

# OPTIONS

## HIV Prevention Ambassador Toolkit



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**Welcome to the OPTIONS HIV Prevention Ambassador Training! I'm an HIV Prevention Ambassador, and you'll see me throughout this toolkit. I'm here to help you learn and guide you through the activities.**

**This training will prepare you to:**

- Give your peers information about oral PrEP and answer their questions
- Support your peers to make decisions about what HIV prevention options are best for them
- Help your peers get oral PrEP, use it correctly and continue using it while they are vulnerable to HIV
- Support your peers to decide who they want to tell they are using oral PrEP
- Raise awareness and build community support for oral PrEP

**You may also learn how to:**

- Give your peers information about how HIV is transmitted and prevented
- Identify the links between gender norms and inequalities, HIV vulnerability and violence against women and girls
- Support your peers who are experiencing violence by using active listening and by empowering them to access services

The first part of this toolkit contains [Ambassador Tools](#). These tools give you information about HIV, oral PrEP and topics, which you can use while working in your community. You can also show them to others to get them excited about oral PrEP and the work that you're doing!

The second part of this toolkit contains [Worksheets](#). These are for you to use for brainstorming, taking notes, problem solving and more! You'll be completing these throughout the training.

**Good luck with the training – I'm excited that you'll be joining me as an Ambassador! As an Ambassador, you have the information and power to help your peers stay HIV-negative. Together, we can make our communities stronger, healthier and safer. We are the generation that will end HIV!**

**Ambassador:**



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# Ambassador Tools

## Myths



Don't be fooled - these are myths. They are not true!

You can tell someone has HIV just by looking at them.

You should avoid people who have HIV in case they give it to you.

Using condoms or oral PrEP means you don't trust your partner.

Adolescent girls and young women are more at risk of HIV because they are promiscuous.

Some herbs can protect you from HIV when you put them in your vagina.

Having sex with a virgin cures HIV.

Having sex on your period reduces the risk of HIV.

HIV-positive women should not breastfeed their babies.

Only gay people and sex workers can get HIV.

If you get HIV you will get sick and die.

## Facts



These are the facts! You can rely on this information to protect yourself from HIV!

There is no way to tell if someone has HIV by looking at them. Many people have HIV without knowing it. The only way to know if you are HIV positive is to have your blood tested.

You cannot catch HIV like you catch the flu. HIV can only be transmitted when body fluid - either blood, semen, vaginal fluid or breast milk - enters the bloodstream of an HIV-negative person. You cannot get HIV through kissing, hugging, using the same utensils, using the same toilet, mosquitoes or any other casual contact.

Protecting yourself from HIV is not about trust. Anyone can be HIV positive - and many people don't know their status. If you are in a loving and trusting relationship, you should both want to protect each other from HIV. This means having safer sex, getting tested regularly and considering oral PrEP.

Adolescent girls and young women are more likely to get HIV than their male peers **but not because they are promiscuous**. Women are more vulnerable to HIV because it's easier for HIV to enter through the walls of the vagina than it is through the penis. It's also harder for adolescent girls and young women to protect themselves from HIV because society doesn't treat them equally, and they have less power in their relationships to negotiate safer sex. **Oral PrEP can help adolescent girls and young women take control of their health!**

There are no herbs or natural remedies that can prevent or cure HIV. Inserting plants or herbs into your vagina can increase your risk of HIV; it can dry out the vagina, which can lead to tears and allow HIV to enter the body more easily.

This is not true. There is no cure for HIV.

Having sex on your period can increase the risk of HIV transmission because HIV can be found in menstrual blood.

It's not that simple. Breastfeeding provides many nutrients and protective factors to a baby, and HIV transmission can be prevented with the right medication. HIV-positive mothers should work with their doctor to find the best option.

Anyone can get HIV.

While there is no cure for HIV, there are treatments available, known as **antiretrovirals**, or **ARVs** for short. If treatment is started early and taken consistently, a person with HIV can live a long and healthy life without ever developing AIDS. These medications can also help prevent transmission to others.

