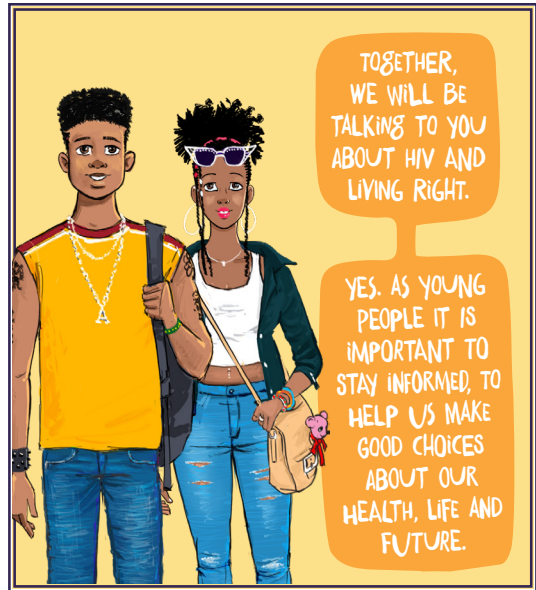


# STYLE UP!

HIV/AIDS INFORMATION KIT FOR YOUNG PEOPLE






**THIS INFORMATION KIT WILL COVER THE FOLLOWING:**

<p><b>What is HIV/AIDS?</b> Pg. 4</p> <p><b>How is HIV Transmitted?</b> Pg. 4</p> <p><b>Why Does Prevention Matter?</b> Pg. 6</p> <ul style="list-style-type: none"> <li>• HIV Testing and Counselling Pg. 6</li> <li>• Abstinence/Delayed Sexual Debut Pg. 7</li> <li>• Condom Use Pg. 8</li> <li>• Voluntary Medical Male Circumcision (VMMC) Pg. 10</li> <li>• Prevention of Mother To Child Transmission Pg. 11</li> <li>• PEP and PrEP Pg. 12</li> </ul> <p><b>What Puts you at Risk for Getting HIV?</b> Pg. 12</p> <ul style="list-style-type: none"> <li>• Risky Behavior Pg. 12</li> <li>• Sexually Transmitted Infections (STIs) Pg. 13</li> </ul>	<p><b>What you need to know about HIV Treatment</b> Pg. 15</p> <ul style="list-style-type: none"> <li>• What are antiretrovirals and why do they stop you from getting sick Pg. 15</li> <li>• Adherence Pg. 16</li> <li>• Opportunistic Infections Pg. 17</li> <li>• Disclosure Pg. 17</li> </ul> <p><b>Dealing with Stigma and Discrimination</b> Pg. 19</p> <ul style="list-style-type: none"> <li>• Self Esteem and Confidence Pg. 20</li> <li>• Menstrual Hygiene Management Pg. 21</li> <li>• Sexual and Gender Based Violence (GBV) Pg. 28</li> <li>• Positive Masculinity Pg. 29</li> </ul>
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BEFORE WE GET STARTED, HERE ARE SOME FIGURES YOU NEED TO KNOW!

460,000 

NUMBER OF YOUNG PEOPLE AGED 10-24 WHO GOT NEWLY INFECTED WITH HIV IN 2019.

170,000 OF THEM WERE ADOLESCENTS AGED 10-19



WOW! THAT IS LIKE THE SIZE OF TWO OF THE BIGGEST FOOTBALL STADIUMS IN THE WORLD COMBINED.

 5,500 

YOUNG WOMEN AGED 15-24 BECOME INFECTED WITH HIV EVERY WEEK

YOUNG WOMEN AND GIRLS AGED 15-24 YEARS ARE **2X MORE LIKELY** TO BE LIVING WITH HIV THAN MEN

88%



OF ADOLESCENTS AGED 10-19 YEARS

LIVING WITH HIV GLOBALLY LIVE IN SUB SAHARAN AFRICA. THAT IS ABOUT **1.5 MILLION** OF THE 1.7 MILLION ADOLESCENTS LIVING WITH HIV GLOBALLY

THIS MEANS THERE ARE MORE YOUNG PEOPLE LIVING WITH HIV IN AFRICA THAN ANY OTHER CONTINENT IN THE WORLD!



**ONLY 27% OF GIRLS AND 16% OF BOYS**

(AGED 15-19) IN EAST AND SOUTHERN AFRICA WERE TESTED FOR HIV IN THE PAST 12 MONTHS IN 2019 (WEST AND CENTRAL AFRICA TESTING RATES ARE LOWER)

# WHAT IS HIV/AIDS?

HIV means **HUMAN IMMUNODEFICIENCY VIRUS**. It is the virus that causes AIDS, if left untreated. It attacks the body's immune system making them weak to fight against diseases.

YOUR IMMUNE SYSTEM IS LIKE "SOLDIERS" GUARDING YOUR BODY AGAINST INFECTIONS.



At the moment, there is no cure for HIV, so once a person becomes infected with the virus, it remains in their body for life.

However, you can still live a fulfilled life and achieve all your dreams, if you know your status, and start treatment on time -if you are positive.

AIDS stands for **ACQUIRED IMMUNODEFICIENCY SYNDROME**. AIDS describes how your body becomes sick because of damage to your immune system and you can catch many diseases that people with strong immune systems don't get. This happens because the HIV virus was not treated.

# HOW IS HIV TRANSMITTED?

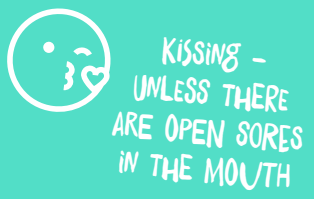
You can get infected with HIV through any of the following ways:

1. Having unprotected sex through (vaginal -vagina, oral- mouth, anal- anus) with an infected person.
2. Mother-to-child-transmission - an HIV positive mother can infect her baby during pregnancy, delivery or breastfeeding.
3. Through the transfusion of contaminated blood. This is why it is important for one to be screened for HIV before donating blood and to also verify from the healthcare provider that the blood is not contaminated before you receive blood.
4. Sharing sharp objects like drug injection tools, syringes, needles, razor blades and other instruments for shaving, tattoos or circumcision without disinfecting them.

