

# Responding to Social Harms & Gender-Based Violence

## SESSION 2:

GBV IN PREP SERVICES SOP GUIDANCE & JOB AID  
DISCLOSURE COUNSELING



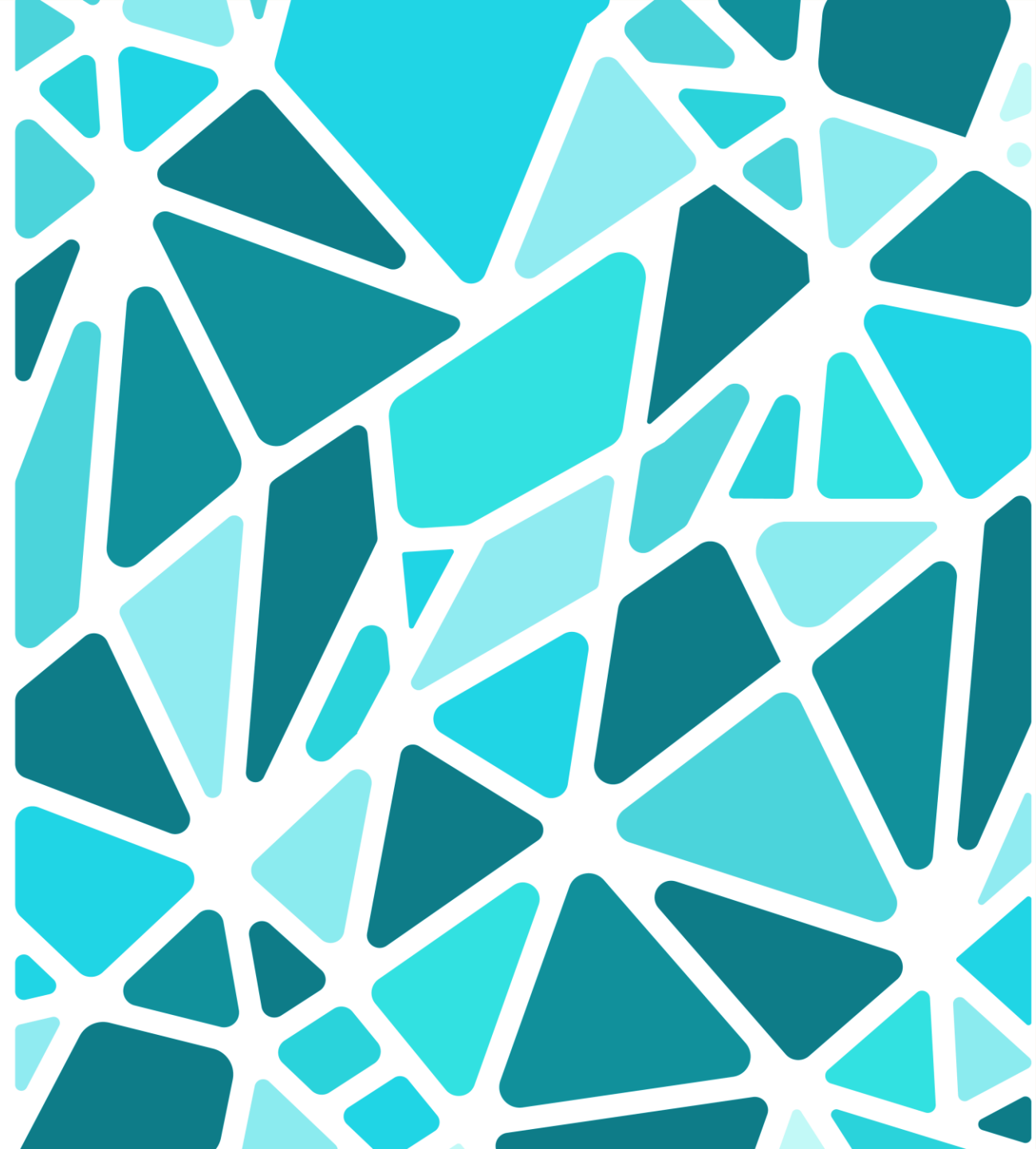
- **Reminder:** Why are we here?
- **GBV in PrEP Services SOP Guidance & Job Aid**
  - Overview
  - Deep dive: SOP Guidance
- **Disclosure Counseling**
- **Bonus content:** Routine inquiry
- **Upcoming topics**
- **Decompression moment**



**Improving our response to gender-based violence is our responsibility to our participants and essential to delivering high-quality PrEP services.**

**The purpose of this learning series is two-fold:**

1. Share resources to address identified areas of improvement
2. Provide QI coaches and Provider Trainers with the background to identify areas of improvement in GBV response



## *Reminder...*

For sites working to strengthen GBV screening and response, the CATALYST QIC has the following objectives:

Ensure that all PrEP clients are **screened for gender-based violence (GBV)**.

Of clients who report or disclose GBV, improve the percentage that are **offered direct support or referral services**.



# Butterfly breaks





**GBV in PrEP Services SOP Guidance & Job Aid**  
*Operational considerations for CATALYST sites*



Why look at this  
SOP guidance  
today?

Each site **described their GBV response procedures** as best as possible **during study start-up** within their PrEP Service Delivery SOPs. The **SOP guidance is a tool** for **refining** these procedures, **modifying** existing SOPs, or developing **new SOPs** (as needed).

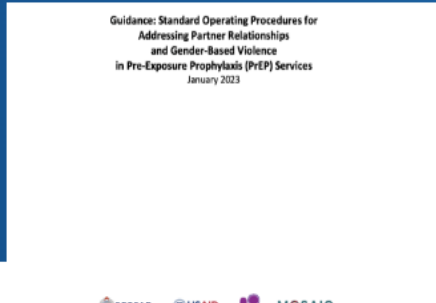


CATALYST teams are **reviewing SOPs and site plans** now in preparation for Stage II. It's an **opportunity to make adjustments** if needed.



# GBV in PrEP Services Tools

**Guidance: Standard Operating Procedures for Addressing Partner Relationships and Gender-Based Violence in Pre-Exposure Prophylaxis (PrEP) Services**



17 MARCH 2023

**Standard Operating Procedures**

Evidence has shown that PrEP services, including PrEP counseling, have increased PrEP uptake and reduced the majority of partner violence impacts among other (GBV), such as non-partner violence, which is not known about their intimate partners.

This **standard operating procedure** was developed for the CHARISMA project and includes multiple PrEP methods and pre-exposure prophylaxis. This resource includes:

- Recent sexual violence may require immediate access to post-exposure prophylaxis (PEP), within 72 hours and emergency contraception, within 72-120 hours per local guidelines.
- Document disclosed violence, services provided, and referrals made on <insert form title>
- Respond to the violence disclosed (first-line support/LIVES)
- Counsel on PrEP use within abusive and controlling relationships
- Decide whether to tell partner about using PrEP

Does not want to tell partner | Wants to tell partner

- Review strategies for using PrEP without partner's knowledge
- Brainstorm what to do if partner discovers PrEP use and becomes angry

## PrEP Job Aid for discussing partner relationships and addressing GBV

**Overview**

- This Job Aid is designed to be used by providers during PrEP visits with the standard operating procedures (SOP) developed based on *Development Guidance: Standard Operating Procedures for Addressing Partner Relationships and Gender-Based Violence in Pre-Exposure Prophylaxis (PrEP) Services*.
- Providers initiating a client on PrEP, refilling a PrEP supply, or helping a client who is struggling to use PrEP as prescribed can use this Job Aid to ask about a client's relationships with partner(s). This includes asking about gender-based violence (GBV), responding to disclosed violence, and counseling on how to use PrEP with or without a partner's knowledge.\* If on provider training, managing spontaneous disclosures of violence, and establishing violence response referral networks, please see the SOP.

