



# You Asked...We Answered!

Answers to Questions on HIV and AIDS Asked By Youth in Southern Africa!

## HIV AND AIDS: HOW CAN I MAKE A DIFFERENCE!

# PART (iii)

*SAFAIDS*

A Series Compiled by  
Southern Africa HIV/AIDS  
Information Dissemination Service



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Southern Africa HIV/AIDS Information Dissemination Service (SAfAIDS)

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**Answers to Questions on HIV/AIDS Asked By Youth in Southern Africa!  
Part (iii)**

**HIV AND AIDS: HOW CAN I MAKE A DIFFERENCE?**

A Series Compiled by Southern Africa HIV/AIDS Information Dissemination Service with support from the Netherlands Embassy, Department of International Development UK (DFID), Swedish International Development Agency (SIDA), Humanistic Institute for Cooperation with Development Countries (HIVOS), and Development Cooperation Ireland.

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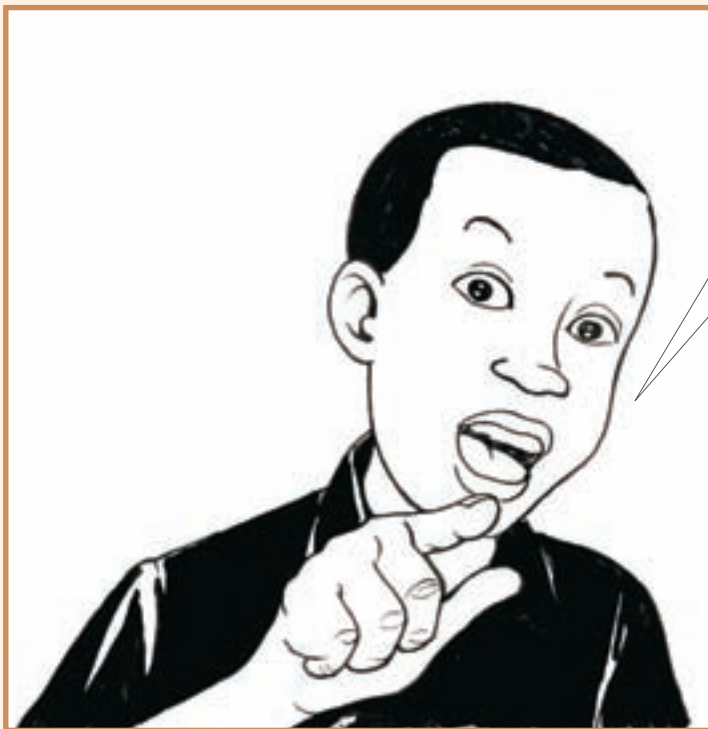
## **SUMMARY**

# HIV and AIDS: HOW CAN I MAKE A DIFFERENCE

## FINDING OUT IF YOU ARE HIV POSITIVE

### 1. What is Voluntary Counselling & Testing (VCT)?

Voluntary counselling and testing (VCT) is a common term used to describe the process of choosing to determine your HIV status. An important aspect of VCT is that it is voluntary, so only YOU can decide to make use of the services! No one can "make" you determine your HIV status, it is something you must decide is important on your own. VCT services can be offered by your doctor, a special clinic set up just for VCT or a mobile unit that offers service in your community.



**Do you know where VCT services are offered in your community?**

You will find a resource list that includes VCT centres and organisations that can help you access voluntary counselling and testing Services at the back of this booklet.



## 2. Why should I make use of VCT services?

There's no doubt about it, the thought of learning your HIV status is scary! You have to weigh the pros and cons of getting tested and decide what is right for you.

Counsellors at VCT centres are trained to talk to you about any questions or concerns you may have about your health or lifestyle, not just HIV testing and it's confidential too! They are there to assist you with a range of topics (family planning, gender violence, contraception, rape...) as well as to help

you make a decision about whether you are ready to be tested or not and how to cope with both a positive or negative result. Remember, VCT can only be undertaken with your consent and you have the right to delay VCT if you are not ready.! **Think of VCT services as your first step towards ensuring your health and your future whether you are HIV positive or not!**

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**Below are some reasons why you should use VCT services; can you think of any more?**

- 1) By enabling you to learn your HIV status, VCT helps you to fight HIV by protecting yourself from infection or infecting others.
- 2) VCT helps HIV positive people seek medical attention that both helps them cope with illness and to avoid becoming sick.
- 3) Post Test Clubs at VCT centres encourage people to live positively, whether they test positive or negative.
- 4) VCT can offer free and accurate information and counselling on HIV/AIDS to your family and friends. Just like a doctor, YOU can refer your friends and family to VCT services!
- 5) Pregnant women can seek advice on how to reduce the risk of transmitting HIV to their babies at VCT sites.
- 6) Most importantly...by giving you the tools to protect yourself and others, using VCT means that you are taking responsibility for yourself and the people you love!