REMEMBER YOU HAVE A RIGHT TO REQUEST FOR NEW SHARP OBJECTS OR INSIST THAT THEY ARE DISINFECTED BEFORE USE, WHEN YOU GO TO THE BARBER'S SHOP, THE HAIR SALON, THE TATTOO PARLOUR OR THE CLINIC ETC.



AHA! ONE MORE THING YOU NEED TO KNOW, YOU CAN'T GET HIV FROM:



COUGHING, BREATHING THE SAME AIR, OR SWEATS, LIVING TOGETHER OR SHARING THE SAME BED WITH SOMEONE LIVING WITH HIV.



# WHY DOES PREVENTION MATTER?



PREVENTION IS VERY IMPORTANT TO MAKE SURE MORE YOUNG PEOPLE DON'T GET INFECTED WITH HIV OR GIVE IT TO OTHERS. IN OTHER WORDS, "HIV PREVENTION STARTS WITH US."


TO STOP NEW HIV INFECTIONS, WE NEED TO TAKE THE FOLLOWING RESPONSIBLE STEPS:

**1. KNOW YOUR HIV STATUS:** The ONLY way to know if you have HIV is by getting tested. HIV Testing is fast, very private and free, and you can receive HIV Testing and counselling services at any Healthcentre of your choice, that offers these services

- It is normal to feel worried or scared about your HIV test result, but don't let that stop you from testing. It is better to know your status than to be unsure and risk infecting others, or falling ill and later dying.
- If your result is positive, you can start treatment early and still have a normal and productive life. E.g. the famous American Basketball legend, Magic Johnson, has been living with HIV for nearly 30 years. He is a successful businessman who is married with kids!
- If you are in a relationship, you cannot use your boyfriend/girlfriend's HIV test result to determine your HIV status – That's like saying you don't need to sit for your school exams because your best friend is sitting for the same exam, crazy right? However, you can support each other by going for the test together.
- There are skilled counselors in every Healthcentre to guide and educate you before and after you take the test – feel free to talk with them.
- In some cases and countries, adolescents below a certain age will need the permission or approval of a parent, guardian or caregiver before they can test.



I KNOW WHAT YOU ARE THINKING... "IF MY RESULT IS POSITIVE, CAN I EVER FIND LOVE, GET MARRIED OR HAVE KIDS?"



YES! YOU ABSOLUTELY CAN! THERE ARE MANY PEOPLE LIVING WITH HIV WHO ARE IN LOVING RELATIONSHIPS OR MARRIED TO PEOPLE WHO ARE NEGATIVE, AND HAVE KIDS THAT ARE NEGATIVE TOO (REMEMBER, MAGIC JOHNSON?). THEY ARE CALLED SERO-DISCORDANT COUPLES. HOWEVER, THIS IS ONLY POSSIBLE IF YOU ARE ON TREATMENT, AND THE FIRST STEP IS GETTING TESTED! IT IS ALSO IMPORTANT FOR PARTNERS WHO ARE HIV NEGATIVE TO SUPPORT THEIR HIV POSITIVE PARTNERS TO STAY AND ADHERE TO TREATMENT.

## 2. ABSTINENCE /DELAY SEXUAL DEBUT:

You should never be in a hurry to have sex, especially if you are not ready. It is wrong for your boyfriend/girlfriend, or anyone to force you to have sex against your wish because that can expose you to unplanned pregnancies, and Sexually Transmitted Infections (STIs). It is against the law to have sex with anyone without his or her consent (agreement). In a healthy relationship, you don't need to have sex if you don't want to.

Feel free to talk with your partner about your decision and let him/her know why you want to wait longer before you have sex.



NEVER LET ANYONE PRESSURE YOU INTO HAVING SEX; IT IS OKAY TO SAY NO! REMEMBER, SEX CAN WAIT, BUT HIV, STIS, OR UNPLANNED PREGNANCY WON'T! IF HE/ SHE CAN'T WAIT UNTIL YOU ARE READY, THEN THEY DON'T DESERVE YOU.



### 3. CONDOM USE:

If you are already sexually active, then you must know that Condoms should be your best friend right? Correct and consistent use of condoms does not only protect you from HIV/STIs, but also unplanned pregnancies. There is nothing cool about having unprotected sex; it is like going out in the rain without a raincoat or an Umbrella.

If your partner doesn't want to use Condoms or pressures you not to use them, then it could be a sign that they are careless about their health and do not care enough about you and your health too!



WONDERING HOW TO USE A CONDOM? WE'VE GOT YOU COVERED!

#### HOW TO USE A MALE CONDOM



Push the condom aside and carefully open the packet with your hands.

Only put on the condom when your penis is fully erect before there is contact with your partner's body.

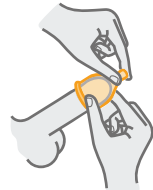


Squeeze the tip of the condom when putting it on.



While still holding the tip, roll the condom over the whole length of your penis with the other hand.

Only use water based lube with condoms. Oil based products will break down the latex.



When you are done hold on to the base of the condom and withdraw while your penis is still stiff.

Dispose the condom properly. Do not re-use condoms.





# HOW TO USE A FEMALE CONDOM



1 Carefully open the packet with both hands



2 The thick, inner ring with closed end is used for placing in the vagina and holds condom in place. The thin, outer ring remains outside of body, covering vaginal opening.



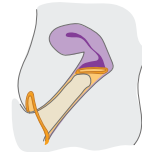
3 Find a comfortable position. While holding outside of condom at closed end, squeeze sides of inner ring together with your thumb and forefinger and insert into vagina. It is similar to inserting a tampon.



