

HIV Prevention Ambassador Toolkit

Diverse Version

3RD EDITION



This edition of the HIV Prevention Ambassador Training Package and Toolkit – Diverse Version, was created by Root to Rise and funded by the Elton John AIDS Foundation. It is the second update to what was originally entitled the HIV Prevention Ambassador Training Package and Toolkit for PrEP Priority Populations (2020), developed by the Optimizing Prevention Technology Introduction On Schedule (OPTIONS) Consortium, the EpiC project, the Reaching Impact, Saturation, and Epidemic Control (RISE) project, and the Collaboration for HIV Prevention Options to Control the Epidemic (CHOICE). The 2020 edition was updated in 2024 by the Maximizing Options to Advance Informed Choice for HIV Prevention (MOSAIC) project to include injectable cabotegravir for prevention.

Welcome to the 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 to guide you through the activities.

This training will prepare you to:

- Give your peers information about available PrEP methods and answer their questions
- Support your peers to make decisions about what HIV prevention options are best for them
- Help your peers get PrEP, use it correctly, and continue using it while they need effective HIV prevention
- Support your peers to decide who they want to tell they are using PrEP
- Raise awareness and build community support for 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 gender-based violence and stigma
- 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, pre-exposure prophylaxis (PrEP), and other topics, which you can use while working in your community. You can also show them to others to get them excited about 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 stop the spread of HIV. Together, we can make our communities stronger, healthier, and safer. We are the generation that will end HIV!



Ambassador:

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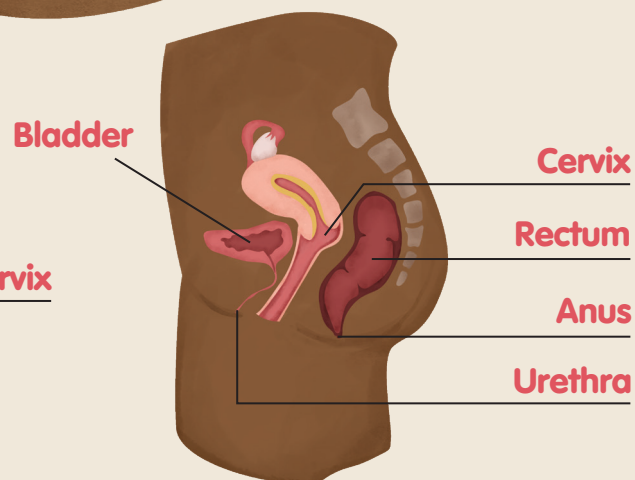
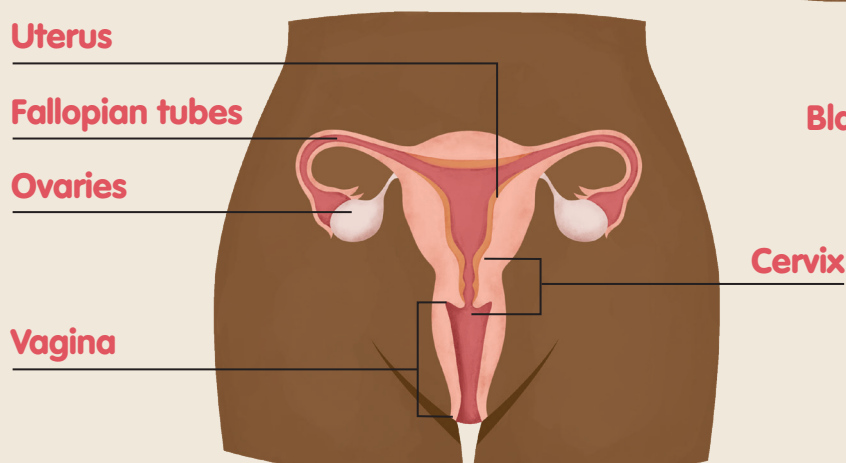
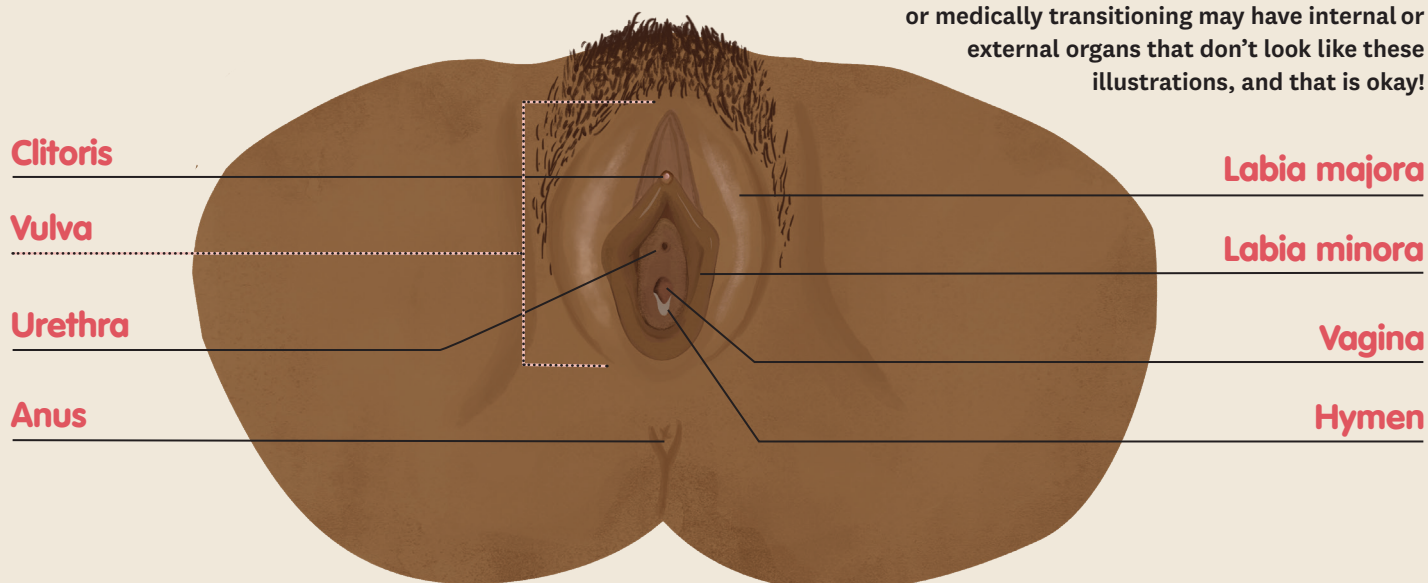


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Getting to Know Our Bodies —

What Is Where: (When Someone is Assigned Female at Birth)

*All bodies are different. People who are intersex or medically transitioning may have internal or external organs that don't look like these illustrations, and that is okay!



Vagina: a tube that connects the vulva with the cervix and uterus. Babies and menstrual blood leave the body through the vagina. Some people put penises, fingers, sex toys, menstrual cups, and/or tampons here, and it is where the PrEP ring sits.

Uterus: a pear-shaped organ in the middle of the pelvis, above the vagina. Sometimes called the womb because the foetus grows here during pregnancy. The uterus is where tissue and blood build up before menses.

Cervix: a muscular gateway where the uterus opens into the vagina. The cervix separates the vagina from the rest of the body, so things like tampons or the vaginal ring can't get 'lost' inside.

Vulva: folds of skin, called lips, on the outside of the body where the vagina opens, with the clitoris underneath. The size and shape of these folds are unique to each person.

Hymen: a thin sheet of tissue that covers the lower part of the vagina. This can tear during first sexual intercourse, but it usually tears and stretches naturally as a person grows up, regardless of whether they have had sex yet.

Clitoris: a small bulb at the top of the vaginal lips, usually covered by a hood of skin. The clitoris extends under the vulva's lips and swells when someone is aroused to produce sexual pleasure.

Ovaries: oblong organs about the size of a thumbnail, where the eggs are stored. Most people have two of them, and they are attached to the uterus by the fallopian tubes. A person is born with thousands of eggs in their ovaries and will not produce any more during their lifetime.

Fallopian tubes: tubes that connect each ovary to the uterus and provide a pathway for the egg to be released for fertilisation by the sperm.

Anus: opening to the rectum, where the buttocks creases start behind the vulva. Stool/poop passes through the anus when someone defecates (poop) and this is where the penis enters during anal sex.

Getting to Know Our Bodies —

What Is Where: (When Someone is Assigned Male at Birth)

Shaft (body of penis): The main organ used in sexual intercourse, and where urine/pee comes out during urination.

Foreskin: The skin that covers and protects the tip of the penis. Removal of the foreskin is called circumcision, and a penis that has had the foreskin removed is called circumcised or 'cut'. A penis that has not been circumcised is called uncircumcised or 'uncut'.

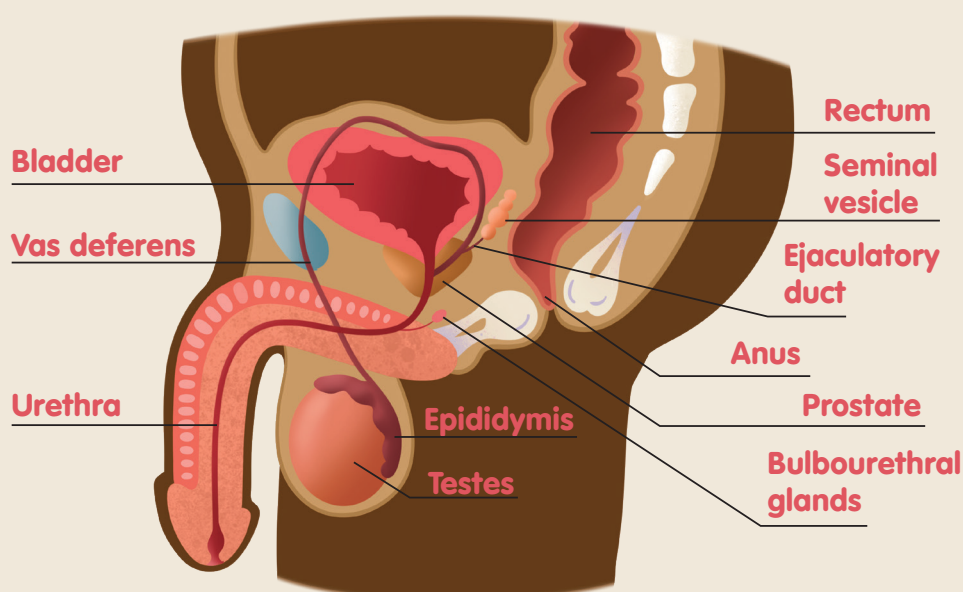
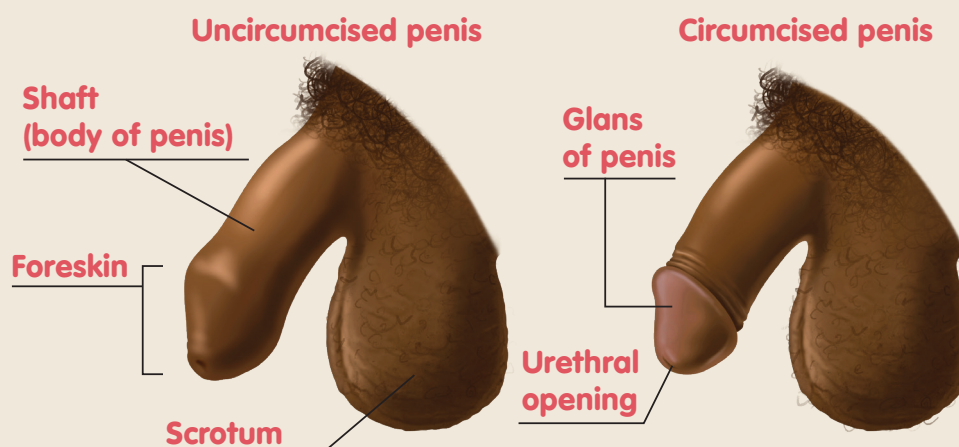
Scrotum: The bag of skin that covers and protects the testicles, which hangs behind and below the penis.

Glans: The tip of the penis, also known as the 'head'. This is often the most sensitive part of the penis, and it is where the urethral opening is. Urine, pre-ejaculate (or 'pre-cum'), and semen all come out of the glans.

Urethra: The tube that carries urine, pre-ejaculate (pre-cum), and semen to the outside of the body. It begins in the bladder and travels through the shaft to the urethral opening in the head of the penis.

Vas deferens: The long tube that travels from the epididymis into the pelvic cavity just behind the bladder. The vas deferens moves mature sperm from the epididymis to the urethra. This is the tube that gets cut or sealed during a surgical process called vasectomy — a non-reversible form of contraception which prevents the release of sperm during ejaculation.

Bulbourethral glands: Pea-sized structures on the sides of the urethra below the prostate gland. These glands are responsible for creating pre-ejaculate fluid (also known as pre-cum) during sexual arousal. This fluid serves to lubricate the urethra.



Epididymis: These long, coiled tubes rest on the back side of each testicle. It moves and stores sperm for ejaculation, when semen comes out of the urethral opening during an orgasm. It is also responsible for bringing sperm to maturity.

Testes: Two oval organs, about the size of large olives, that are responsible for making testosterone, the primary sex hormone in this reproductive system, and for generating sperm. They are held external to the body in the scrotum for temperature regulation.

Seminal vesicles: The organs that produce semen, the fluid that contains the sperm and provides sperm with an energy source. The seminal vesicles are located behind the bladder.

