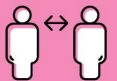




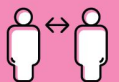
REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



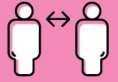
BRAND AMBASSADORS PrEP TOOLKIT



REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



GLORIOUS WOMAN YOU!

You've decided to rise up and take your power back and help other women do the same. To help you do this, we've created this toolkit with hints, suggestions, and everything you need to know about PrEP and V and how it can help women take care of themselves. On the next few pages, you'll find ideas on how to spread the word about PrEP.

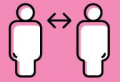
Have fun.

Love, V.

INTRODUCTION TO PrEP TRAINING TOOLKIT



REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



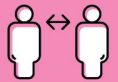
This is a guide to assist PrEP demand creation cadres to facilitate “ambassador gatherings”, also known as PrEP Interpersonal Communications (IPC) sessions.

This guide seeks to train brand ambassadors and other facilitators on having conversations on PrEP with peers by :

- **Giving peers information about oral PrEP** and answering their questions
- **Supporting peers** to make decisions about what HIV prevention options are best for them
- **Helping peers get oral PrEP**, use it correctly and continue using it while they are vulnerable to HIV
- Supporting peers to **decide who they want to tell** they are using oral PrEP
- Raising awareness and building community support for oral PrEP
- Giving peers information about how HIV is transmitted and prevented
- Identifying the **links between gender norms and inequalities, HIV vulnerability and violence** against women and girls
- Supporting peers who are **experiencing violence by using active listening and by empowering them to access services**

TABLE OF CONTENTS

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



OVERVIEW OF ROLES AND RESPONSIBILITIES FOR BRAND AMBASSADOR

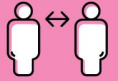
TRAINING MODULES

MODULE 1: Human rights and Gender inequality and violence

MODULE 2: Introduction to Oral PrEP

MODULE 3: Guide to implementation of community support activities

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Brand ambassador roles and responsibilities

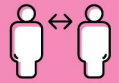
ROLES AND RESPONSIBILITIES OF BRAND AMBASSADORS

- **Demand Creation for SHRH services for Adolescent Girls and Young Women (AGYW) (Aged 15 -24 years)**
 - Mobilize AGYW and assist them to navigate accessing SHRH and PrEP services.
 - Support AGYW to continue on PrEP for as long as they are at risk
 - Create a cohort of AGYW and support them to access services on a regular basis.
 - Map congregate settings in the community to facilitate SRH and HIV Service delivery.
 - Support community-based interventions targeting AGYW (both site outreach and marketing organised events).
 - Facilitate one on one and group discussions to improve understanding and uptake of SRH and HIV services
 - Assist in the development of interventions for AGYW across all channels.
 - Promote social media interventions targeting AGYW (Facebook pages, Twitter).
- **Client Experience Management**
 - Assist AGYW clients to navigate the site/outreach as they access integrated services.
 - Provide technical guidance and continuous feedback to improve client experience for AGYW.
 - Facilitate and follow through linkage to other services.
- **Innovation**
 - Input into the development of strategies, tools and service adaptation to meet the needs of AGYW using user-centred design techniques
 - Provide guidance on innovative ways to engage AGYW.
- **Reporting**
 - Submit weekly highlight reports and monthly detailed reports

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WHAT WE'D LOVE TO SEE YOU DO

- Encourage female friends who are at risk to use PrEP
- Follow up PrEP users and support them to continue to take PrEP for as long as they are at risk
- Act as a role model for female empowerment, intelligence, and confidence
- Host weekly ambassador gatherings
- Create a WhatsApp group for PrEP users in your community
- Send weekly text message reminders to PrEP users
- Post about PrEP on WhatsApp groups, social media, etc.

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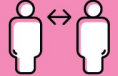
Module 1

Human Rights and Gender Inequality and Violence

HUMAN RIGHTS

ESSENTIAL KNOWLEDGE

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



What are human rights?

Human rights are ideas or principles about how everyone should be treated. They are recognised and protected by global, national and local commitments and laws.



FACILITATOR: ASK PARTICIPANTS TO GIVE THEIR OWN UNDERSTANDING OF HUMAN RIGHTS

The Declaration includes 28 rights, including the right to:

- Equal treatment without discrimination
- Life and to live in freedom and safety
- Freedom from torture and harm
- Fair treatment by the law
- Privacy
- A standard of living needed for good health and well-being
- Education

AGYW often experience direct violations of their rights, such as when others use violence against them.

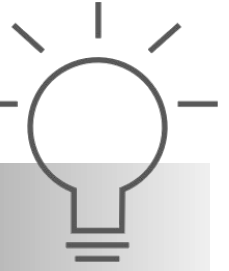
They also experience many barriers to exercising their rights, such as gender inequality, discrimination based on age, and a lack of social power.

This has been recognised within the human rights system, and as a result, specific rights have been created to protect the rights of women and girls. These rights are documented in the Convention on the Elimination of all Forms of Discrimination Against Women (or CEDAW for short).

HUMAN RIGHTS

ESSENTIAL KNOWLEDGE

What are sexual and reproductive health and rights?



FACILITATOR: ASK PARTICIPANTS TO GIVE THEIR OWN UNDERSTANDING OF SEXUAL AND REPRODUCTIVE HEALTH RIGHTS

Sexual and reproductive health and rights, or SRHR for short, is a term used a lot when talking about HIV prevention among AGYW. It is used to highlight that:

- The right to health includes **sexual and reproductive health**.
- The achievement of good sexual and reproductive health depends on the realisation of other rights

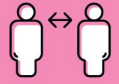
Sexual and reproductive rights

The concept of sexual and reproductive rights acknowledges that all rights are connected. A person's sexual and reproductive health depends on their ability to exercise other rights, including the right to:

- Access stigma-free information, services and resources related to sexual and reproductive health and sexuality
- Have control over, and the ability to make informed decisions about, their own bodies
- Decide to be sexually active or not
- Decide whether to have children, and if so, how many and when
- Choose their partners
- Live free from violence
- Have pleasurable and safe sexual experiences free of coercion, discrimination and violence
- Freely express their sexuality (including gender, sexual orientation and sexual desires) without fear of discrimination or violence

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ESSENTIAL KNOWLEDGE

How are human rights and HIV connected?

- 1. The violation of human rights is a barrier to HIV prevention.** Human rights violations, such as sexual violence, can put an individual at risk of HIV. Human rights violations can also create barriers to HIV prevention, such as when discrimination stops someone from accessing health services.
- 2. When people can exercise their human rights, it is easier for them to protect themselves from HIV.** A person's ability to protect themselves from HIV depends on their ability to exercise many human rights, including the right to control over their bodies, the right to health services and the right to information.
- 3. HIV creates a barrier to the realisation of human rights.** HIV-related illness, stigma and discrimination create barriers to education, employment, housing and other rights for people living with HIV.
- 4. The achievement of human rights is dependent on the eradication of HIV.** HIV undermines global progress toward the right to health and other rights. It also contributes to poverty.

Oral PrEP will make it easier for AGYW to exercise their rights. For now, oral PrEP is the only HIV prevention tool that AGYW can decide to use without telling anyone else about their decision, including their partners. This makes it easier for them to protect themselves from HIV, which is their right.

FACILITATOR: DISCUSS WITH PARTICIPANTS ABOUT REAL LIFE SCENARIOS WHERE VIOLATION OF THESE RIGHTS CAN INCREASE THE RISK OF GETTING HIV



GENDER INEQUALITY AND VIOLENCE

Gender inequality, violence and HIV are strongly connected. Gender inequality and violence makes it more difficult for AGYW to protect themselves from HIV.

This is because:

- Power imbalances and violence in relationships make it more difficult for AGYW to talk with their partners about sex. This includes talking about how they can reduce their vulnerability to getting HIV.
- Limited / no financial independence
- Gender norms shame AGYW for having sex and talking about sex. This makes it more difficult for them to get information about HIV prevention and to access services.