4 Using your finger, push inner ring as far up as it will go until it rests against cervix. The condom will expand naturally and you may not feel it.



5 Ensure the condom is not twisted. The thin, outer ring should remain outside vagina.



6 Guide partner's penis into opening of female condom. Stop intercourse if you feel penis slip between condom and walls of vagina or if outer ring is pushed into vagina.



7 To remove, gently twist outer ring and pull female condom out of vagina.

8 Throw away female condom in trash after using it one time. Do not reuse.



## THE DON'TS OF USING CONDOMS



Do not use expired Condoms



Do not use your teeth or sharp objects to unwrap the condom.



Do not double the Condoms before use. Use one Condom each time you have sex.



Do not use petroleum jelly – they can easily break the condoms. Instead use Lubes.



Do not wash or re-use Condoms.



You can get both male and female Condoms for free at a Healthcentre close to you. However, if you are far from the Healthcentre and have some money, you can buy Condoms from the nearest pharmacy or drug store.

If you experience reaction on your skin because of the Condom material, please see a healthcare provider immediately.

#### 4. VOLUNTARY MEDICAL MALE CIRCUMCISION (VMMC):

Did you know that circumcision reduces a boy/man's risk of getting HIV by **60%?**

If you are not circumcised, then you need to take the step and visit the nearest Healthcentre to find out more. You can also talk to your parents/guardian about why it is important for you to get circumcised.

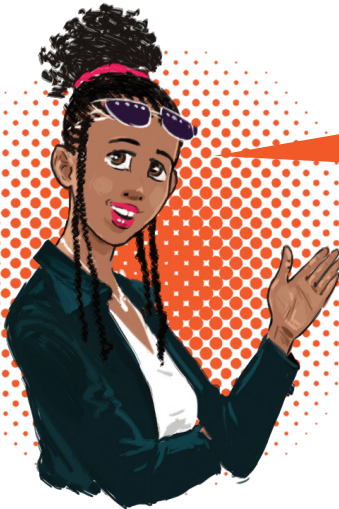
- You can choose the surgical or non-surgical procedure.
- It is fast, easy and safe.



## 5. PREVENTION-OF-MOTHER-TO-CHILD-TRANSMISSION:

AS A YOUNG PREGNANT WOMAN YOU CAN PREVENT YOUR UNBORN BABY FROM GETTING INFECTED BY DOING THE FOLLOWING:

- Get Tested for HIV.
- Visit the clinic regularly during pregnancy, delivery, and after.
- If you are HIV positive, take your HIV medicines. This is very important because it will keep you healthy and help protect your baby from getting infected.
- Eat a healthy and balanced diet - especially fruits and vegetables.
- If you feel uncomfortable or notice something wrong with your pregnancy or baby - please visit the Healthcentre immediately.
- Talk to the healthcare provider about the kind of food to eat after you give birth and for your baby.



YOUR UNBORN BABY IS A TREASURE, DO YOUR BEST TO PROTECT THEM FROM HIV. IMAGINE A WORLD WHERE NO BABY IS BORN WITH HIV...AN HIV FREE GENERATION IS POSSIBLE!

## OTHER THINGS TO NOTE:

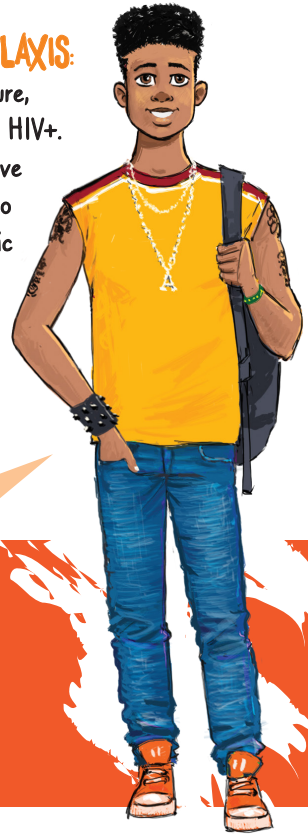
6. Do not share used sharp objects, or touch body fluids like urine, blood, vaginal fluids, semen and poo with your bare hands.

## 7. PEP: PEP stands for **POST EXPOSURE PROPHYLAXIS**:

It is a 28 day course of ARVs taken immediately after exposure, which helps the body fight the virus and stops you from being HIV+. It is **ONLY** used for emergency cases where a person may have been exposed to HIV infection, e.g. if a young girl (or boy) who is HIV negative gets raped, they need to visit the nearest clinic within 72 hours after the incident to request for PEP.

It can also be used to prevent HIV due to exposure to blood at an accident scene or even if a condom breaks during sex and you aren't sure of the person's status.

IF YOU (OR SOMEONE YOU KNOW) GETS RAPED, PLEASE, INSIST THAT YOU ARE TAKEN TO THE NEAREST HEALTHCENTRE IMMEDIATELY AND ASK FOR PEP WITHIN 72 HOURS OF EXPOSURE. IT IS FREE! IF YOU NEED OTHER PREVENTION OPTIONS SUCH AS PREP, PLEASE SPEAK TO A COUNSELOR.



## WHAT PUTS YOU AT RISK FOR GETTING HIV?

### RISKY BEHAVIOUR— AVOID IT!

Young people are adventurous, but if it puts you at risk, then it is not worth it! Risky behaviours such as drug use, excess alcohol consumption, multiple sex partners, dating older men/women and marathon sex parties like (Vuzu, Orgies, White party etc.) among others increase your chances of contracting HIV or STIs or becoming pregnant. You can still be popular, cool and trendy without engaging in practices that put your health and life in danger.