# HIV TRANSMISSION

HIV can be transmitted from one person to another through blood, semen, vaginal fluid and breast milk. This can happen during:

- 
  - Vaginal sex
  - Anal sex
  - Oral sex
- 
  - Pregnancy
  - Childbirth
  - Breastfeeding
- 
  - Injecting drugs with a shared needle
  - Direct contact with blood

# HIV PREVENTION

**Oral PREP**  
If you don't have HIV you can protect yourself by taking anti-HIV medication called oral PREP



**PEP**  
If you've exposed to HIV you can prevent infection by taking HIV medication called PEP within 72 hours of exposure



**ART**  
If you're HIV positive you can prevent transmission to others by taking HIV medication



Additional methods you can use to reduce the risk of HIV transmission during sex are:

-  Using male or female condoms every time you have sex - including vaginal, anal and oral sex.
-  Using water-based lubricant to prevent condoms from breaking and dry sex
-  Regularly testing for STIs and treating them immediately
-  Abstaining, reducing your number of sexual partners and knowing your partner's status

Mothers with HIV can reduce the risk of HIV transmission to their baby by:

-  Taking HIV medication during pregnancy, birth and breastfeeding
-  Treating their baby with HIV medication
-  Reducing risks when breastfeeding
-  Using family planning to delay pregnancy until it is safe

*If you are HIV positive and thinking of having a baby, talk to a doctor about the best way to reduce the risk of transmission*

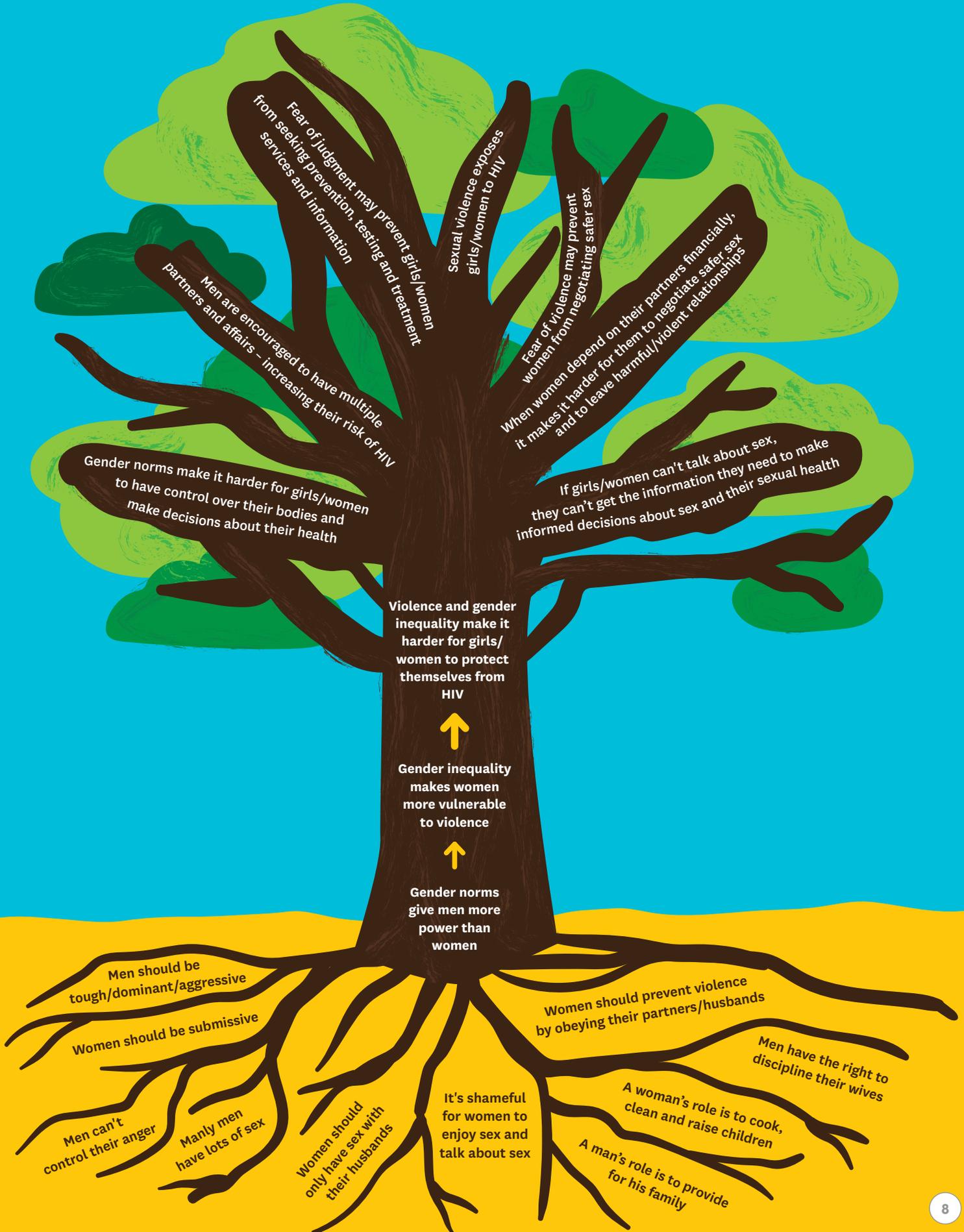


You can reduce the risk of HIV transmission through blood by:

-  Avoiding contact with other people's blood
  -  Never using a needle that has been used by someone else
- HIV can be transmitted during blood transfusions, but most hospitals now test blood for HIV before using it in a transfusion. If you're worried, ask your doctor!*

YOU CANNOT GET HIV FROM TOUCHING, KISSING OR SHARING FOOD AND DRINK WITH SOMEONE WHO IS HIV POSITIVE

# Gender Inequality Problem Tree



# CARE Response

## Create a safe space

A safe space is both physically and emotionally safe. Make sure you're somewhere private, where she feels physically safe. Explain that you're just there to listen – you won't judge her or tell her what to do. Let her know she can trust you to protect her confidentiality.

## Actively listen

Show her you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give her space to talk, and acknowledge and validate her feelings.

## Reassure

Reassure her by letting her know she's not alone, you're there for her and her feelings are valid. If she's shared an experience of violence, let her know that you believe her and it's not her fault.

## Empower and support

Let her know she's in control of what happens next. Help her to identify her needs and consider her options. Be ready to provide her with information about support services she can access.

# Test and Prevent

Everybody has a responsibility to contribute to the prevention of HIV in our community!

## TEST

### Test for HIV and STIs – and do it regularly!

Most HIV transmissions come from people who don't know they're HIV positive. Knowing you're HIV positive gives you the power to protect your health and prevent transmission to others. Knowing your partner's status is also important for making decisions about HIV prevention.

When you're getting tested for HIV, you can also test for other STIs. Most STIs can be treated, but if they go untreated, they can cause serious health problems. STIs also make you vulnerable to HIV – so testing regularly and treating STIs helps to prevent HIV.



## PREVENT

### Protect yourself from HIV transmission every time you have sex!



Male condoms and female condoms

Male and female condoms put a barrier between the most delicate skin and body fluids that may contain HIV and other STIs.



Oral PrEP (pre-exposure prophylaxis)

Oral PrEP is a medication that an HIV-negative person can take to protect themselves from HIV. It creates a shield around a person's blood cells to protect them from HIV. When a person takes oral PrEP every day and they're exposed to HIV, it can't infect their blood cells. The virus will die, and the person won't get HIV. Oral PrEP doesn't protect you against STIs, so it's best to always use a condom.

Abstinence, reducing your number of sexual partners, and voluntary medical male circumcision can also help prevent HIV.

## RESPOND

### If you've been exposed to HIV, act quickly!

If you're worried you might have been exposed to HIV, you can take emergency medication to reduce the risk that you'll get HIV.



PEP (post-exposure prophylaxis)

If HIV makes it into the body, PEP can stop it from spreading to other cells. When HIV can't spread, it dies. This may prevent a person from becoming HIV positive. PEP must be started within 72 hours of exposure and taken every day for 4 weeks.

## TREAT

### If you've been diagnosed with HIV, start treatment as soon as possible to stay healthy and prevent transmission.

If you find out you have HIV, it's important to start treatment right away. It won't cure HIV, but it can stop the virus from spreading and developing into AIDS – meaning that you can live a long and healthy life. HIV treatment also reduces the risk that you'll transmit HIV to others.



ART (Antiretroviral therapy)

ART is a combination of medications that work together to reduce the amount of HIV in a person's body and boost their immune system. If treatment is started early and taken every day, the amount of HIV in a person's blood can become so low that there's not enough of the virus to pass on to others. This is called an undetectable viral load.

# Oral PrEP, PEP and ART

**Antiretrovirals** are a type of medication that make it harder for HIV to attack the cells in a person's body and to spread to other cells. Oral PrEP, PEP and ART use different combinations of antiretrovirals that work in different ways to fight the virus at different stages. Oral PrEP, PEP and ART cannot be swapped – they only work when used as prescribed.



## ANTIRETROVIRAL MEDICATION

### Oral PrEP (Pre-Exposure Prophylaxis)

#### WHO IS IT FOR?

People who don't have HIV and want to protect themselves from getting it.

#### HOW DOES IT WORK?

Oral PrEP protects a person from HIV by creating a shield around the cells that HIV tries to attack.

#### WHEN IS IT USED?

During periods in a person's life when they're vulnerable to HIV.