### **3. What happens during an HIV test? How accurate are the tests?**

The standard testing procedure is very simple and relatively painless. First, a VCT counsellor will talk to you alone and confidentially about what will happen during the test and what the test results mean. If you feel uneasy about being alone, you are welcome to bring a friend or your partner into the counselling and testing rooms. A small sample of blood is taken safely and privately in a separate room and in most cases you can receive your results in a matter of minutes! After the test, the VCT counsellor will talk to you alone about your results (it is up to you to tell others your status!) and provide you with information on prevention, care and support. You are encouraged to ask the counsellor as many questions as you can think of, including what long-term support services are available for HIV positive and HIV negative youth.

The tests used to detect HIV in the blood are very accurate. Occasionally, false positive or negative results arise, but they are rare and are always confirmed by testing more than once! If there is any question about the results, two tests can be done on the same blood sample, and if they give different results, a third confirmatory or "tie-breaker test" is performed. Only one test is required in the majority of cases.

**Positive or Negative, Test Your Knowledge (answers on page 8) :  
Why might you test negative for HIV when you are actually positive?**

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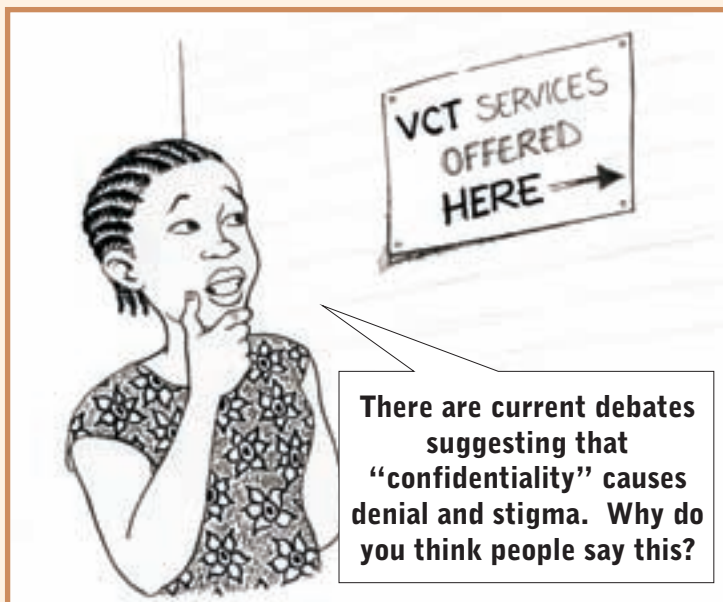
### **4. Are HIV test results really treated confidentially?**

Yes, results are confidential! Anonymity and confidentiality is maintained throughout the testing process. Counsellors at the VCT centres further maintain confidentiality by using numbers or codes, not names on their clients' forms and on the samples. Nothing is written down, you are only informed.

There is also something called "shared confidentiality" through which only selected family members of your choice and other community workers are informed about your status. Whether you choose to keep your HIV status to yourself, tell your partner, close friends, family members, or the entire community, you are always involved in the decision of who should know and how they should know about your status.

## To disclose or Not to disclose...? THAT is the question!

The issue of whether to “disclose” your HIV status is an important way you can make a difference in the fight against HIV and AIDS. It is important that you weigh both the advantages and disadvantages of disclosure like those listed below. Can you think of any we have left out?



### ADVANTAGES OF DISCLOSING

- You don't need to live in fear of people discovering your status.
- You can talk openly with your friends and family.
- You can access health care that will help you stay healthier, longer.
- You can join groups of other people living with HIV/AIDS for support.
- You could help save lives by telling your story and educating others on how to avoid infection.
- You can provide an example by living positively and showing your community that HIV is nothing to be ashamed of!