**DATING OLDER MEN/WOMEN:** In many countries, the practice of dating older men or women has different names e.g. Sponsor, Blesser, Sugar Daddy/Mummy, and Aristo among others. While these kind of relationships can get you expensive gifts, all expense paid trips to nice places, fancy shoes, bags, clothes and more you must remember:



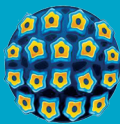
- They may want something in exchange that you don't want to give like sex.
- It may be hard for you to express your choice of using condoms, because they will be in control.
- They could be living with HIV or have STIs, and if you are unable to convince them about using Condoms, you will be exposing yourself to HIV infection or other STIs.
- You may not be the only one they are dating or having sex with, which increases your risk of getting infected.
- Even if your friends are dating older men/women, you have the right to decide what is right for you. Material relationships are dangerous and don't last long – they are not a true expression of love.

## SEXUALLY TRANSMITTED INFECTIONS (STIs):

They are also called Sexually Transmitted Diseases (STDs). These are infections that are spread through sex (oral, vaginal or anal). They include;



Gonorrhoea



Human Papillomavirus (HPV)



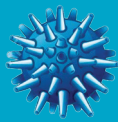
Trichomoniasis



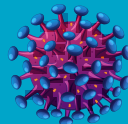
Hepatitis B



Syphilis



Herpes



HIV

and many others.

## DID YOU KNOW THAT THERE ARE MORE THAN 1 MILLION NEW STI TRANSMISSIONS EVERYDAY?



THIS IS A LOT OF STIS IN ONE DAY AND IT MEANS ANYONE AND EVERYONE CAN GET INFECTED IF THEY DO NOT PROTECT THEMSELVES.

While some of these infections can be cured, others like Hepatitis B and C, Herpes, HPV and HIV cannot be cured.

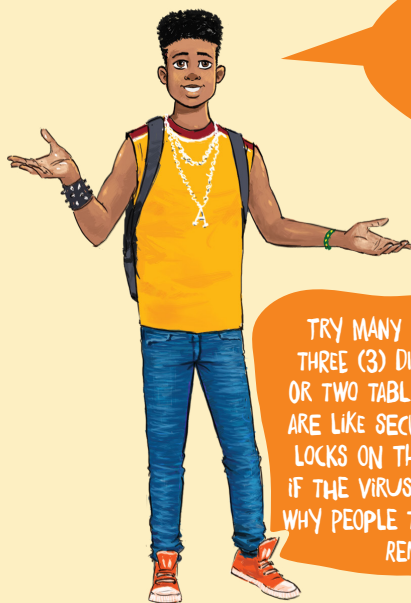
Many STIs can also be transmitted from mother to child during pregnancy and childbirth.

A person can have an STI without knowing. However, if you notice the following: smelly discharge from your vagina, pain or discomfort when peeing for men/women, abdominal pain and itching, please visit the nearest Healthcentre immediately. If you test positive for an STI, encourage your partner to also get tested and treated to avoid re-infection.



# WHAT YOU NEED TO KNOW ABOUT HIV TREATMENT

HIV has no cure, but there is effective treatment also known as Antiretroviral medicines (ARVs). What this means is that persons living with HIV need to take ARVs for the rest of their lives. This will control the virus in their bodies, strengthen their immune system and help them live longer.



LET ME EXPLAIN  
HOW THIS WORKS- ARVS ARE A  
COMBINATION OF 3 DIFFERENT KINDS OF MEDICINES  
THAT STOP THE VIRUS FROM INCREASING IN  
YOUR BODY.

ART = THREE  
DIFFERENT MEDS BECAUSE  
THE VIRUS IS SNEAKY AND WILL  
TRY MANY DIFFERENT WAYS TO BEAT YOUR SYSTEM. THIS  
THREE (3) DIFFERENT MEDICINES ARE COMBINED INTO ONE  
OR TWO TABLETS A DAY THAT SHOULD BE SWALLOWED, THEY  
ARE LIKE SECURITY SYSTEM FOR YOUR HOUSE THAT INCLUDES  
LOCKS ON THE DOORS, AN ALARM AND A SECURITY GUARD. EVEN  
IF THE VIRUS GETS PAST ONE, THE OTHER TWO WILL STOP IT. THIS IS  
WHY PEOPLE THAT TAKE THEIR MEDICATION PROPERLY STAY HEALTHY -  
REMEMBER MAGIC JOHNSON?



With ARVs, millions of people who are HIV positive around the world, including young people are leading healthy and normal lives. They contribute tremendously to their society's development and record great success personally or professionally. Many of them have lived for more than 30 years with the HIV virus.

## HIV MEDICINES CAN ONLY WORK EFFECTIVELY, IF YOU DO THE FOLLOWING:

- Begin treatment once you test positive for HIV, as advised by the healthcare provider.

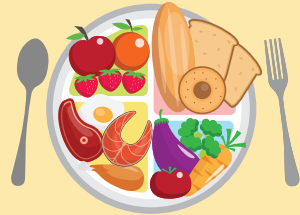
- **ADHERENCE:** Take your ARVs in the correct quantity, at the correct time, every day as directed by your healthcare provider. Do not skip or throw away your medicines – because the more you do so, the harder it becomes for the ARVs to control the virus in your body and keep you healthy.

- If you start to notice strange reactions (side effects), like rashes, vomiting, running stomach, poor sleep patterns, etc. because of the medicines, speak to your healthcare provider immediately.

- Eat a balanced diet, ensure to get adequate rest and exercise regularly.
- Join an HIV/AIDS support group for young people: being part of a support group, makes you part of a family that can inspire you, cheer you and guide you about living with the virus.

- If you are not already part of a support group, talk to your healthcare provider.

- If you are in a boarding school, travelling for camp retreats or School trips make sure you take your HIV medicines with you, so you don't miss your dosage.
- Factors like alcohol, drug abuse, unprotected sex, and lack of family or community support can affect the success of your treatment and make it difficult for you to stay on treatment.