#### HOW EFFECTIVE IS IT?

Oral PrEP has to be taken every day. Once it builds up in the body, it can be over 90% effective at preventing HIV.

### PEP (Post-Exposure Prophylaxis)

#### WHO IS IT FOR?

People who are worried they've been exposed to HIV in the past 72 hours.

#### HOW DOES IT WORK?

It stops HIV from spreading to other cells. When HIV can't spread, it dies.

#### WHEN IS IT USED?

PEP must be started within 72 hours of exposure and taken every day for 4 weeks.

#### HOW EFFECTIVE IS IT?

It depends on a lot of things, but if someone starts taking PEP straight away and they take it every day for 4 weeks, there's a high chance it will prevent them from becoming HIV positive.

### ART (Antiretroviral Therapy)

#### WHO IS IT FOR?

People who are HIV positive.

#### WHAT DOES IT DO?

ART involves taking a combination of HIV medication (antiretrovirals) that reduces the amount of HIV in a person's body and boosts their immune system.

#### WHEN IS IT USED?

People with HIV should start ART as soon as possible.

#### HOW EFFECTIVE IS IT?

It's different for everyone, but if a person begins ART soon after they get HIV, they have the best chance of living a long and healthy life. It can also stop the virus from being transmitted to others.

# Oral PrEP – Answering Your Questions

Hi! I'm an HIV Prevention Ambassador.  
Do you have any questions about oral PrEP?



What is oral PrEP?

It's a medication that an HIV-negative person can take to protect themselves from HIV.

The word **PrEP** stands for **Pre** (before) **Exposure** (coming into contact with the virus) **Prophylaxis** (medication to prevent an infection from happening).

How does it work?

Oral PrEP creates a shield around your blood cells to protect them from HIV. Because HIV cannot infect these blood cells, the virus dies.

How effective is it?

If you take it every day, it will build up in your system and become over 90% effective at preventing HIV. Talk to your health care provider to find out how long you need to take it before it will protect you from HIV.

Is oral PrEP right for me?

That's your decision. It's your body, so it's your choice! You might consider oral PrEP if you're having sex and you want an additional method to protect yourself from HIV. Oral PrEP only needs to be taken during periods in your life when you are vulnerable to HIV.

Will oral PrEP protect me from other STIs and pregnancy?

No! Oral PrEP will not prevent other STIs or pregnancy. It's best to use condoms and contraception with oral PrEP.

Are there any side effects?

Oral PrEP is just like any other medication. A small number of people experience minor side effects like headaches, weight loss, nausea, vomiting or abdominal pain, but these will likely go away in a few weeks.

Can I take oral PrEP if I'm taking other medications?

Yes. Oral PrEP won't affect any of your other medications.

If I take oral PrEP, does that mean I can't drink or take drugs?

Alcohol and other drugs won't affect oral PrEP. But make sure to keep yourself safe when drinking or using drugs. If you're having sex, make sure to use condoms to protect yourself from other STIs and pregnancy.

What do I need to do if I want to take oral PrEP?

The first step is to see a health care provider. They will help you take the next steps.

# 10 Tips for Using Oral PREP

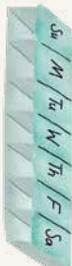
**1** **Keep your pills in a place that's easy to find**

Make sure you pick a safe spot, away from small children and in a dry area.



**2** **Use a daily pill box**

This can help you keep track of the pill you need to take each day.



**3** **Keep a back-up supply with you**

Put some pills into a makeup bag or purse and keep it in your backpack or handbag. That way, you'll have them with you if you need to take one at work, school, or if you travel. Make sure to keep them dry and safe!



**4** **Take the pill as part of your daily routine**

Take the pill at the same time each day, like when you brush your teeth or at bedtime.



**5** **Try different ways of swallowing the pill**

Try placing it on your tongue, taking a sip of water and bending your head forward before swallowing.



**6** **Set an alarm on your phone or use a pill reminder app**

Set a repeating alarm on your phone or download a free pill app to remind you take your pills and get your refills. You can also use the app to keep notes about things you want to tell your health care provider.



**7** **Ask someone to remind you**

Ask a partner, family member or friend to remind you to take your pill.



**Don't forget your pill today**

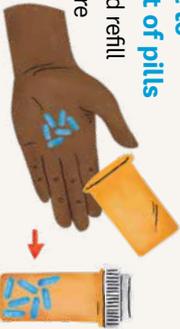
**8** **Join or start an oral PREP support group with friends**

You're not the only one using oral PREP. Connect with other girls and young women so you can support each other. Some support groups meet in person, others use social media or Whatsapp.