Gender inequality

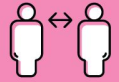
Gender inequality is a term used to explain the unequal treatment of someone because of their gender, and the unequal distribution of power and resources between women and men. It is driven by gender norms that give men more access to resources (such as money), opportunities (such as education and employment) and social power (such as influence in decision-making).

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GENDER-BASED VIOLENCE

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FACILITATOR: DISCUSS WITH PARTICIPANTS ABOUT REAL LIFE EXAMPLES OF GENDER-BASED VIOLENCE



Gender inequality and violence against women are strongly connected. This is because:

- **Gender inequality is a major cause of men's violence against women.** The belief that men are naturally strong, dominant and powerful is used to explain and justify men's violence against women. In some societies, these gender norms are so strong that men are expected to beat their wives.
- **Men's violence against women reinforces gender inequality.** Some men use violence as a tool to show and keep their power over women.

When violence is used to reinforce gender-related power differences, it is

known as gender-based violence, or GBV for short

GBV can be perpetrated by anyone, although it is usually perpetrated by a person who has more power than the victim, such as partners, parents, teachers, religious leaders or other people with authority.

People usually think of violence in terms of physical violence, but violence includes any act that aims to harm or keep power over others. GBV may include one or more of the following types of violence:

EXAMPLE OF GENDER-BASED VIOLENCE

Physical abuse such as:

- Slapping
- Hitting
- Kicking
- Beating



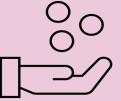
Sexual abuse such as:

- Rape
- Unwanted sexual advances or sexual harassment, including at school or at work
- Use of coercion (such as threats, blackmail or intimidation) to force someone to do something sexual that they do not want to do, such as having sex without a condom
- Sexual acts with someone who cannot consent, including someone who is under the influence of alcohol, asleep or not intellectually capable of giving informed consent
- Sexual abuse of children
- Trafficking of women and girls for sex



Economic violence such as:

- Use of money or resources to control an individual
- Blackmail
- Being refused the right to work or forced to give up earnings
- Being refused pay for money that is earned/due
- Having someone withhold resources as punishment

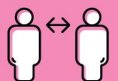


Emotional/psychological abuse, such as:

- Insults, belittling, humiliation
- Intimidation, such as destroying things
- Threats of harm
- Threats to take away children
- Controlling behaviours, such as isolating a person from family and friends, or monitoring their movements or communications, including through stalking



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Module 2

Introduction to Oral PrEP

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



FIRST AN INTRODUCTION TO THE DIFFERENT METHODS OF HIV PREVENTION

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

PREVENTION



Oral PrEP

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



PEP

If you have been exposed to HIV you can prevent infection by taking HIV medication called PEP within 72 hours of exposure



ART

If you are 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 prevent dry sex



Regularly testing for sexually transmitted infections and treating them immediately



Abstaining, reducing your number of sexual partners and knowing your partner's status

Mothers with HIV can reduce 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



Family planning

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:



Avoid 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.

WHAT IS PrEP?

PrEP (Pre-Exposure Prophylaxis Prophylaxis)

WHO IS IT FOR?

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

HOW DOES IT WORK?

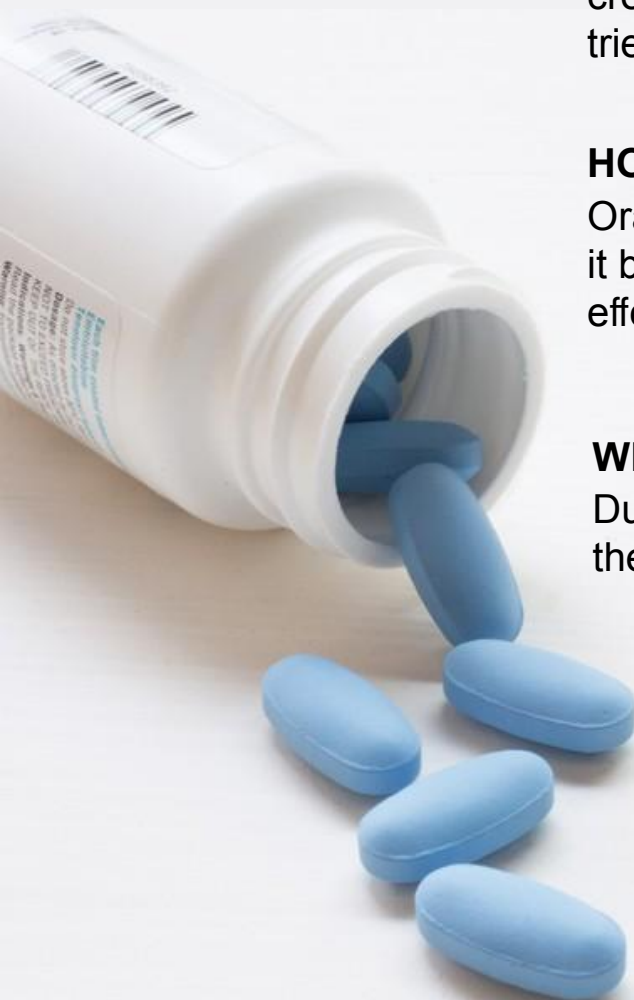
Oral PrEP protects a person from HIV by creating a shield around the cells that HIV tries to attack.

HOW EFFECTIVE IS IT?

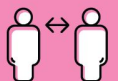
Oral PrEP has to be taken every day. Once it builds up in the body, it can be over 90% effective at preventing HIV.

WHEN IS IT USED?

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



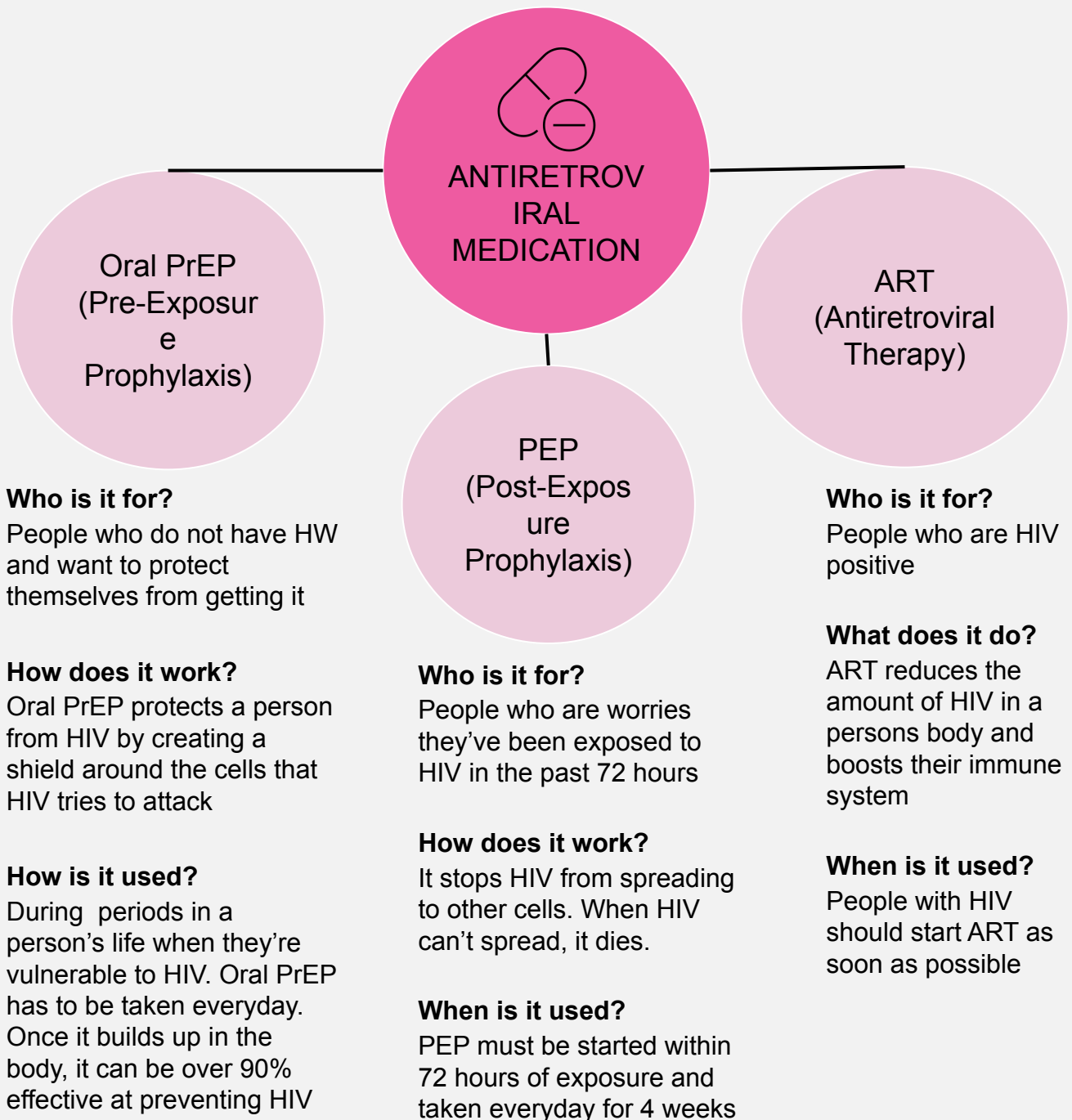
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DIFFERENCE BETWEEN ART, PEP AND PrEP