- **OPPORTUNISTIC INFECTIONS (OIs):** These are other illnesses that can happen because of the body's weak immune systems like Tuberculosis (TB), Meningitis, Skin diseases, Hepatitis B and C, and Genital Herpes among others. You can reduce your risks of getting OIs by following your treatment strictly.

- **Tuberculosis (TB):** This is the most common opportunistic infection that affects people living with HIV.
- It affects the lungs and can be spread through the air if someone who has untreated TB coughs, sneezes, laughs, or talks.
- TB can be treated and cured, if it is discovered very early. So if you notice any symptoms of TB go to the nearest Healthcentre immediately.
- TB can lead to death if it is not treated.
- **You may have TB, if you notice the following:**
  - ↳ Continuous cough that has lasted for more than 2 weeks
  - ↳ Sweating at night while sleeping
  - ↳ You are always tired
  - ↳ Losing weight without planning to

- **DISCLOSURE:** The fastest way to get support if you are HIV positive is to talk to someone you trust about it. Disclosing ones HIV status can be very difficult for many because they fear people might reject and mistreat them. However, disclosing your HIV status has some benefits:

- It makes it easier for you to access medical services and the necessary support you need within and outside the Healthcentre.
- It reduces the risk of you infecting others.
- It removes the fear and burden of keeping your status a secret and coping with it alone.
- It enables you to fight against stigma and encourages communities to do the same.



- Generally, disclosure improves your confidence, restores hope and equips you with abilities to cope with stigma and discrimination.
- Disclosure starts with you. Accept your status, appreciate who you are and be passionate about your life.

WHILE IT IS HELPFUL TO REVEAL YOUR STATUS, YOU SHOULD **NEVER** LET ANY ONE **FORCE** YOU TO DISCLOSE. WHEN YOU ARE READY, THE FOLLOWING TIPS WILL HELP YOU WITH THE PROCESS:

### FIND SOMEONE YOU CAN OPEN UP TO:

- Someone you are comfortable with and can trust e.g. a close friend, parent, teacher, guardian, family member, partner etc.
- Find the best time and place to talk to them to avoid distractions.
- Before you talk to them, have some information about HIV to share with them, and let them know that being HIV+ is not a death sentence.
- Find out how well they know about HIV and how they feel about People Living with HIV (PLHIV).
- You can consider seeking support from a healthcare provider/counselor/a person openly living with HIV to help guide the conversation.
- They may express shock, fear or act judgmental when you first tell them about your status, that is okay – give them sometime to think about it and accept it.


If you are in a relationship, encourage your partner to **GET TESTED**, and commit to practicing safer sex.



IF THEY LEAVE OR REJECT YOU AFTER YOU REVEAL YOUR STATUS, DON'T CRY YOUR HEART OUT. HOLD YOUR HEAD UP HIGH AND MOVE ON. BETTER AND SUPPORTIVE PEOPLE WILL COME INTO YOUR LIFE AND STAY.


# STIGMA AND DISCRIMINATION:

In our Communities, some people treat others they consider different from them unfairly or poorly, which is unacceptable. For example, a young person is bullied in school because of their weight, disability or skin colour. People living with HIV are also treated negatively because of their status, and sometimes they are denied access to basic opportunities like Education and Employment.



WHEN WE TREAT PEOPLE LIVING WITH HIV BADLY, WE MAKE IT EASY FOR PEOPLE TO REFUSE HIV TESTING OR TREATMENT, WHICH MAKES IT EASIER FOR MORE PEOPLE TO GET INFECTED.

ON THE OTHER HAND,



STIGMA AFFECTS THE EMOTIONAL AND MENTAL HEALTH OF PLHIV. IT MAKES THEM TO DEVELOP NEGATIVE IMAGE OF THEMSELVES AND MAY LEAD TO A FEELING OF HOPELESSNESS AND LONELINESS.

**WE CAN ALL BE THE CHANGE BY CREATING COMMUNITIES WITHOUT STIGMA OR DISCRIMINATION:**

- Respect and Support young people living with HIV – it takes a lot of courage to disclose one's HIV status.
- Keep their status confidential – it is not your duty to tell anyone about other people's HIV status.
- Start anti-stigma clubs in our schools and social spaces.
- Encourage our families, friends and communities to speak up against stigma and discrimination.

- Report cases of stigma to your guardian/parent and the Police – a lot of countries have a law that protects people living with HIV from stigma and discrimination.
- Educate communities about HIV and how to support People Living With HIV.

REMEMBER TO KEEP YOUR ATTITUDE POSITIVE AND YOUR STATUS NEGATIVE. WE ARE STRONGER TOGETHER, REGARDLESS OF OUR STATUS.

## SELF ESTEEM AND CONFIDENCE:

Your HIV status **DOES NOT** define you, and whether you are negative or positive, you are capable of doing great things.

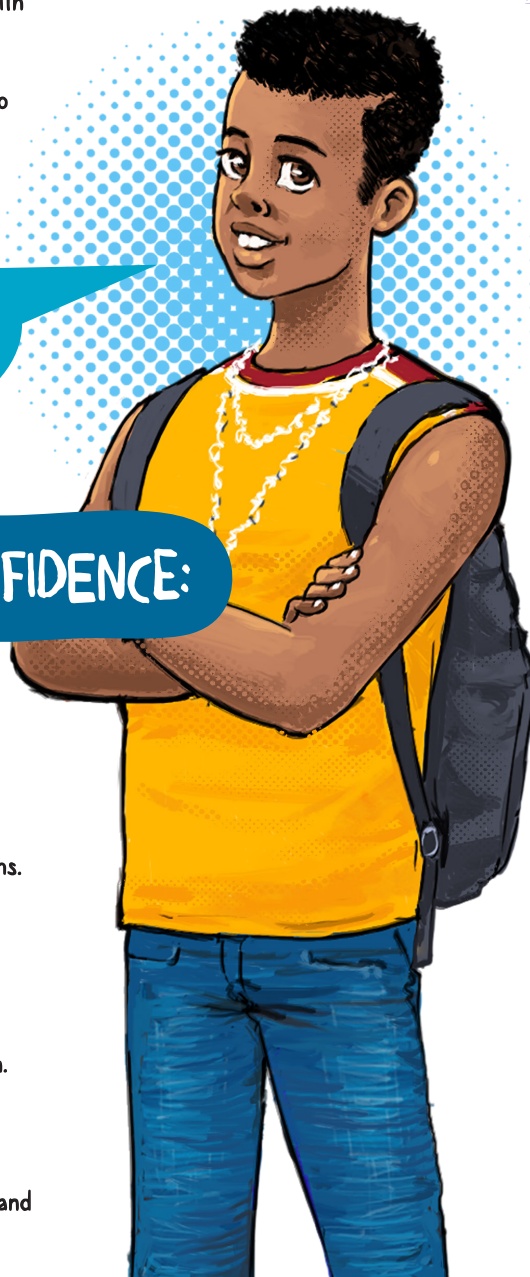
Your HIV status should never make you feel ashamed or stop you from chasing your dreams.