**Instructions for Use**

- Begin at the arrow labeled "Start" on either the summary or detailed version of the PrEP Job Aid, depending on your preference. Complete each step indicated by the tick boxes before moving on to the next step.
- When decisions are required, follow the relevant arrow according to the client's wishes and responses.
- Text in *italics* on the detailed flow chart is a suggested script.

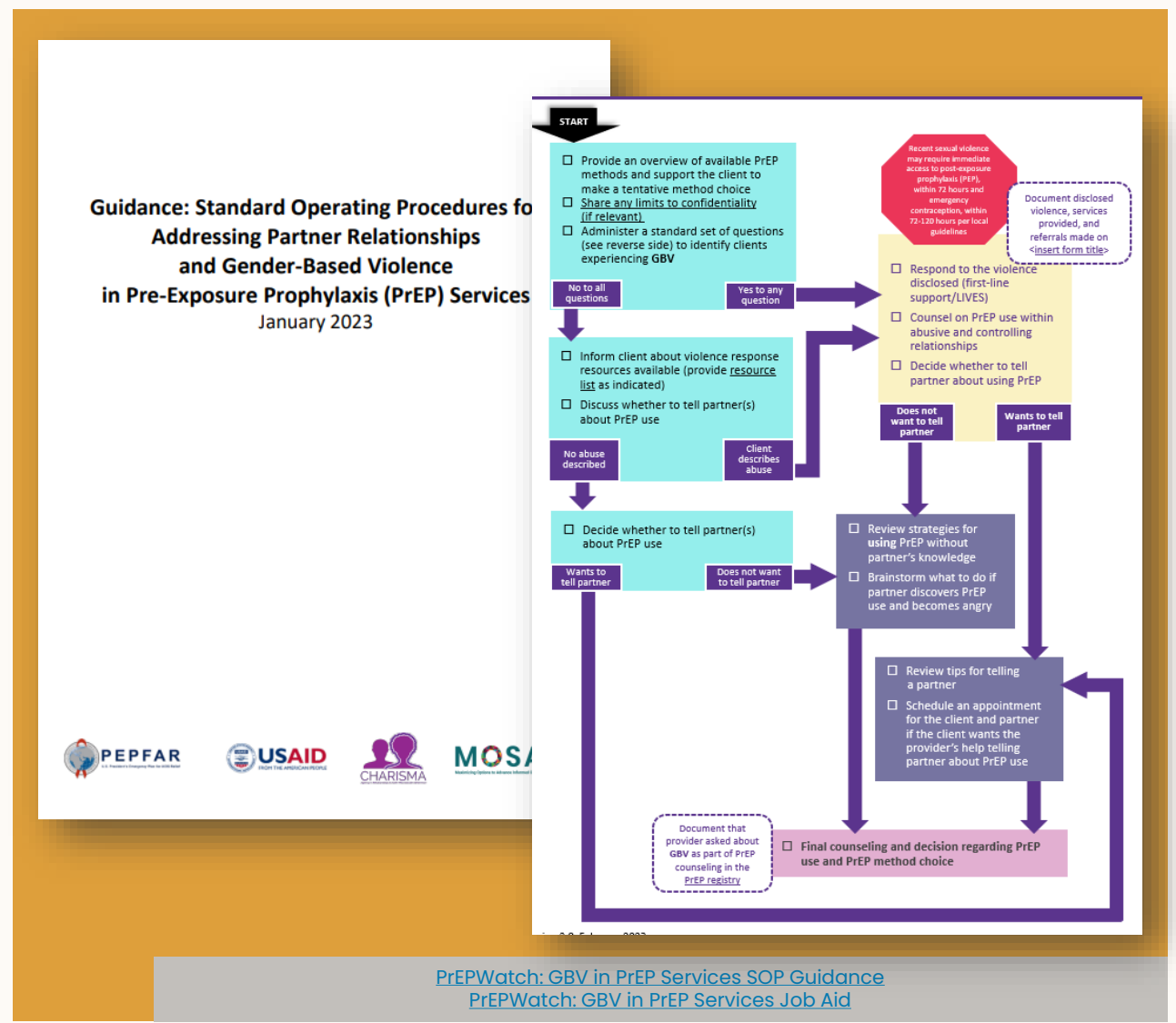
**Instructions for Adaptation**

- Questions about GBV and other local specifications, such as mandatory reporting requirements, should be revised per national/clinic guidance.
- The boxes outlined with dashed borders describe the monitoring process that should be followed.

- The tools support the development and implementation of standard operating procedures (SOP) for **asking about and responding to gender-based violence** as part of PrEP service provision
- First developed for oral PrEP services in 2020
- Updated in 2023 to **include the PrEP ring and CAB PrEP**, as well as considerations for other forms of GBV
- These tools are **evidence-informed**: based on [findings from randomized controlled trials](#) and [previously evaluated SOPs](#)