### DISADVANTAGES OF NOT DISCLOSING

- You will risk facing stigma and discrimination by those who are ignorant about the facts on HIV.
- You will be at greater risk of spreading the illness to people you love.
- You will become ill more quickly due to lack of knowledge and failure to access health services .
- You will live in constant anxiety and fear of being “discovered”. Such stress is likely to affect your health and relationships.
- You will allow yourself to be “outdone” by HIV by not fighting it openly.



## 5. Is there life after being diagnosed HIV positive?

Yes there is life after testing positive! Being diagnosed with HIV is the same as being diagnosed with any other chronic illness. Would you think your life was over if you were diagnosed with a disease like diabetes? Of course not! You would simply become educated on how to eat and exercise properly, what medications to take, and how to live as positively as you can to maintain your health and vitality. The same principles apply when one tests for HIV positive!

Stigma and discrimination surrounding HIV and AIDS have made people think that testing HIV positive is a “death sentence”, but it's not! Knowing your status in fact gives you the opportunity to prolong your life and prevent spreading the disease to others.

**Tendai has had a continuous cough and lost weight recently. I think she has “that disease”, AIDS. People might think I have it too if we hang out.**

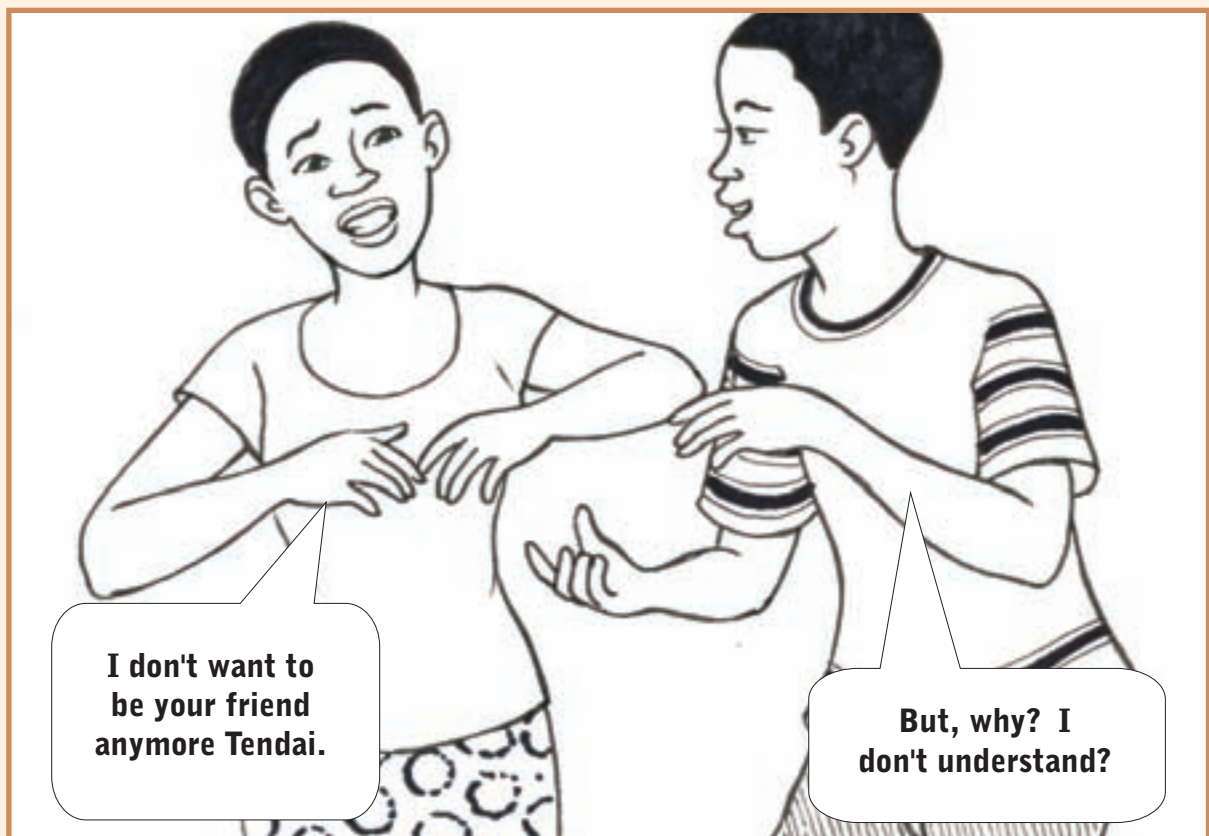


# STIGMA AND DISCRIMINATION

## 1. What are stigma and discrimination? How are they related?

Stigma can be described as a negative attitude towards people who are HIV positive, or belong to a particular group or who have different characteristics from others.