You can become a leader in your Community, School, and Country.

You can make history by using your voice to promote change like Malala and Nkosi Johnson.

Love yourself because You **MATTER**, You are **IMPORTANT** and You are **ENOUGH!**

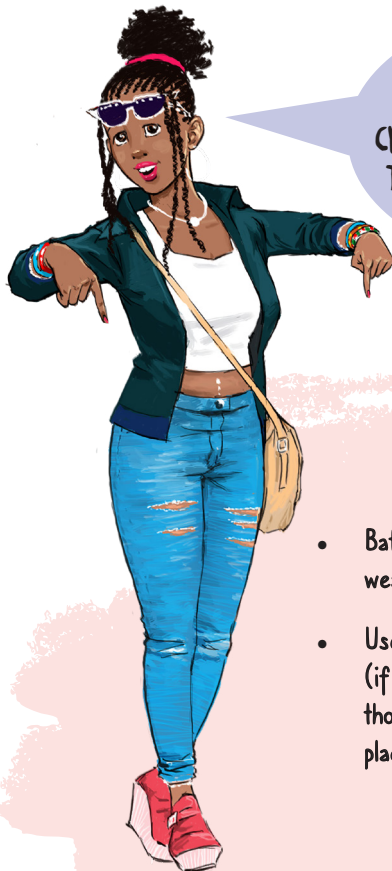
You are talented, smart, beautiful and strong and all your dreams are valid. Never forget that!



# MENSTRUAL HYGIENE MANAGEMENT:

Menstruation (Period) is when blood starts coming out through a girl's Vagina. It is a natural sign that shows a girl has entered puberty; a stage when your body begins to change- your breast starts to grow and hips become rounder. It is also a sign that you can get pregnant if you have sex. Girls start menstruating at different ages depending on their body type, between ages 9 to 14. At first, the periods are not regular but stabilize after a while.

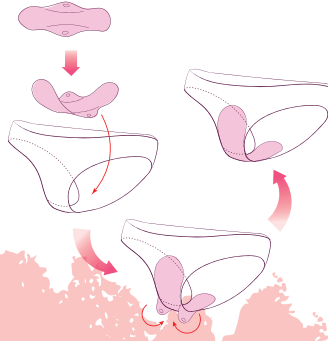
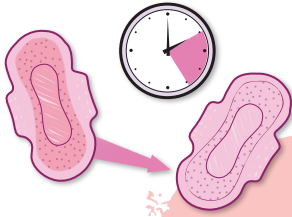
Menstruation happens once a month and can last between 2-7 days depending on your body.



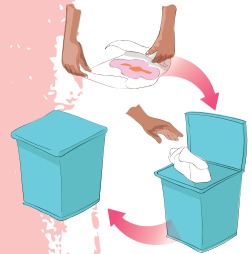
IT IS IMPORTANT FOR YOU TO STAY HEALTHY AND CLEAN DURING YOUR PERIOD AND THE FOLLOWING CAN HELP YOU ACHIEVE THAT:

- Bathe at least 2 times every day and wear clean pants during your period.
- Use a clean cloth or sanitary pads (if you are using a cloth, wash it thoroughly and hang it in a sunny place to dry).

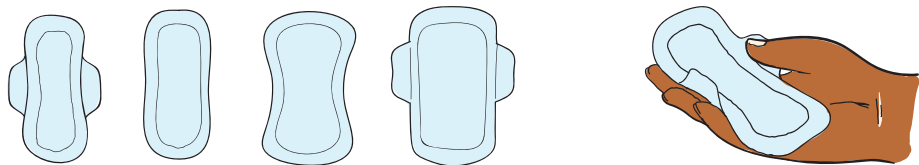




- Change your cloth or sanitary pad every 3-4 hours to avoid infections or getting stained.
- If you get stained, don't be shy to ask for help and talk to a teacher /guardian.
- Wear darker clothing and ensure the pad or cloth is firmly on the panty.
- Wrap used pads in a paper or tissue and throw it in a bin. **DO NOT** flush them in the toilet or throw them in the pit latrine.
- Exercise and stretch to avoid cramps.
- Carry extra pads or cloths in case your period starts at school or away from home.
- Eat lots of fruits and vegetables.
- If you have serious pains (cramps) or heavy bleeding, seek medical advice.