***All bodies are different. People who are intersex or medically transitioning may have internal or external organs that don't look like these illustrations, and that is okay!**

Ejaculatory ducts: Semen travels from the seminal vesicles through these ducts to the vas deferens.

Anus: The opening to the rectum, a tube-like chamber that holds stool/poo before it is released/pooped out of the anus. The anus is also the opening where the penis is inserted into the rectum during anal sex.

Prostate gland: The walnut-sized gland located between the bladder and the rectum, which creates fluid that nourishes sperm. It is known to be a sensitive and pleasurable spot that can be stimulated during anal sex.

When Someone is Assigned Female at Birth: Answering Your Questions



Hi, I'm an HIV Prevention Ambassador. To better advocate for our peers to make informed choices about their sexual health, it is important to understand and be comfortable with talking about how the female body works. Do you have any questions?



I know where the vagina is, but how are the bladder and rectum separated from the vagina?

The bladder, vagina, and rectum share a common wall (between the vagina and bladder and the vagina and rectum), separated by a layer of tissue. Because the openings are close together, cross-infection can occur.

Where do the sperm travel to, and where is the egg fertilised?

After the sperm are ejaculated from the penis into the vagina, they travel through the uterus into the fallopian tubes and meet the egg. The fertilised egg travels back to attach to the lining of the uterus, where it may grow into a baby. Sperm that do not fertilise an egg will die after six days.

Is it normal for the wetness in my vagina to change colour and texture?

We call this wetness vaginal secretions. These secretions represent fluids that maintain a healthy balance in the vagina and prevent overgrowth of some harmful bacteria. It is normal to have these secretions and for vaginal secretions to change at certain times of the month or under certain circumstances. There are several reasons for this:

- The vagina gets swollen and more wet when someone is sexually aroused — this is healthy and normal.
- Over a month, hormones cause vaginal secretions to change. During most of the month there is a thicker yellow-whitish mucous, but in the middle of the cycle, during ovulation, it changes to a clear, slippery secretion.

When should I be concerned about a change in my vagina?

It is not always easy to know if changes in your vagina are a concern, but here are some warning signs: a persistent itch; a burning feeling when urinating; pain during intercourse; an unusual smelly odour; a brownish or greenish discharge; very thick, unusual whitish discharge. If you experience any of these things, please see your health care provider.

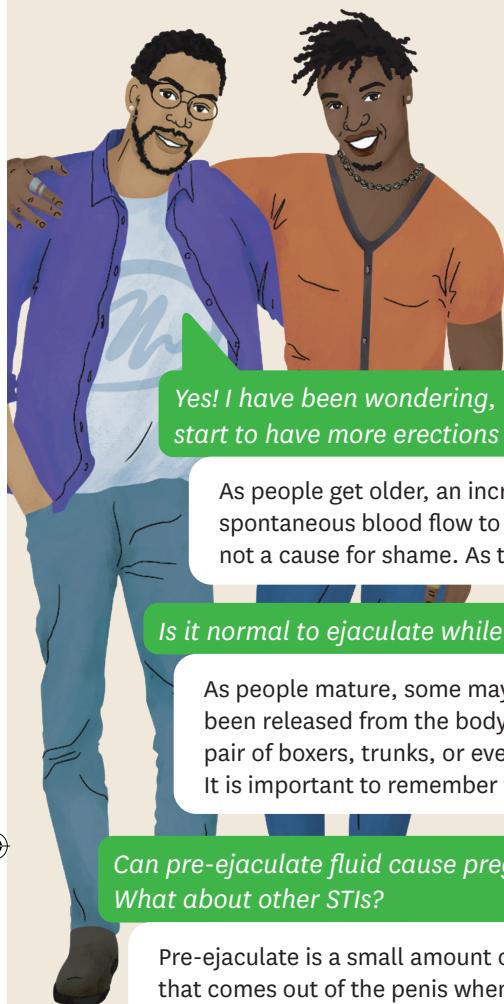
Can things travel through the vagina into the uterus?

As explained above, the vagina and uterus are separated by the cervix. The cervix has a tiny opening called the os. Sperm can swim through the os, but it is impossible for a finger, tampon, or ring to get into the uterus.

How do I keep my vagina healthy?

- To keep germs from traveling between the openings of the vagina, urethra, and anus — which can result in infections — wipe from the front (the vulva) to back (the anus). Urination (peeing) after sex can also help to prevent bacteria from going into the urethra.
- Change your sanitary pad, tampon, or cloth when menstruating as often as you feel is necessary or as per product instructions.
- The vagina is self-cleaning. Use a gentle soap on the outside, and avoid washing the inside of the vagina (called douching). Avoid inserting other substances or spraying deodorant into the vagina, because this can alter the natural balance. Pat the vaginal area dry after washing.
- Wear clean underwear.

When Someone is Assigned Male at Birth: Answering Your Questions



Hi, I'm an HIV Prevention Ambassador. To better advocate for our peers to make informed choices about their sexual health, it is important to understand and be comfortable with how our bodies work. Do you have any questions about the characteristics and functions of the sperm producing anatomy?

Yes! I have been wondering, why is it that some people start to have more erections as they mature?

As people get older, an increase of testosterone in the system may cause sexual thoughts and spontaneous blood flow to the penis, which causes it to be erect. This is completely normal, and not a cause for shame. As time progresses, it becomes easier to control and manage in public.

Is it normal to ejaculate while sleeping?

As people mature, some may wake up to white and sticky fluid on their underwear. This is semen that has been released from the body during sleep, an experience that is often called a 'wet dream'. Keeping an extra pair of boxers, trunks, or even a towel by the bed can help lessen the discomfort or annoyance of wet dreams. It is important to remember that this is completely normal and will occur less often as a person gets older.

Can pre-ejaculate fluid cause pregnancy or HIV? What about other STIs?

Pre-ejaculate is a small amount of fluid, mainly for lubricant, that comes out of the penis when aroused. It is uncontrollable, and a person who is producing pre-cum may not even realise it is happening. Exposure to pre-ejaculate during sex may cause pregnancy, HIV, or other STIs.

What is a 'normal' penis size?

It is not uncommon for someone to wonder how their penis size compares to others. There is a wide range of penis sizes, and the average size is 12–18cm. The size of a person's penis depends on their biology.

What's the difference between a circumcised penis and an uncircumcised penis?

The difference between a circumcised penis and an uncircumcised penis is the presence of a foreskin that surrounds the head of the penis. When a penis has no foreskin, it is considered circumcised. Circumcision usually occurs during infancy, but uncircumcised adults can also request voluntary medical male circumcision (VMMC) as a way to reduce the chances of getting HIV.

In general, there are no other differences between a circumcised and uncircumcised penis. However, it is especially important to wash an uncircumcised penis regularly to prevent infections because bacteria can easily get stuck under the foreskin.

Among people who were circumcised during infancy or who had voluntary medical male circumcision, the chances of getting HIV during sex are reduced by 60%. The foreskin is soft and can tear during sexual intercourse, which makes it easier to get HIV if the other sexual partner is living with HIV.

I have a penis. How do I keep it healthy?

To avoid odours, and irritation, and possible infection, it is important to know how to properly clean the penis and scrotum. Choose a mild, fragrance-free soap or body gel that will not irritate the sensitive skin of your penis or scrotum.

- For penises without foreskin (circumcised), apply a mild soap or body wash to your scrotum and the base and shaft of the penis. It is important to wash the head of your penis because bacteria and sweat can build up in the genitals during the day. Once you are done applying soap, rinse your penis with warm water and thoroughly dry yourself.
- For a penis with foreskin (uncircumcised), the cleaning process includes an extra step to make sure to wash off any bacteria that may be under your foreskin. Apply a mild, unscented soap or body wash to the scrotum, base, and shaft of your penis. Once that is complete, gently pull back your foreskin and apply some soap to that area, making sure that you are cleaning thoroughly and gently. Rinse underneath the foreskin to make sure you are getting any soap, bacteria, or debris from under the area, and then return your foreskin back to its normal place. After finishing your shower or bath, dry yourself thoroughly.

HIV and AIDS — Get the Facts!



Don't be fooled! Get the facts about HIV — these are the facts!









You can rely on this information to protect yourself from HIV!

<p>There is no way to tell if someone has HIV by looking at them.</p>	<p>Many people have HIV without knowing it. The only way to know if you have HIV is to have your blood tested.</p>
<p>You cannot catch HIV like you catch a cold or the flu.</p>	<p>HIV can be transmitted only when body fluid — either blood, semen, vaginal or rectal 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, any other casual contact, or mosquito bites.</p>
<p>Preventing HIV is not about trust.</p>	<p>Anyone can have HIV — and many people do not know their status. People who are in loving and trusting relationships should all be involved in preventing HIV. This means using condoms or other prevention measures during sex, getting tested regularly, using anti-retroviral therapy for those who are living with HIV, and considering the use of PrEP methods.</p>
<p>Some people face more barriers to HIV prevention than others.</p>	<p>It is easier for HIV to enter the body through the walls of the vagina or the rectum than it is for the virus to enter the body through the penis. It is also harder for people who do not fit in typical gender norms, or who have same-sex relationships, do sex work, or inject drugs, to prevent HIV because society does not treat them equally, and they may have less power in their relationships to negotiate for HIV prevention. PrEP can help everyone take control of their health!</p>
<p>No herbs or natural remedies can prevent or cure HIV.</p>	<p>Inserting plants or herbs into the vagina or rectum can increase the possibility that HIV can enter the bloodstream. It can dry out the vagina or rectum, which can lead to tears and allow HIV to enter the body more easily.</p>
<p>There is no cure for HIV.</p>	<p>While there are many myths about curing HIV, and scientists are still working to find a cure, there is no known cure for HIV. People living with HIV who take their treatment regularly can achieve an undetectable viral load, which means they are not able to transmit HIV.</p>
<p>Having sex during a person's period does not prevent HIV.</p>	<p>If someone who is living with HIV has sex while on their period, it can increase the likelihood of HIV transmission because HIV can be found in menstrual blood.</p>
<p>Anyone can get HIV.</p>	<p>HIV does not discriminate based on gender, sexuality, age, what someone does for a living, or anything else.</p>
<p>Treatment can help people living with HIV live a long and healthy life.</p>	<p>Although 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 living with HIV can live a long and healthy life. These medications also help prevent the transmission of HIV to others.</p>

HIV Transmission & Prevention

HIV Transmission

HIV can be transmitted from one person to another through blood, semen, vaginal fluid, rectal 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



PrEP
If you don't have HIV, you can prevent HIV by using PrEP methods that contain medications.







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







ART
If you are living with HIV, you can prevent transmission to others by taking HIV treatment medication.

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



-  Using internal and external condoms every time you have sex — including vaginal, anal, and oral sex
-  Using water-based or silicone-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

A person living with HIV can reduce the chance of HIV transmission to their baby by:

-  Taking HIV medication during pregnancy, birth, and breastfeeding
-  Using family planning to prevent unintended pregnancy if they do not want to become pregnant
-  Delivering the baby at a hospital or other equipped medical facility
-  Treating their baby with HIV medication

If you are living with HIV and thinking of having a baby, talk to a doctor about the best way to reduce the chances of HIV transmission.

You can reduce the chance 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 LIVING WITH HIV.

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 occurs when people don't know they have HIV. Knowing you have HIV gives you the power to take care of 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 sexually transmitted infections (STIs). Most STIs can be treated, but if they go untreated, they can cause serious health problems. STIs also make it easier for HIV to enter the body, so regular STI testing and treatment 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.



PREP (pre-exposure prophylaxis)

PREP methods use medication that a person without HIV can use to prevent HIV. The medication stops the virus from multiplying within the body. When a person uses PREP correctly, their chances of getting HIV if they are exposed to it are reduced. PREP doesn't prevent STIs or pregnancy, so it's best to always use a condom (with water-based lubricant if possible).

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 medication to reduce the chances that you will get HIV.



PEP (post-exposure prophylaxis)

If HIV gets into the body, PEP can stop it from multiplying and spreading to other cells. If HIV can't spread, it dies. This can prevent you from getting HIV. PEP must be started within 72 hours of exposure to HIV, and it is taken every day for four 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.

Understanding Gender and Sexuality

Everyone is different when it comes to sex, gender, gender identity, and sexuality. People change over time, and it is best not to assume someone's identity based on their appearance.

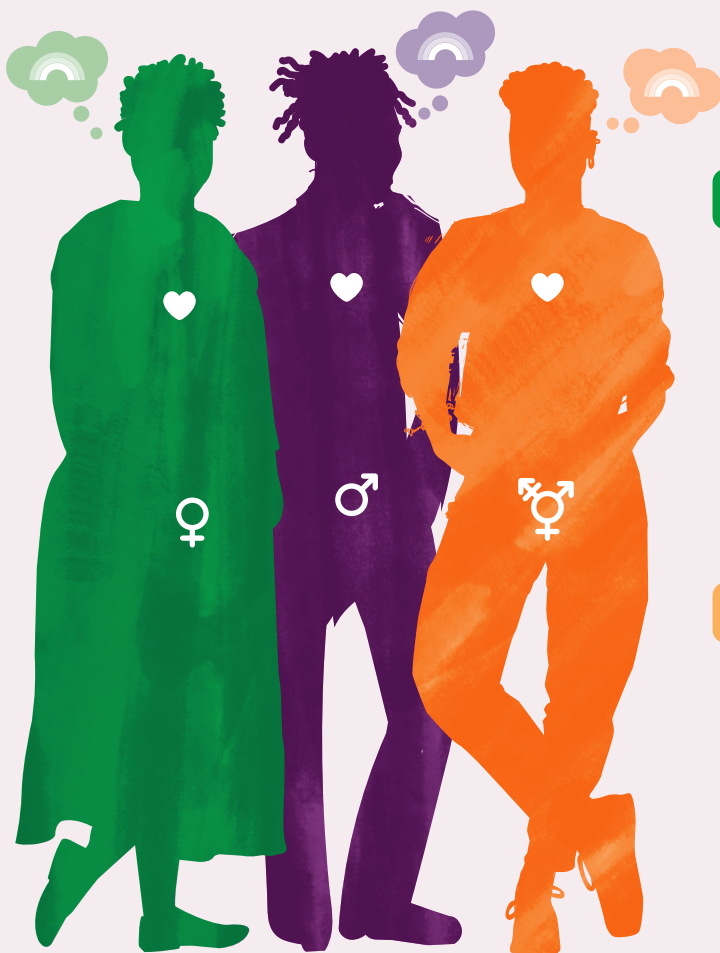
When thinking of how a person might fit on the spectrums listed, consider each arrow as a sliding scale of identity. If a person does not identify with the arrow at all, they would be placed on the circle, or the left side. If someone identifies very much with the label on the arrow, they might be placed on or near the pointed end of the arrow. A person can also be anywhere along the arrow that fits best for them.