# What are the GBV in PrEP Services tools?

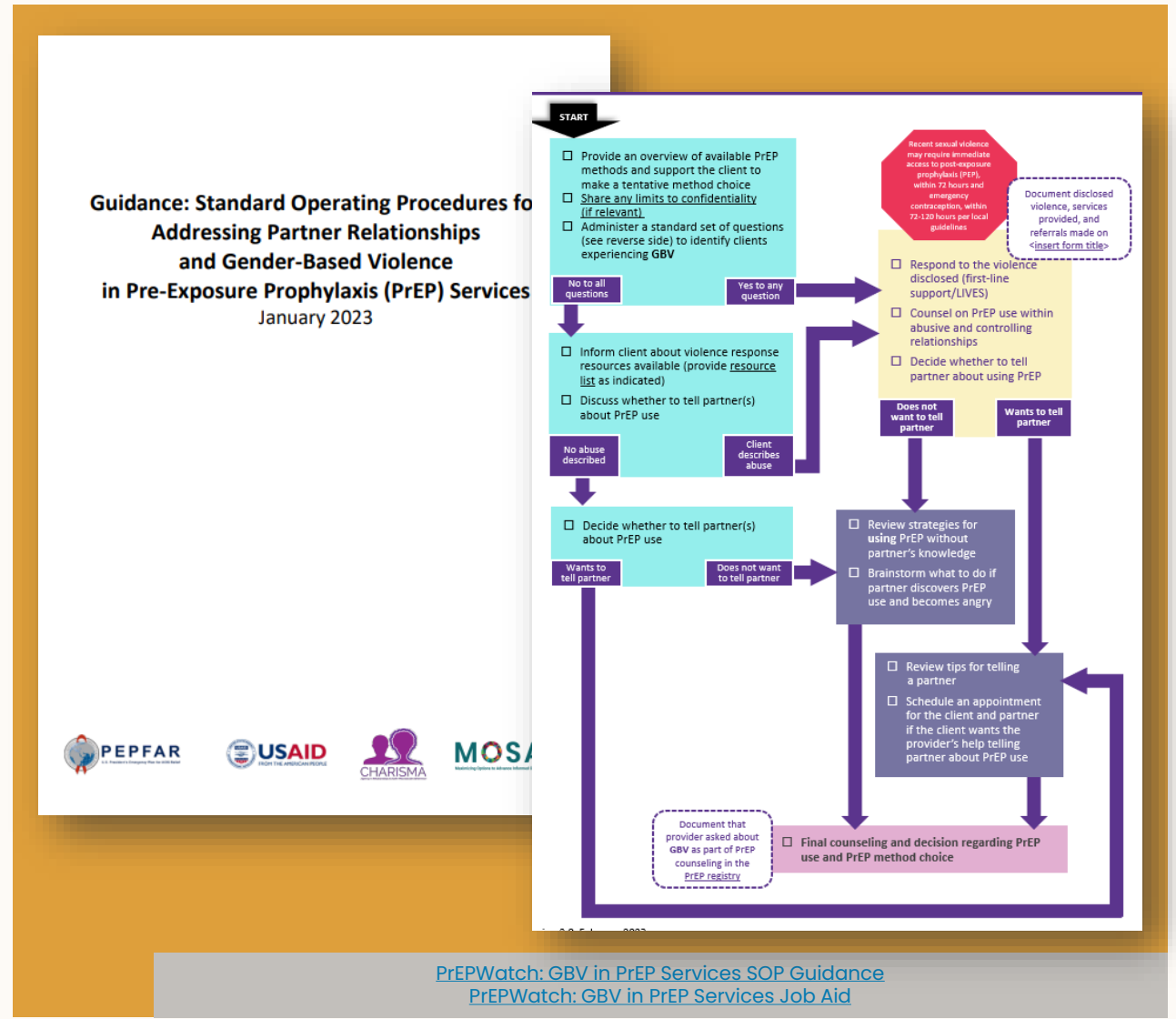
- The **SOP guidance** document includes recommendations for training, response & referral, counseling on PrEP disclosure or discreet use, and staff support
- The **job aid** is an adaptable tool to support providers as they ask about and respond to GBV, and in counseling clients about safe PrEP disclosure or discreet use



# What are the GBV in PrEP Services tools?

Has anyone seen or used these tools before?

What was your experience?



# Contents

## *SOP Guidance: GBV in PrEP Services*



**Background &  
Introduction**

**Procedures**

**Appendices**

# Background & Introduction

## *SOP Guidance: GBV in PrEP Services*

### Background & Introduction

- Acronyms & definitions
- Background
- Purpose
- Scope
- Responsibilities

Key responsibilities for providers, programmers, and other site staff, as well as what this guidance does and does not cover, is outlined in the **Background & Introduction**.

# Procedures (1 of 2)

## SOP Guidance: GBV in PrEP Services

### Procedures

- SOP Development & Preparation
- GBV Routine Inquiry
- Provision of First-Line Support
- PrEP Counseling
- Staff Experiences of Burnout, Compassion Fatigue, and Vicarious Trauma
- Documentation
- Adapted Procedures for COVID-19

The **Procedures** section outlines recommendations for:

- Understanding the **local legal context**
- Developing a **referral network**
- **Training staff**
- Outlining the **limits of confidentiality**
- Conducting **routine inquiry**
- Providing **first-line support** using the LIVES approach
- **Referral procedures**
- Processes to handle **spontaneous disclosures of violence**

The **Procedures** section outlines recommendations for:

- Understanding the **local legal context**
- Developing a **referral network**
- **Training staff**
- Outlining the **limits of confidentiality**
- Conducting **routine inquiry**
- Providing **first-line support** using
- **Referral procedures**
- Processes to handle **spontaneous disclosures of violence**

We have contracted consultants for a **legal review of all MOSAIC countries** to support this effort. The full review and brief country profiles are internal documents **available upon request!**

# Procedures (2 of 2)

## *SOP Guidance: GBV in PrEP Services*

### Procedures

- SOP Development & Preparation
- GBV Routine Inquiry
- Provision of First-Line Support
- PrEP Counseling
- Staff Experiences of Burnout, Compassion Fatigue, and Vicarious Trauma
- Documentation
- Adapted Procedures for COVID-19

The **Procedures** section **also** outlines recommendations for:

- **PrEP counseling**, including **method-specific information** and **disclosure counseling**
- **Preventing burnout**
- **Documenting GBV** cases and follow-up
- Considerations for **COVID-19** or other public health crises or natural disasters



# Appendices

## *SOP Guidance: GBV in PrEP Services*

### Appendices

- GBV Routine Inquiry Questions for Key Populations
- Steps for Establishing and Maintaining a Referral Network
- Standard Operating Procedure Template
- Referral Network Template
- Referral Letter Template

The **Appendices** contain adaptable tools to develop & implement an SOP for addressing GBV in PrEP services and meet the WHO minimum requirements for asking about GBV.

## Discussion

**Do sites in your context have an SOP to guide screening for or responding to GBV?**

**If so, what has been the experience with the SOP(s)?**

**If not, might an SOP be feasible or useful in your context?**



**Disclosure Counseling**  
*Sample training content*

## A note on disclosure counseling...

While some research has been done on PrEP use disclosure counseling, **disclosure counseling in the context of PrEP method choice is new.**

For clients who are concerned or have questions about telling others about their PrEP use, **disclosure counseling may be an important part of PrEP method choice counseling.**

**We are uncovering best practices** for these conversations and how to support providers to implement them – together!

# Counseling messaging

## Opening the conversation

### Beginning counseling

- Provide **initial choice counseling** on available **PrEP methods**
- Administer **GBV routine inquiry** questions
- Discuss client concerns about **using their chosen method safely**
- Discuss whether to **tell partner(s) about PrEP use**
- **Decide** whether to tell partner(s) about PrEP use

*Provide first-line support for clients who disclose violence*

“

**Say:** It is your decision whether to tell your partner about PrEP. Many PrEP users want their partner to know so they can be supportive. Other users, with privacy, safety, or other concerns, do not want partners to know. Many people can successfully use PrEP without their partner's knowledge. I would like to hear from you about whether you want to discuss your PrEP use with your partner(s).

“

**Ask:** How would your partner(s) respond if they knew you were using PrEP? Are you afraid that your partner(s) would have a negative or violent reaction if they knew you were using PrEP?

**If the client is afraid of a negative response, ask why. Probe for client concerns about abusive behavior by the partner and allow them to reflect on how their partner may respond differently to different PrEP methods.**

# Counseling messaging

## Opening the conversation

### Beginning counseling: WHEN CONSIDERING THE PREP RING

- Because **the PrEP ring may be felt during sex**, it is important to discuss disclosure. People who choose the ring should be supported to make an informed decision about whether and how to disclose their ring use.
- These **key messages** may help PrEP ring users make decisions about disclosure:
  - Some ring users report that **the ring can be felt more easily by a partner during sexual positions that may shorten the vagina** – such as vaginal sex from behind
  - Partners **may be more likely to report that they feel the ring if they know that it is there**



## Telling Others Role-Play 1: Deciding to Disclose Your PrEP Use



*Do I have to tell my partner if I want to use 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 women use 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 him and the reasons you don't want to.

*Does it matter which PrEP method I have chosen?*

Each PrEP method is different, and some methods may be easier to keep a secret than others.