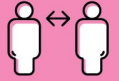
Oral PrEP, PEP and ART

Antiretrovirals are a type of medication that make it harder for HIV to attack the cells in a persons 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 HIV virus at different stages. **Oral PrEP, PEP and ART cannot be swapped** – they only work when used as prescribed



Adapted from OPTIONS Ambassador Toolkit

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



WHO SHOULD TAKE PrEP

Are you sexually active? 12:37

Do you sometimes have unprotected sex? (vaginal or anal) 12:38

Does your boyfriend refuse to wear a condom? 12:38

Have you had more than one lover in the last 6 months? 12:39

Have you had an STI in the last 6 months? 12:39

Does your partner have HIV? 12:40

Do you feel unsafe in your home or worry about rape or abuse? 12:40

If you answered "yes" to any of the above, then PrEP is for you!

DO YOU HAVE QUESTIONS ABOUT PREP?

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 PrEP right for me?

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

Will PrEP protect me from other STIs and pregnancy?

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

Are there any side effects?

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?

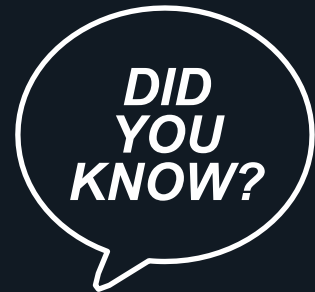
Yes. PrEP won't affect any of your other medications.

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

Alcohol and other drugs won't affect 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.



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

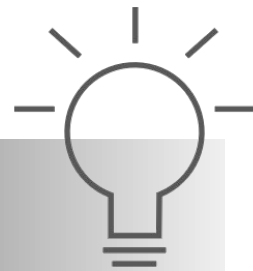


- Pregnancy
- Childbirth
- Breastfeeding



- Injecting drugs with a shared needle
- Direct contact with blood

ADDRESSING BARRIERS TO PrEP UPTAKE



FACILITATOR: THIS SECTION WILL GUIDE YOU IN ANSWERING QUESTIONS FROM PARTICIPANTS WHO HAVE CONCERNS ABOUT TAKING UP PrEP. PROBE FURTHER AS TO THEIR MAIN CONCERNS. PROCEED TO IDENTIFY THEMES WHICH LINK TO THE BARRIERS IN THIS SECTION AND USE THE KEY MESSAGES TO GUIDE YOUR DISCUSSION AS HELP REMOVE BARRIERS TO PrEP USE

BARRIER

Lack of PrEP (accessibility & availability)/ Lack of knowledge about PrEP & where to access it

KEY MESSAGE

Services are available near you. Consult your nearest health services provider or New Start Centre or Shaz Hub to find out more about PrEP. Bookings for New Start Centr are also possible through VYBZ mobile app, available as a free download on Google Playstore.

BARRIER

Self-stigma/
Community Stigma

KEY MESSAGE

PrEP is a choice you make for yourself. PrEP is for you to take control of your future by staying healthy through reducing the risk of getting HIV.

BARRIER

Limited social support system

KEY MESSAGE

You have the choice to disclose PrEP usage to those you trust. Should you choose not to , peer support groups are also available. These are made up of fellow PrEP users.

BARRIER

Pill burden

KEY MESSAGE

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.

BARRIER

Worry about side effects

KEY MESSAGE

PrEP is generally safe and well tolerated. Most people who use PrEP report no major side effects.

ADDRESSING BARRIERS TO PREP UPTAKE

BARRIER

Health Care worker attitudes/ lack of confidentiality

KEY MESSAGE

Health care providers in Zimbabwe are bound to confidentiality about their patients by the Zimbabwe Patient's charter. The Patient's charter was developed to protect the rights of patients within health institutions. The charter states that all information concerning a patient's illness or personal circumstances will be kept in confidence and used only for the purposes of their treatment. The charter also guides the conduct of providers towards patients. Patients have the right to be accorded courtesy and to be treated with respect in a safe and clean environment.

BARRIER

Lack of family support

KEY MESSAGE

To increase oral PrEP use among AGYW, it is very important to change the way people think and talk about it. Fear of being stigmatised is a very powerful influence. Educating the community about oral PrEP and correcting myths is an important strategy in this regard. Partners and parents of AGYW are particularly influential. When they are supportive of oral PrEP, AGYW are more likely to use it. The support of parents/partners can also help AGYW use it correctly and stay on it while they are still vulnerable to HIV. The most effective way to build more support for oral PrEP use among AGYW is addressing the questions and concerns of partners, parents and other key people in the community.

Key messages for gaining the support of parents include:

- Many AGYW find it difficult to negotiate safer sex with their partners.
- Oral PrEP is safe – it will not affect their daughter's fertility.
- Using oral PrEP does not result in AGYW having more sex or riskier sex.
- Supporting your daughter to use oral PrEP will help keep her safe from HIV.

ADDRESSING BARRIERS TO PREP UPTAKE

BARRIER

Perception that PrEP = ART/PrEP = PEP

KEY MESSAGE

All three contain antiretroviral medicines in different combination for different purposes:

- PrEP is a pill that has 2 anti-HIV medicines taken daily to prevent HIV for HIV-negative people
- PEP is taken within 72 hours after exposure to HIV (eg after rape) for 28 days to prevent HIV
- ART is a 3-medicine treatment for HIV-positive people to reduce the levels of HIV in a person's body

BARRIER

Fear of disclosure/disclosure to partner

KEY MESSAGE

AGYW can use oral PrEP without telling their parents, partners or anyone else.

- AGYW have the right to decide whom they tell about their use of oral PrEP.
- Using oral PrEP is a health decision, and everybody has the right to make their own decisions about their health.
- There is no way to tell when somebody is using oral PrEP.
- Oral PrEP may be particularly useful for AGYW who do not feel comfortable or safe negotiating safer sex, particularly if they are in violent or controlling relationships.
- It may not be safe for AGYW in abusive or controlling relationships to tell their partners they are using oral PrEP. Ambassadors can play an important role in supporting their peers to develop strategies for keeping their oral PrEP use private.