USEFUL DEFINITIONS

Transgender: a person whose gender identity is different from their sex assigned at birth

Cisgender: a person whose gender identity is the same as their sex assigned at birth

Intersex: a person born with sex characteristics that do not fit typical definitions of "male" or "female"



GENDER IDENTITY

- → Female/Woman/Girl
- → Male/Man/Boy
- → Another Gender(s)

A person's sense of self as being male, female, nonbinary, or another gender. Gender identity can be the same as or different from a person's sex assigned at birth.

GENDER EXPRESSION

- → Feminine
- → Masculine
- → Another Gender(s)

How a person expresses themselves through gendered appearance and social behaviour

SEX ASSIGNED AT BIRTH

- Female
- Intersex
- Male

How a person is classified at birth based on their visible reproductive organs

SEXUAL ORIENTATION

- ATTRACTED TO
- → Women
 - → Men
 - → Another Gender(s)

Enduring emotional, romantic, or sexual attraction to people of another gender or sex, the same gender or sex, or more than one gender or sex

SEXUAL PARTNERSHIPS

- SEX WITH
- → Women
 - → Men
 - → Another Gender(s)

Who a person has sex with. This may not always align with a person's sexual orientation.

Adapted from the Trans Student Educational Resources, 2015. "The Gender Unicorn." <http://www.transstudent.org/gender>.

Gender Inequality Problem Tree



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 spread to other cells. PrEP, PEP, and ART use different combinations of antiretrovirals that work in different ways to fight the virus at different stages. PrEP, PEP, and ART cannot be swapped — they work only when used as prescribed.



ANTIRETROVIRAL MEDICATION

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?

PrEP prevents HIV by stopping the virus from multiplying itself or breaking down the cells of the virus. If it can't multiply, or if its cells are broken down the virus dies.

WHEN IS IT USED?

During periods in a person's life when they need effective HIV prevention

HOW EFFECTIVE IS IT?

When PrEP methods are used correctly and consistently, the medication is most effective at preventing HIV. Levels of effectiveness vary by method.

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?

That depends on a lot of things. If someone starts taking PEP right after they are exposed to HIV and takes it every day for 4 weeks, there is a good chance that it will keep them from getting HIV.

ART (Antiretroviral Therapy)

WHO IS IT FOR?

People who are living with HIV

HOW DOES IT WORK?

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. ART must be taken for life to help someone living with HIV stay healthy and live a normal life.

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.

Expanding Options to Fit Our Lives

Just like contraception comes in many different options to meet different people’s needs and preferences, more HIV prevention options are also on the way. Pre-exposure prophylaxis (PrEP) methods will continue to be developed to provide people with options so that they can make an informed choice about what works best for them.

Comparing PrEP methods and condoms:

	Condoms	PrEP Methods			
	Oral PrEP	PrEP Ring	CAB PrEP	LEN PrEP	
How it's used	On-demand for sex; placed on the penis (external condom) or in the vagina/rectum (internal condom)	Pill taken daily or as needed for some users	Vaginal ring replaced each month	Injection given every 2 months	2 injections given every 6 months
Site of action	Vaginal/anal area depending on type of sex (localised)	Whole body (systemic)	Vaginal area (localised)	Whole body (systemic)	Whole body (systemic)
Role of partner use	Partner consent required	User initiated; use can be private	User initiated; use can be private	User initiated; use can be private	User initiated; use can be private
How effective for HIV prevention	Over 90%, when used correctly and consistently (with lubricant)	Over 90%, when used correctly and consistently	About 50%, or more when used correctly and consistently	More than 90% effective. With regular injections, CAB PrEP is one of the most effective PrEP methods.	Nearly 100% effective. With regular injections, LEN PrEP is the most effective PrEP method.
Protection against STIs and pregnancy	Yes, if used correctly each and every time one has sex	NO **	NO **	NO **	NO **
Prevention during injection drug use	NO	Yes, only when taken daily	NO	Likely but not yet proven by research	Likely but not yet proven by research
Availability	Widely available	Available in most countries (check local guidelines)	Available in some countries (check local guidelines)	Available in some countries (check local guidelines)	Available in some countries (check local guidelines)
Use with gender-affirming hormones	Yes	Yes, only when taken daily	Yes	Yes	Yes, research is ongoing
Use during pregnancy and breastfeeding*	Yes	Yes	Yes	Yes	Yes, research is ongoing

Dental dams are a barrier method – a latex or polyurethane sheet placed between the mouth and vagina or mouth and anus during oral sex – that can reduce the chance of getting HIV and other STIs during oral sex. Because the chances of getting HIV during oral sex are very low, dental dams are not included in the above table.

** Always check local guidelines to confirm which methods can be started or continued during pregnancy.

Making a Choice — What Matters Most to Me?



People are all different, and they need to be able to choose which HIV prevention method best suits them. Here are some factors that influence a person's choice about which HIV prevention method to use.



Effectiveness:

How effective is this method? How important to me is effectiveness compared to other factors? Based on the evidence, how can I get maximum HIV prevention? What if I want to use the method in combination with another one? Is it still effective if I am using gender-affirming hormones?



HIV prevention needs:

Why do I need HIV prevention now? Have I already been exposed to HIV? Do I know my partner's HIV status? If my partner is living with HIV, are they taking their ART regularly? Am I breastfeeding or planning a pregnancy? Do I inject drugs? Will it prevent HIV during the exposures that I might have?



Accessibility: Does it require use of a product (for example, PrEP method or condom)? If so, what is available and easy to access? What about the cost and affordability? Am I able to see a health care provider?



Mode of use:

Do I want

something that is medication-based? Do I want something on-demand or something that provides continuous prevention? Do I need something that can be used *after sex*? What am I comfortable putting in my body — a pill, vaginal ring, or an injection?



Privacy:

How important is it to me to keep my method secret? How easy is it for someone to find out I'm using the method?



Partner issues:

Does my sexual partner have a preference about what I use? Does their opinion matter to me? What will they feel about me using this method? Do their feelings matter, or do they need to know?



Personal commitment:

Can I stick to the method easily? How much effort does it require to keep using this method? Can I cycle on and off of it easily?



Condom use:

Am I able to use condoms consistently and correctly each and every time I have sex? Do I have access to a water-based lubricant to use with condoms? How do I/my sexual partners feel about condom use?



Frequency of sex:

How frequently do I have sex? Regularly? Unpredictable and unplanned? Over a specific, limited time, like if my partner only visits sometimes?



Side effects:

How do I deal with side effects? What side effects am I willing to experience? How do I know the side effects are caused by the method and not something else?



Personal preference:

I just prefer it.

Event-Driven PrEP, or 'ED-PrEP'

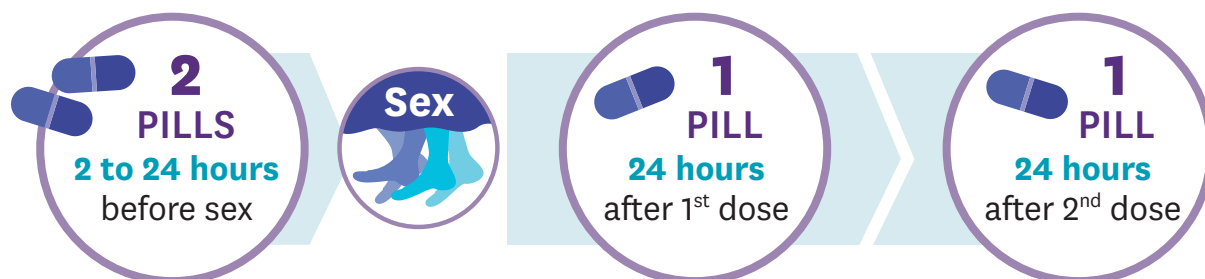
People assigned male at birth who are not using gender-affirming hormones — including cisgender men and transgender adolescent girls and young women — may be eligible to use event-driven PrEP, also known as 'ED-PrEP'. It is important to remember that ED-PrEP is not an effective option for people assigned female at birth or people using gender-affirming hormones.

WHO IS ED-PrEP FOR?

People assigned male at birth who:

1. Are not taking gender-affirming hormones
2. Have sex infrequently (one day per week or less on average)
3. Are able to predict when sex will happen, or delay sex for at least 2 hours
4. Do not need HIV prevention during injection drug use

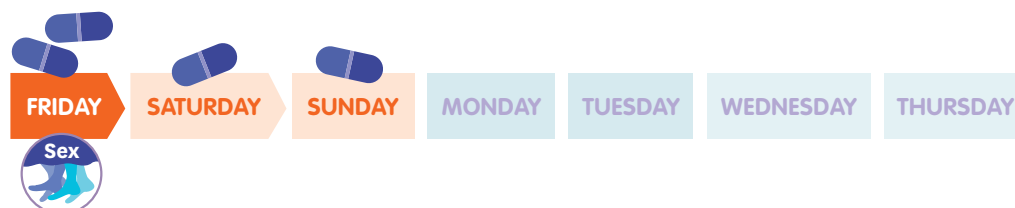
HOW DO YOU TAKE ED-PrEP?



If you have sex again in the next few days, you should take one pill each day that the sex continues. After the last time you have sex, you should take a single pill each day for two days.

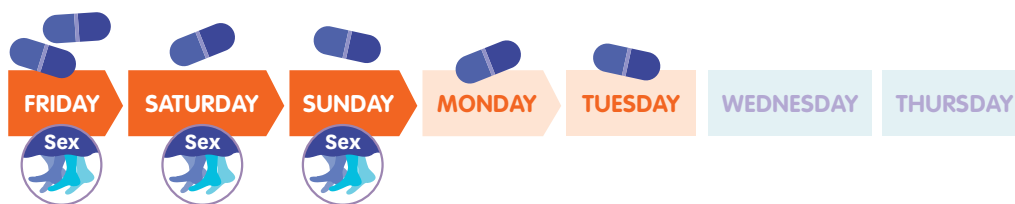
EXAMPLE:

ED-PrEP use for sex one time or in one day



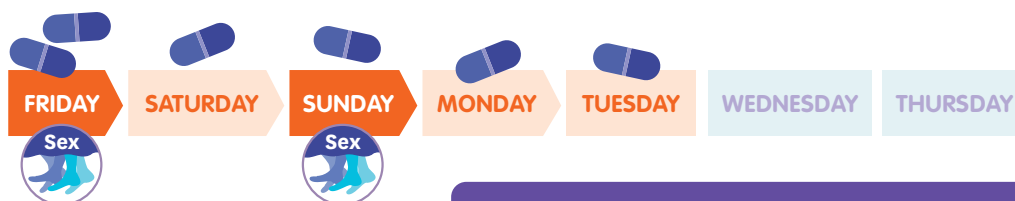
EXAMPLE:

ED-PrEP use for sex on multiple consecutive days



EXAMPLE:

ED-PrEP use for sex on multiple non-consecutive days



Source: Adapted from WHO. What's the 2+1+1? Event-driven oral pre-exposure prophylaxis to prevent HIV for men who have sex with men: Update to WHO's recommendation on oral PrEP. Geneva: World Health Organization, 2012.

If ED-PrEP sounds like an option you are interested in, please talk to your health care provider to see if it will work for you!



Remember, ED-PrEP is not an effective option for people assigned female at birth or people using gender-affirming hormones.

Answering your Questions: Oral PrEP

TOOL 12A

Hi! We're HIV Prevention Ambassadors.
Do you have any questions about oral PrEP?



What is oral PrEP?

It's a medication that an HIV-negative person can take to prevent HIV. The word **PrEP** stands for **Pre** (before) **Exposure** (coming into contact with the virus) **Prophylaxis** (medication to prevent infection).



How does it work?

Oral PrEP spreads throughout the whole body and prevents HIV from multiplying itself. If HIV cannot multiply, it dies.



How effective is it?

When taken as directed, it will build up in your system and become more than 90 percent effective, although this may be closer to 75% for people who inject drugs. Talk to your health care provider about 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 are having sex and you want an additional method to prevent HIV. PrEP methods need to be used only during times in your life when you need an HIV prevention method, and they have pros and cons for different people. It is important to discuss your HIV prevention plan with your health care provider before starting any method so that you can make an informed choice!



Will oral PrEP prevent other STIs and pregnancy?

