driven PrEP (ED-PrEP, 2+1+1)

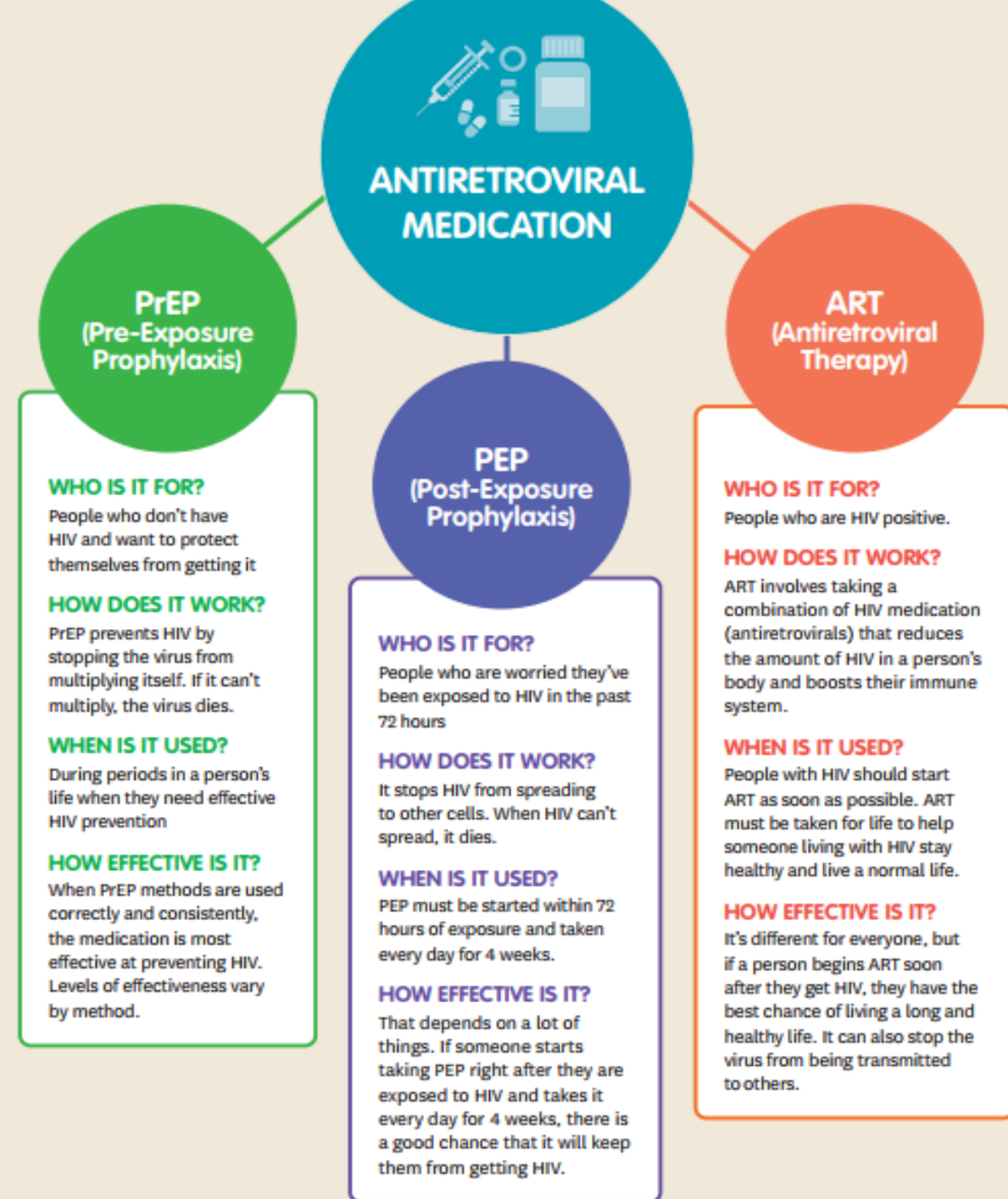
Talk to your health care provider if you are interested in ED-PrEP!

In 2021, the WHO recommendation included the option of event-driven PrEP (or 'ED-PrEP') for sexual exposures for people assigned male at birth who are not using gender-affirming hormones.

