

# NOMBEKO'S LESSONS AND QUESTIONS FOR DISCUSSION

## *Lessons*

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1. If you are raped, try to speak to someone you trust to get support and counselling as soon as possible.
2. Be aware that not everyone will understand you – most people will find something to make you feel responsible or guilty.
3. After rape, you must get to a clinic or hospital to take post-exposure prophylaxis (PEP) within 72 hours of the rape to prevent possible HIV transmission.
4. When you feel strong enough, ask a doctor to examine you if you have been raped or sexually assaulted.
5. Ask a close person to accompany you to report a rape to the police.
6. There is life beyond being raped and testing HIV positive – you need to decide: are you going to mourn forever, or fight back and start living again?
7. Sharing your story as a survivor can inspire other people to fight back against the odds and become a role model on living positively with HIV.
8. Believing in yourself, accepting yourself and putting yourself first are the keys to healing and keeping yourself healthy physically and mentally.

9. There is life and love beyond HIV – living with HIV doesn't stop you from having honest and fulfilling relationships.

## *Questions*

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1. How do you respond to traumatic events – for example, what steps would you try to take if you were raped?
2. How can you support someone who has been raped?
3. How do you tell your children you were raped?
4. What can you do or advise someone to do to start reclaiming your life after the trauma of rape and testing HIV positive?
5. What can you do in your personal, work and community life to live positively as a rape survivor and person living with HIV?
6. How have you handled, or how would you handle, disclosing your HIV positive status to a partner in a new relationship?