No! Oral PrEP will not prevent other sexually transmitted infections (STIs) or pregnancy. It is best to use condoms (with lubricant) and contraception with oral PrEP and to get tested regularly for STIs.



Does oral PrEP have any impact on fertility?

Oral PrEP does not affect fertility. It can be used with any form of contraception. Oral PrEP is also safe to use during pregnancy or if you are breastfeeding. If you are thinking of becoming pregnant, speak to your health care provider.



Are there any side effects?

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



Can I use oral PrEP if I am using other medications?

Yes. Oral PrEP won't affect any of your other medications, but some gender-affirming hormones may impact the amount of oral PrEP in your system. If you are using these, it is especially important to take oral PrEP every day.



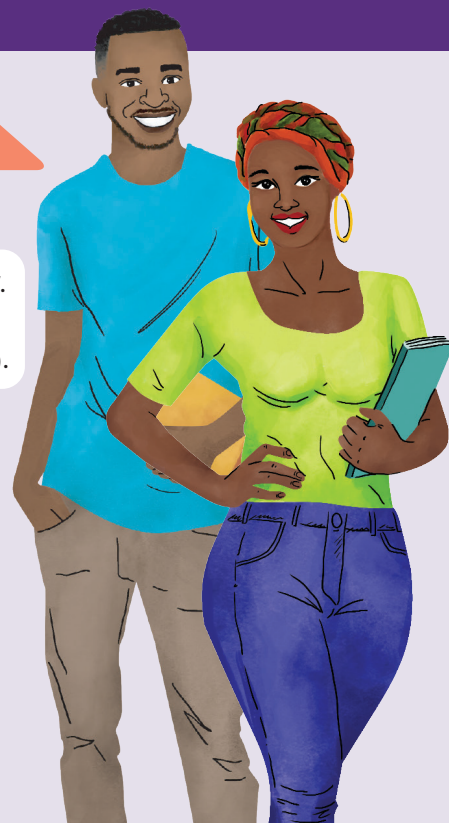
If I use oral PrEP, does that mean I can't drink alcohol or take drugs?

Alcohol and other drugs do not affect oral PrEP. Remember that alcohol and drug use might make it harder to take oral PrEP as directed and to make good decisions about your sexual health.



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

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



Answering your Questions: PrEP Ring

TOOL 12B

Hi! We're HIV Prevention Ambassadors.
Do you have any questions about the PrEP ring?



What is the PrEP ring?

It's a flexible silicone ring that is inserted into the vagina and releases a drug called dapivirine. The PrEP ring is worn for one month before being replaced and prevents HIV during vaginal sex.

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

How does it work?

The ring slowly releases a drug called dapivirine into the vagina over one month. Dapivirine stops HIV from making copies of itself in the vagina. When HIV cannot multiply, it dies.

How effective is it?

The PrEP ring prevents HIV during vaginal sex by about 50 percent or more, if used consistently. If it is worn continuously for the month and not removed, it may be even more effective. The PrEP ring must be in place for 24 hours to provide maximum HIV prevention. The PrEP ring cannot prevent HIV if it is not in place!

Is the PrEP ring right for me?

That's your decision. It's your body, so it's your choice! You might consider the PrEP ring if you are having sex and want to prevent HIV but don't want to take a pill every day or get an injection. The ring doesn't prevent HIV during anal sex or injection drug use, so it may not be right for everyone. PrEP methods need to be used only during times in your life when you need an HIV prevention method, and they have pros and cons for different people. It is important to discuss your HIV prevention plan with your health care provider before starting any method so you can make an informed choice!

Will the PrEP ring prevent other STIs and pregnancy?

No! The PrEP ring will not prevent other sexually transmitted infections (STIs) or pregnancy. It's best to use condoms and contraception with the PrEP ring and get tested regularly for STIs.

Does the PrEP ring have any impact on fertility?

The PrEP ring does not affect fertility. It is okay to use the PrEP ring with most contraceptive methods except contraceptive rings and diaphragms.

Studies show that it is okay to use the PrEP ring during pregnancy and breastfeeding. If you are thinking about becoming pregnant, speak to your health care provider.

Are there any side effects?

Some people experience side effects, such as urinary tract infections, itching of the vagina or the area outside the vagina, changes in vaginal wetness or odour, or pain in the lower part of the belly. These are usually mild and can be treated without the need for ring removal. If you experience vaginal changes while using the PrEP ring, it is important to visit your health care provider to make sure these are not symptoms of an STI.

Can I use the PrEP ring if I am using other medications?

Dapivirine from the PrEP ring mostly stays in the vagina after it is released. Because dapivirine does not circulate in the body, it is okay to use the PrEP ring with other medications, including gender-affirming hormones.

If I use the PrEP ring, does that mean I can't drink alcohol or take drugs?

Alcohol and other drugs do not affect the PrEP ring. Remember that alcohol and drug use might make it harder to use the PrEP ring as directed and to make good decisions about your sexual health.

Should I take the PrEP ring out during the month?

No!

- The PrEP ring does not need to be taken out to be cleaned.

- The PrEP ring does not affect the frequency of menses or the length or amount of bleeding. It is safe to use tampons with the PrEP ring, and the ring does not block the flow of blood. Menstrual bleeding may change the colour of the PrEP ring, but that does not change the ring's ability to prevent HIV.
- The PrEP ring does not need to be removed during sex. Most people do not feel the PrEP ring during sex.

What do I need to do if I want to use the PrEP ring?

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

How do I dispose of the ring?

Used rings can be disposed of in a trash can or dust bin, or returned to your health care provider. Do not burn rings or put them into a flushing toilet.

Answering your Questions: CAB PrEP

TOOL 12C

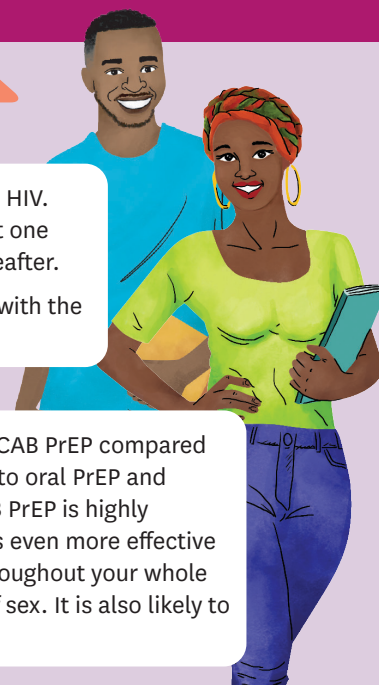
Hi! We're HIV Prevention Ambassadors.
Do you have any questions about CAB PrEP?



What is CAB PrEP?

It's an injection into the buttocks given every two months that prevents HIV. CAB stands for 'cabotegravir', which is an ARV. To use CAB PrEP, you get one injection each month for two months, and then every two months thereafter.

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



How does it work?

Once you get an injection of CAB PrEP, the medicine is slowly released into your blood stream. It prevents HIV from entering your cells and multiplying. If HIV cannot multiply, the virus dies.



How effective is it?

Large studies of CAB PrEP compared its effectiveness to oral PrEP and showed that CAB PrEP is highly effective — with on-time injections, it is even more effective than oral PrEP. Because it circulates throughout your whole body, it prevents HIV during all types of sex. It is also likely to prevent HIV during injection drug use.



Is CAB PrEP right for me?

That's your decision. It's your body, so it's your choice! You might consider CAB PrEP if you are having sex and want to prevent HIV but don't want to take a pill every day or use a product that is inserted into the vagina. PrEP methods need to be used only during times in your life when you need an HIV prevention method, and they have pros and cons for different people. It is important to discuss your HIV prevention plan with your health care provider before starting any method, so that you can make an informed choice!



Will CAB PrEP prevent other STIs and pregnancy?

No! CAB PrEP will not prevent other sexually transmitted infections (STIs) or pregnancy. It's best to use condoms and contraception with CAB PrEP to prevent unwanted pregnancy and STIs.



Does CAB PrEP have any impact on fertility?

CAB PrEP does not affect fertility. Studies have shown no concerns with using CAB PrEP during pregnancy or breastfeeding. If you are thinking of becoming pregnant, you should talk to your health care provider.



Are there any side effects?

Using CAB PrEP is much like getting any other injection. Some people may have a mild or moderate injection site reaction, such as redness, pain, or swelling. If you have one of these reactions, your health care provider may be able to help you manage it.

Like other medications, CAB PrEP also has some side effects. A small number of people may get headaches, diarrhoea, or tiredness, but most of these side effects are mild or moderate and go away within a few days.

Can I use CAB PrEP if I am using other medications, or if I drink or use recreational drugs?

Some medications that are used to prevent seizures or treat tuberculosis may interact with cabotegravir or CAB PrEP, so it's best to speak to your health care provider about all the medications you are using if you would like to try CAB PrEP. However, CAB PrEP does not interact with gender-affirming hormones.

Interactions between CAB PrEP and recreational drugs or alcohol are unlikely. Make sure that drinking or using recreational drugs does not interfere with your visits to get CAB PrEP injections and use a condom when having sex to prevent STIs and unwanted pregnancy.

What else should I know about CAB PrEP if I am thinking about using it?

Cabotegravir stays in the body for a long time, up to a year after the last injection. This time period is called the 'tail'. If you get HIV during the tail period or while using CAB PrEP, it is possible that you could develop drug-resistant HIV, which means that the HIV could be harder to treat. Please speak to your health care provider if you are thinking of stopping CAB PrEP to make a plan to prevent HIV and drug resistance.

What do I need to do if I want to use CAB PrEP?

The first step is to see a health care provider. They will help you understand the important considerations about CAB PrEP use and make sure you get all the tests you need before getting your first injection.

Answering your Questions: LEN PrEP

TOOL 12D

Hi! We're HIV Prevention Ambassadors.
Do you have any questions about LEN PrEP?

*What is
LEN PrEP?*

LEN PrEP is an HIV prevention method that is given as two injections into the abdomen or thighs every six months. LEN stands for 'lenacapavir,' which is an ARV. To start using LEN PrEP, you also take two lenacapavir tablets each day for two days, starting on the day of the first injections.

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

How does it work?

Once you get the LEN PrEP injections, the medication is slowly released into your blood stream. It breaks down the protective shell around the virus if it enters the body, and the virus dies.

How effective is it?

In large studies, LEN PrEP was shown to be highly effective when compared to oral PrEP, and nearly 100% effective compared to no PrEP at all. With on-time injections, LEN PrEP is the most effective PrEP method available. Because it circulates throughout the body, it prevents HIV during all types of sex. It is also likely to prevent HIV during injection drug use.

Is LEN PrEP right for me?

That's your decision! It's your body, so it's your choice! You might consider LEN PrEP if you are comfortable with injections and don't want to take a pill or insert a product into your vagina.

*Will LEN PrEP
prevent other STIs
and pregnancy?*

No! LEN PrEP will not prevent other sexually transmitted infections (STIs) or pregnancy. It's best to use condoms and contraception with LEN PrEP to prevent unwanted pregnancy and STIs.

*Does LEN PrEP have any
impact on fertility?*

LEN PrEP does not affect fertility. Studies have shown no concerns with using LEN PrEP during pregnancy or breastfeeding. If you are thinking of becoming pregnant, you should talk to your health care provider.

Are there any side effects?

More than half of people using LEN PrEP may have a reaction at the injection sites. These reactions include pain, bumps, and swelling. Some of these reactions just last a few weeks, but others may last up to a year or more.

Like with other medications, a small amount of people using LEN PrEP might have side effects. These include headaches, dizziness, and nausea. A health care provider can help to manage any side effects or injection site reactions that you may have.

*Can I use LEN PrEP if I am using other medications,
or if I drink or use recreational drugs?*

Lenacapavir does interact with some medications, like some treatments for tuberculosis or seizures. Someone using these medications may need a higher dose of LEN PrEP to prevent HIV. LEN PrEP might also increase the effects of the recreational drug ketamine or drugs to treat erectile dysfunction. It is important to speak to a health care provider about any medications you are taking or recreational drugs that you use before starting LEN PrEP.

However, LEN PrEP can be used with gender-affirming hormones.

It is unlikely that LEN PrEP will interact with other recreational drugs or alcohol. Make sure that drinking or using recreational drugs does not interfere with your visits for LEN PrEP injections, and use a condom when having sex to prevent STIs and unwanted pregnancy.

*What else should I know about
LEN PrEP if I am thinking about
using it?*

Lenacapavir stays in the body for a long time, sometimes for more than one year, after the last injection. This time is called the 'tail' period. If you get HIV during the tail period or while using LEN PrEP, it is possible that you could develop drug-resistant HIV, which means that the HIV could be harder to treat. Please speak to your health care provider if you are thinking of stopping LEN PrEP to make a plan to prevent HIV and drug resistance.

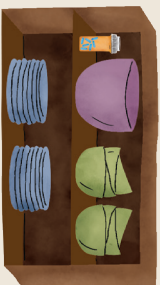
*What do I need to do if
I want to use LEN PrEP?*

The first step is to see a health care provider. They will help you understand the important considerations about LEN PrEP use and make sure you get all the tests you need before getting your first injections.

Tips for Using Oral PREP

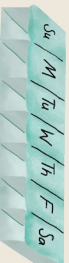
1 Keep your pills in a place that's easy to find.

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



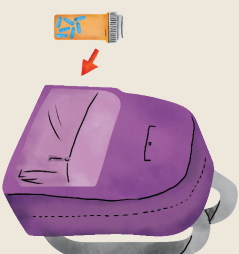
2 Use a daily pill box

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 pencil or 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, such as 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.