Discrimination is treating people differently and unfairly because they are HIV positive or may be different from another group.



**Do you see the difference? Stigma is a negative thought, whereas discrimination is a negative action. In other words, the negative thoughts created by stigma lead to discrimination, rejection, isolation, guilt and loneliness.**

## **2. How do stigma & discrimination affect those with HIV and AIDS?**

People living with HIV and AIDS are affected by stigma and discrimination in many ways. Some will not disclose their status because people in our communities look at people with HIV and AIDS with shame and blame. Because of this stigmatisation, many people who have HIV do not want to talk about it and must suffer alone. For example, people who are HIV positive are often blamed for being promiscuous or having “brought it on themselves.” Such discrimination feeds HIV and allows it to spread in our communities, homes, and possibly our bodies because we are too afraid to talk openly and protect ourselves.

Because you have access to information that older people may not, and are the future leaders of our communities, you have a big role in reducing stigma and discrimination. How someone got the disease is not important. If you are not infected, you are certainly affected by HIV and AIDS. What is important is to prevent the spread of HIV and provide People Living With HIV and AIDS (PLWHA), with care and support.

**HIV does not discriminate against who it infects, why should you? Don't be a fool. Allowing people to suffer in silence gives power to HIV and puts us all at greater risk!**

### 3. What rights do people living with HIV and AIDS have?

Human beings have rights and whether they are sick or not they must exercise their rights! All human rights, laws and regulations that protect human beings also apply to People Living with HIV and AIDS (PLWHA). Some of these rights include the right to:

- affordable, accessible, efficient and effective health care services. This means health care services which can be reached by anyone and which provide good service to anyone needing them
- privacy in their lives. This means they can keep their status confidential if they choose to
- employment, promotion, professional development and all employment benefits
- equal access to education
- marry and have children
- enjoy love and sex
- satisfactory standard of housing and sanitation
- leisure, recreation, cultural activity and pleasure
- non-discrimination and equality before the law

#### **(ANSWER from page 3) . Why would you test negative for HIV when you are actually positive?**

If you read Part II of the series you probably already knew this answer! During the months after initial infection, HIV tests may show a false result. The period of infection before HIV is detectable in the blood is called the "window period" and lasts 12 weeks or more. So remember, if you have been at risk of exposure to HIV during the past 3 months, you should be tested again in 3 months' time to confirm your status!

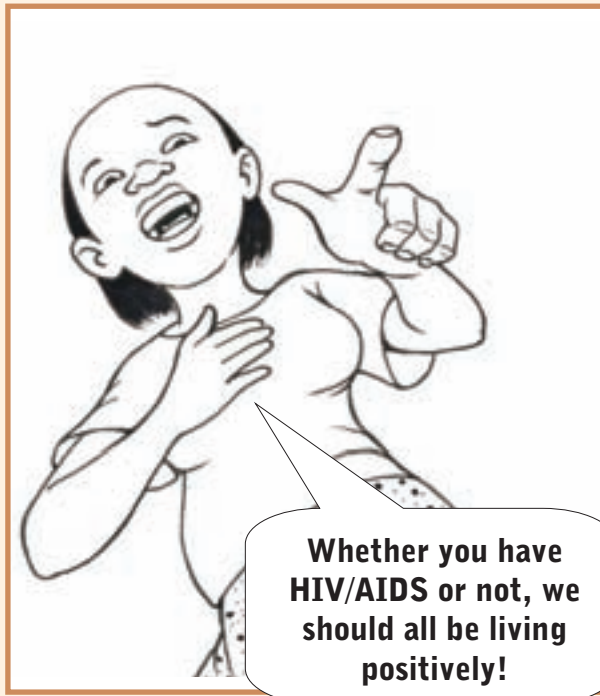
# CARING FOR PEOPLE LIVING WITH HIV (PLWHAS)

## 1. What is “positive living”?

Positive living is a term used to describe steps taken by people with HIV or AIDS that enhances their lives and increases their health. Positive living includes good nutrition, fast and effective treatment of opportunistic infections, accessing health care, and having a positive outlook on life! Positive living is not allowing HIV to stand in the way of living your life, but taking steps to ensure that you will live for a very long time!