PrEP Method	How is it taken?	Who is it for?	What is it for?
Daily oral PrEP	One pill is taken daily	All populations	Preventing HIV acquisition during all types of exposures
Event-driven (ED) PrEP	Two pills are taken 2-24 hours before sex and then a pill each following day until two days after last potential sexual exposure	People assigned male at birth not using exogenous hormones	Preventing HIV acquisition during SEXUAL EXPOSURES ONLY

PEP vs. Oral PrEP

- **PEP** is used by HIV negative individuals who may have been exposed to HIV in the past 72 hours.
- **Oral PrEP** is used by HIV negative individuals who want to protect themselves before possible HIV exposure.
- **ART** is used by people who are living with HIV to keep the amount of the virus in an individual's body low.



Why Should Adolescents and Young People Consider Oral PrEP?



PrEP **puts you in control** of your sexual health

It's **discreet, convenient, and highly effective** at preventing HIV

Using PrEP allows you to have **safe sex and intimacy!**

Let's
Play a
Game!



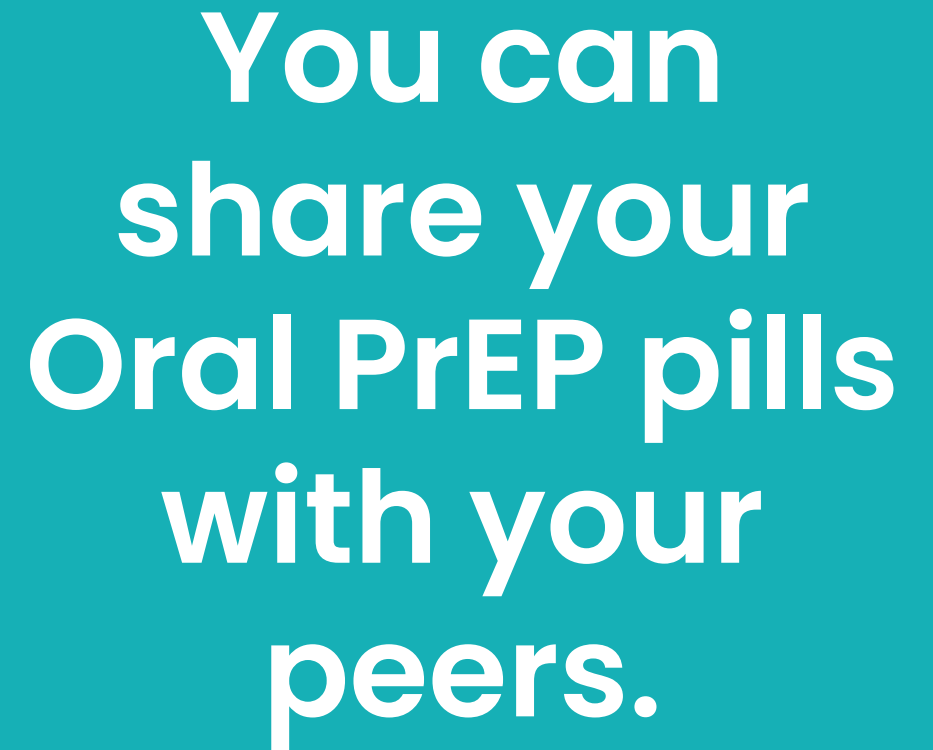
Fact

OR FALSE





**FACT
Or
FALSE
???**



**You can
share your
Oral PrEP pills
with your
peers.**

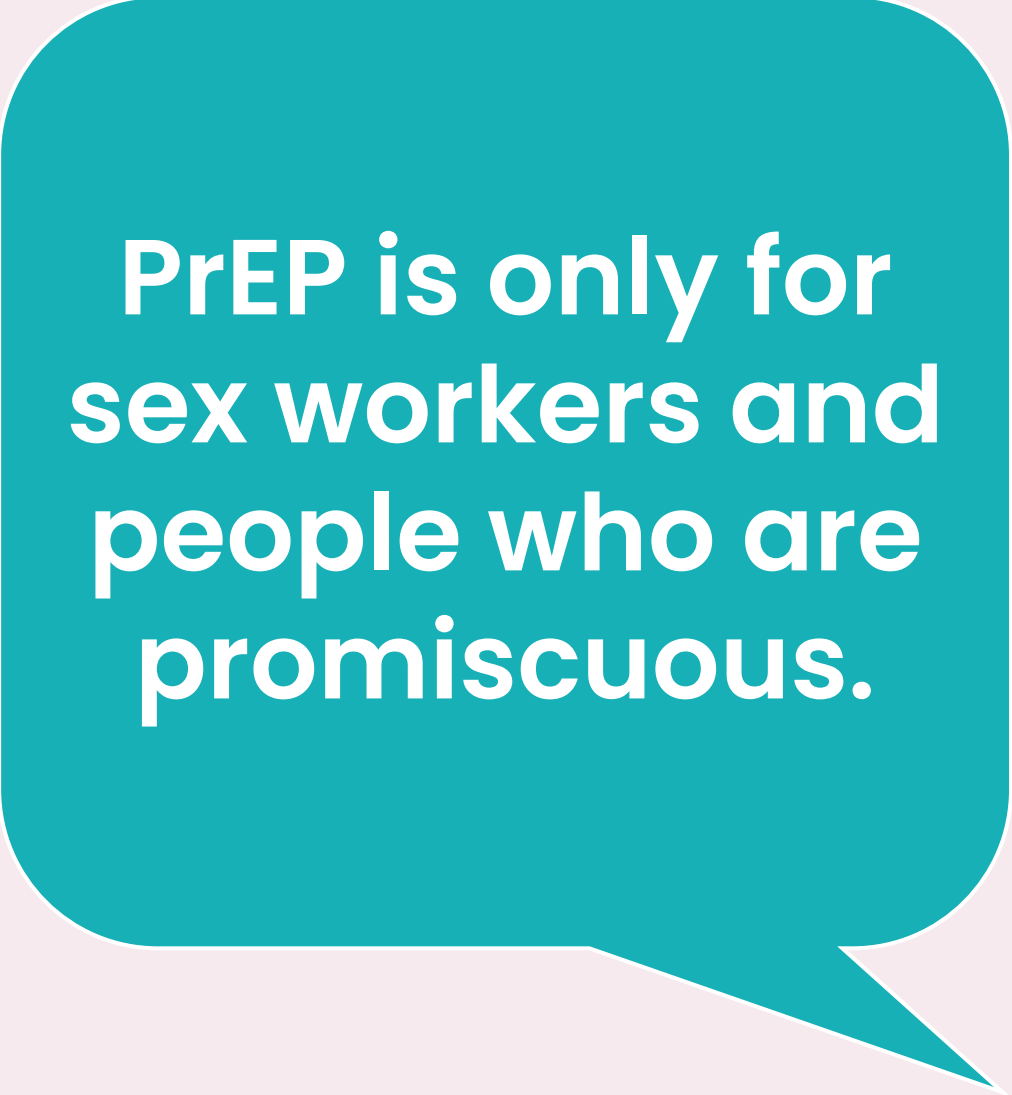


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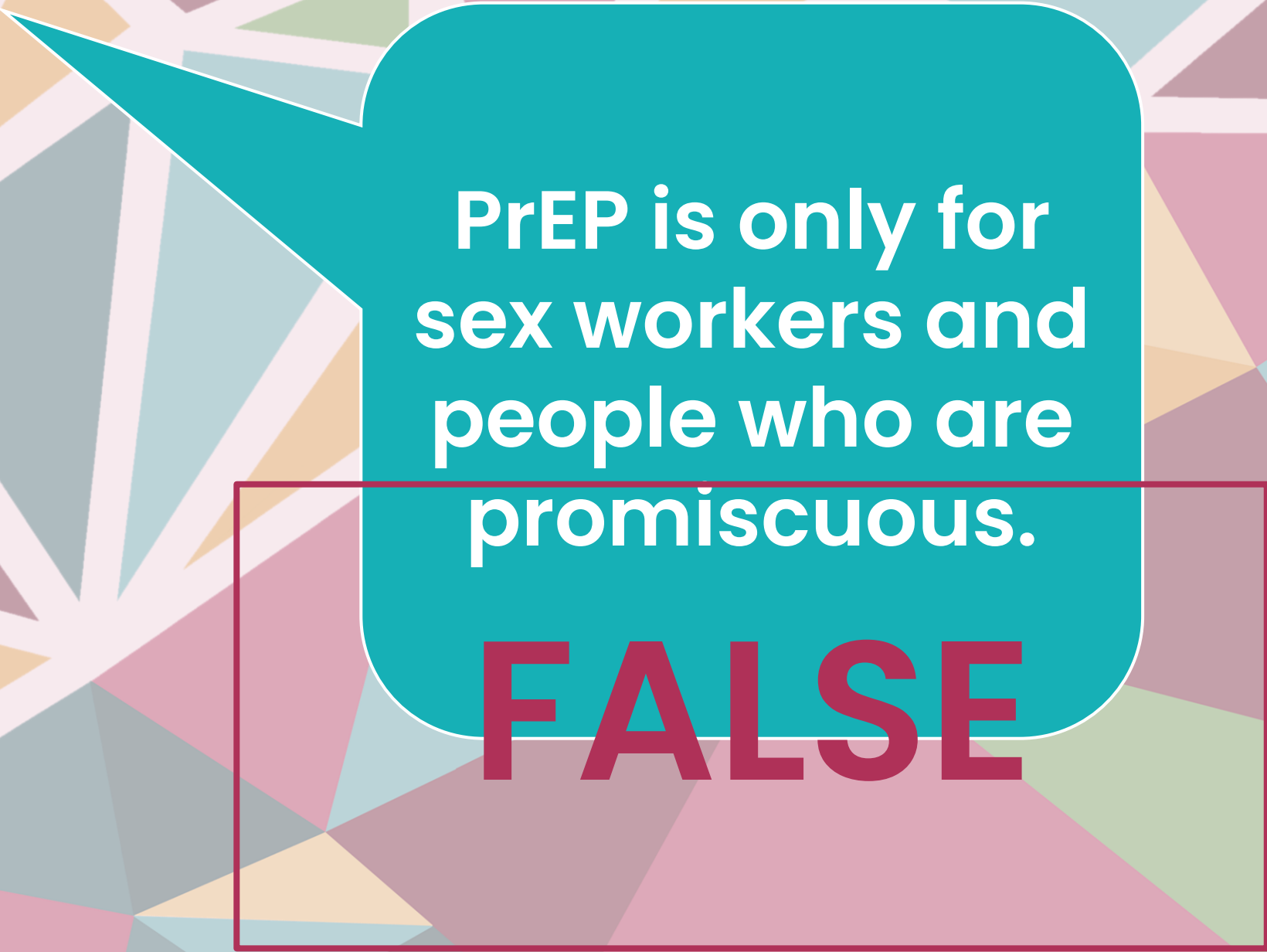
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**PrEP is only for
sex workers and
people who are
promiscuous.**