8 Join or start an oral PREP support group with friends

You're not the only one using oral PREP. Connect with other people who are using oral PREP so you can support each other. Some support groups meet in person; others use social media or virtual chat groups.



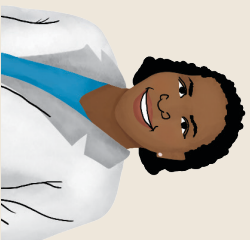
9 Try not to run out of pills

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



Tips for Using the PREP Ring

1 Set a reminder to replace the PREP ring each month.



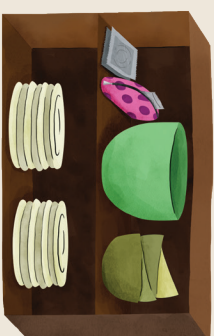
- Reminders could be on your phone, diary, or a note in a place where you look each day, such as on a mirror.
- Set reminders to request more PREP rings from your provider. You can also use your phone to keep notes about things you want to tell your health care provider.

2 Join or start a PREP ring support group with friends.



You're not the only one using the PREP ring. Connect with other people using the PREP ring so you can support each other. Some support groups meet in person; others use social media or virtual chat groups

3 Store your backup PREP rings in a dry, cool place away from children and animals.



Make sure you choose a safe, private spot, away from small children and animals. The location should be dry and not in direct sun. Some women like to hide or carry their PREP rings in a small change purse or toiletry bag for more privacy. It's best to store unused PREP rings unopened in their original foil packaging to keep them clean.

4



Keep backup PREP rings.

It is always good to have a backup supply in case the PREP ring comes out in an unhygienic place or comes out without you noticing. Check with your health care provider to see if you can receive more than one PREP ring at a time.

5



Use your fingers to adjust it

Use clean hands when inserting and removing the PREP ring.

Always have clean hands when inserting anything in the vagina to avoid introducing harmful bacteria. If the PREP ring falls out in a clean place such as a bed or underwear, rinse it with water before reinserting it. If the PREP ring has been somewhere dirty, such as a toilet/latrine, replace it with a new PREP ring.

6 Get comfortable with inserting the PREP ring so that you can do it on your own.



The PREP ring is designed to be easy to insert and remove. You can learn to feel confident in doing this yourself in case the PREP ring falls out or must be replaced when you are not near your health care provider. Practice on your own. It is easy! And if you have questions, ask your health care provider.

7



Use clean hands when inserting and removing the PREP ring.

Always have clean hands when inserting anything in the vagina to avoid introducing harmful bacteria. If the PREP ring falls out in a clean place such as a bed or underwear, rinse it with water before reinserting it. If the PREP ring has been somewhere dirty, such as a toilet/latrine, replace it with a new PREP ring.

Only remove the PREP ring if you are replacing it.

Remember, the PREP ring does not have to be removed for sex, bathing, or menses or for cleaning. The PREP ring cannot prevent HIV if it is not in place in your vagina. If the PREP ring is causing discomfort, use your fingers to adjust it or push it further up into the vagina. The PREP ring is flexible enough to easily insert but firm enough to 'hug' the vagina to stay in place. If you are having discomfort while using the PREP ring, contact your health care provider for support.

8

Never share your used or unused PREP ring with others.

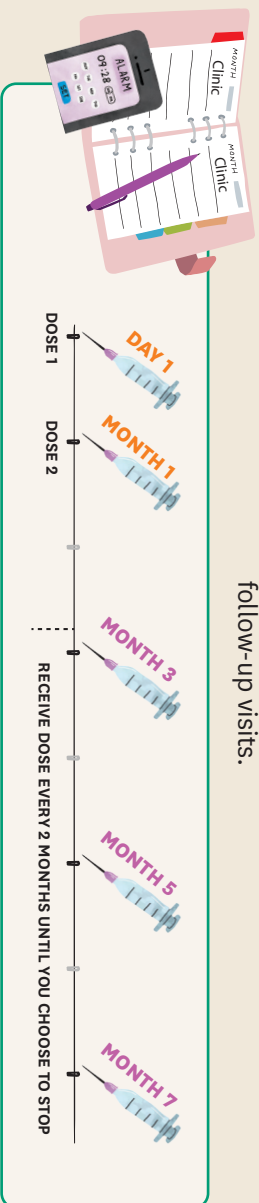
Everyone should see their health care provider to get their own PREP rings.



Tips for Using CAB PREP



1 Set a reminder to attend your clinic visit one month after your first injection, and then every two months.

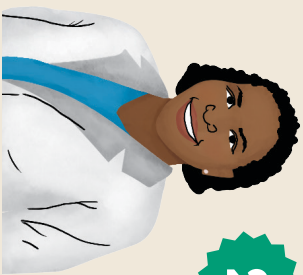


- a. Reminders could be on your phone, diary, or a note in a place where you look often, such as on a mirror.
- b. You can also use your phone to keep notes about things you want to tell or ask your health care provider.
- c. The visual below can help you understand the CAB PREP follow-up visits.



2 Work with your health care provider to manage side effects.

- a. Your health care provider may have tips to help you minimise side effects from your CAB PREP injection. For example, you may be able to use pain-reducing medicine before an injection, or ice the area after an injection, to reduce pain or swelling.
- b. Write down any side effects you have after your CAB PREP injection so that you remember to ask about them at your next visit. If the side effects are worrying or distressing, please contact your health care provider immediately.



Don't forget to plan for your clinic visits.



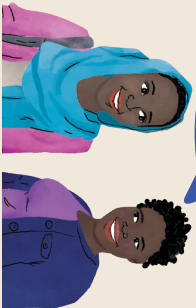
4 Join or start a CAB PREP support group with friends.

- a. You're not the only one using CAB PREP. Connect with other people using CAB PREP so you can support each other. Some support groups meet in person, and others use social media or virtual chat groups.



3 Find a CAB PREP buddy.

- a. Ask a friend or someone else you trust to help you remember and plan for your clinic visits. If you have a friend who is also using CAB PREP, you can support each other to stay on it!



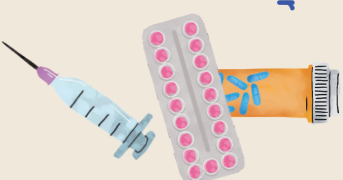
6 Plan ahead for your CAB PREP visits.

- a. A few days before your CAB PREP visit, make sure you have a plan for how to get there. You may need to identify public transport that you can take or work with a friend who has a vehicle or any other form of transport that you use.
- b. Confirming your public transport plan before your visit can help you avoid being late for a dose of CAB PREP.



5 Work with your health care provider to schedule all your health needs.

- a. You can work with your health care provider to minimise your visits to the clinic by scheduling your contraception services and refills, child immunisation days, and CAB PREP injections at the same time. Talk to your provider about how you can do this!



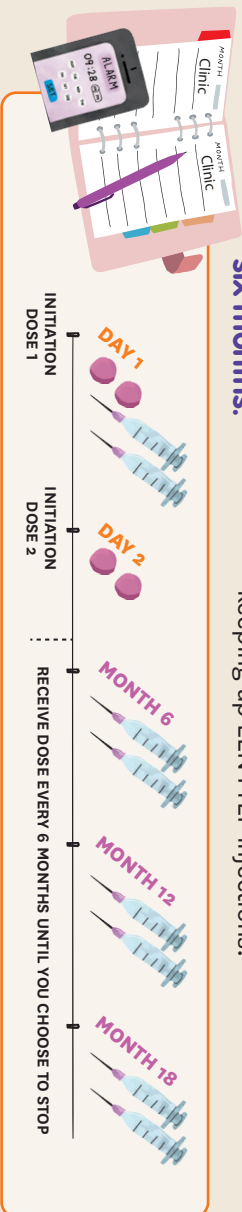
Getting your CAB PREP injection every two months will keep you protected from HIV.



Tips for Using LEN PREP

1

Set an alarm to take your lenacapavir pills the day after your first injections. Then set a reminder for follow-up injections every six months.



- a. You can set reminders on your phone, your diary, or in a place that you will see often, like in your mirror.
- b. You can also use your phone or diary to keep notes about things you want to tell or ask your health care provider.
- c. The visual below shows the schedule for starting and keeping up LEN PREP injections.

2

Work with your health care provider to manage injection site reactions and side effects.

- a. Your health care provider may be able to help you manage injection site reactions and side effects. It might help to use an ice pack to reduce pain or swelling from the injections or use pain-reducing medicine to prevent or manage a headache.
- b. If you have side effects or injection site reactions, write them down so that you can talk to your provider about them at your next visit. If you have reactions that are concerning or worrying, you can contact your health care provider immediately.



3

Find a LEN PREP Buddy.

Find a friend or someone else you trust who can help you remember and plan for your clinic visits. If you have a friend who is also using LEN PREP, you can support each other to keep using it or even get your injections together!



Let's go for our injections together!

4

Join or start a LEN PREP support group with friends.

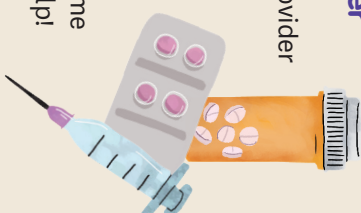
- a. You're not the only one using LEN PREP. Connect with other people using LEN PREP so you can support each other. Support groups can meet in-person or online using social media or virtual chat groups.



5

Work with your health care provider to schedule all your health needs.

- a. You can work with your health care provider to minimise your visits to the clinic by scheduling multiple services at once. It might be possible to schedule refills for contraception or gender-affirming hormones, child immunization days, and your LEN PREP injections at the same time. Your health care provider can help!



6

Plan ahead for your LEN PREP visits.

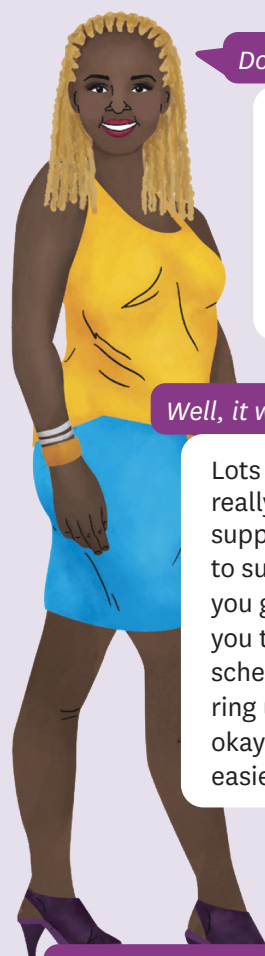
- a. It is a good idea to confirm your transport for your LEN PREP injections a few days before your visit. You can check that your public transport schedule is accurate, or make sure that your friend is still able to give you a ride, if you need.
- b. Confirming your transport plan before your visit can help you avoid being late for your LEN PREP injections.



Keeping up with your LEN PREP injections every six months will keep you protected from HIV.



Telling Others Role-Play 1: Deciding to Disclose Your PrEP Use



Do I have to tell my partner if I want to use 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 people use 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 them and the reasons you don't want to.

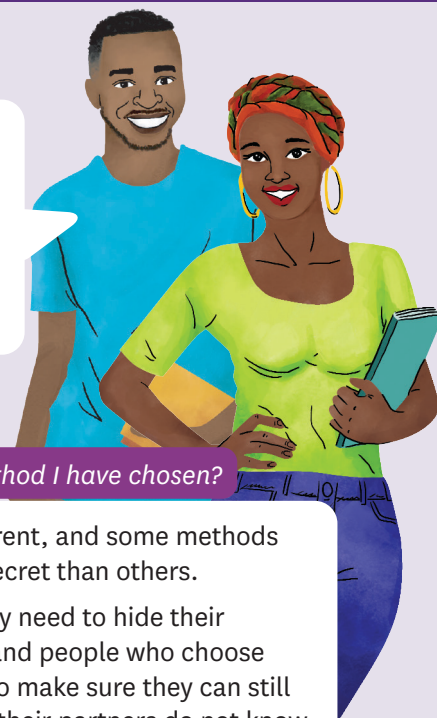
Well, it would be nice to have their support.

Lots of people who use PrEP say it really helps to have their partner's support. Your partner may be able to support your PrEP use by helping you get to clinic visits or reminding you to take pills, change your ring, or schedule your next injection. A PrEP ring user who knows their partner is okay with their ring use may find it easier to keep the ring in during sex.

Does it matter which PrEP method I have chosen?

Each PrEP method is different, and some methods may be easier to keep a secret than others.

People using oral PrEP may need to hide their pills from their partners, and people who choose injectable PrEP will have to make sure they can still attend their clinic visits if their partners do not know about their injectable PrEP use. For people who use the PrEP ring, it is important to note that although most partners do not notice the ring during sex, it is possible that they might feel the ring during sex or foreplay — if fingers are inserted into the vagina.



If I don't tell them, I might feel uneasy or worried about them finding out.

I understand you might worry about that. It's normal to feel uneasy about keeping something a secret from someone you care about or love. I want you to know that it is 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 them, I can support you to keep it private. In the same way, if you choose to tell them, I can support you with ways to open a discussion about it.

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

I'm not sure if they will be supportive! What if they think I'm cheating on them or that I don't trust them? What if they don't want me to use it?

These are important and common concerns. You could try talking to them about PrEP without saying that you're thinking about using it. For example, you could explain that other people your age are using it. This might give you an idea of what they think about PrEP and if they are likely to be supportive.

If you do decide to tell them, we can practise responding to their concerns.

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

I am a sex worker. Do I have to tell my clients that I am using PrEP?