BARRIER

Low risk perception

KEY MESSAGE

Use risk assessment tool as a participatory activity or to guide discussion

BARRIER

Value good status vs good health

KEY MESSAGE

You can take PrEP confidentially and confidently safeguard your health. PrEP gives you the power to choose to stay healthy.

ADDRESSING BARRIERS TO PREP UPTAKE

MYTHS AND MISCONCEPTIONS

Play HIV MythBusters game



OVERVIEW

A true/false game about HIV myths with explanations. The game challenges some of the mythology surrounding HIV.



OUTCOMES

The AGYW will learn some common myths about HIV and will challenge their own beliefs about HIV.



TIME:

20 mins

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing

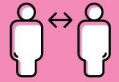


ACTIVITY INSTRUCTIONS:

- Use the HIV MythBusters sheet .
- Have the group stand in the middle of the room/designated space and call out a myth or a fact and ask them to run to the left if they think it's true or to the right if they think it's false.
- Ask them why they chose 'true' or 'false' for the statement
- Tell them whether the statement is a myth or a fact. For the myths, explain the fact and give examples (provided on the sheet), for the facts explain the common myth and why it is not true.

HIV & AIDS: GET THE FACTS!

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



Myths



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

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



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



You cannot catch HIV like you catch the flu. HIV can only be transmitted if there is contact between blood, semen, vaginal fluid and breastmilk. You cannot get HIV through kissing; hugging; using the same utensils; using the same toilet; mosquitoes or any other casual contact.

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



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 at risk of HIV because they are promiscuous.



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 is easier for HIV to enter through the walls of the vagina than it is through the penis. It is 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!

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



There are no herbs or natural remedies that can prevent or cure HIV. Inserted plants or herbs into your vagina can increase your risk for HIV as it can dry out the vagina leading to tears and allowing HIV to enter more easily.

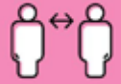
Facts



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

HIV & AIDS: GET THE FACTS!

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



Myths



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

Facts



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

Having sex with a virgin cures HIV.



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

Having sex on your period reduces the risk of HIV.



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

HIV positive women should not breastfeed their babies.



It is not that simple. Breast feeding 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.

Only gay people and sex workers can get HIV.



Anyone can get HIV.

If you get HIV you will get sick and die.

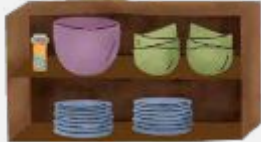


While there is no cure for HIV, there are treatments available, known as **antiretrovirals** or **ARVs** for short. If treatment is started early, and taken consistently, a person with HIV can live a long and healthy life without ever developing AIDS. These medications can also help prevent transmission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

TIPS FOR TAKING PrEP

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.



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.



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.



Use a daily pill box

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



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!



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.



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

Ask someone to remind you

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



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.



Try not to run out of pills

Plan ahead and refill your pills before you run out.



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.



ORAL PREP INITIATION

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



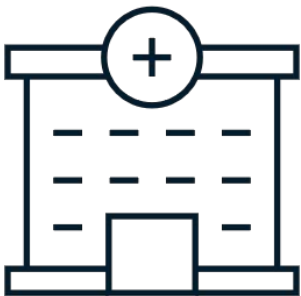
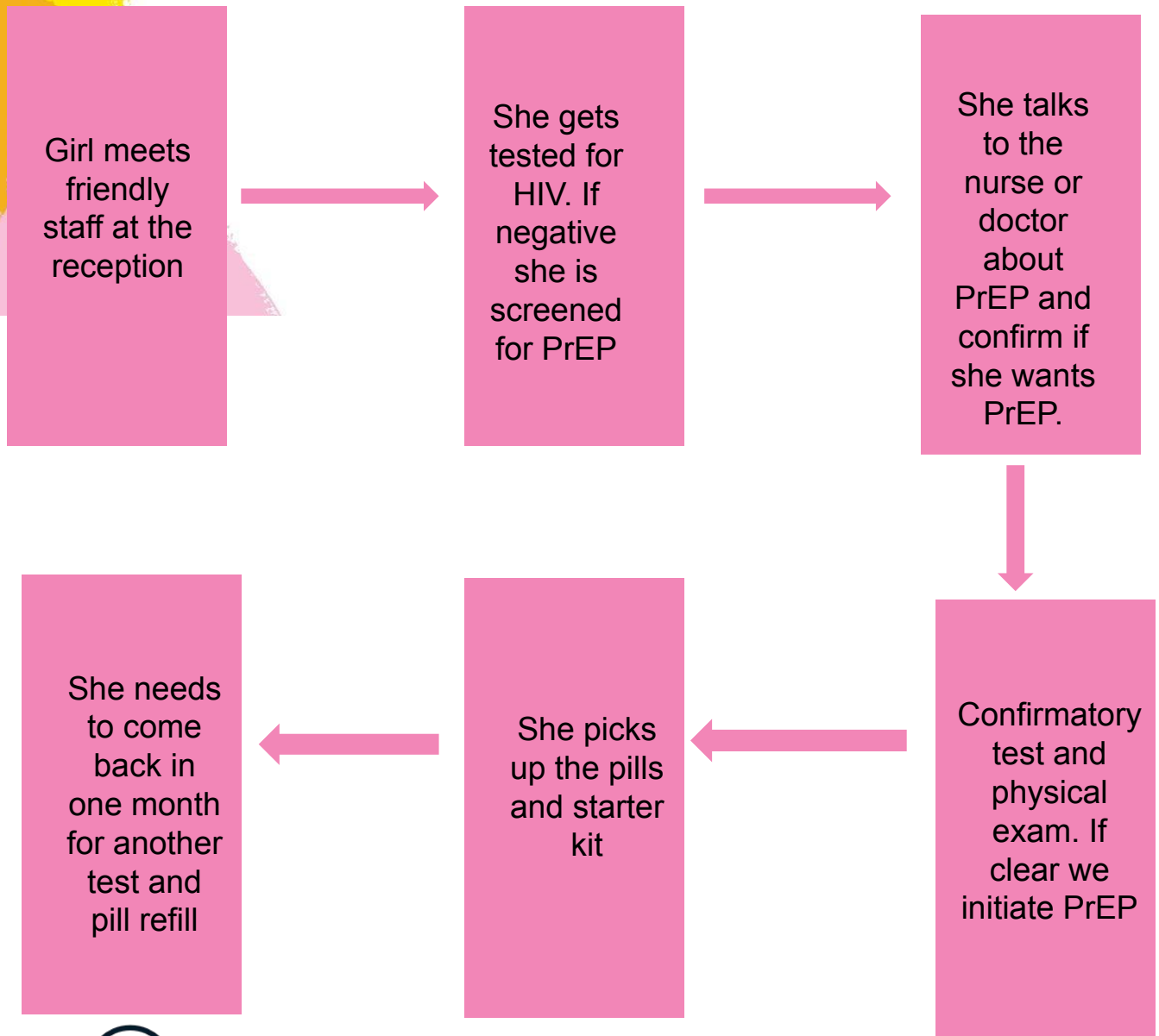
HOW TO GET PrEP?

Ask AGYW to visit a New Start Centre, Shaz Hub Chitungwiza or the nearest public health facility to find out more about where they can get PrEP.



WHAT HAPPENS DURING THE FIRST PrEP VISIT

Brand ambassadors should always counsel AGYW on what to expect during their first PrEP visit. Average wait time can exceed 1 hour -1.5 hours due to the various steps below. However, subsequent follow up visits are shorter.

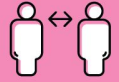


REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



FREQUENTLY ASKED QUESTIONS

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



DO I HAVE TO USE V AND A CONDOM?

While V can protect you from the HIV virus, it doesn't protect you from other STD's or pregnancy. It is effective but nothing is 100%, so double protection is better.

WILL IT AFFECT MY LOVER?