**9** **Try not to run out of pills**

Plan ahead and refill your pills before you run out.



**10** **Keep appointments with your health care provider**

If you're having side effects, talk to your health care provider about how to reduce or manage them. Your health care provider can also help if you're having trouble taking the pill every day.



**Taking your pill every day will keep you protected from HIV**



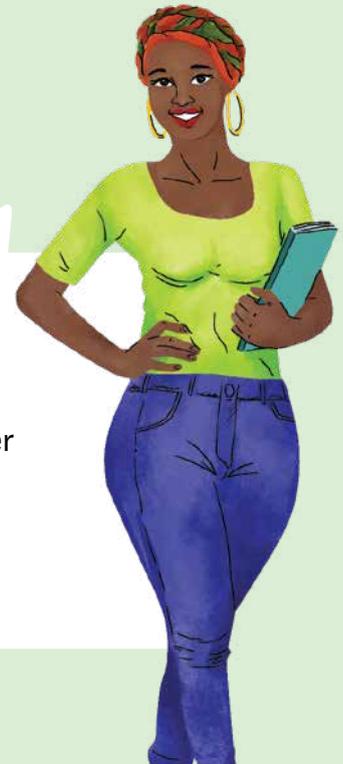
# Telling Others Role Play 1: Deciding



*Do I have to tell my partner if I want to use oral PrEP?*

You don't have to tell anyone. Your body belongs to you, and you have the right to make your own decisions about your health.

Some women use oral PrEP without their partner knowing, and some choose to tell their partner. It's your decision. It might be helpful to think about the reasons you would like to tell him and the reasons you don't want to.



*Well, it would be nice to have his support.*

Lots of women who use oral PrEP say it really helps to have their partner's support. It also makes them feel more comfortable taking it.

*If I don't tell him, I might feel guilty or worried about him finding out.*

I understand why you might worry about that. It's normal to feel guilty about keeping something a secret. We grow up being told that keeping secrets is a bad thing. I want you to know that it's your choice if you want to tell your partner. You don't need to feel guilty about making a decision to protect your health. If you choose not to tell him, I can support you to keep it private.

Are there any reasons you don't want to tell him?

*I'm not sure if he will be supportive! What if he thinks I'm cheating on him or that I don't trust him? What if he doesn't want me to use it?*

These are really common concerns. You could try talking to him about oral PrEP without telling him you're thinking about using it. For example, you could explain that other women your age are using it. This might give you an idea of what he thinks about oral PrEP and whether he's likely to be supportive.

If you do decide to tell him, we can practice responding to his concerns.

Don't forget, if you tell him and he's not supportive, you can still make your own decision about whether you want to use it.

# Telling Others Role Play 2:

## Telling Your Partner



*I've decided to tell my partner about oral PrEP; do you have any advice about how I should do that?*

*I don't think so.*

It might be helpful to talk to your partner about oral PrEP before you tell him you're using it. Try mentioning it casually a few times to start a conversation so you can provide him with accurate information. These conversations might also help you understand what he thinks about oral PrEP.

*Okay, great I'll try that. When I'm ready to tell him, what should I say?*

The first decision you'll need to make is whether you'll tell him that you're **considering** using oral PrEP, or you're **using** oral PrEP.

*I'm not sure yet.*

If you choose to tell him you're considering using oral PrEP, you could think about saying:

- Did you know that HIV rates among girls and young women in our community are very high?
- I've been thinking about using oral PrEP just to make sure I'm protected against HIV.
- It's being recommended for girls/women to help prevent HIV.
- I've heard a lot about it. It's completely safe and won't have any impact on you.
- It will just be like taking other medication to prevent getting sick.
- I would really like your support. Taking oral PrEP will help me feel protected from HIV. Many girls/women my age are getting HIV, so I want to be as protected as I can be.

*What if I choose to tell him after I start using it?*

You can think about saying:

- Using oral PrEP is just like using any other medication that protects your health – it's not a big deal.
- It was recommended to me by a health care provider. I made the decision on my own because it's about my health and it won't have any impact on you.
- I take it because many girls/women my age are getting HIV, and I want to know I'm protected no matter what.

These are just some options. You know your partner best, so it's important that you decide what you want to say.

Don't forget, taking oral PrEP is your right. You are making a responsible decision to protect your health.