People using oral PrEP may need to hide their pills from their partners, and people who choose CAB PrEP will have to make sure they can still attend their clinic visits if their partners do not know about their CAB PrEP use. For people who use the PrEP ring, it is important to note that although most partners do not notice the ring during sex, it is possible that they might feel the ring during sex or foreplay — if fingers are inserted into the vagina.

*Well, it would be nice to have his support.*

Lots of people who use PrEP say it really helps to have their partner's support. Your partner may be able to support your PrEP use by helping you get to clinic visits or reminding you to take pills, change your ring, or schedule your next injection. A PrEP ring user who knows their partner is okay with their ring use may find it easier to keep the ring in during sex.

*If I don't tell him, I might feel uneasy or worried about him finding out.*

I understand you might worry about that. It's normal to feel uneasy about keeping something a secret from someone you care about or love. I want you to know that it is 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 him, I can support you to keep it private. In the same way, if you choose to tell him, I can support you with ways to open a discussion about it with him.

Are there any reasons why you don't want to tell him?

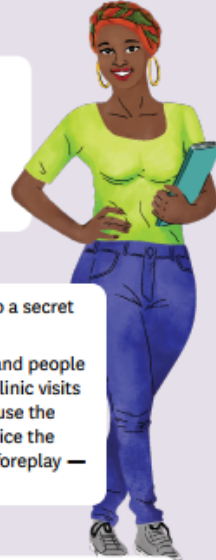
*I'm not sure if he will be supportive! What if he thinks I'm cheating on him or that I don't trust him? What if he doesn't want me to use it?*

These are important and common concerns. You could try talking to him about PrEP without telling him that 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 he thinks about PrEP and if he is likely to be supportive.

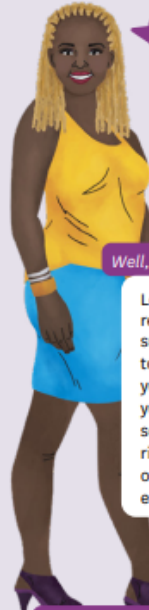
If you do decide to tell him, we can practise responding to his concerns.

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

This tool was written with male partners in mind, but you can choose whether to tell any partner, or your parent(s), about PrEP use!



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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 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 them and the reasons you don't want to.

*Well, it would be nice to have their support.*

Lots of people who use PrEP say it really helps to have their partner's support. Your partner may be able to support your PrEP use by helping you get to clinic visits or reminding you to take pills, change your ring, or schedule your next injection. A PrEP ring user who knows their partner is okay with their ring use may find it easier to keep the ring in during sex.

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I understand you might worry about that. It's normal to feel uneasy about keeping something a secret from someone you care about or love. I want you to know that it is 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 them, I can support you to keep it private. In the same way, if you choose to tell them, I can support you with ways to open a discussion about it.

Are there any reasons why you don't want to tell them?

*I'm not sure if they will be supportive! What if they think I'm cheating on them or that I don't trust them? What if they don't want me to use it?*

These are important and common concerns. You could try talking to them about PrEP without saying that 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 they think about PrEP and if they are likely to be supportive.

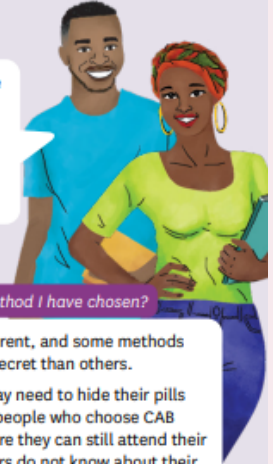
If you do decide to tell them, we can practise responding to their concerns.

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

*I am a sex worker. Do I have to tell my clients that I am using PrEP?*

No. It is your choice to tell your clients about your PrEP use. Some sex workers do not tell their clients. Others might tell regular clients or clients whom they see often. It depends on the boundaries you have set with your clients.

If you work in a brothel, putting posters or information about PrEP in visible locations may help clients be more open to sex workers who use PrEP.



This tool was written with sexual partners in mind, but it is your choice whether to tell any partner, or your parent(s), about PrEP use!

# Counseling messaging

## For clients who disclose violence

When a client **discloses violence**, provide first-line support *before proceeding*.

- **Listen:** Closely, with empathy, and without judging
- **Inquire:** Assess and respond to needs or concerns
- **Validate:** Show understanding and believe the client; they are not to blame for GBV
- **Enhance safety:** Discuss a plan to protect from further harm; include PrEP in emergency bag
- **Support:** Offer to connect to additional information, services, and social support, including PEP or emergency contraception

*If referrals are accepted, offer active referral OR accompaniment to any desired services*

**Then, work with the client to decide whether to tell their partner(s) about their PrEP use.**

**Say:** People in abusive and controlling relationships or who experience violence may face challenges to preventing HIV. It may be difficult to negotiate condom use and to know your partner's status. This can make PrEP even more important.

**Say:** Clients experiencing control/abuse may find it more difficult to use PrEP correctly and may need extra support. Let's brainstorm specific challenges that you may face and strategies to overcome these challenges.



# Counseling messaging

## Disclosure

For clients who *want to disclose*

- Review **tips for telling a partner**
- Discuss **additional tips** for disclosing PrEP use



**Say:** I can help you brainstorm ways to tell your partner more safely, including having your partner speak to a staff person here.

### *Tips for telling a partner about your PrEP use*

- Use simple language
- Maintain eye contact
- Remain calm
- Bring information about PrEP & PrEP methods to help answer questions
- Tell your partner in a safe place. For example, where you can leave easily if needed.
- Tell your partner at a time when they are able to focus and have time to discuss

### *Additional tips for disclosing PrEP use*

- Before telling your partner you are using it, discuss PrEP or your PrEP method generally to see what they say
- Give a little bit of information at a time
- Only tell your partner what they need to know (for example, that you will be using a daily pill/monthly ring/injection to protect your health)
- If they are resistant at first, bring it up again over time to build support

**For clients with no history of violence/abuse with their current partner(s): Offer to schedule an appointment with the client and their partner if they would like your help disclosing PrEP use.**

# Counseling messaging Disclosure

For clients who *want to disclose*: Special populations

- Finally, **disclosing PrEP use to a client may be a different conversation than disclosing to a romantic partner.**
- Counseling sex workers about PrEP disclosure should be **tailored to their specific needs.**

## Telling Others Role-Play 2: Telling Your Partner About Your PrEP Use



I've decided to tell my partner about 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 to use PrEP!  
Your partner is most likely to be supportive if he has accurate information about PrEP. Without it, he may be unclear on the benefits of its use and feel less able to be supportive.

I don't think so.

It might be helpful to talk to your partner about the PrEP method you've chosen before you tell him you are using it or planning to use it. Try mentioning it a few times to start a conversation so you can provide him with accurate information. These conversations might also help you understand what he thinks about the PrEP method you've chosen.

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

The first decision you'll need to make is whether to tell him that you are **considering** using PrEP, or that you **are using** PrEP.

**I'm not sure yet.** If you choose to tell him you are **considering** using PrEP, you could think about saying:

- Did you know that HIV is very common in our country and community? We should all think carefully about how we can prevent HIV.
- Did you know that there are now a lot of different ways to prevent HIV? What do you know about these additional HIV prevention methods?
- I've been thinking about using a prevention method to make sure I'm protected against HIV, and I need one that I can use well.
- It's been recommended for girls and women to help prevent HIV.
- I've heard a lot about it. It is very safe and won't have any impact on you.
- It will just be like using other medication to prevent getting sick or to prevent pregnancy.
- I would really like your support. Using PrEP will help me prevent HIV. Many people my age are getting HIV, so I want to be as safe as I can be.