No. It is your choice to tell your clients about your PrEP use. Some sex workers do not tell their clients. Others might tell regular clients or clients whom they see often. It depends on the boundaries you have set with your clients.

If you work in a brothel, putting posters or information about PrEP in visible locations may help clients be more open to sex workers who use PrEP.

This tool was written with sexual partners in mind, but it is your choice whether to tell any partner, client, or anyone else, about your PrEP use!

Telling Others Role-Play 2: Telling a Partner About Your PrEP Use



I've decided to tell my partner about 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 people say it's helpful to have a partner's support to use PrEP!

Your partner is most likely to be supportive if they have accurate information about PrEP. Without it, he may be unclear on the benefits of its use and feel less able to be supportive.

I don't think so.

It might be helpful to talk to your partner about the PrEP method you've chosen before you tell them you are using it or planning to use it. Try mentioning it a few times to start a conversation so you can provide them with accurate information. These conversations might also help you understand what they think about the PrEP method you've chosen.

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

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

I'm not sure yet.

If you choose to tell them you are **considering** using PrEP, you could think about saying:

- Did you know that HIV is very common in our country and community? We should all think carefully about how we can prevent HIV.
- Did you know that there are now a lot of different ways to prevent HIV? What do you know about these additional HIV prevention methods?
- I've been thinking about using a prevention method to make sure I'm protected against HIV, and I need one that I can use well.
- It's been recommended to help prevent HIV.
- I've heard a lot about it. It is very safe and won't have any impact on you.
- It will just be like using other medication to prevent getting sick or to prevent pregnancy.
- I would really like your support. Using PrEP will help me prevent HIV. Many people my age are getting HIV, so I want to be as safe as I can be.

What if I choose to tell them after I start using it?

You can think about saying:

- Using PrEP is just like any other method we have to prevent HIV.
- It was recommended to me by a health care provider who educated me about it. I made the decision on my own because it's about my health and it won't have any impact on you.
- I use it because many people my age are getting HIV and I like that I can use this PrEP method well for my own protection.
- 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, using PrEP is your right! You are making a responsible decision to protect your health.

What if they think I'm cheating on them, or that I don't trust them?

You could try explaining that using PrEP is not about trust — it's a decision about your health and the future of your relationship. You could also try to explain that you are trusting them by asking for their support.

Do you have any other advice?

Sure, here are some tips:

- Your safety matters. If you don't think it is safe to tell your partner, it is okay to wait until you think it will be safe or not tell them at all.
- Picking your timing is important. Try to find a time when they are in a good mood, you're both sober, and you have some privacy. This must not be a rushed conversation.
- If you're worried that they 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 PrEP and have told their partners, you could ask them for advice.

If your partner is interested in learning more, you could consider sharing a flyer or other written information about the PrEP method with them or suggest that the two of you visit a health care provider together to find out more!

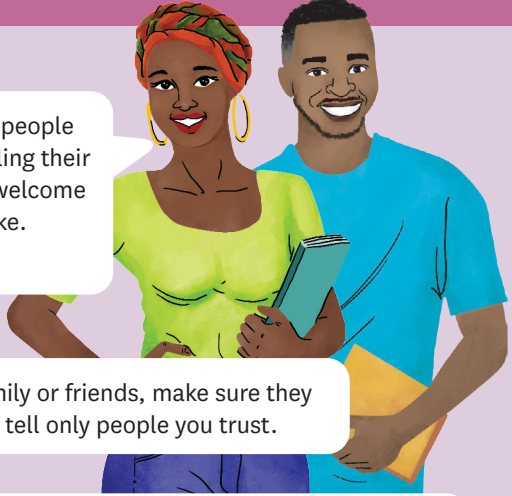
This tool was written with sexual partners in mind, but you can choose to tell any partner, client, or anyone, about PrEP use!

Telling Others Role-Play 3: Keeping Your PrEP Use Private



I've decided not to tell my partner.

It's great that you've made a decision that works best for you. Many people make the same decision, and they successfully use PrEP without telling their partners. If you ever change your mind about telling them, you are welcome to ask me for support to do this, and we can practise if you would like.
Do you have any questions about keeping your PrEP use private?



How do I make sure they don't find out?

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

How do I hide my PrEP use?

If you choose **oral PrEP**, you will need to think about ways to keep your PrEP 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 or other private items
- Stuffing a bit of cotton into the pill bottle to prevent rattling

People who are very worried about their partners may keep their pills somewhere else, such as at a friend's house, but that may make it hard to take a pill every day. Some people don't hide the pills and instead pretend they are something else, such as contraceptives or pills for headache pain.

If you choose the **PrEP ring**, you will need to think about ways to keep your rings hidden.

You could try:

- Keeping the PrEP ring inserted at all times and only removing and replacing it when your partner is not around
- Disposing of the PrEP ring carefully so it won't be found in the rubbish
- Keeping extra PrEP rings in a pouch with your tampons or pads or in another private place. Make sure to leave unused rings in their original packaging.
- Keeping extra PrEP rings somewhere else, such as at a friend's house
- Getting one PrEP ring at a time so there are no extra rings to hide

Some people don't hide their PrEP ring use and instead pretend it is something else, such as a contraceptive ring.

If you choose **injectable PrEP**, the most important things you will need to plan for are getting to the clinic for your appointments and managing any side effects or injection site reactions you may have without your partner finding out.

You could try:

- Adding your clinic visits to other trips to shop or visit friends, so that you have a reason for going out
- Combining trips for PrEP injections with other clinic visits to address other health care needs
- Working with your health care provider to coordinate your PrEP injections with your clinic visits for other sexual health services, such as contraceptive refills or injections
- Working with your health care provider to prevent or manage injection site reactions and side effects

What if they find out?

Although many people use PrEP without their partner finding out, it's a good idea to plan what you will say if they do. You can think about saying:

- Using PrEP is just like using any other medication that protects your health.
- 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 people my age are getting HIV, and I like that I can use PrEP well for my own protection.
- Using PrEP is an investment in my health and the future of our relationship!

You could also say you were just trying it out and were going to let them know if you decided to keep using it.

You can also offer to take your partner with you on your next visit to the health care provider, who can give them more information and answer questions about PrEP and HIV prevention.

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 practise 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, using PrEP is your right. You have the right to make your own decisions about your health. You're not alone. Many people choose to use PrEP methods 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!

This tool was written with sexual partners in mind, but it is your right to keep your PrEP use private if you choose!

PrEP Ring Insertion and Removal

PrEP RING INSERTION STEPS:

1 *lying down*

To insert the ring, get into a position that is comfortable for you, such as squatting, one leg lifted up, or lying down. If you are being assisted by a health care provider, you will be in a reclining position.

squatting

one leg lifted up

assisted by a health care provider

2

With clean hands, squeeze the ring between the thumb and forefinger, pressing both sides of the ring together, OR holding the ring with two hands and slightly twisting it to create a "figure 8" shape.

3

Use the other hand to open the folds of skin (vulva) around the vagina.

4

Place the tip of the ring into the vaginal opening and use your fingers to push the folded ring gently up into the vagina.

5

Push the ring as far toward your lower back as possible. If the ring feels uncomfortable, it is probably not inserted far enough into the vagina. Use a finger to push it as far up into the vagina as is comfortable.

PrEP RING REMOVAL STEPS:

1

To remove the ring, get into a position that is comfortable for you, such as squatting, one leg lifted up, or lying down. If you are being assisted by a health care provider, you will be in a reclining position.

2


With clean hands, insert one finger into the vagina and hook it around the edge of the ring.

3

Gently pull the ring out of the vagina.

Awareness Raising Role-Play

TOOL 16



Hi! We're HIV Prevention Ambassadors. Do you have any questions about PrEP?



Yes! What is PrEP?

PrEP refers to HIV prevention methods that contain medication, called antiretrovirals, that an HIV-negative person can take to prevent HIV. PrEP works by preventing the virus from replicating in the body. If a person is using their PrEP method correctly and consistently and they're exposed to HIV, the virus will die, and the person won't get HIV. There are different forms of PrEP: oral PrEP, the PrEP ring, and injectable methods like CAB and LEN PrEP. Each of these methods is in a different stage of approval for use and development. Some methods are being developed that combine medication for HIV prevention and contraception.

Is PrEP just like HIV treatment? If a person starts taking it, will they have to take it their whole life?

PrEP needs to be used only while someone needs HIV prevention methods. Some people use PrEP for certain times in their lives, and then decide to stop using it when their situation changes.

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

PrEP is for anyone who wants to prevent HIV. Rates of HIV in our community are very high. This is not because people are promiscuous. It's because we often do not have access to the information and prevention methods we need to prevent HIV. PrEP methods can change this!

Why do people need PrEP? Shouldn't they practice abstinence until they are married?

Abstinence is one way people can prevent HIV, but abstinence doesn't work for everyone.

HIV is common in our community, so it's best to have different options so that everyone can choose the most effective one for them.

You don't have to worry that PrEP will encourage changes in people's sexual behavior; studies show that this is not true.

It's important to remember that married people can get HIV. It's also possible for someone who is practicing abstinence to get HIV if they're raped.

Is PrEP safe for people who are pregnant or breastfeeding?

Yes! All the PrEP methods are safe to use while pregnant and breastfeeding, and most countries recommend oral PrEP for pregnant and breastfeeding people. Our local guidelines specify which PrEP methods are allowed for pregnant and breastfeeding people.

Do young people need a parent's permission to use PrEP?

It depends on how old they are, where they live, and which PrEP method they want to use.

Whether they need your permission or not, supporting a young person to use PrEP will help protect them from HIV so they can live a long and healthy life. Supporting young people to make their own decisions can strengthen your relationship, and it may make them more likely to involve you in other decisions.

If my partner wants to use a PrEP method, does that mean they don't trust me or that they are having an affair?

Using PrEP doesn't mean your partner doesn't trust you or that they are having an affair. It just means they want to be in control of her health. Also, if you are living with HIV, PrEP can provide your partner with additional HIV prevention, especially if you do not yet have an undetectable viral load or struggle to take your treatment as prescribed.

PrEP is like any other medication people use to protect their health. Many people in relationships use PrEP.

What can we do to prevent HIV in our community?

Supporting everyone who wants PrEP to use the PrEP method of their choice is an important way you can help prevent HIV. If more people are using PrEP methods, the rates of HIV in this community will decrease.

It's also important to reduce the chances of HIV transmission in your own life. You can do this by having an HIV test so you know your HIV status or consider using PrEP yourself. Most HIV transmission occurs when people don't know they're living with HIV. If you have HIV, there is medication that can keep you healthy and prevent you from passing it on to others.



STEP

How do I do this?

Listen closely with empathy and without judgment.

Make sure you are somewhere private, where they feel physically and mentally safe. Explain the boundaries of confidentiality that you can uphold. Show them you are listening deeply and with empathy. Use your body language to communicate that you are paying attention. Give them a safe space to talk. Acknowledge and validate their feelings.

Inquire about their needs and concerns.

Let them know they are in control of what happens next. Help them to identify their needs and consider their options.

Validate their experiences.

Validate their experiences by letting them know they are not alone, you are there for them, and their feelings matter. Explain that you are just there to listen — you will not judge them or tell them what to do. If they have shared an experience of violence, let them know that you believe them, and it is not their fault

Enhance their safety.

Help them think about their situation and things they may be able to do to increase safety. If someone is in an especially dangerous situation, let them know that you are concerned for their safety and that their safety is important. Talk through the safety planning questions with them. Remind them that a safety plan is not a guarantee that violence will not happen and that violence is never their fault.

Support them to connect to more resources.

Ask if they would like to hear information on local resources. If they say yes, provide them with information about local resources that might help, such as referral for PEP or emergency contraception, counselling, or legal support. Remember that not everyone wants to take up a referral right away, and that is okay. Some people may return for a referral, but others may not want to be referred. Returning control to the survivor means respecting their wishes, and a survivor who knows you respect their choices is more likely to return to you for additional support.

Remember, Ambassadors are not counsellors!
It is not your role to provide counselling to your peers or tell them what to do.

SELF-CARE FOR AMBASSADORS

Remember to take care of yourself!

Providing first-line support is an important step in responding to survivors of violence, but it is not your responsibility to solve your peers' problems. After using the LIVES approach, it is good to check in with yourself and take time to respond to your own needs. Supporting survivors is only possible when we are first supporting ourselves. It is appropriate and brave to let others in your Ambassador programme know if you need a break from offering this type of support. You can take a break from this work and still be an Ambassador.

What does this look like in practice?

Take a few deep breaths and ask yourself: 'How am I feeling right now?' 'Do I need to rest, or spend time with a friend, or reach out for support?'

Give yourself at least a few moments to listen to yourself and plan how to respond to what you need. Think about how you can slow down or take a break if you need one. Reach out to your contact(s) in your Ambassador programme if you need support.

If I need support or assistance in an emergency, I can contact:

Safety Planning Tool

Making a safety plan can help someone take steps to increase their safety at home or in other places where they may feel unsafe. Remember that a safety plan does not guarantee that someone will not experience violence. **Violence is always the fault of the person who uses violence — never the survivor!** These questions can help guide a conversation about safety planning.



Staying safe at home

Sometimes identifying safe people in or near where you live and thinking about safe places outside the home can help with safety.

- Who is a safe person you can talk to about your situation?
- Who might be able to stay with you so that you are not home alone with the person who is hurting you?
- What is the safest way for you to leave your house if there is an emergency?
- If you have to leave in an emergency, where is a safe place you could go? The best places are public and not known by the person who is hurting you.