## 2. Can I get HIV by taking care of people who are infected?

It is easy for care givers to protect themselves against HIV infection if “universal precautions” are taken with each and every patient, whether they have disclosed their status or not.

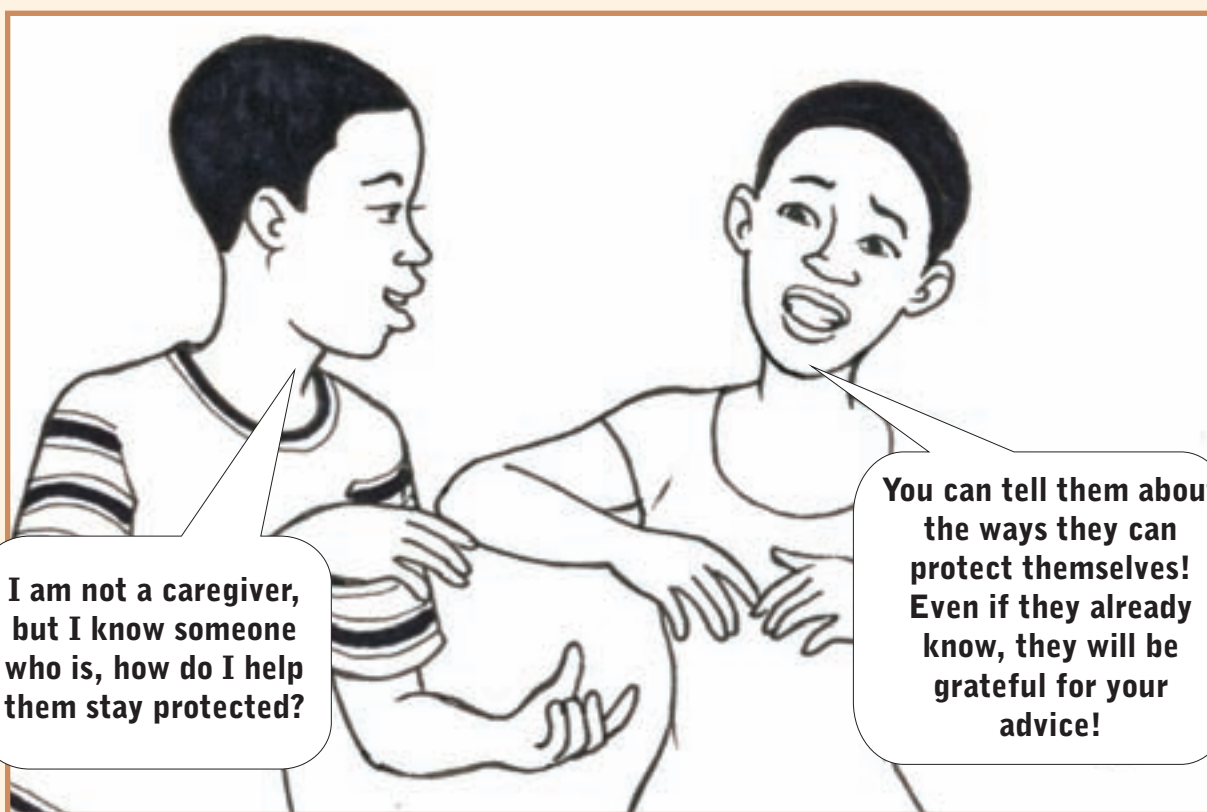


Universal precautions include:

- wearing gloves that are protective and disposed of after being used once. If gloves are not available then you can use two clean plastic bags to cover each hand. Make sure that the bags do not have any holes in them and are clean on both sides!
- washing your hands with warm water and soap (preferably disinfectant soap if it is available) after caring.
- Wearing protective gear like aprons/gowns and overshoes if they are available.

- throwing away contaminated gear, unless you can sterilise (always sterilise by boiling in water for at least five minutes!). When you dispose of the gloves or other gear that may have had blood on them, do so in a labelled container out of reach of children and other persons. This can be burnt later.
- if using a razor to help shave the infected person, be sure no-one else uses the same razor and store it in a safe place where children/ people cannot access it.