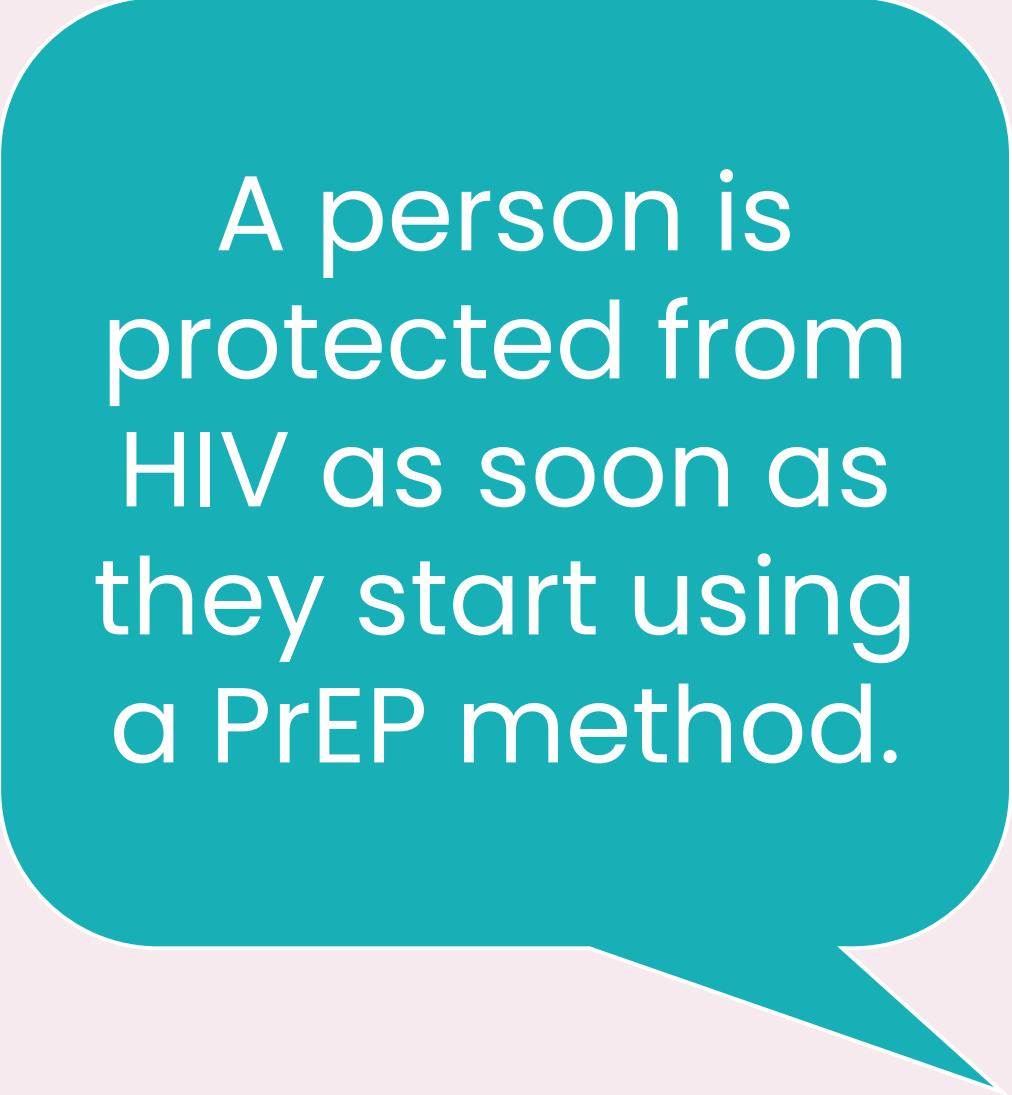


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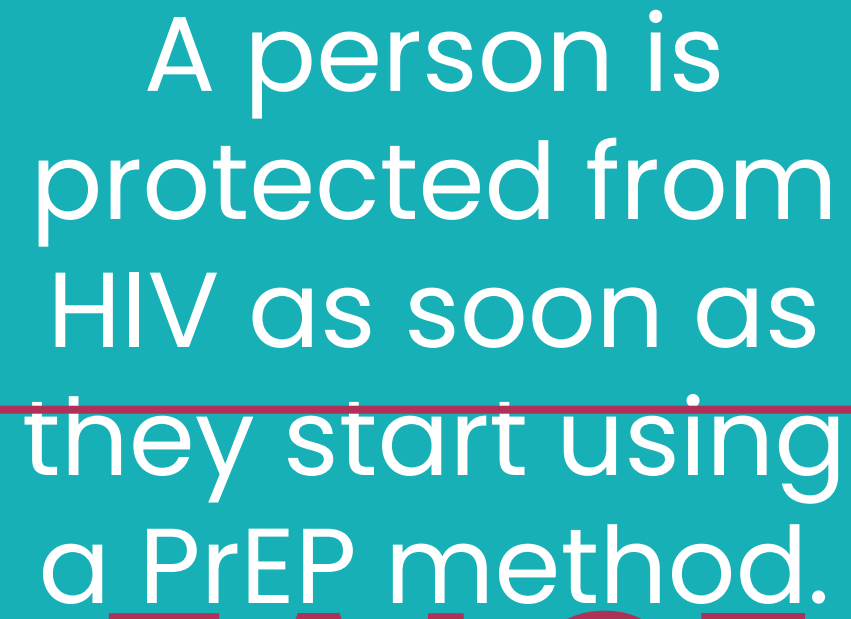
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FACT