*What if he thinks I'm cheating on him, or that I don't trust him?*

You could try explaining that using oral PrEP isn't about your relationship – it's a decision about your health. You could also try to explain that you're trusting him by asking for his support.

*What if he thinks this means we don't need to use condoms?*

Explain that oral PrEP will only protect you from HIV. It won't protect him. It also won't protect either of you from STIs. Condoms are always the best method because they protect against HIV, STIs and unplanned pregnancy.

*Do you have any other advice?*

Sure, here are some tips:

- Picking your timing is important. Try to find a time when he's in a good mood, you're both sober and you have some privacy.
- If you're worried that he may get angry or could be violent, try to find a place where you can easily leave or get help if you need to.
- Try practicing what you're going to say. I'm happy to do that with you, or you could ask a friend.
- If you have any friends who are using oral PrEP and have told their partners, you could ask them for advice.



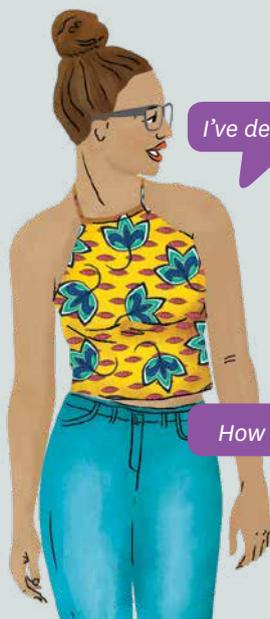
I'm glad to hear you're interested in talking to your partner. Many women say it's helpful to have their partner's support.

Your partner is most likely to be supportive if he has accurate information about oral PrEP. Without it, he may believe some of the myths, which might make him less supportive.

Do you know if your partner knows much about oral PrEP?

# Telling Others Role Play 3:

## Keeping Your Oral PrEP Use Private



*I've decided not to tell my partner.*

It's great you've made a decision that works best for you. Many women make the same decision, and they successfully use oral PrEP without telling their partners.

Do you have any questions about keeping your oral PrEP use private?

*How do I make sure he doesn't find out?*

If you want to tell other people in your life, such as your family or friends, make sure they understand you've chosen not to tell your partner. And only tell people you trust.



*How do I hide my oral PrEP pills?*

There are lots of ways to keep your pills hidden. You could try:

- Keeping them with other medications in a different container
- Keeping them in your bag in a little pouch
- Keeping them with your tampons or pads

Women who are really worried about their partners finding their pills might keep them somewhere else, like at a friend's house, but this can make it difficult to remember to take them every day.

Other women don't hide the pills and instead pretend they're something else, like pills for period pain or their contraceptive.

*What if he finds out?*

Although many women use oral PrEP without their partner finding out, it's a good idea to plan what you will say if he does.

You can think about saying:

- Using oral PrEP is just like using any other medication that protects your health – it's not a big deal.
- It was recommended to me by a health care provider. I made the decision on my own because it's about my health and it won't have any impact on you.
- I take it because many girls/women my age are getting HIV, and I want to know I'm protected no matter what.

You could also say you were just trying it and were going to let him know if you decide to take it.

These are just some options. You know your partner best, so it's important that you decide what you want to say.

It might be helpful to practice what you're going to say. I'm happy to do that with you, or you could ask a friend.

*Is there anything else I should consider?*

Don't forget, taking oral PrEP is your right. Your body belongs to you, and you have the right to make your own decisions about your health. You're not alone. Many girls and women choose to use oral PrEP without telling anyone.

If you have any more questions or concerns you can always talk to me. And if you decide you want to tell your partner at a later time, I can support you to do that too.

# Awareness Raising Role Play

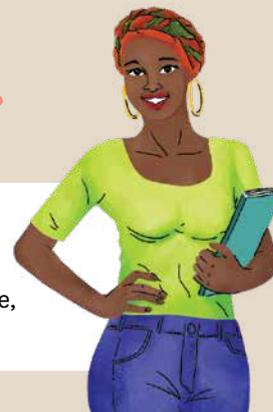


Hi! I'm an HIV Prevention Ambassador. Do you have any questions about oral PrEP?

Yes! What is oral PrEP?

It's a medication that an HIV-negative person can take to protect themselves from HIV.

Oral PrEP creates a shield around a person's blood cells to protect them from HIV. If a person is taking oral PrEP every day and they're exposed to HIV, it won't be able to infect their blood cells. The virus will die, and the person won't get HIV.



Isn't oral PrEP only for sex workers and women who are promiscuous?