Staying safe at school or work

Sometimes a change of schedule, talking to a teacher or supervisor, or connecting with people at school or work can make these places safer.

- Who is a safe person who can help you at your work?
- Is it possible to make changes to your schedule that would help you stay safer?
- What is the safest way for you to get to and from school or work?
- What are the spaces at school or work where you feel safest?
- Who could be your 'buddy' to help you avoid being alone at school or work?



Planning for an emergency

Packing an emergency bag and keeping it hidden can help you stay prepared.

- If you have to leave school, work, or home in an emergency, what is the best way to get to a safe place? Could you use public transportation, get a ride, or get there in another way?
- If you have to leave school, work, or home in an emergency, what will you need to take with you?
 - Medications? - Items that are special to you?
 - Money? - Identity documents? - A change of clothes?
 - Keys?
- If you have children, what will you need for them if you have to leave your home in an emergency?
 - Diapers? - Formula? - Special toys?



Special considerations if you have children

- If they are old enough to ask for help, who can your children contact in an emergency? Do they know who to contact and how to get in touch with them?
- If they are old enough, do your children know to get away from a violent situation and not to try to intervene?



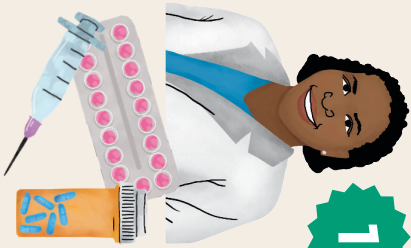
Staying safe emotionally

Remembering things that make you happy can help with your mental health.

- What are some things that you like about yourself or that you are proud of?
- What are some activities you enjoy that you can do when you feel down?
- Are there any clubs or groups you can join that might be fun for you?
- Who are the people in your life who make you smile or remind you of your values?



Tips for Supporting a Partner's PrEP Use



1

Learn about PrEP!

Understanding what PrEP is and how it works is the first step to being a supportive partner. Anyone can visit places where PrEP is provided or speak to HIV Prevention Ambassadors to learn more about PrEP or ask for information and resources from their partners.

2

Have an open conversation about PrEP.

Different people want different kinds of support based on their circumstances and the type of PrEP method they are using. People can find out how they can be supportive by starting a conversation about what their partner wants.



5

Provide logistical support by offering help with transportation, childcare, or other resources that may help a partner use PrEP well. If the partner wishes, they can go with them to services.

6

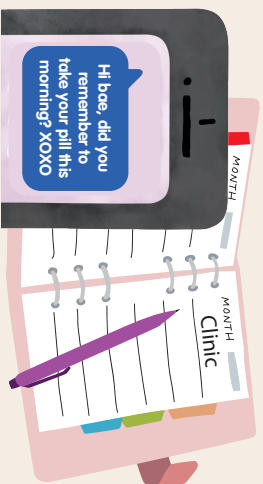
Be a role model PrEP supporter!

Anyone can encourage PrEP use in their communities by modelling their support. For example, they can be role models by sharing correct information about PrEP and correcting misinformation or telling their friends or family how they support their partners to use PrEP — with their partner's permission of course!

3

Offer to provide reminders about taking oral PrEP, changing the PrEP ring, getting PrEP injections, and attending health care visits.

By agreeing on how they can give reminders, anyone can help their partners use PrEP effectively.



7

Consider if using PrEP is right for them!

A partner who also uses PrEP can make PrEP a team activity by remembering to take pills or attend appointments together. And, by using PrEP, they are doing their part to prevent HIV in their relationship and their family.

4

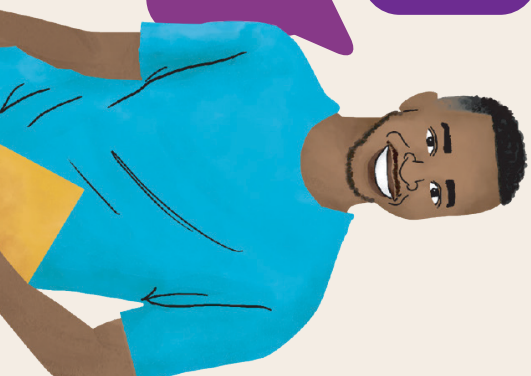
Provide emotional support by clearly stating that they value their partner's health and respect their decision to take control of their health.

A partner can also provide emotional support by validating their partner's experiences with side effects and encouraging them to speak to a health care provider when needed.

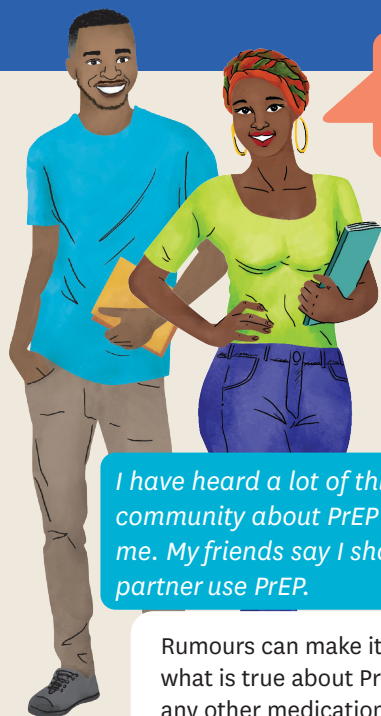


All partners have an important role to play in PrEP use!

Any partner can support PrEP use!



PrEP Support Role-Play



Hi! We're HIV Prevention Ambassadors. Do you have any questions about PrEP?

My partner told me that they want to use PrEP. I am worried that this means they have other partners, or maybe that they do not trust me!



It's great to hear that your partner wants to use PrEP, and it's a good sign that they wanted to talk to you about it. Wanting to use PrEP doesn't mean that they don't trust you or that they are being unfaithful. Many people are using PrEP for HIV prevention. Using PrEP means that your partner is taking their health and your health seriously, even if something unexpected happens.

I have heard a lot of things in my community about PrEP that worry me. My friends say I should not let my partner use PrEP.

Rumours can make it hard to know what is true about PrEP! PrEP is like any other medication people use to protect their health. PrEP does not have serious or worrisome side effects. I am happy to answer your questions or connect you to a health care provider for more information.

Will my partner's PrEP use change my sex drive or hurt my fertility?

No. If your partner chooses to use PrEP, it will not affect your sex drive or your fertility. It also will not affect your partner's sex drive or fertility.

Will my partner's PrEP use change our sex life?

Most people's sex lives are not changed by PrEP use. Some people report that knowing that they are using effective HIV prevention helps them relax and enjoy sex more. It is possible, but not likely, to feel the PrEP ring during sex. A health care provider can help answer your questions.

If my partner uses PrEP, does that mean we don't have to use condoms?



No. PrEP does not prevent unwanted pregnancy or other sexually transmitted infections (STIs), but condoms do, so it is always best to use a condom even when using PrEP.

Is there anything I can do to support my partner to use PrEP?

That is a great question. The first thing you can do is get educated about PrEP, and you are already taking the first step by talking to me! A health care provider can also give you more information.

People who use PrEP usually want their partners to support them in two big ways.

The first way is by giving emotional support. You can tell your partner you support their PrEP use and let them know that you are happy they are taking control of their own health.

The second way is by giving logistical support. For example, if they agree, you can help your partner with reminders about PrEP use or help them keep their health care appointments.

What else can I do to be supportive?



Every person is different and, depending on the PrEP method they are using, they may want different kinds of support.

It is a very good idea to ask your partner what kind of support they need and have a conversation about how you can help! We can talk about the types of support that some partners provide if you would like.

It sounds like I can have an important role in my partner's PrEP use.



Yes! You can also make a difference in your community by sharing correct information about PrEP with others who want to know, or if you hear people sharing incorrect information about PrEP. You can be a role model by telling your friends how you support your partner to use PrEP, if your partner says it's okay!

Is there anything else I should know?

You can also consider if PrEP is right for you. Many people use PrEP to prevent HIV, and you can make HIV prevention a part of your relationship by using PrEP with your partner. The first step is to speak to a health care provider.

This tool was written with romantic partners in mind, but any sexual partner or client can support PrEP use!

Character Profile

Name:

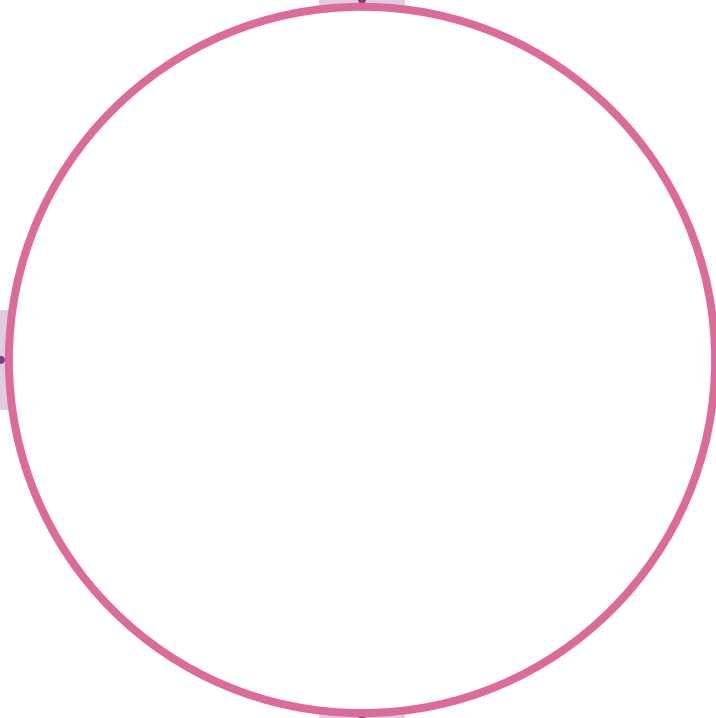
Pronouns:

Who are they?

Do they need an effective HIV prevention method? How do they protect themselves?

What do they know, think, and feel about HIV?

What do they know, think, and feel about PrEP?



PREP Journey Map: Oral PREP

1
Hi! I'm []
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 them?

.....

.....

.....

.....

2
I'm interested in using oral PrEP, but I worry about []

How can you support them to feel more comfortable using oral PrEP?

.....

.....

.....

.....

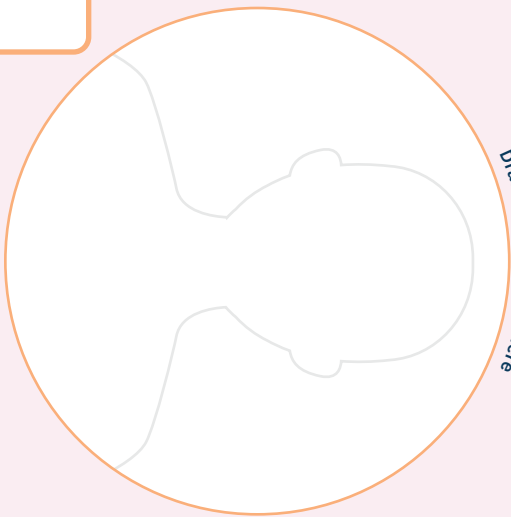
3
I want to use oral PrEP. How do I get it?

How can you help them get oral PrEP? Where can they get it?

.....

.....

.....



Draw your character here

4
I am using oral PrEP but sometimes forget to take it. I'm not sure I will continue using it.

How can you support them to take oral PrEP every day and continue to use it while they need effective HIV prevention?

.....

.....

.....

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

5
Do I need to tell anyone about my PrEP use?

How can you support them with the decision about whether to tell others about taking oral PrEP?

.....

.....

.....

PREP Journey Map: PREP Ring

1

Hi! I'm

I've heard about the PREP ring, but I don't really know much about it.

What does your character need to know about the PREP ring to decide if it's right for them?

.....

.....

.....

.....

.....

2

I'm interested in using the PREP ring, but I worry about

How can you support them to feel more comfortable using the ring?

.....

.....

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.....

.....

3

I want to use the PREP ring. How do I get it?

How can you help them get the PREP ring? Where can they get it?

.....

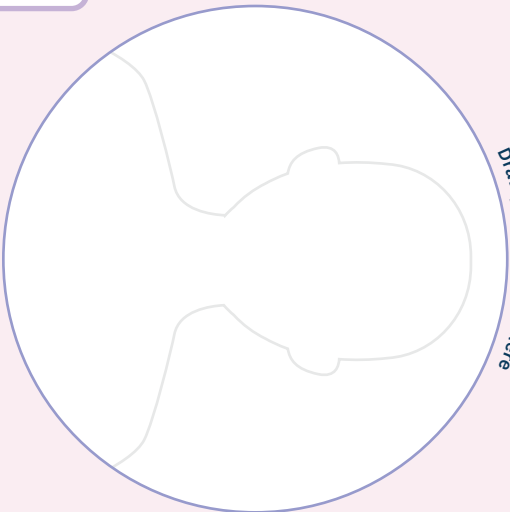
.....

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Draw your character here



4

I am using this PREP method but sometimes forget to use it as prescribed.

How can you support them to use this PREP method consistently and continue to use it while they need effective HIV prevention?

.....

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.....

.....

5

Do I need to tell anyone about my PREP use?

How can you support them with the decision about whether to tell others about using the PREP ring?

.....

.....

.....

.....

.....

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

PREP Journey Map: CAB PREP

1 Hi! I'm []
I've heard about CAB PREP, but I don't really know much about it.

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

.....

.....

.....

.....

2 I'm interested in using CAB PREP, but I worry about []

How can you support them to feel more comfortable using CAB PREP?

.....

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.....

