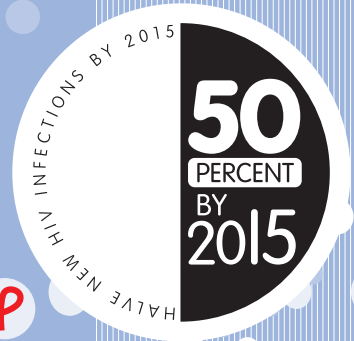


 **GBV and HIV Prevention Pack for Community Based Volunteers (CBVYS)**
and Community Prevention Mobilisers



My HIV and GBV Prevention Diary

A Voice Raised - A Life Saved:
Become A Champion for Prevention!



SAHADS Southern Office
HIV and AIDS Information
Dissemination Service



people
unlimited
HIVs

Irish Aid
Government of Ireland
Riattas na hÉireann



UNAIDS
UNITED NATIONS PROGRAMME ON HIV/AIDS



My Prevention Diary

This is an important diary. I can use another name (not my own) to protect my identity and privacy, and I can:

- Write in it each day, and note down
 - a. My memories of today
 - b. How I feel today, both emotionally and physically
 - c. My daily experiences, commitments and appointments, including my doctor's, clinic and HIV test appointments
 - d. New things I learnt about GBV and HIV and their prevention
 - e. My thoughts and fears about HIV infection, and GBV - in my life or the life of others around me
 - f. When (if) I get abused, exactly what happens, and where I go to get help and support.
 - g. What I did to support someone else to learn more about HIV prevention
 - h. What I did to support someone who has been abused, or prevent someone from getting abused
 - i. My plans and ideas to prevent HIV and GBV, and support my community to be empowered to do the same
- Share some parts of it with my support group, my family, my friends or my co-workers, to inspire them
- Encourage others in my family, school, community and workplace to also keep Prevention Diaries.





January

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*Smart men are protectors
– hurting your wife or partner is not protecting them.
Care – respect – protect*





January

YEAR:

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Avoiding multiple concurrent partnerships (MCP) will reduce your risk of being infected with HIV – check if you are in an MCP network





February

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Condoms protect one from HIV only if used consistently and correctly each time one has sexual intercourse – even if you trust and love your partner – USE a condom!





February

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Medical male circumcision (MMC) reduces the risk of HIV infection only by about 60%, so ALWAYS use a condom even if you are circumcised

March

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If one has sex within 6 weeks of undergoing medical male circumcision, one may be at higher risk of HIV infection, as the operation wound will not have fully healed





March

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HIV counselling and testing contributes to prevention as it is an entry point to accessing treatment





April

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STIs should be treated as soon as they are diagnosed, as they increase one's risk of being infected with HIV





April

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Go for couple's counselling when you (or your male partner) is planning to undergo medical male circumcision





May

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Fathers should be involved in preventing transmission of HIV to their unborn babies.

Protect yourself – Protect your loved ones.





May

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PEP is post-exposure prophylaxis and is a short course of ARVs which should be taken within 72 hours of exposure to HIV, through a rape or accident that involved mixing of blood

June

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Support PLHIV to gain knowledge and skills for disclosure and to deal with HIV related stigma or discrimination





June

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*Screening for TB and providing preventative treatment,
and screening for related nutritional needs,
is part of positive prevention*





July

YEAR:

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Inform traditional leaders and policy makers in your community on prevention issues. They are important support groups to prevent GBV and HIV in your community.





July

YEAR:

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If you are planning to have a baby, or are pregnant, go for HIV counselling and testing and then access prevention of parent to child transmission (PPTCT) services if you are HIV positive





August

YEAR:

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If you are an HIV positive pregnant woman, always use a condom during sex. Continue to use condoms even after delivery, to prevent transmission of HIV to your baby during breastfeeding.





August

YEAR:

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Practicing safer sex means you care and trust



September

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*Beating a person who demands safer sex is not
being caring or loving*





September

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*HIV can stop with me! I will get a test, practice safe sex,
and respect others' rights*



October

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*If you are living with HIV, or know someone living with HIV,
join – or encourage them to join – a support group*





October

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*Safer sex can be satisfying and fulfilling!
Talk about sex and different things you can do as a couple,
honestly and openly.*





November

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Knowing your rights will help you make the right choices in protecting yourself and your loved ones





November

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*Your rights do not change because you are HIV positive
– you have the right not to be re-infected with HIV and
the responsibility to prevent HIV transmission*

December

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Adhering to your antiretroviral therapy (ART) is an important part of positive prevention