Oral PrEP is for anybody who's vulnerable to HIV. Rates of HIV infection among adolescent girls and young women in this country are very high. This is not because they are promiscuous. It's because they often do not have access to the information and prevention methods they need to protect themselves from HIV. Oral PrEP can change this!



Girls don't need oral PrEP. They should practice abstinence until they are married.

Abstinence is one way girls and young women can protect themselves from HIV, but abstinence doesn't work for everyone.

HIV is increasing among girls and women, so it's best to have different options so they can choose the most effective one for them.

You don't have to worry about oral PrEP encouraging more girls/women to have sex; there have been lots of studies and they all show that this is not true.

It's also important to remember that married girls and women also get HIV. It's also possible for girls practicing abstinence to get HIV if they're raped.



Will oral PrEP make my daughter infertile?

This is a very common myth, but it's not true. It's been proven that oral PrEP has no effect on fertility.



If my partner wants to use oral PrEP, does that mean she doesn't trust me or that she's having an affair?

Using oral PrEP doesn't mean your partner doesn't trust you or that she's having an affair. It just means she wants to be in control of her health. Oral PrEP is like any other medication people take to protect their health. Many women in relationships take oral PrEP.



Does my daughter need my permission to use oral PrEP?

It depends on how old she is and where she lives. In some places, she won't need your permission after she turns 16. In other places, she needs to be 18. Whether she needs your permission or not, supporting your daughter to take oral PrEP will help protect her from HIV so she can live a long and healthy life. Supporting your daughter to make her own decisions can strengthen your relationship, and it may make her more likely to involve you in other decisions.

What can we do to prevent HIV in our community?

Supporting girls and young women to use oral PrEP is an important way you can help prevent HIV. If more girls and young women use oral PrEP, the rates of HIV in this community will decrease.

It's also important to reduce the risk of HIV transmission in your own life. You can do this by having an HIV test so you know if you're HIV positive. Most HIV transmissions come from people who don't know they're HIV positive. If you are HIV positive, there's medication that can keep you healthy and prevent you from passing it on to others.

You can also make sure you're protecting yourself and your partner by always using condoms.



# Worksheets

# CARE Response - Disclosures of Violence

STEP	How do I do this?	What does this look like in practice?
<p><b>C</b>reate a safe space</p>	<p>A safe space is both physically and emotionally safe. Make sure you're somewhere private, where she feels physically safe. Explain that you're just there to listen – you won't judge her or tell her what to do. Let her know she can trust you to protect her confidentiality.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>A</b>ctively listen</p>	<p>Show her you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give her space to talk, and acknowledge and validate her feelings.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>R</b>eassure</p>	<p>Reassure her by letting her know she's not alone, you're there for her and her feelings are valid. If she's shared an experience of violence, let her know that you believe her and it's not her fault.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>E</b>mpower and support</p>	<p>Let her know she's in control of what happens next. Help her to identify her needs and consider her options. Be ready to provide her with information about support services she can access.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

# Oral PREP Journey Map

It's a great feeling to be in control of my health and know that I'm protected from HIV!

Hi! I'm

1

I've heard about oral PREP but I don't really know much about it.

What does your character need to know about oral PREP to decide if it's right for her?

.....

.....

.....

.....

.....

I want to use oral PREP. How do I get it?

3

How can you help her get oral PREP?

.....

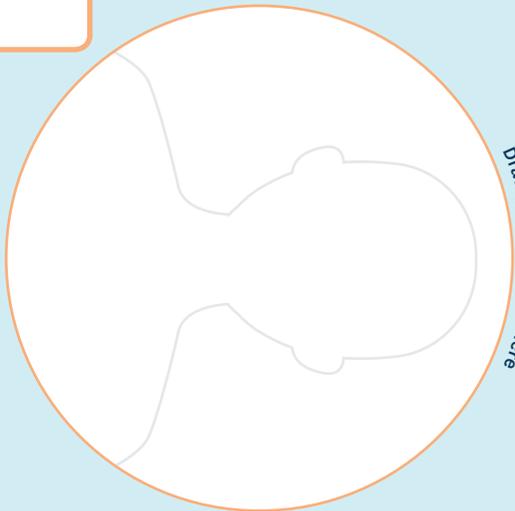
.....

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Draw your character here



I am using oral PREP, but sometimes I forget to take it. I'm not sure I will continue using it.

4

How can you support her to take oral PREP every day and continue to use it while she's vulnerable to HIV?

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Do I need to tell my partner or parents?

5

How can you support her with the decision about whether to tell her partner or parents about taking oral PREP?