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A person is protected from HIV as soon as they start using a PrEP method.

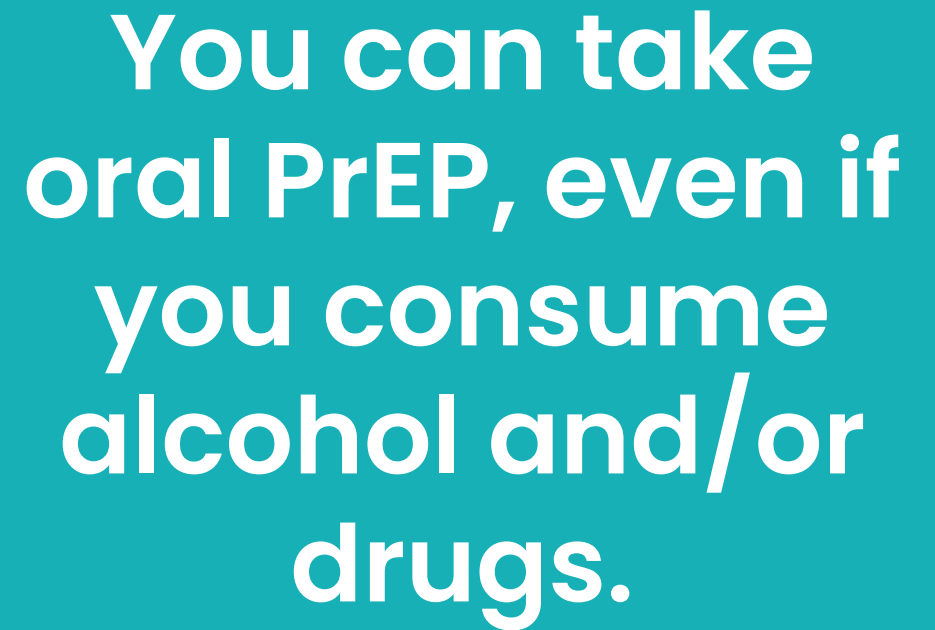


A person is
protected from
HIV as soon as
they start using
a PrEP method.