**What if I choose to tell him after I start using it?**

You can think about saying:

- Using PrEP is just like any other method we have to prevent HIV.
- It was recommended to me by a health care provider who educated me about it. I made the decision on my own because it's about my health and it won't have any impact on you.
- I use it because many people my age are getting HIV and I like that I can use this PrEP method well for my own protection.
- 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, using PrEP is your right!  
You are making a responsible decision to protect your health.

**What if he thinks I'm cheating on him, or that I don't trust him?**

You could try explaining that using PrEP is not about your relationship — it's a decision about your health. You could also try to explain that you are trusting him by asking for his support.

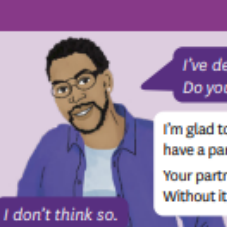
**Do you have any other advice?** Sure, here are some tips:

- Your safety matters. If you don't think it is safe to tell your partner, it is okay to wait until you think it will be safe or not tell them at all.
- Picking your timing is important. Try to find a time when he's in a good mood, you're both sober, and you have some privacy. This must not be a rushed conversation.
- If you're worried that he 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.

If your partner is interested in learning more, you could consider sharing a flyer or other written information about the PrEP method with him or suggest that the two of you visit a health care provider together to find out more!

This tool was written with male partners in mind, but you can choose to tell any partner, or your parent(s), about PrEP use

## Telling Others Role-Play 2: Telling a Partner About Your PrEP Use



I've decided to tell my partner about 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 a partner's support to use PrEP!  
Your partner is most likely to be supportive if they have accurate information about PrEP. Without it, he may be unclear on the benefits of its use and feel less able to be supportive.

I don't think so.

It might be helpful to talk to your partner about the PrEP method you've chosen before you tell them you are using it or planning to use it. Try mentioning it a few times to start a conversation so you can provide them with accurate information. These conversations might also help you understand what they think about the PrEP method you've chosen.

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

The first decision you'll need to make is whether to tell them that you are **considering** using PrEP, or that you **are using** PrEP.

**I'm not sure yet.** If you choose to tell them you are **considering** using PrEP, you could think about saying:

- Did you know that HIV is very common in our country and community? We should all think carefully about how we can prevent HIV.
- Did you know that there are now a lot of different ways to prevent HIV? What do you know about these additional HIV prevention methods?
- I've been thinking about using a prevention method to make sure I'm protected against HIV, and I need one that I can use well.
- It's been recommended to help prevent HIV.
- I've heard a lot about it. It is very safe and won't have any impact on you.
- It will just be like using other medication to prevent getting sick or to prevent pregnancy.
- I would really like your support. Using PrEP will help me prevent HIV. Many people my age are getting HIV, so I want to be as safe as I can be.

**What if I choose to tell them after I start using it?**

You can think about saying:

- Using PrEP is just like any other method we have to prevent HIV.
- It was recommended to me by a health care provider who educated me about it. I made the decision on my own because it's about my health and it won't have any impact on you.
- I use it because many people my age are getting HIV and I like that I can use this PrEP method well for my own protection.
- 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, using PrEP is your right!  
You are making a responsible decision to protect your health.

**What if they think I'm cheating on them, or that I don't trust them?**

You could try explaining that using PrEP is not about trust — it's a decision about your health and the future of your relationship. You could also try to explain that you are trusting them by asking for their support.

**Do you have any other advice?** Sure, here are some tips:

- Your safety matters. If you don't think it is safe to tell your partner, it is okay to wait until you think it will be safe or not tell them at all.
- Picking your timing is important. Try to find a time when they are in a good mood, you're both sober, and you have some privacy. This must not be a rushed conversation.
- 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.

If your partner is interested in learning more, you could consider sharing a flyer or other written information about the PrEP method with them or suggest that the two of you visit a health care provider together to find out more!

This tool

# Counseling messaging

## Discreet use

For clients who *do not want to disclose*

- Help the client **brainstorm strategies to keep their PrEP use private**. Discuss different strategies so that the client has at least 1-2 that they can use.
- Remind the client that **using PrEP as prescribed is important, but not as important as their safety**. If strategies for discreet PrEP use **change their product choice**, discuss other potential PrEP methods and HIV prevention strategies

### *Some strategies for discreet PrEP use:*

- Store **pills, rings**, or other PrEP-related products in places where the partner will not look (handbag, keychain, with pads and tampons).
- Ask a neighbor to keep **pills or rings**. Note that this may make it more challenging to remember to take **pills** as prescribed.
- Store extra PrEP supplies, such as additional **pill bottles or PrEP rings** in an unmarked container (ensure that this container is stored away from direct sunlight, ideally in a cool and dry place, to avoid damaging the medication).
- Think of a reason for regular clinic visits or coordinate **PrEP visits** with other necessary travel or clinic visits.
- Discuss discreet management of **side effects or injection-site reactions** they are experiencing or may experience from the PrEP method they have chosen.
- **CAB PrEP** users may choose to remove any injection site bandages prior to seeing their partner.
- For **oral PrEP**, take **pills** out of their container while the partner is away and place them somewhere less obvious.
- Tell the partner they are taking a **new medication** but don't disclose that it is for HIV prevention.
- If permitted by local guidelines, discuss the possibility of multi-month dispensing of **oral PrEP** or the **PrEP ring**.

**Brainstorm what to do if the partner discovers PrEP use and becomes angry. This may include getting an emergency supply of PrEP, choosing support people who can help in an emergency, or creating a safety plan. Ask the client what support the clinic can provide.**

## Telling Others Role-Play 3: Keeping Your PrEP Use Private



*I've decided not to tell my partner.*

It's great that you've made a decision that works best for you. Many people make the same decision, and they successfully use PrEP without telling their partners. If you ever change your mind about telling him, you are welcome to ask me for support to do this, and we can practise if you would like.

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



### How do I make sure he doesn't find out?

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

### How do I hide my PrEP use?

If you choose **oral PrEP**, you will need to think about ways to keep your PrEP pills hidden.

You could try:

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

People who are very worried about their partners may keep their pills somewhere else, such as at a friend's house, but that may make it hard to take a pill every day. Some people don't hide the pills and instead pretend they are something else, such as contraceptives or pills for pain during menses.

If you choose the **PrEP ring**, you will need to think about ways to keep your rings hidden.

You could try:

- Keeping the PrEP ring inserted at all times and only removing and replacing it when your partner is not around
- Disposing of the PrEP ring carefully so it won't be found in the rubbish
- Keeping extra PrEP rings in a pouch with your tampons or pads or in another private place. Make sure to leave unused rings in their original packaging.
- Keeping extra PrEP rings somewhere else, such as at a friend's house
- Getting one PrEP ring at a time so there are no extra rings to hide

Some people don't hide their PrEP ring use and instead pretend it is something else, such as the contraceptive ring.

If you choose **CAB PrEP**, the most important things you will need to plan for are getting to the clinic for your appointments and managing any side effects or injection site reactions you may have without your partner finding out.