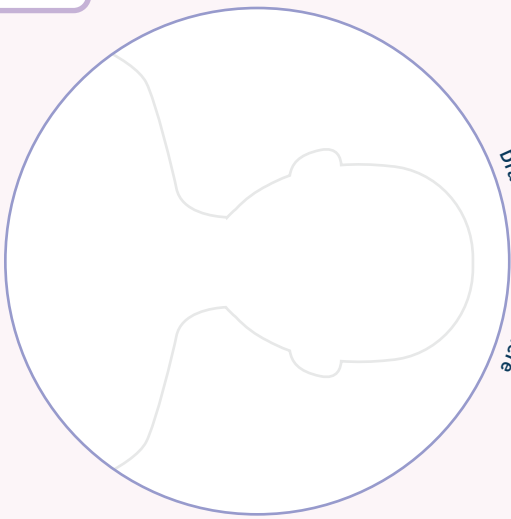
3 I want to use CAB PREP. How do I get it?

How can you help them get CAB PREP? Where can they get it?

.....

.....

.....



4 I am using this PREP method but sometimes forget to use it as prescribed.

How can you support them to use this PREP method consistently and continue to use it while they need effective HIV prevention?

.....

.....

.....

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

5 Do I need to tell anyone about my PREP use?

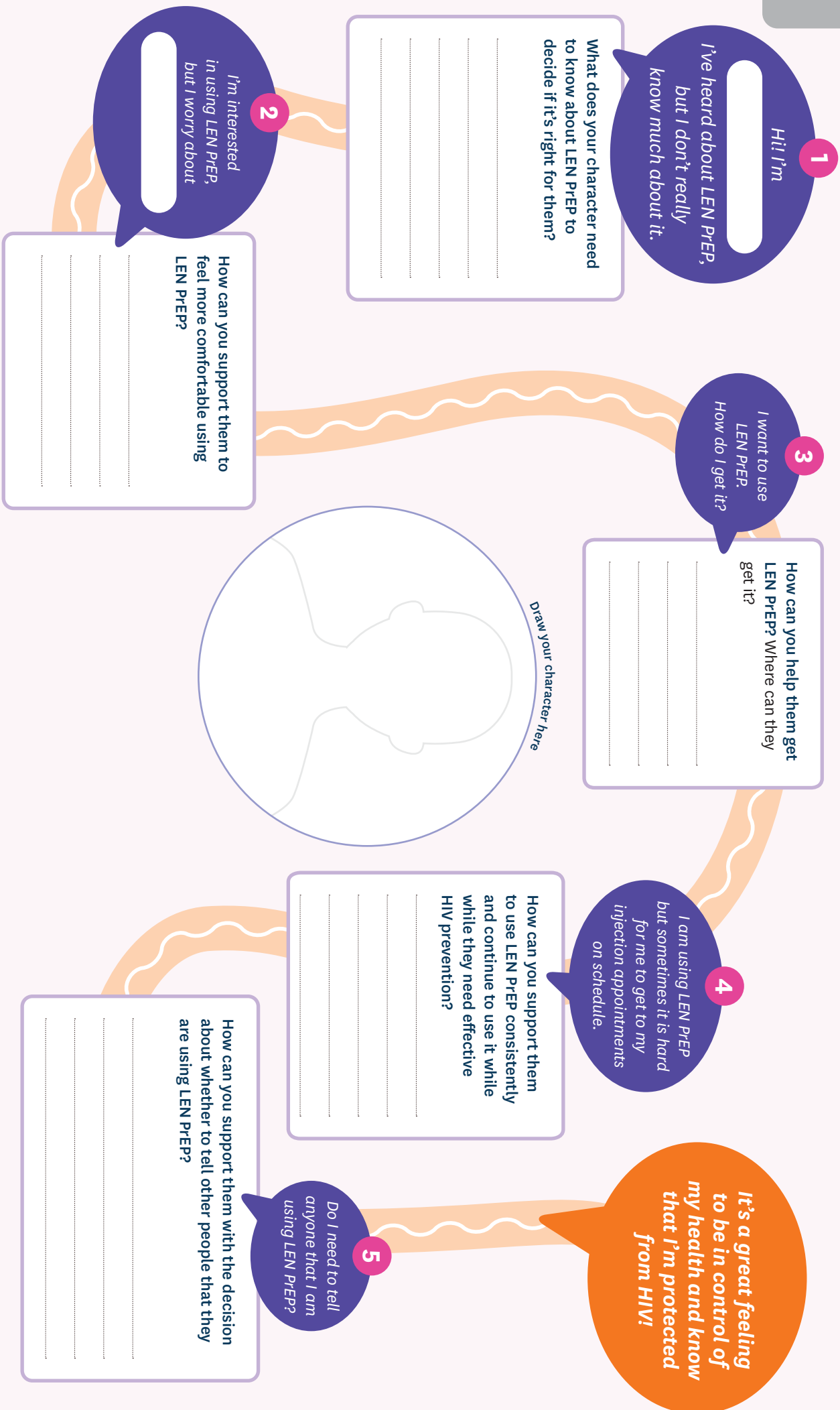
How can you support them with the decision about whether to tell others about using CAB PREP?

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.....

PREP Journey Map: LEN PREP



Removing Barriers to PrEP

What would make it easier for your peers to **find** out about PrEP?

What would make it easier for your peers to **take** PrEP correctly and continue taking it?



What would make it easier for your peers to **talk** to the people in their lives about using PrEP?

What would make it easier for your peers to **get** PrEP?

What would make it easier for your peers to **use** PrEP?

Advocacy Planning

What is the problem you want to address?

What do you want to achieve (your objective)?

Who has the power to do this?

What opportunities are available for you to influence them?

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

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

My Personal Action Plan

Our goal

What are you most passionate about doing as an Ambassador?

Handwriting practice area with 5 horizontal dotted lines.

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 towards 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 towards the goal (your objective)?

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

Handwriting practice area with 5 horizontal dotted lines.

Step	How do I do this?	What does this look like in practice?
<p>Listen closely with empathy and without judgment.</p>	<p>Make sure you are somewhere private, where they feel physically and mentally safe. Explain the boundaries of confidentiality that you can uphold. Show them you are listening deeply and with empathy. Use your body language to communicate that you are paying attention. Give them a safe space to talk. Acknowledge and validate their feelings.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Inquire about their needs and concerns.</p>	<p>Let them know they are in control of what happens next. Help them to identify their needs and consider their options.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Validate their experiences.</p>	<p>Validate their experiences by letting them know they are not alone, you are there for them, and their feelings matter. Explain that you are just there to listen — you will not judge them or tell them what to do. If they have shared an experience of violence, let them know that you believe them, and it is not their fault.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Enhance their safety.</p>	<p>Help them think about their situation and things they may be able to do to increase safety. If someone is in an especially dangerous situation, let them know that you are concerned for their safety and that their safety is important. Talk through the safety planning questions with them. Remind them that a safety plan is not a guarantee that violence will not happen and that violence is never their fault.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Support them to connect to more resources.</p>	<p>Ask if they would like to hear information on local resources. If they say yes, provide them with information about local resources that might help, such as referral for PEP or emergency contraception, counselling, or legal support. Remember that not everyone wants to take up a referral right away, and that is okay. Some people may return for a referral, but others may not want to be referred. Returning control to the survivor means respecting their wishes, and a survivor who knows you respect their choices is more likely to return to you for additional support.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>SELF-CARE FOR AMBASSADORS</p> <p>Remember to take care of yourself!</p>	<p>Providing first-line support is an important step in responding to survivors of violence, but it is not your responsibility to solve your peers' problems. After using the LIVES approach, it is good to check in with yourself and take time to respond to your own needs. Supporting survivors is only possible when we are first supporting ourselves. It is appropriate and brave to let others in your Ambassador programme know if you need a break from offering this type of support. You can take a break from this work and still be an Ambassador.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

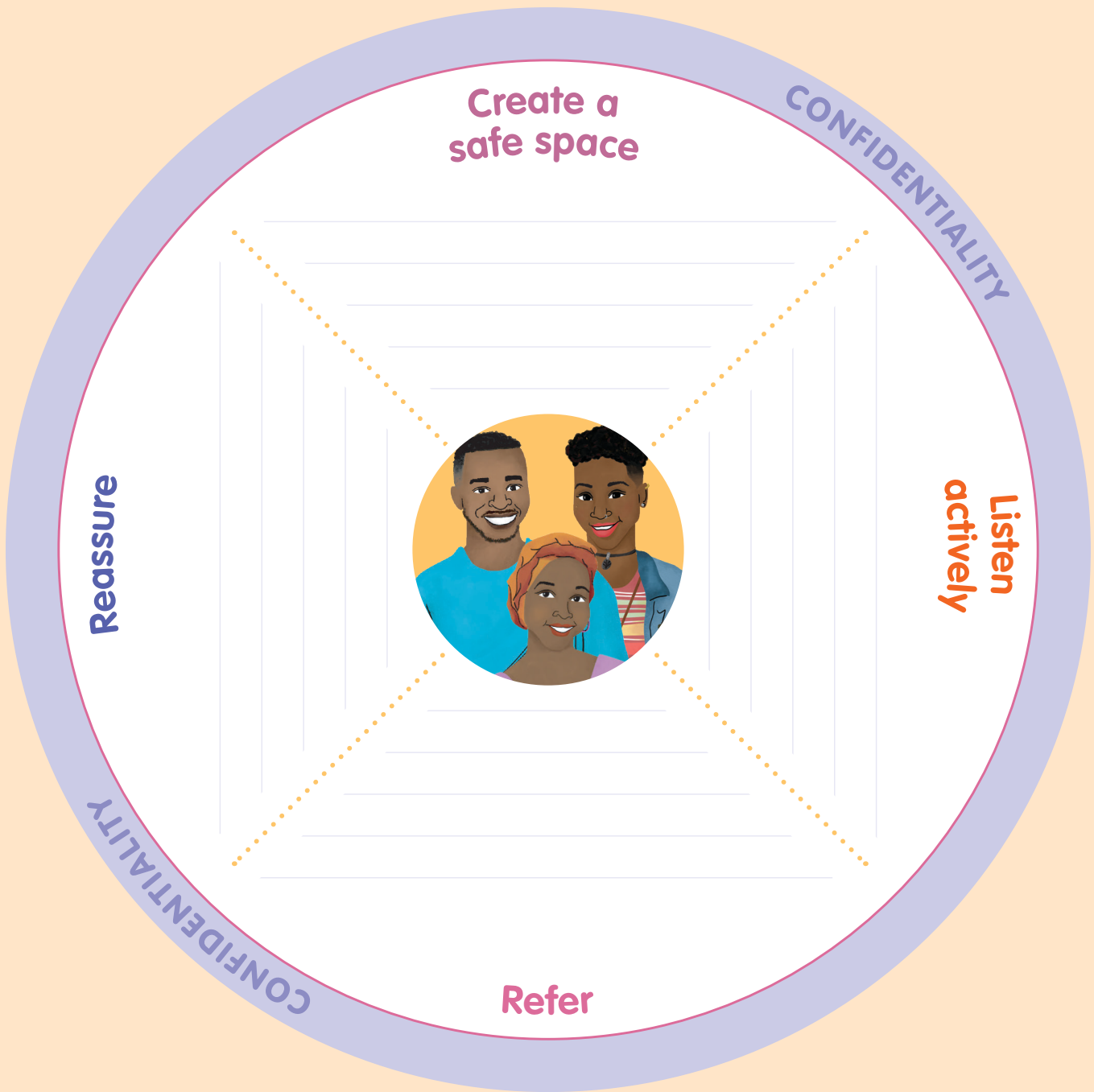
If I need support or assistance

in an emergency, I can contact:

Local Referral Directory Template

HEALTH SERVICES (such as HIV testing, PrEP, PEP, family planning, emergency contraception, STI screening and treatment, and mental health screening)	SOCIAL SERVICES (such as crisis counselling and support groups, financial aid, and community-based organisations that may provide accompaniment)	LEGAL SERVICES (such as legal information and contact information of trained law enforcement officers when they can be safely engaged)
[Name of Organisation/Facility] <input type="text"/>	[Name of Organisation/Facility] <input type="text"/>	[Name of Organisation/Facility] <input type="text"/>
Population served:	Population served:	Population served:
Hours:	Hours:	Hours:
Location:	Location:	Location:
Focal point:	Focal point:	Focal point:
Population focus:	Population focus:	Population focus:
Phone:	Phone:	Phone:
Email:	Email:	Email:
Services available:	Services available:	Services available:
[Name of Organisation/Facility] <input type="text"/>	[Name of Organisation/Facility] <input type="text"/>	[Name of Organisation/Facility] <input type="text"/>
Population served:	Population served:	Population served:
Hours:	Hours:	Hours:
Location:	Location:	Location:
Focal point:	Focal point:	Focal point:
Population focus:	Population focus:	Population focus:
Phone:	Phone:	Phone:
Email:	Email:	Email:
Services available:	Services available:	Services available:
[Name of Organisation/Facility] <input type="text"/>	[Name of Organisation/Facility] <input type="text"/>	[Name of Organisation/Facility] <input type="text"/>
Population served:	Population served:	Population served:
Hours:	Hours:	Hours:
Location:	Location:	Location:
Focal point:	Focal point:	Focal point:
Population focus:	Population focus:	Population focus:
Phone:	Phone:	Phone:
Email:	Email:	Email:
Services available:	Services available:	Services available:

Peer Support Wheel



SELF-CARE CHECK

How will I care for myself after I support my peers?

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