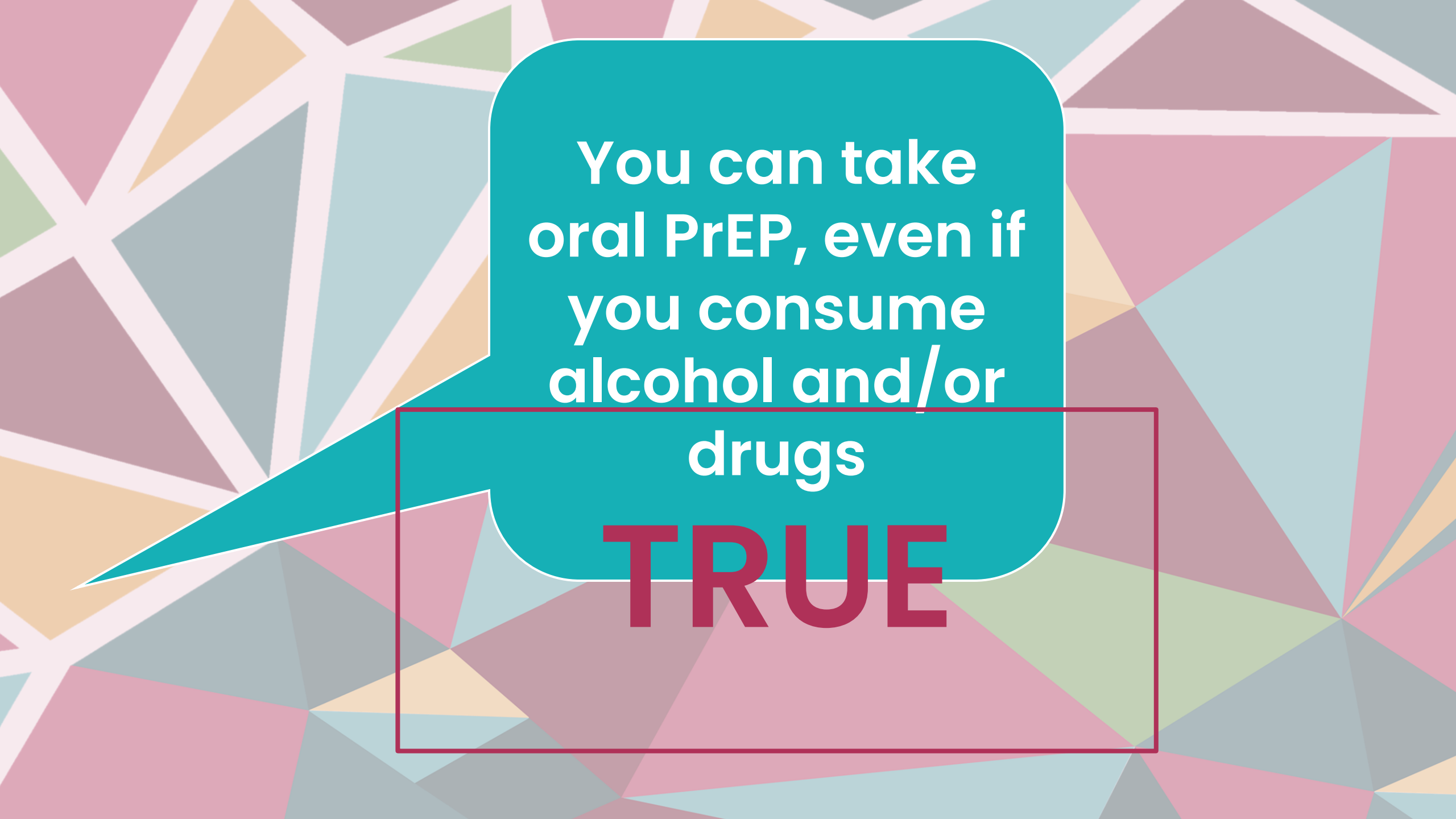
FALSE



**FACT
Or
FALSE
???**



**You can take
oral PrEP, even if
you consume
alcohol and/or
drugs.**



You can take
oral PrEP, even if
you consume
alcohol and/or
drugs

TRUE

Let's Sum It Up!

