

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@aidshhealth.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.