You could try:

- Adding your clinic visits to other trips to shop or visit friends, so that you have a reason for going out
- Combining trips for CAB PrEP with other clinic visits to address other health care needs
- Working with your health care provider to coordinate your PrEP injections with your clinic visits for other sexual health services, such as contraceptive refills or injections
- Working with your health care provider to prevent or manage injection site reactions and side effects

### What if he finds out?

Although many people use PrEP without their partner finding out, it's a good idea to plan what you will say if he does. You can think about saying:

- Using PrEP is just like using any other medication that protects your health.
- 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 like that I can use PrEP well for my own protection.
- Using PrEP is an investment in my health and the future of our relationship!

You could also say you were just trying it out and were going to let him know if you decided to keep using it.

You can also offer to take your partner with you on your next visit to the health care provider, who can give him more information and answer questions about PrEP and HIV prevention.

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 practise 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, using PrEP is your right. You have the right to make your own decisions about your health. You're not alone. Many people choose to use PrEP methods 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!

**This tool was written with male partners in mind, but it is your right to keep your PrEP use private if you choose!**

## Telling Others Role-Play 3: Keeping Your PrEP Use Private



*I've decided not to tell my partner.*

It's great that you've made a decision that works best for you. Many people make the same decision, and they successfully use PrEP without telling their partners. If you ever change your mind about telling them, you are welcome to ask me for support to do this, and we can practise if you would like.

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



### How do I make sure they don't find out?

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

### How do I hide my PrEP use?

If you choose **oral PrEP**, you will need to think about ways to keep your PrEP pills hidden.

You could try:

- Keeping them with other medications in a different container
- Keeping them in your bag in a little pouch
- Keeping them with your tampons or pads or other private items
- Stuffing a bit of cotton into the pill bottle to prevent rattling

People who are very worried about their partners may keep their pills somewhere else, such as at a friend's house, but that may make it hard to take a pill every day. Some people don't hide the pills and instead pretend they are something else, such as contraceptives or pills for headache pain.

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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!

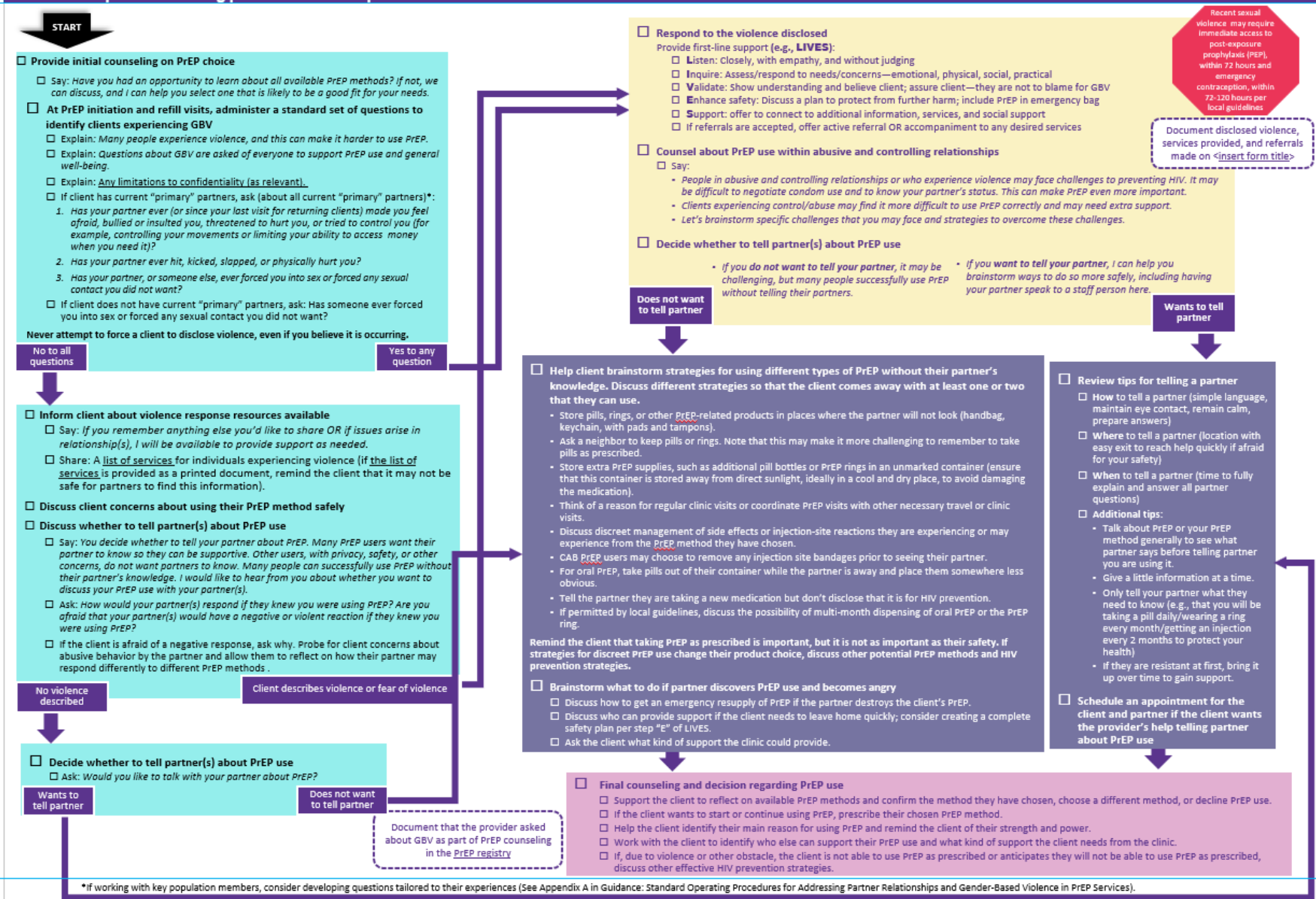
**This tool was written with sexual partners in mind, but it is your right to keep your PrEP use private if you choose!**

# Counseling messaging

## Final counseling & decision making

### Closing the conversation

- Support the client to reflect on available PrEP methods and **confirm the method they have chosen, choose a different method, or decline PrEP use.**
- If the client wants to start or continue using PrEP, **prescribe their chosen PrEP method.**
- Help the client identify their main reason for using PrEP and **remind the client of their strength and power.**
- Work with the client to **identify who else can support their PrEP use** and what kind of **support the client needs from the clinic.**
- If, due to violence or other obstacle, the client is not able to use PrEP as prescribed or anticipates they will not be able to use PrEP as prescribed, **discuss other effective HIV prevention strategies.**



# Counseling flow in the Job Aid

## Discussion

*What may have been missed in the messaging guides we have shared?*

*What are the barriers or facilitators to disclosure counseling in your context?*





# Butterfly break





**Bonus content: GBV Routine Inquiry in PrEP Services**  
*Operational considerations for CATALYST sites*

# GBV routine inquiry in PrEP services

Routine inquiry should occur for **all clients** who are considering or currently using PrEP.

Routine inquiry should be done **at every visit** – client circumstances and relationships change!

## **BEFORE beginning:**

**Explain** limitations on confidentiality, such as mandatory reporting requirements

**Explain** that all PrEP clients are asked about violence to provide the best possible service

# Standard questions for asking about violence

Has your partner ever (or since your last visit, for returning clients) made you feel afraid, bullied or insulted you, threatened to hurt you, or tried to control you (for example, not letting you go out of the house)?

Has your partner ever hit, kicked, slapped, or otherwise physically hurt you?

