

MALEHLOA'S LESSONS AND QUESTIONS FOR DISCUSSION

Lessons

1. Get all the information you need on HIV and AIDS to protect yourself and people close to you.
2. Make sure you have proper counselling before and after HIV testing, and join a support group to strengthen yourself mentally – to see living with HIV as a challenge, not a threat.
3. When you feel ready, do not delay disclosing to partners, family and friends, to receive support and care, instead of carrying the load on your own.
4. Arrange for support for the people you disclose to and check up on them to see how they are adjusting and handling possible comments from other people.
5. Have regular health check-ups on all possible things, not just around HIV – for example, women having regular pap smears.
6. Become aware of ARV treatment options, don't delay going on to ARVs, and respect your ARVs by adhering to your treatment.
7. Make sure messages on HIV and AIDS reach men, and encourage men to join support groups too.
8. Challenge views and myths from culture or elders where these have the effect of denying young people access to HIV prevention information and support.

Questions

1. What can you do to make sure the awareness messages around HIV and AIDS reach all communities and people, especially when some wish to block discussion on these issues?
2. What is your responsibility to disclose to a partner, and what is the best way of doing this and supporting a friend to help her/him to disclose?
3. What are some of the things that make disclosing to children so hard, and how can we find ways to make this a little easier?
4. What kind of support can you give to children with parents living with HIV or facing serious health challenges such as TB?
5. What support can you give to family members caring for dear ones who are bedridden?
6. What can you do to live positively and to have a healthier life with less stress?