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I'm interested in using oral PREP but I worry about

2

How can you support her to feel more comfortable using oral PREP?

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# Character Profile

Name

Who is she?

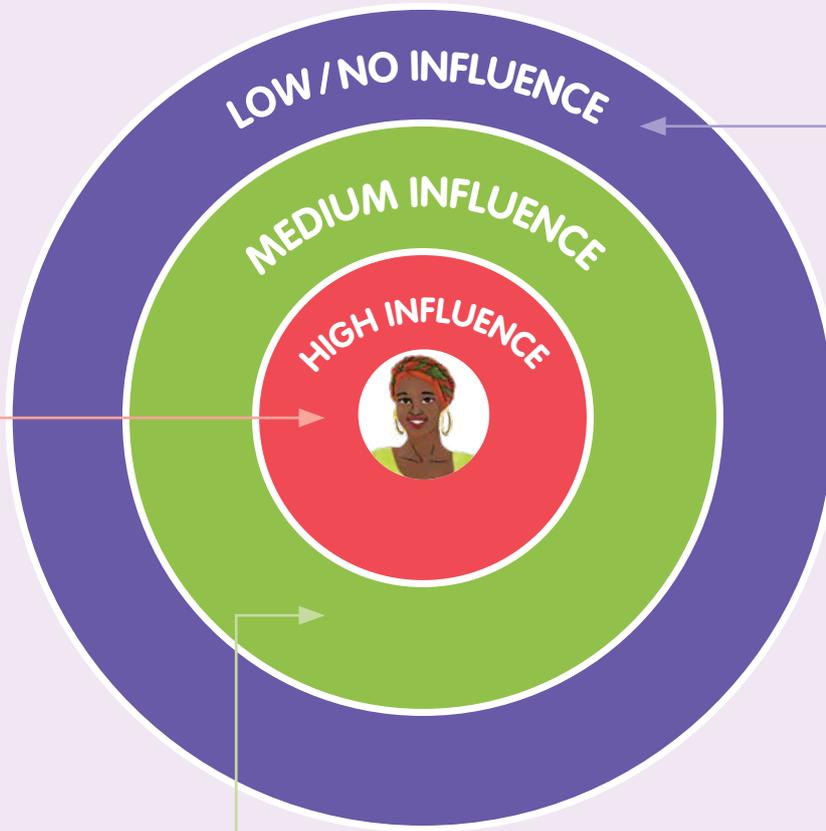
Is she vulnerable to HIV?  
How does she protect herself?

What does she know, think and feel about HIV?

What does she know, think and feel about oral PrEP?

# My Circles of Influence

## Who can you influence?



### High influence

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### Medium influence

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### Low/no influence

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# Removing Barriers to Oral PREP

What would make it easier for your peers to use oral PREP?

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What would make it easier for your peers to find out about oral PREP?

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What would make it easier for your peers to get oral PREP?

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What would make it easier for your peers to take oral PREP correctly and continue taking it?

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What would make it easier for your peers to tell their partners and parents about using oral PREP?

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# Advocacy Planning

What is the problem you want to address?

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What do you want to achieve (your objective)?

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Who has the power to do this?

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What opportunities are there to influence them?

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Who are your allies that you can work with to strengthen your influence?

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What support or resources do you have, and what will you need?

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# My Personal Action Plan

## Our goal

What are you most passionate about doing as an Ambassador?



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What are your strengths that will help you in your role as an Ambassador?



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What types of activities are you most interested in doing to contribute toward the goal?



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Where do you have the most influence?



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What is one thing you can achieve that will contribute toward the goal (your objective)?



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What support or resources do you have, and what will you need to achieve this?



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# CARE Response - Peer Support

STEP	How do I do this?	What does this look like in practice?
<p><b>C</b>reate a safe space</p>	<p>A safe space is both physically and emotionally safe. Make sure you're somewhere private, where she feels physically safe. Explain that you're just there to listen – you won't judge her or tell her what to do. Let her know she can trust you to protect her confidentiality.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>A</b>ctively listen</p>	<p>Show her you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give her space to talk, and acknowledge and validate her feelings.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>R</b>eassure</p>	<p>Reassure her by letting her know she's not alone, you're there for her and her feelings are valid. If she's shared an experience of violence, let her know that you believe her and it's not her fault.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>E</b>mpower and support</p>	<p>Let her know she's in control of what happens next. Help her to identify her needs and consider her options. Be ready to provide her with information about support services she can access.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>



**OPTIONS**  
**HIV Prevention  
Ambassador  
Toolkit**