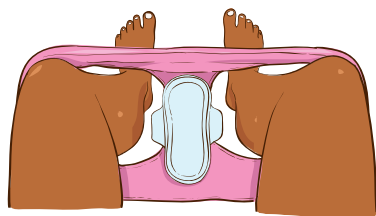
# HOW TO USE A SANITARY NAPKIN (PAD)



1. Choose a pad of the appropriate thickness, absorbency, shape and style



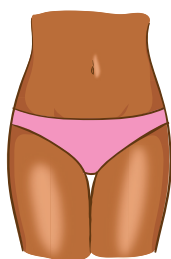
2. Remove any wrappers or boxes from the pad



3. Get in position



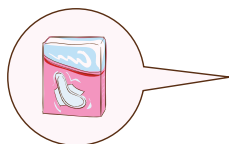
4. Stick the adhesive part to your panties



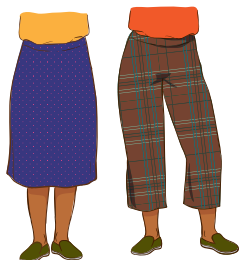
5. Wear the panties as usual



6. Stay hygienic

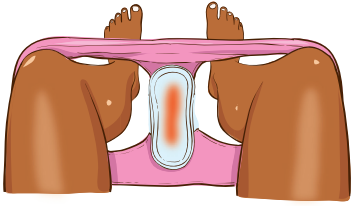


7. Always carry extras

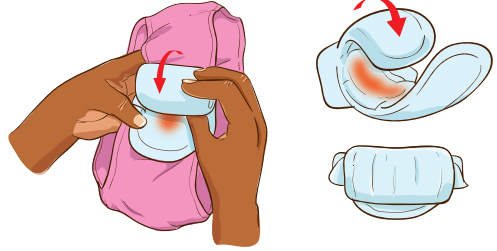


8. Opt for more comfortable and dark clothes

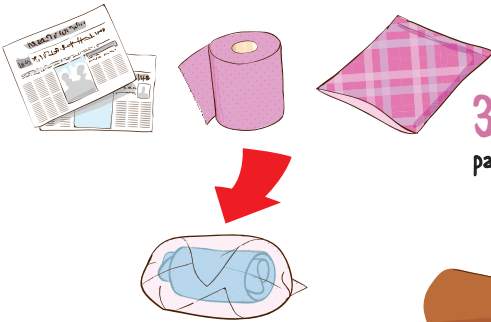
# HOW TO DISPOSE SANITARY NAPKIN (PAD)



1. Check your pad regularly



2. Remove the used pad from your underwear and roll it up



3. Wrap the pad in a piece of paper or wrapper from a fresh pad

4. Put the wrapped pad in the garbage can.  
Never flush a pad down the toilet!



5. Wash your hands when you are done

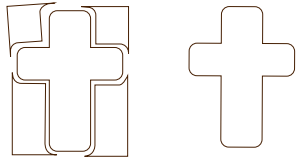


6. Take out the garbage bag with the used pad in it as soon as possible

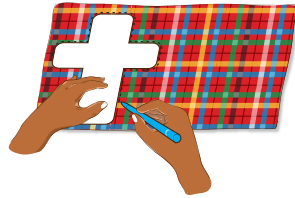
It is advisable for you to keep a record of your period, either in a journal, diary or on your phone; so you can better prepare for it.



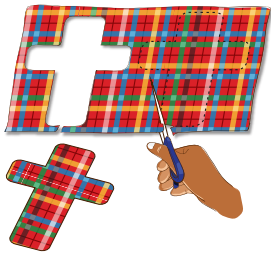
# HOW TO MAKE YOUR OWN REUSABLE SANITARY NAPKIN (PAD)



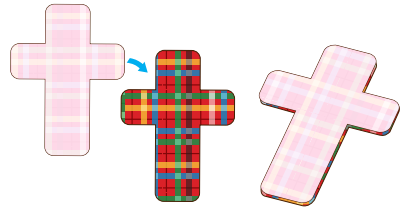
1. Print out the template and cut along the dotted line.



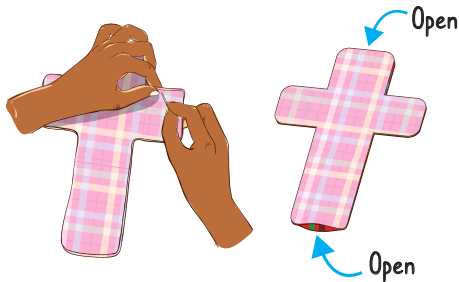
2. Reverse the material and trace the template over it using a marker.



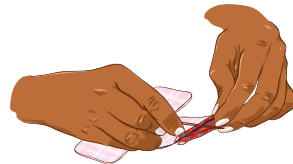
3. Using sharp scissors, cut out the two cotton pieces.



4. Place one piece on top of the other, with the patterned sides facing each other.



5. Sew the sides of the two pieces of fabric together, leaving the top and bottom bits open.



6. Turn down the edges of the top and bottom bits and stitch along them, creating a hem.

7. Turn the fabric inside out, revealing the pattern and concealing the seams on the inside. Sew up the sides/wings.

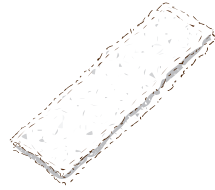




8. Sew a button in the centre of the right wing



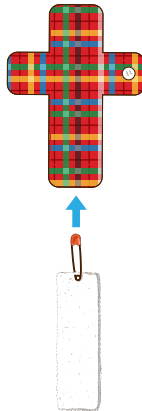
9. Mark on the left wing where you will need a button hole. Cut the hole and sew around the edges of the hole to prevent fraying



10. Use a ruler to cut two 20cm long x 6cm wide rectangles from a towel. Lay the pieces on top of each other and sew them together along the top and bottom



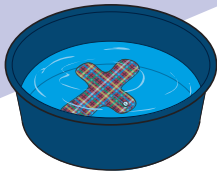
11. Attach a large safety pin to the top of the lining.