No, there are absolutely no side effects for him.

CAN I USE IT IF I'M HIV POSITIVE?

No, it will not help you and is not HIV medication—it can actually build up resistance to such medication so that they no longer work. If you are HIV positive, it can be harmful to you. Visit your local doctor or nurse to hear more about what your options are if you are HIV positive.

HOW OFTEN DO I NEED TO USE V?

You need to take one pill every single day at roughly the same time.

DO I NEED TO TAKE IT AT EXACTLY THE SAME TIME EVERY DAY?

Roughly the same time is best but it's ok if it's a few hours before or after your normal time.

IS THIS MUTHI?

No, it was developed by scientists and has been clinically tested.

IF MY GIRLFRIEND IS USING THIS, IS SHE CHEATING ON ME?

No. Unfortunately, rape is a real threat in South Africa so by using V she is protecting herself and she is protecting you.

HOW DOES IT WORK?

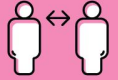
The pill releases two strong anti-HIV drugs (called tenofovir disoproxil fumarate and emtricitabine) which are completely absorbed into your bloodstream, protecting you from the HIV virus throughout your body. Your boyfriend or whoever you are sleeping with won't be affected and they don't even need to know that you're taking it.

WHAT HAPPENS IF I DON'T TAKE IT?

If you miss doses, even one, you reduce your level of protection significantly. If you have sporadic, low doses of anti-HIV drugs in your body, it can put you at risk of getting a form of HIV that is resistant to standard treatment.

FREQUENTLY ASKED QUESTIONS

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



CAN I GIVE IT TO MY FRIEND?

Don't give it to your friend. Offer to go with her to her local clinic to get tested and get some of her own.

WHAT ARE THE SIDE EFFECTS?

10/100 women experience side effects. In clinical trials, it has been found that some women experience mild to severe side effects, mainly nausea or diarrhea that usually goes away after about 1 or 2 weeks. If you experience them, chat to your doctor about other forms of V which may work better for you.

WHY SHOULD I USE THIS IF I AM USING A CONDOM?

Condoms are not 100% effective and can break.

WILL THIS AFFECT MY ABILITY TO GET PREGNANT?

This should have no effect on your ability to get pregnant.

DO I HAVE TO USE V AND A CONDOM?

While V can protect you from the HIV virus, it doesn't protect you from other STD's, or pregnancy. It is effective but nothing is 100%, so double protection is better.

WHAT HAPPENS IF I TAKE IT AND DON'T HAVE SEX?

Nothing bad will happen so there is no need to worry.

WHAT IS THE MAXIMUM AMOUNT I CAN TAKE?

One pill in 24 hours. No more.

CAN I BREAK IT INTO TWO?

If that makes it easier for you to swallow, of course you can! But it is important to take half and then take the other half immediately – don't wait until later because you might forget!

IF I ONLY HAVE SEX A COUPLE OF TIMES A MONTH, DO I STILL HAVE TO HAVE IT EVERY DAY?

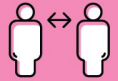
Yes.

WHAT HAPPENS IF I FORGET TO TAKE THE PILL?

Take it as soon as you remember! And then go back to your normal schedule. Make doubly sure that you use a condom during this time.

TELLING OTHERS ROLE PLAY 1: DECIDING

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



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



I don't think so



It might be helpful to talk to your partner about oral PrEP before you tell him that 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 will try that. When I'm ready to tell him, what should I say?



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 been 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.



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



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 – its not a big deal
- It was recommended to me by a health care worker. 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 getting 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 your going to say. Im 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





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 those 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 is your decision. It is your body, so it is your choice. You might consider oral PrEP if you are 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?



Not oral PrEP will not prevent other STIs or pregnancy. It is best to use condoms and contraception with oral PrEP





ANSWERING YOUR QUESTIONS

Hi! I'm an HIV prevention ambassador. do you have any questions about 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 am taking other medications?



Yes. Oral PrEP will not affect any of your other medications



If I take oral PrEP, does that mean I cannot drink or take drugs?



Alcohol and other drugs will not affect oral PrEP, but make sure to keep yourself safe when drinking or using drugs. If you are 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 all help you take the next steps





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 persons blood cells to protect them from HIV. If a person is taking oral PrEP every day and they are exposed to HIV, it will not be able to infect their blood cells. The virus will die and the person will not get HIV



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



Oral PrEP is for anybody that's vulnerable to HIV. Rates of HIV infection among adolescent fields 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.



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



You're right abstinence is one way girls and young women can protect themselves from HIV, but abstinence doesn't work for everyone. HIVs increasing among girls and women, so its best to have different options so they can choose the most effective one for her. 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 got HIV. It's also positive 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 infertility



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 heath. Many women in relationships take oral PrEP





AWARENESS RAISING ROLE PLAY

Hi! I'm an HIV prevention ambassador. Do you have any questions about 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 contact you in other decisions



What can we do to prevent HIV in our community?

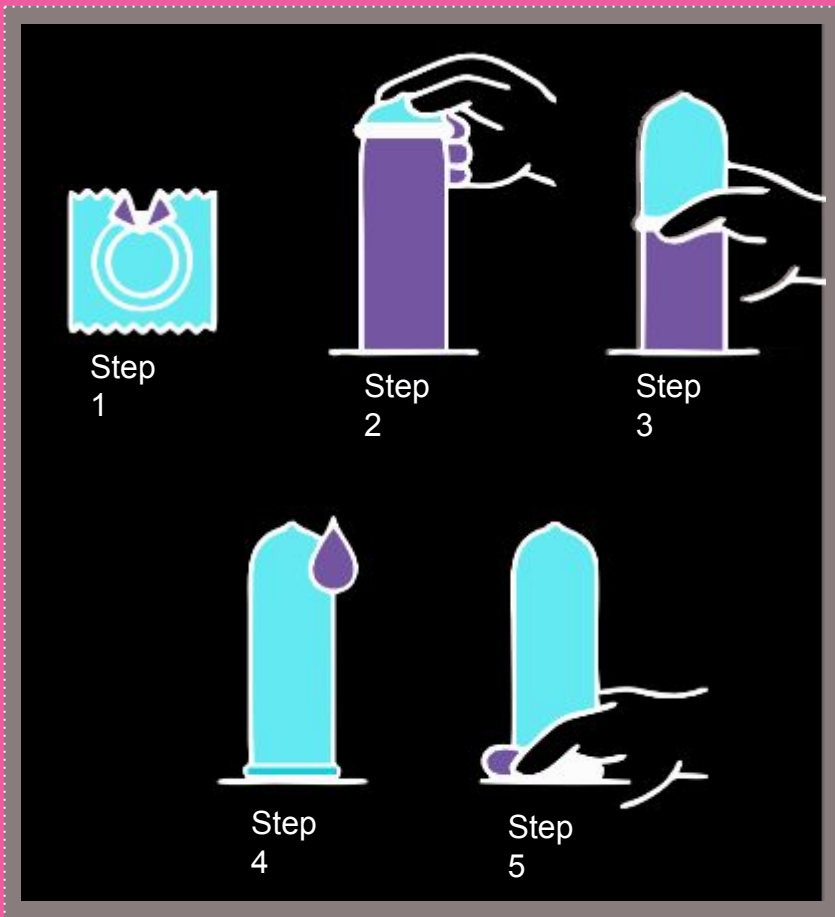


Supporting girls and young women to use oral PrEP is an important way you can likely prevent HIV. If more girls and young women use oral PrEP, the rates of HIV in this community will decrease. It's also important to reduce the risk of HIV transmission in your own life. You can do this by having an HIV 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 is 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





HOW TO USE A MALE CONDOM



Gently press the condom wrapper to ensure its not punctured or damaged

- 1 Tear the condom using the ripped edges. *(Do not open a condom using teeth to avoid mistakenly, puncturing the condom with your teeth)*
- 2 **Pinch** the tip of the condom
- 3 **Place** it on an erect penis
- 4 **Roll** the condom
- 5 **Cover** the entire penis
- 6 **After sex**, use tissue paper to remove the condom before the penis gets soft. Dispose in a pit latrine or burn. Do not dispose in a flush toilet as it causes the toilet to block.