Has your partner, or someone else, ever forced you into sex or forced you to have any sexual contact you did not want?

*These questions are adapted from PEPFAR guidance. Recommended questions for key populations members are included in Appendix A.*

# Routine inquiry considerations

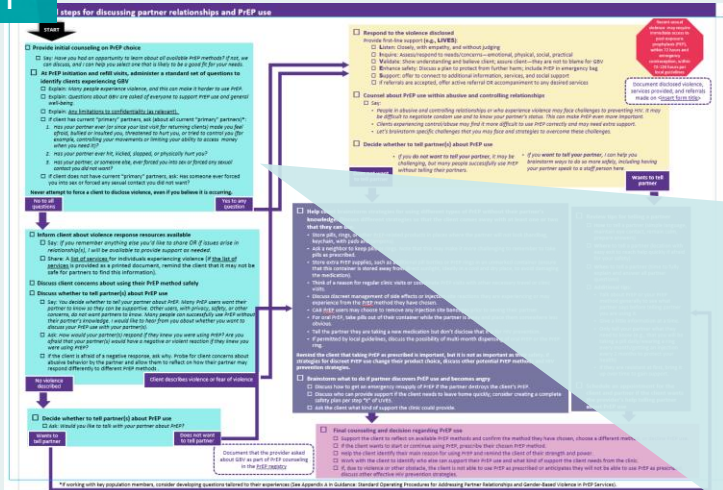
**Never pressure a client to disclose violence**, even if you think it may be happening. Focus on reassuring the client that help is available, should they need it.

No service should ever be denied to a client because they did or did not disclose violence. **Always offer to screen for PrEP**, unless the client should consider post-exposure prophylaxis (PEP).

Any client who reports **sexual violence** should be linked as soon as possible to **critical clinical and counseling services**, including:

- **PEP**, if within 72 hours
- **Emergency contraception**, if within 120 hours/5 days

***Clients who use PEP will likely benefit from PrEP after completing the 28-day course. PEP use is considered a potential gateway for PrEP initiation.***



- Provide initial counseling on PrEP choice**
  - Say: *Have you had an opportunity to learn about all available PrEP methods? If not, we can discuss, and I can help you select one that is likely to be a good fit for your needs.*
- At PrEP initiation and refill visits, administer a standard set of questions to identify clients experiencing GBV**
  - Explain: *Many people experience violence, and this can make it harder to use PrEP.*
  - Explain: *Questions about GBV are asked of everyone to support PrEP use and general well-being.*
  - Explain: *Any limitations to confidentiality (as relevant).*
  - If client has current "primary" partners, ask (about all current "primary" partners)\*:
    1. *Has your partner ever (or since your last visit for returning clients) made you feel afraid, bullied or insulted you, threatened to hurt you, or tried to control you (for example, controlling your movements or limiting your ability to access money when you need it)?*
    2. *Has your partner ever hit, kicked, slapped, or physically hurt you?*
    3. *Has your partner, or someone else, ever forced you into sex or forced any sexual contact you did not want?*
  - If client does not have current "primary" partners, ask: *Has someone ever forced you into sex or forced any sexual contact you did not want?*

**Never attempt to force a client to disclose violence, even if you believe it is occurring.**

No to all questions

Yes to any question

- ↓
- Inform client about violence response resources available**
    - Say: *If you remember anything else you'd like to share OR if issues arise in relationship(s), I will be available to provide support as needed.*
    - Share: *A list of services for individuals experiencing violence (if the list of services is provided as a printed document, remind the client that it may not be safe for partners to find this information).*

# Routine inquiry in the Job Aid

## Discussion

*Do you think GBV screening in your context aligns with what we have talked about today?*

*What would need to change to more closely align GBV screening with global standards?*



# Upcoming Topics & Action Items



## Gender-Based Violence in CATALYST

- **Preventing compassion fatigue & vicarious trauma:** building resources and changing culture
- Would you like **support to address any GBV-related challenges** with site teams?

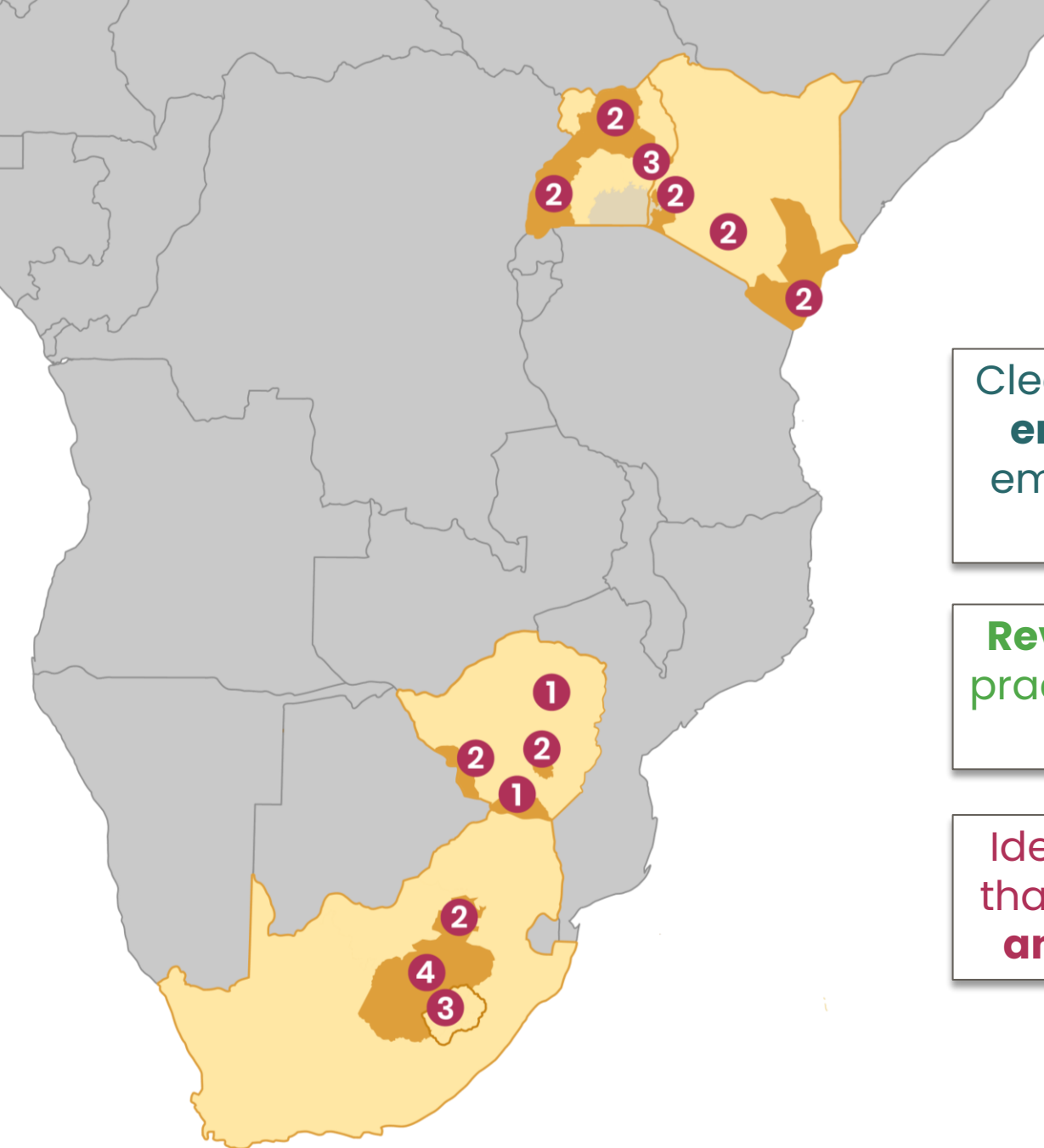
**Topics for future trainings**

# Action item follow-up

Clearly **communicate with sites the risks of directly engaging partners who have used violence** and emphasize potential safeguarding concerns ... *How has this gone?*


**Review site procedures** to identify and change any practices that could put participant confidentiality at risk ... *Have you identified any issues?*

Identify the **implementing partners** in your context that can support efforts to **improve GBV prevention and response** ... *Are there any potential partners?*





**Reflection**

A vibrant purple and blue butterfly is perched on a purple flower. The background is a soft-focus field of white and purple flowers. The text is overlaid on the right side of the image.