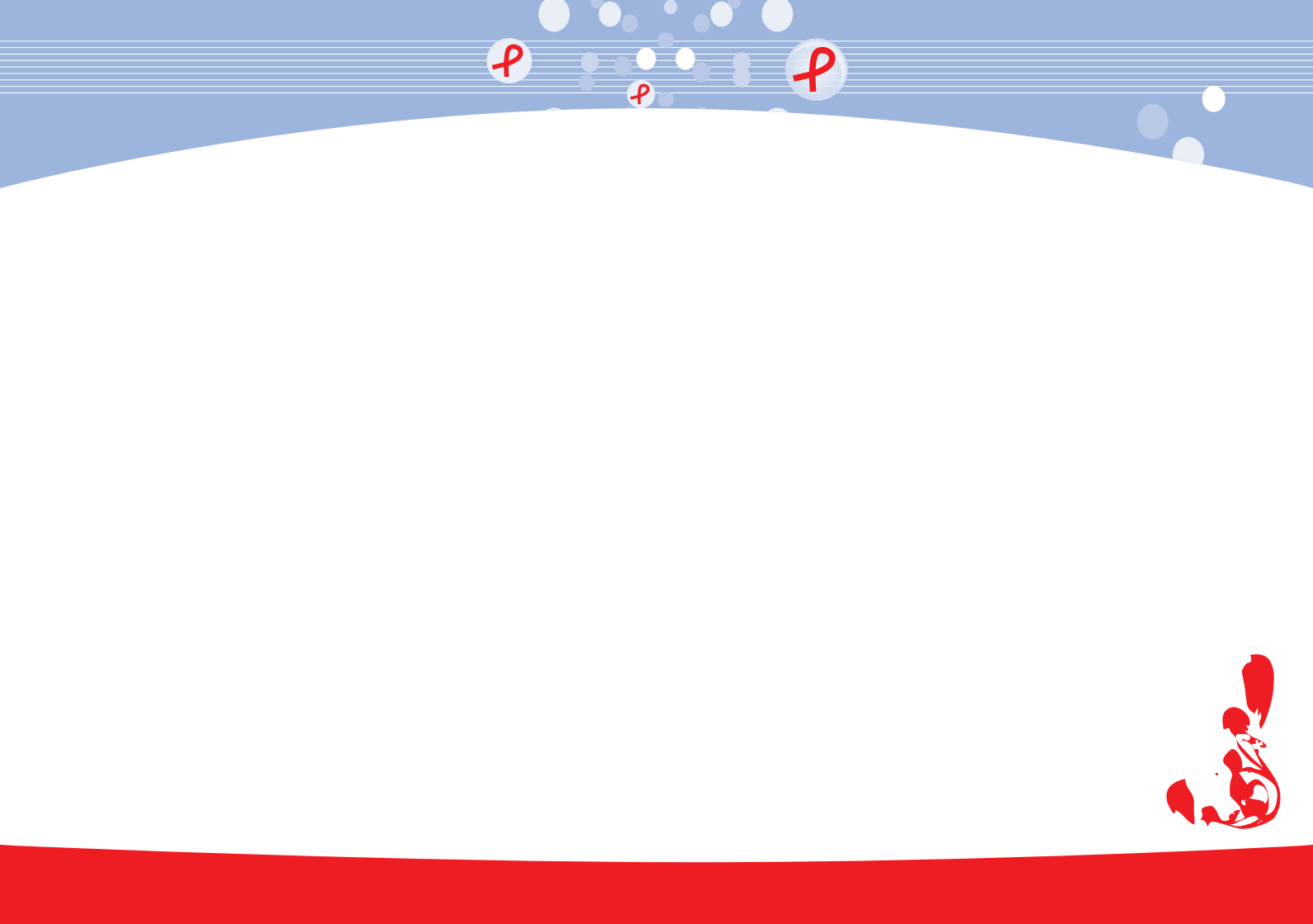
December



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YES – prevention is important for people living with HIV







SAfAIDS Regional Office: 479 Sappers Contour, Lynnwood, Pretoria 0081, South Africa
Tel: +27-12-3610889; Fax: +27-12-3610899
Email: info@safaids.net; Website: www.safaids.net

Country Office - Zimbabwe: 17 Beveridge Road, P.O. Box A509, Avondale, Harare, Zimbabwe
Tel: +263-4-336193/4; Fax: +263-4-336195
Email: info@safaids.org.zw; Website: www.safaids.net

Country Office - Zambia: Plot No. 4, Lukasu Road, Rhodes Park, Lusaka, Zambia
Tel: +260-211-257-652; Fax: +260-1-257652
Email: safaids@safaids.co.zm; Website: www.safaids.net

Country Office - Mozambique: Avenida Ahmed Sekou Toure 1425 R/C, Maputo, Mozambique
Tel: +258-213-02623
Email: safaids@teledata.mz; Website: www.safaids.net