12. Then insert the lining into the casing, using the safety pin to pull it up to the top. Finally, remove the pin.



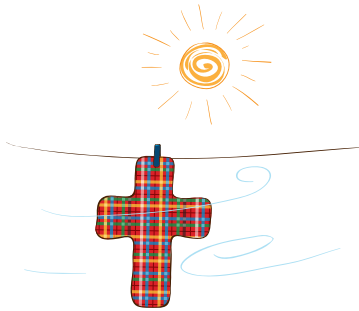
# HOW TO WASH YOUR REUSABLE SANITARY NAPKIN (PAD)



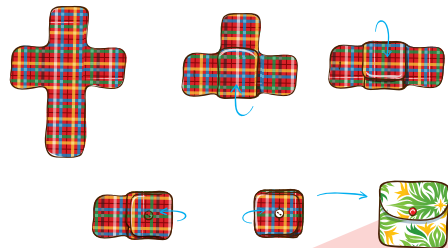
1. Soak in cold water with soiled side facing down for 30 min. Do not use hot water to avoid staining.



2. Wash by hand, rubbing the fabric against itself (do not brush). You can use hand soap. Rinse it thoroughly and wring it gently.



3. Dry on clothes line, best in sunlight.



4. When it is completely dry, you can fold into nice square and store in a clean dry place. Always put extra in your pouch when going out.

I BELIEVE IN DOING THE RIGHT THING. AS YOUNG MEN/BOYS WE SHOULD NEVER LAUGH AT GIRLS, WHEN THEY GET STAINED FROM PERIODS. ASSIST HER TO GET A SANITARY PAD AND FIND A SAFE PLACE TO CHANGE. MENSTRUATION IS NATURAL AND GIRLS SHOULD NEVER BE MADE TO FEEL ASHAMED.

IMAGINE HOW YOU WOULD FEEL IF SOMEONE MOCKED YOU FOR SOMETHING THAT IS COMPLETELY NATURAL? WE MUST ALL RESPECT EACH OTHER AND TREAT EACH OTHER WITH DIGNITY.



## POSITIVE MASCULINITY

SEXUAL AND GENDER BASED VIOLENCE (SGBV) LIKE RAPE AND DOMESTIC ABUSE INCREASE THE SPREAD OF HIV, AND AS YOUNG MEN WE CAN BECOME ROLE MODELS THAT DO NOT SUPPORT ABUSE OR VIOLENCE.



## HERE ARE SOME TIPS TO MAKE YOU BE A GREAT EXAMPLE FOR OTHER YOUNG MEN AND BOYS IN YOUR COMMUNITY:

- Understand that women and girls are not less than men, and they deserve equal opportunities in life like men/boys, for example, equal pay at work and access to education. Rights are not like cake: they don't run out if everyone has them! You don't have fewer rights because other people have them too.
- Don't laugh at jokes that belittle women and don't tease girls if they don't want to talk to you. They have the right to decide if they like you or not.
- Speak up against raping, fighting, or beating of women and girls, and encourage your friends to value/appreciate women and girls. As we all know "Real Men Don't Rape or Hit Women".
- Have respect for yourself and everyone you meet; by focusing on actions that make you feel good about yourself, e.g. Kindness, Love, exercise, eating right, volunteer for a good cause, and take responsibility for your health.
- It is okay to show emotions (cry, laugh, sadness, fear, pain etc.) and seek help when you need it.
- Find a respectable man in your community that inspires you and you admire who can be your role model (that is, someone you want to be like). Some role models in the world include: Michael Weinstein (AHF's President), President Barack Obama, Late Nelson Mandela, and Bill Gates etc. Start community groups or school clubs that teach boys/young men about healthy living, gender equality, human rights and being role models etc.
- There are Laws against SGBV and we have a collective responsibility to protect and promote the rights of women and girls.

If you have more questions or need clarification,  
then call us at AIDS Healthcare Foundation Africa:

Phone: (256) 020 050 6100

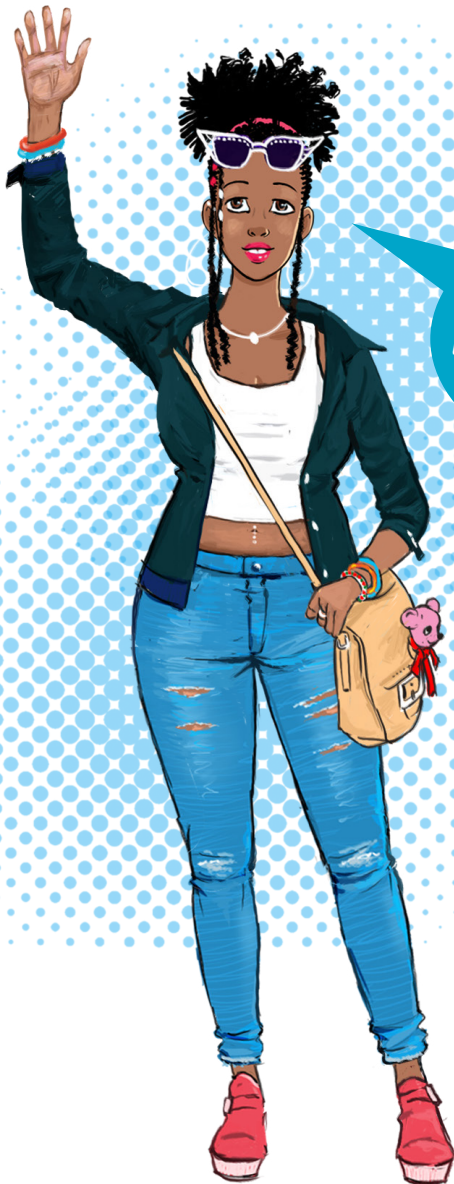
Or send us an email:

[info.ahf africa@ aidshealth.org](mailto:info.ahf africa@ aidshealth.org)

We would like to hear from you!

UNTIL THEN, STYLE UP!  
BE SAFE. PEACE!





WE HAVE HAD A GREAT TIME-SHARING WITH YOU ABOUT WHAT YOUNG PEOPLE NEED TO KNOW, TO HELP US BETTER PROTECT OURSELVES.



**STYLE UP!**

[aidshealth.org](http://aidshealth.org)