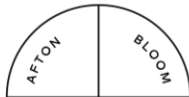
Alone we can do so little;  
together we can do so much.

-Helen Keller

US author, educator and disability rights advocate

# ACKNOWLEDGMENTS

Morgan Garcia and Lauren Rutherford, FHI 360



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# What is available to support us?

## For FHI 360 Staff

- [Employee Assistance Program](#)
- Free access to [the CALM App](#)

## Kenya

- Mental health/GBV hotline: 1190
- National GBV hotline: 1195

## Lesotho

- GBV Helpline: 1212 or 800 666 66
- [Federation of Women Lawyers tip app](#)
- [Nokaneng App](#)
- She-Hive: +266 2231 4531 or WhatsApp +266 5707 5354

## Uganda

- Mental Health Uganda: 0800212121
- Communication for Development Foundation: 0800200600
- Strong Minds Uganda: 0200923340
- National GBV Hotline: 116

## Zimbabwe

- [Musasa](#) toll-free hotline: 0808 0074 (Econet), 0801 0074 (NetOne), 0731 080074 (Telecel), WhatsApp (0772 186162)
- National GBV Call Center – 575
- [Adult Rape Clinic](#): 0808 0472 (Toll-free Econet) or 0775 672770
- Zimbabwe Republic Police Victim Friendly Unit – various locations
  - Toll-free according to mobile network 0808 0544 (Econet), 0801 0149 (NetOne), 0735 342874 (Telecel)
- [Adult Rape Clinic](#) 0808 0472 (Toll-free Econet) or 0775 672770
  - Ward C9 Parirenyatwa Hospital, Harare
- [Youth Advocates Helpline](#) 393 or 0777 469107
- [Childline Zimbabwe](#) 24-hour toll-free 116

## Eswatini

- Eswatini Child Helpline – toll free 116
- [Swatini Action Group Against Abuse](#) – toll free 951
- One-stop centers: Manzini +268 2505 2211, 2508 4000 and Mbabane +268 2404 6954
- Police Domestic Violence & Child Protection Unit – toll free 999/9999
- Safe houses available via social workers

## South Africa

- National mental health hotline: [www.sadag.org](http://www.sadag.org) / 0800 57 567
- Discovery Health trauma support line: 0860 999 911 (press 5 for GBV)
- [Thuthuzela Care Centers](#)
- GBV Call Center: 0800 428428 or \*120\*7867#
- Suicide Crisis Helpline: 0800 567 567

# Additional resources – International, US & Zimbabwe

## International resources for survivors of gender-based violence (including sexual assault and harassment)

- **The No More Directory**: <https://nomoredirectory.org/>
- **The Hot Peach Pages**: <https://www.hotpeachpages.net/a/countries.html>

### Zimbabwe, continued

- **Family Support Trust** – various locations (relevant to CATALYST listed below)
  - Harare Central Hospital 0774 227430
  - Chitungwiza Central Hospital 0772 386252
  - Beitbridge District Hospital 0784 399164
  - Mpilo Central Hospital, Bulawayo 0773 417665
  - <https://www.linkedin.com/company/family-support-trust/>
- **Contact Family Counselling Center** (0292) 272400 / 881842
  - 9 Barbour Avenue, Parkview, Bulawayo
- **Zimbabwe Women Lawyers Association** 0808 0131 (Toll-free Econet)
- Women and Law in Southern Africa 0808 0479 (Toll-free Econet)

### United States

- US-based national hotlines for abuse and mental health support:  
<https://victimconnect.org/resources/national-hotlines/>

### South Africa, continued

- Cipla Mental Health Helpline: 0800 456 789, 076882 2775 (WhatsApp)
- Healthcare Workers Care Network Helpline: 0800 21 21 21, SMS 43001
- Adv Joyce Xakaza (Gauteng) – Cell: 084 623 2621, [tsxakaza@npa.gov.za](mailto:tsxakaza@npa.gov.za)
- Adv Johanna Mabote (Free State) – Cell: 084 874 5302, [njmabote@npa.gov.za](mailto:njmabote@npa.gov.za)

# Training Resources: What is available now?

## CDC – LIVES (video-based)

### 1) Providers Trained on How to Ask about Violence and to Provide First Line Support (LIVES)

- This training will provide the necessary training on how to ask about violence and provide first-line support through the WHO



## EpiC – Responding to violence, index testing (TOT)

## WHO – LIVES (slide-based)

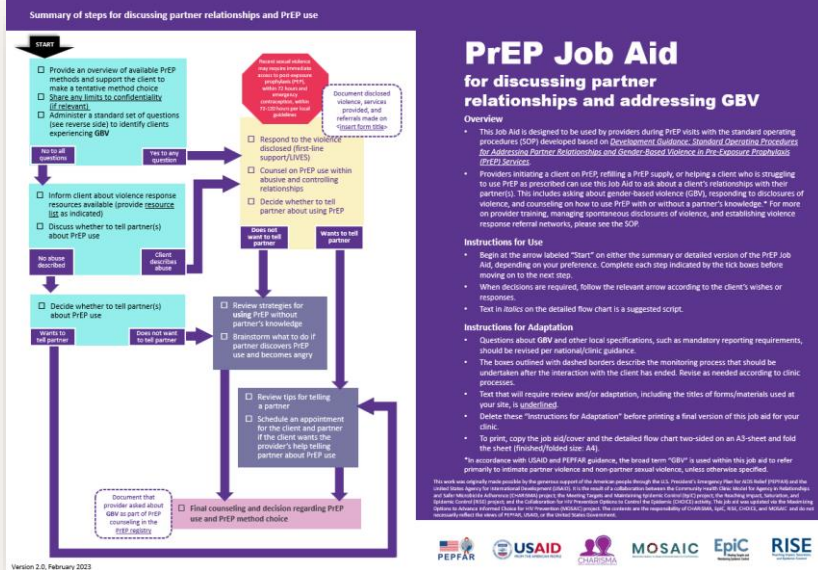
\* New modules for health managers

Caring for women subjected to violence: A WHO training curriculum for health care providers. Revised edition, 2021

# Slide Deck



## MOSAIC GBV in PrEP Services SOP Guidance & Job Aid



... preventing, and responding to HIV programs serving key populations: health care workers' capacity to offer ethical index testing

## Training of Trainers

## Headington Institute Vicarious Trauma Resources