Caregivers can be at risk of HIV infection because some HIV positive people do not disclose their status. In cases where patients do not disclose their status, caregivers may not be cautious, eg wear protective gloves when cleaning sores or washing soiled cloths. In other words, the caregiver has control whether they put themselves at risk or not. By following the universal precautions on the last page, caregivers can ensure they are safe from a number of infections, including HIV!





### **3. Can an HIV infected person also be an HBC carer or counsellor?**

Many people believe that those living with HIV make the best carers and counsellors, as they can understand better than anyone else what it is like living with HIV or AIDS! There are many support groups of PLWHA around the world who are providing support and care. Some of the PLWHA work as volunteers. It is easier for PLWHA to act as home based care-givers because they know how to give appropriate advice and messages on HIV and AIDS without attaching stigma and discrimination to it. Support groups and volunteers who are HIV positive have helped break the silence and reduce stigma attached to AIDS. Such support groups can challenge discrimination, advocate for access to treatment, and promote counselling and support services.

### **4. How can I help in caring for PLWHAs?**

Many youth, especially young girls, are already caring for relatives or neighbours living with HIV and AIDS! Often, youth are not recognised as caregivers and not given the support they need to provide adequate care or protect themselves from contracting HIV. If you are currently providing home-based care, talk to a local community about ways on how you can be given medical supplies or training that will help you. If you are interested in supporting PLWHAs by providing home-based care, ask a local health professional or community worker if you can assist them in their work. Your assistance will be greatly appreciated and you will be surprised at how good it makes you feel about yourself and how grateful your community is!

**One easy way to care for PLWHAs is by giving them your love and support and refusing to discriminate against them based on their status, or advocating for their rights within your community!**



# TREATMENT

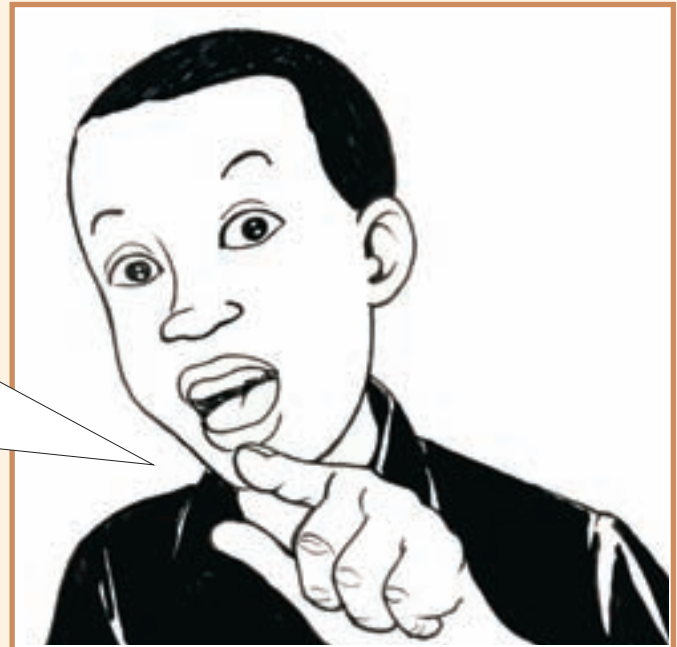
## 1. How do people treat “Opportunistic Infections” (OIs)?

If you remember from Part I of the 'You Asked...We Answered' series, opportunistic infections are specific infections that people with HIV have problems fighting due to their weakened immune system. These are infections that the body can fight off if an individual has a healthy immune system.

Some countries in southern Africa have clinics specifically to treat opportunistic infections. Does your community have an OI clinic?

The best way to prevent contracting opportunistic infections if you are HIV positive is by keeping your immune system strong through good nutrition, exercise and “positive living”. If you think you may have an OI, seek medical attention as soon as possible so that you can obtain medication to ensure that the infection does not take hold and further weaken your immune system.

**Remember...keeping your immune system strong is not only a good way to stay healthy if you are HIV positive, it is also a way to prevent contracting OIs!**



## 2. What are ARVs?

The abbreviation 'ARV' stands for 'antiretroviral'. ARVs are drugs that are developed to keep HIV positive persons healthy. Treatment of HIV infection using ARVs is referred to as "antiretroviral therapy" (ART). ARVs do NOT cure HIV and AIDS. The aim of this treatment is to strengthen immunity by stopping the HIV from reproducing itself in the body. For this reason, ART is also important for pregnant or nursing mothers who are HIV positive to prevent passing the infection onto their babies.