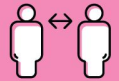


Always check the expiration date on the package before you open the condom. Do not use an expired condom.

REMEMBER
PINCH
PLACE
ROLL
(PPR)



REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



HOW TO USE A FEMALE CONDOM

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.



Regularly testing for STIs and treating them immediately



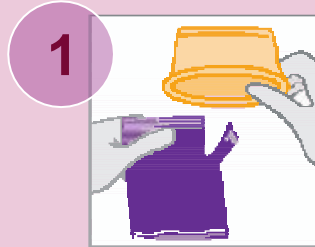
Using water-based lubricant to prevent condoms from breaking and dry sex



Abstaining, reducing your number of sexual partners and knowing your partner's status

Always check the expiry date on the condom pack before you open. **Do not use an expired condom.**

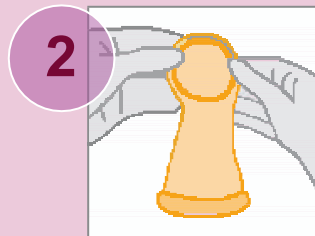
Carefully open and remove female condom from pack to prevent tearing.



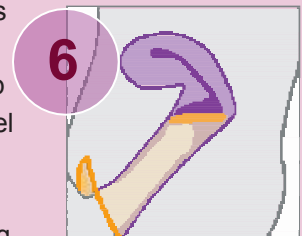
Be sure condom is not twisted. The thin, outer ring should remain outside vagina.



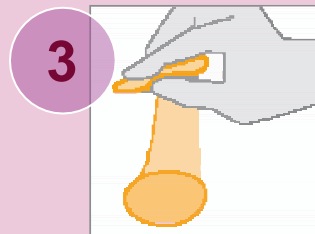
The thick inner ring with closed end is used for placing in the vagina and hold condom in place. The thin outer ring remains outside the body covering vaginal opening.



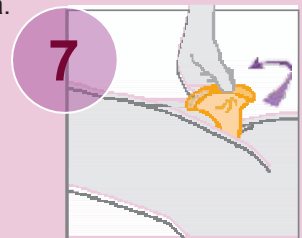
Guide partner's penis into opening of female condom. Stop intercourse if you feel penis slip between condom and walls of vagina or if outer ring is pushed into vagina.



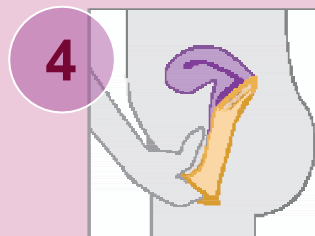
Find a comfortable position. While holding outside of condom at closed end, squeeze sides of inner ring together with your thumb and forefinger and insert into vagina. It is similar to inserting a tampon.



To remove, gently twist out ring and pull female condom out of vagina.



Using your finger, push inner ring as far up as it will go until it rests against cervix. The condom will expand naturally and you may not feel it.

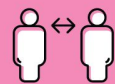


After use, burn the used condom or throw it in a pit latrine. Do not reuse.





REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



Module 3

Community support activities

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing

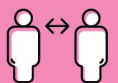


IDEA

1

Hosting an Ambassador gathering

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing

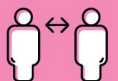


Nothing is better than getting a bunch of ladies together without men.

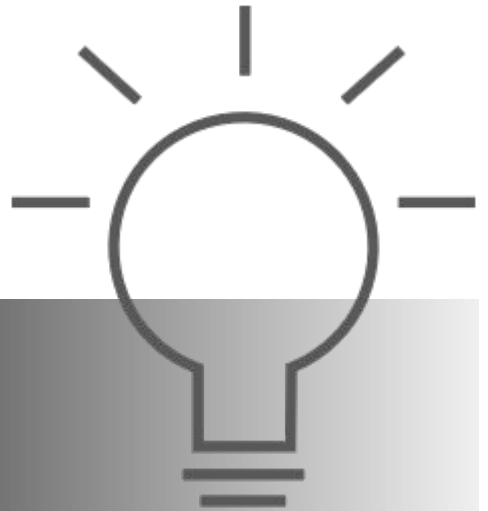
Women power! Here's how to get ready to host an ambassador gathering.

- **INVITE 4-6 FEMALE FRIENDS** between the ages of 18 - 30 (roughly). It's best if the attendees all know you, but it's okay if they don't all know each other. The most important part is inviting women who you feel will be open to trying new products and will feel comfortable sharing openly with other women in the group.
- **FIND A COMFORTABLE, CASUAL AND PRIVATE** place for you and your guests. This can be in your home, at a restaurant, or outside in a park. Because of the nature of the topic, we recommend hosting the gathering at a time and location that allows for complete privacy (for most people this means no boys allowed!).
- **ARRANGE ANY SEATS IN A CIRCLE TO CREATE A CASUAL, YET FUN VIBE.**
- **EVERYTHING ELSE** (decorations, music, snacks, etc.) is up to you!

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



GUIDELINES FOR HOSTING A V AMBASSADOR GATHERING (IPC SESSIONS)

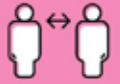


FACILITATOR'S TIPS

- ✓ Make sure your sessions are interactive
- ✓ Make sure to involve all participants in your sessions
- ✓ Make sure you stress confidentiality
- ✓ Make sure to emphasize choice
- ✓ Make sure you aren't preaching – make it a conversation!
- ✓ Make sure you're sitting at the same level as the participants
- ✓ Encourage an open and honest conversation about sexual and reproductive health
- ✓ Remember that **this is just a guide!** Use your own words and make it yours!

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing





- 1** If this is the first session, you will need to take some time to welcome participants, introduce yourself and give them the opportunity to introduce themselves to the group.
- 2** If participants do not already know each other, lead an “ice-breaker” to help them to get to know each other in a fun and interactive way.
- 3** Provide participants with information about the meeting so they know what to expect. Include the purpose and timing of the training, the topics that will be covered and what they can expect to learn.



THE AMBASSADOR GATHERING

Below is a way you could run your ambassador gathering. However, you know your friends best so how you run it is up to you! The important thing is to make sure that everyone is comfortable and has an opportunity to learn the key facts about PrEP.

PART 1:


Play an Ice-breaker Game

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



Before you jump into chatting about PrEP, get everyone feeling comfortable with an Ice-Breaker. The more laughs, the better!

How to play:

- Cut along the dotted lines.
- Fold the pieces of paper up and put them in a hat/bag/box.
- Have someone from the group pick one out and read it out loud 
- Go around the circle — everyone should answer.
- The last to answer picks the next piece of paper from the hat/bag/box.

<p>Have you ever used a tampon? What was it like?</p>	<p>Which would you rather have: a rich boyfriend that doesn't love you or a broke boyfriend that does?</p>
<p>What is your favorite hygiene/beauty product that you use everyday?</p>	<p>Show & Tell: Empty the contents of your purse. What's inside?</p>
<p>You hear a rumour that your boyfriend has HIV but he refuses to use a condom. What do you do?</p>	<p>When is the last time you got an HIV test?</p>
<p>When is the last time you felt confident?</p>	<p>If you could be in the movie of your choice, what movie would you choose and what character would you play?</p>
<p>What is the strangest sex myth you've ever heard?</p>	<p>Who is a woman that you look up to? Why?</p>
<p>If you were a chocolate, what chocolate would you be?</p>	<p>If you could go into Clicks and get any women's product, what would it be and why?</p>
<p>When is the last time you felt confident?</p>	<p>Who is a woman that you look up to? Why?</p>
<p>What is the strangest sex myth you've ever heard?</p>	<p>When is the last time you felt confident?</p>

OTHER EXAMPLES OF ICE BREAKERS



DETECT SOMETHING HAS CHANGED ON ME

- Standing in pairs, instruct participants to face each other and observe each other's appearance
- Next, have them turn their backs on each other and try to change something about their appearance
- The next thing they face each other again and try to identify the adjustments that have been changed

TWO TRUTHS AND A LIE - This is a great game for getting to know each other.