- ✓ Oral PrEP is safe, effective, and puts you in control of your sexual health!
- ✓ It is an amazing tool to prevent HIV, but it does not prevent STIs or pregnancy.
- ✓ Talk to your Health Care provider today to see if Oral PrEP is right for you!





LET'S CHAT WITH SOME ORAL PREP USERS



Meet Our Panelists



Nhlamulo "Chantel" Manganye, *South Africa (She/Her)*

Chantel is a Community Liaison Officer at Wits RHI and member of the NextGen Squad. She is an HIV Prevention Ambassador, and a former participant on the REACH (ring) study. She is a passionate advocate for HIV prevention for young people.



Juninho "Jay" Myakayaka, *South Africa (They/Them)*

Jay is a Trans agent and Peer Educator for Wits RHI's Transgender Clinic in Johannesburg. They are also an HIV Prevention Ambassador and an advocate for LGBTQI+ rights. They are passionate about teaching communities about LGBTQI+ in hopes of minimizing homophobia.

Meet Our Panelists



Miranda Zulu, *Zambia (She/Her)*

Miranda is a young Assistant Nurse, Peer educator and Psychosocial Counselor who is passionate about health-related programs and activities. She strongly believes that health is wealth.



Nosipho Sacolo, *Eswatini (She/Her)*

Nosipho is a dedicated HIV prevention ambassador from Eswatini. With an Associate Degree in Information Technology, she combines her technical expertise with her passion for promoting HIV awareness and prevention. Her commitment to empowering young people has earned her recognition in her community, making her an influential figure in the fight against HIV in Eswatini.

Let's Chat with Oral PrEP Users!



Merci,
Moderator
Kenya (She/Her)



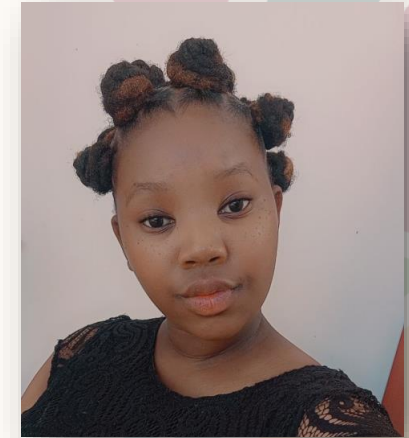
Chantel
South Africa (She/Her)



Jay
South Africa (They/Them)



Miranda
Zambia (She/Her)



Nosipho
Eswatini (She/Her)



Q&A WITH A PREP PROVIDER

Meet Our PrEP Provider



Caleb Owino
LVCT Health, Kenya

Caleb is a clinical, social and community health development specialist working in HIV prevention, care and treatment, sexual and reproductive health and rights and youth programming in Kenya.

He holds a MSc Health Systems Management, BA Sociology with IT, Diploma in Clinical Medicine and Surgery. He is currently the Senior Technical Advisor for the MOSAIC project at LVCT Health, supporting user centered approach in the implementation CATALYST study, policy and programming, research utilization and knowledge management, as well as local partner capacity strengthening.

