

## **The struggle against HIV and AIDS:**

Slogan: *HIV and AIDS affects all of us*

Message:

- All of us are affected when half the children in this country may never grow up, when a quarter of our workforce may die in the next decade, when millions of children without parents, basic care and education have to look after themselves. HIV and AIDS is our problem.

## **On prevention:**

Slogan: *ABCD - Abstain, Be faithful, or Condomise, Disclose*

Message:

- Young people should try to postpone having sex with penetration as long as possible. If you do have sex, use a condom every single time.
- Be faithful to one partner - that is the only 100% guaranteed way of having safe sex.
- It is your responsibility to be tested, and if you are HIV positive, not to pass on the disease to your partners. Tell those who are close to you if you are HIV positive - it will help you to get support and will also protect those you love.
- Real men can make a difference - Stop abuse and respect your partner enough to only have safe sex.
- There is no cure yet for AIDS but it can be prevented by using a condom.
- You can only get HIV and AIDS from unsafe sex or from mixing your blood with the blood of someone who is HIV positive (open sores, blood transfusion, using same needles for injections, mother to child transmission during birth process)

## **On openness, support, care and an end to discrimination**

Slogan: *Together we can*

Message:

- While we are hiding this disease, we will not be able to fight it. We must break the silence and shame that surrounds HIV and AIDS and deal with it openly and honestly
- HIV and AIDS is not an individual problem - it is so widespread that it affects all of us. All of us have a duty to join the struggle against HIV and AIDS.

- Let's start talking and bring HIV and AIDS into the open so we can deal with it. Talk to your children. Speak out if you or your loved ones are affected. Let's break the silence and stand by those who are suffering.
- People living with HIV and AIDS need our support and care - they are no different from people with any other illness, why treat them differently?
- No one should be blamed if they get the disease. It can happen to any of us.
- You cannot get HIV and AIDS from someone by sharing cups, plates, facilities or toilets with them. You can touch, hug or kiss someone with HIV and AIDS without fear.

#### **On testing**

Slogan: *I have been tested. I Know.*

#### **Message:**

- Get tested so that you can be sure - if you are still negative, you can then protect yourself.
- If you are positive, you can get access to treatment and support and learn ways to keep yourself healthy. HIV and AIDS is not a death sentence and the sooner you know, the better you can look after yourself.
- We are all responsible to stop this disease from spreading. Get tested so you can protect those you love.