Setting up

- You can do this with any group of people in an open space.
- The best is to let people sit in a circle but any formation that allows them to see each other would do.
- The game takes around 15 to 30 minutes, depending on your group size.

Execution

- Each person has to say two truthful statements about themselves and one lie. These can be about anything such as things they like, things they've done and so on.
- You want all of them to sound realistic, as you don't want the lie to stand out as an obvious untruth. For example, "I've been to the moon" wouldn't seem realistic while "I broke my leg at a netball game" could well be true.
- You will then go around one by one, each person saying the statements aloud. Once the person has made the three statements in a random order, the rest of the group will try to guess which one is the lie.

SHOES GAME



An ice breaking activity which involves people standing in a circular manner looking down at each other's shoe and after a count of 3 they raise up their heads, facing the person whose shoe they were staring at. So if 2 individuals are facing each other, they scream out and automatically get disqualified from the game.

PART 2:

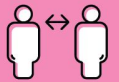
IPC Discussions

Using the facilitator guide

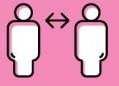
Start discussions with the participants on the following topics:

- Human rights
- Menstrual hygiene
- Sexual reproductive health
- HIV prevention and PrEP

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



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PART 3:

Introduce the starter kit

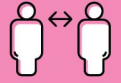
The best way to introduce V is by showing the starter kit. If you don't have a kit with you, you can also share images from this booklet and take your friends through the first few pages.

Here's a list of important things to mention when discussing PrEP:

- Finally, there's a product that allows us to take our power back and protect ourselves.
- PrEP is a product that helps you stay negative.
- You must get an HIV test and get a prescription before you can get PrEP and the starter kit.
- It's designed to look like make-up so that you can use it discreetly.
- It's not for HIV positive people — only HIV negative people.
- V can be used as a slang word for PrEP amongst girls and young women



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PART 4:

Next Steps

Once you've told the group about PrEP and how awesome it is, here are some things you can do to help your friends take care of themselves:

- **Create a WhatsApp group with ambassador gathering members who are interested** in staying connected. Make sure to come up with a fun name for the group.
- Set a deadline for you all to go get tested and sign up for PrEP (some ladies don't like to do this in groups, just in case they turn out to be positive).
- Ask attendees if anyone would like to become a Brand ambassador
- Help everyone find the Twitter / Facebook / Instagram account for PrEP and like / follow it.



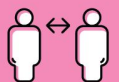
WHAT TO DO AFTER AN AMBASSADOR GATHERING:

After you've hosted a party, it's a good idea to check in with your friends and see whether they've got their V, if they need a little extra encouragement, or have any questions you may be able to help answer.

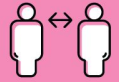
Here are some tips:

- Once a week, send a message to the WhatsApp group. See how everyone is doing, whether they've tried to get PrEP, or if they have any questions.
- **Consider creating a separate group for girls who are already on PrEP and need adherence support**
- If you didn't do so at the gathering, set a date to go get tested with the group.
- If possible, plan additional informal get togethers with the group. Get your nails done together, check out a ladies' night in the area, or hang out at someone's home.

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PART 5:

SUSPECT VIOLENCE OR ABUSE?

What to do if someone says nothing

If you suspect that someone is experiencing violence but doesn't tell you, pull her aside after the event and ask if she is doing ok. You can also ask "do you feel safe in your relationship" or "do you feel safe at home"?

If she still doesn't say anything about experiencing violence, respect her wishes. Let her know that you care about her and are available to talk if there's anything that is weighing on her.

If she talks about violence she is experiencing, say something like: "Thank you for telling me that. Unfortunately, many young women experience violence in their relationships. It is not your fault and you are not alone. There are people who can help you."

Never raise the issue of partner violence unless a woman is alone. Even if she is with another woman, that woman could be the mother or sister of an abuser.



What to do if they say something

If someone does tell you that they are being abused or raped, keep the following simple tasks in mind:

Listen: Listen to the woman closely, with empathy and without judging. Be patient and calm. Don't ask "why" as that may sound accusatory.

Validate: Show her that you understand and believe her. Say "I believe you and this is not your fault."

Support: Ask her: "What would help the most if we could do it right away?"

The best thing to do is to get her to some professional help — someone who is trained to handle this sort of situation. Find one of these referral sites near you to get help

- Musasa
- Family Support Trust (FST)
- Adult Rape Clinic
- FACT
- Childline
- Counselling Service Unit
- One STOP Centres
- Provincial Government Hospitals
- SOS Children's Village Zimbabwe

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Table of Partners

Organisation	Purpose	Contact	Coverage
FHI360	Strengthening the linkages among health care facilities that provide HIV care and treatment and the communities they serve.	+263 8677 0042 18	Bulawayo, Chipinge, Gweru, Mazowe, Makoni, Mutare
PLAN INTERNATIONAL	Community-driven work supporting vulnerable children, especially girls, to confidently assert their rights and influence policy-making at national, regional and international levels.	0772 124 124-6	Bulawayo, Chipinge, Chiredzi, Kwekwe, Mutasa, Mutare, Mutoko, Mwenezi and Tsholotsho
FACT	Works in and through partnerships to improve health and reduce poverty among people affected by HIV and related issues in Zimbabwe	+263 02020 66015 /61648	Mashonland East, Nyanga, Mutasa, Chipinge, Rusape, Chinhoyi
CeSHHAR	Offers Integrated program for sexual and reproductive health services	(242) 332 074	Harare, Bulawayo, Gweru, Mutare, Masvingo, Victoria Falls, Beitbridge, Karoi, Forbes, Chirundu
MUSASA PROJECT	Provides shelter and a temporary place of safety for women who are in crisis.	(242) 794983	Harare, Bulawayo, Gweru and Mutare
FAMILY SUPPORT TRUST (FST)	Provides medical and psychosocial support to survivors of sexual abuse and gender based violence.	(242) 668056	Harare, Chitungwiza, Mutare, Beitbridge
ADULT RAPE CLINIC (ARC)	Offers free confidential psychological and medical support to survivors of sexual violence	(242)793572, 0775 672 770, 0733 406 292	Ward C9 Parirenyatwa Hospital
CHILDLINE	Free telephone-based 24 hour counselling service for safe, confidential and child friendly reporting	116 (Toll Free Number)	Nationwide
SAYWHAT	Enhances the capacity of students and youth in tertiary institutes in Zimbabwe and the region to lead healthy lives.	(242) 571184 , (242) 571190, 0772 146 247-9	Nationwide
AFRICAID - ZVANDIRI	Provides a package of differentiated services for children, adolescents and young people living with HIV	(242) 335 805	Masvingo, Manicaland, Gweru, Matebeland North and South, Bulawayo
SHAMWARI YEMWANASIKANA	Promotes the rights and empowerment of the girl child in the home, school and community	(242) 724027 , 0772 607 384	Chitungwiza