Q&A with a PrEP Provider



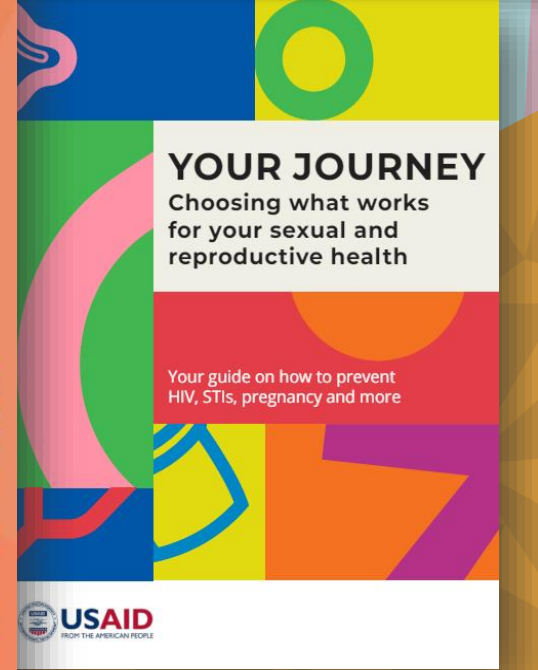
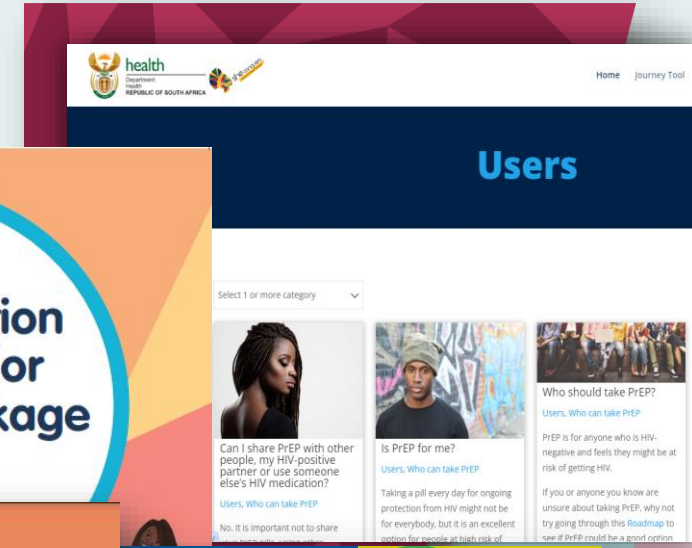
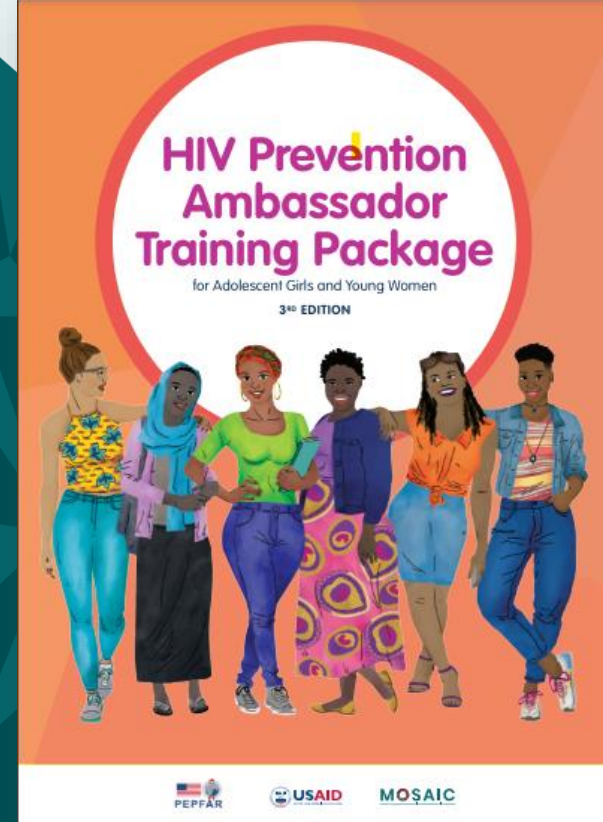
Nolwazi
Moderator



Caleb
PrEP Provider

Want to learn more about oral PrEP?

- See a Healthcare Provider at your nearest health center or facility!
- [Oral PrEP Factsheet](#)
- [Oral PrEP for Pregnant & Breastfeeding People Factsheet](#)
- [MyPrEP.co.ZA](#)
- [HIV Prevention Ambassador Training](#)
- [HIV Prevention Digital Journey Tool](#)



Tips for Using Oral PrEP

Taking your PrEP every day will keep you protected from HIV.

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

Keep your pills in a place that is easy to find.



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

Use a daily pill box.



- 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. Keep them dry and safe!

Keep a back-up supply with you



- Take the pill at the same times each day, for example when you brush your teeth or at your bedtime.

Take the pill as part of your daily routine.



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

Try different ways of swallowing the pill.



- Set a repeating alarm on your phone or download a free pill app to remind you to 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.

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



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

Ask someone to remind you.



- You're not the only one using oral PrEP. Connect with other young people so you can support each other. Some support groups meet in person; others use social media or virtual chat groups.

Join or start an oral PrEP support group with friends



- Plan ahead and refill your pills before you run out.

Try not to run out of pills.



- 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.

Keep appointments with your health care provider



We want to hear from you!





—” —
**THANK
YOU**
—” —



**Thank you for
joining us today!**

**Be on the lookout
for the slides from
this call &
information on
upcoming calls.**

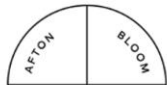
ACKNOWLEDGMENTS

Our Moderators: Luwi Katoka, Merci Niyibeshaho, Nolwazi Khanyile

Panelists: Chantel, Jay, Miranda, Nosipho

Provider: Caleb Owino

Support Team: Shyla Napier, Nkunda Vundamina, Allison Cole, Aubrey Weber



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