Table of Partners

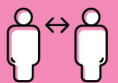
Organisation	Purpose	Contact	Coverage
POPULATION SERVICES ZIMBABWE	Provides a wide range of high quality, affordable and client-centred services and information to women, men and young people through a network	(242) 724027 ,0772 607 384	Harare,Bulawayo,Gweru, Kadoma,Chinhoyi,Chitungwiza, Gokwe, Mutare
Médecins Sans Frontières (MSF)	Offers comprehensive sexual and reproductive healthcare services for adolescents	0772 150 679, 0772 150 680	Harare, Manicaland, Masvingo (Mwenezi, Gutu), Matebeland (Beitbridge),
SAFAIDS	Promoting gender equality practices at organizational, institutional and community level	(242)336193/4, (242)307898	Bulawayo,Chipinge,Gweru, Mazowe,Makoni,Mutare
SOS Childrens' Village Zimbabwe	Provides long term care of orphaned and abandoned children through a family approach.	(242) 746 451	Harare, Bulawayo, Bindura
District & Provincial Government Hospitals			
Victim Friendly Unit	Proactively and reactively police crimes of sexual nature committed against women and children in a manner sensitive to the victim	08677187742	All police stations
TALIA WOMEN'S NETWORK	Provides economic empowerment and social opportunities for girls and the youth	0772 327 027	Nationwide
TALIA WOMEN'S NETWORK	Grassroots youth-focused organisation dealing with Sexual and reproductive health and rights (SRHR) for Adolescent Girls and Young Women (AGYW)	+263 773 194 271	Harare,Umguza,Seke
TAG A LIFE INTERNATIONALA (TaLI)	Provides a safe place for the girls and young women through building their agency and voice,so that they may create movements as well as engaging boys, men, communities and leaders to addressing gender norms advancing their rights.		Gweru,Shurugwi,Zvishavane, Uzumba,Harare (Ep-Mafara district,Highglen-Mufakose) ,Chitungwiza,Whitecliff, Hatcliffe

IDEA

2

Social Media

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The more women know about the PrEP and V, the more women we're empowering. Why not use social media to spread the love? Below are some suggested post ideas for you to use. Feel free to make up some of your own!

WHATSAPP/INSTAGRAM/TWITTER

Why not celebrate your negative test with a post? Or any other empowering messages to your followers?

You can also share images of the V posters on your social media account to create awareness about PrEP

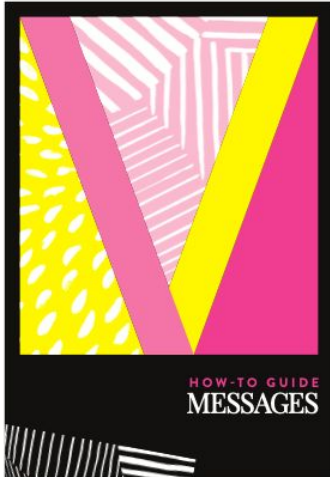
See examples of messages to post with the image

- Finally, a product that helps women stay negative! #loveV #selflove
- You got to take care of yourself girl! #loveV #selflove
- Oh, that moment you get your test back and it's negative! #loveV #selflove
- Ladies, we have the power #loveV #selflove

TEXT MESSAGES

Send weekly text message reminders to girls who opt for reminders. See SMS guide

SMS SAMPLE REMINDER MESSAGES



Introduction messages

1. “Hi confident woman, take control of your future with V”
2. “Treat yourself like someone you love with V”.
3. “Hi Sista, life is easy with V”

Female empowerment messages

4. “With V it’s all about me loving me”
5. “My V my pride”
6. “Living life the V way”
7. Me loving me with V .# Selflove.
8. The future is right with V.

Sexual education messages

9. “Are you playing risky, take your V”
10. “Loving life with V”

LIST OF SITES OFFERING PrEP IN ZIMBABWE

Beitbridge

CeSHHAR Beitbridge(North star alliance)

Bindura

Bindura Clinic

Bindura District Hospital

Bindura Prov Hosp

Bindura University

Bulawayo

Bambanani

CeSHHAR Bulawayo(Old Khami clinic)

Chinhoyi

Chinhoyi Clinic

Chinhoyi University

Chipinge

Chipinge New Start Centre (community)

Chipinge District Hospital

Harare

52 George Silundika, Prestige

Budiriro Poly Clinic

CeSHHAR Harare(Mbare hostels clinic)

Hatcliff Poly Clinic

Highlands PCC

Hopely Clinic

Kuwadzana Poly Clinic

Mabvuku Poly Clinic

Malbereign Clinic

Malborough Clinic

Mbare Poly Clinc

New Africa House (New Start Center)

Parirenyatwa Clinic

Rutsanana Clinic

Warren Park Poly Clinic

Wilkins Hospital

Hurungwe

CeSHHAR Chirundu(local board)

CeSHHAR Karoi(Karoi district hospital)

Makoni

Rusape Hospital

Arnoldine Clinic

Era Mine Clinic

Makoni Community

Nyazura Mission

Vengere Clinic

Headlands Clinic

Nyazura Clinic

Rusape Hospital

Mutare

Mutare New Start Centre

CeSHHAR Mutare(Sakubva clinic)

Victory House, Mutrare Clinic

Marondera

Marondera Clinic

Masvingo

CeSHHAR Masvingo(Mucheke clinic)

Masvingo New Start Centre

Masvingo PMD

Mazowe

Bare Clinic

Concession District Hospital

Henderson Clinic

Mazowe mine clinic

Nzvimbo Clinic

Rosa Hospital

Sowoguru Clinic

Tsungubvi Clinic

Gweru

CeSHHAR Gweru(Gwapa)

Gweru New Start Centre

Mutare

Victory House, Mutrare Clinic

Mutare New Start Centre

Victoria Falls

CeSHHAR Victoria Falls(North star alliance clinic)

VicFalls Hospital

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LIST OF SITES OFFERING PrEP IN ZIMBABWE

Buhera

BCC
 Buhera Murambinda Hosp
 Cowdray Park
 Dr Shennan Clinic
 EF Watson
 Emakhandeni
 Entumbane Clinic
 Khami
 Khami clinic
 Luveve Clinic
 Magwegwe Clinic
 Maqhawe clinic
 Mpilo Hospital
 Mzilikazi
 Njube
 Nketa Clinic
 Nkulumane clinic
 Northen surburbs clinic
 Pelandaba
 Princess Margret
 Pumula
 Pumula south clinic
 Thorngroove hosp
 Tshabalala
 UBH OPD

Chegutu

Chegutu Distr Hosp
 Mash West Chegutu
 Norton Hospital

Chimanimani

Mutambara Mission
 Mutambarai Mission

Chiredzi

Chiredzi District Hospital
 Chizvirizvi RHC

Esigodi

Esigodi Hospital

Goromonzi

Goromonzi Makumbe Hos
 Makumbe Hospital

Gutu

Gutu Rural Hospital

Gwanda

Gwanda hospital
 Mtshabezi University

Gweru

Gweru district

Harare

MOHCC
 UZ

Inyathi

Inyathi hospital

Kwekwe

Amaweni clinic kwekwe
 FHI360-Kwekwe
 JF Kapnek
 Kwekwe hospital
 Zhombe

Makonde

CUT
 Mash West PMD

Marondera

Dombotombo clinic
 Marondera Hospital
 Mash East PMD
 PMD Mash East

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LIST OF SITES OFFERING PrEP IN ZIMBABWE

Mazowe

Howard Mission

Mvurwi Hospital

Mberengwa

Mberengwa

Musume Mberengwa

Mt Darwin

Mt Darwin Hosp

Mudzi

Kotwa

Mudzi District

Mudzi Kotwa District Hosp

Murungwe

Hurungwe Karoi District

Mutare

Mutare City

Mutare Distr Sakubva Hos

PMD Manicaland

Sakubva District

Mutasa

Mutasa District

Mutasa Hauna Hospita

Mutoko

Mutoko Distr Hosp

Nkayi

Nkayi Distr Hosp

Sanyati

Chinhoyi University

Sanyati Kadoma Hospital

Seke

Mahusekwa Distr Hosp

Overspill

Seke Epworth

Shamva

Shamva District hospital

Zvishavane

Zvishavane DH

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