With this advance in treatment options, HIV is now a "chronic manageable condition" such as hypertension and diabetes. ARVs are expensive and those who cannot afford them can still live a good quality life by living positively!

## 3. Can I access ARVs? If so, how?

Although ARVs are available in many developing countries, they are often too expensive for most of us. BUT, more and more ARVs are being made available at affordable prices. It is important to get educated on what options are available for accessing ARVs in your country. For example, in some countries in southern Africa, ART treatment for pregnant women is made available for free to help prevent the spread of HIV to their babies. See the resource list at the back of this booklet for some organisations you can contact to find out about ARVs in southern Africa.

## 4. Is there any way to treat HIV if I can't access ARVs?

YES! In fact, there is no one "right" way to treat HIV and AIDS! The best treatment involves all aspects of positive living (nutrition, exercise, support, positive outlook). This type of "holistic" treatment strengthens your body, mind and soul, providing the greatest defense to the effects of HIV!

**Did you know that positive living is one of the best ways to treat HIV and AIDS?**



# YOUTH FRIENDLY SERVICES

## 1. Where can you find youth friendly centres?

Youth friendly centres are mostly placed at a central location in your community. If you don't know if your community has a youth friendly centre ask a community leader, teacher, friend or enquire from the local health clinic where it is located.



## **2. What kinds of services do youth friendly centres offer?**

- youth friendly centres usually provide different services from country to country but most provide some of the following:
- fitness activities (like dancing & sports days)
- youth festivals where quizzes, poems, talk shows and other activities that will get you thinking are organised.
- language classes
- group discussions and support groups about issues facing youth in your community
- education classes on different issues such as micro enterprise, sewing, gardening and animal husbandry
- information on development issues, reproductive health, sexuality, counselling, HIV and AIDS services to youth
- Information to youth who are sexually active to enable them to practise safer sex as a way of reducing the incidence of STIs and related problems.

## **3. How do youth friendly centres function?**

Experienced and trained staff with youth needs at heart are supposed to manage youth centres. Some of the leaders are youth just like you, called “peer educators”! The staff should enjoy working with youth to create fun and welcoming a environment for youth to visit and communicate freely. Most of the activities carried out at the youth centres are meant to help promote positive behaviour and develop confidence to help you to overcome your fears and worries about growing up, your health and HIV and AIDS. Youth friendly centres guide you along the rocky road to adulthood.

Donors, non governmental organisations (NGOs) and governments are making efforts to promote youth friendly programmes such as 'Love Life programme' funded by United Nations Population Fund (UNFPA) in South Africa and the “Mopani Junction Radio Drama” funded by Center for Disease Control (CDC) in Zimbabwe. All these efforts promote behaviour change for youth through communication. But remember, communication is a two way street! Without your feedback and enthusiasm, youth friendly centres will serve no purpose. Organisations will only find out what you need if you tell them!

What service appeals most to you in the list above? If there is something you are interested in, go to your youth friendly service centres and ask if it is offered! If it is not, or there is something you are interested in that is not on the list, ask if it can be made available...or even better, help to organise it yourself!



#### 4. What rights do youth have if the service provider is not friendly?

It should not be difficult to voice your concerns at youth friendly centres, because they are serviced by youth just like you! If you are not happy with their services, you have a right to communicate with the youth friendly service provider. Put across your complaints in the most polite way to avoid offending the service provider. Some centres have suggestion boxes where you can write and put in your comments (you may choose not to put your name in the letter of complaint). Also look for feedback forms at the reception area where you can complete and put your viewpoints across. It is more effective for you to communicate with the service provider about the poor service immediately to reinforce attitude change and get the service you need!

**Remember:** All feedback does not have to be negative! If there is something you like about your youth friendly centre, they need to know that as well!

#### 5. Can I start my own youth friendly service if my community doesn't have one?

Yes! Who is better placed to take the lead in initiating youth friendly services than you the youth of the community! If your community does not have a youth friendly service centre, speak to leaders in your community and gain their support on opening one. Once you have their support, research organisations that can help provide you with the resources required to open such a centre (see the resource list on the back of the booklet). Then, use the guideline on

how to write a proposal provided later in this booklet to convince donors why they should invest in the youth in your community! You will be amazed at what can happen if you take the initiative!



**I am tired of waiting for programmes that support us...I am going to do something about it!**



# SPEAKING OUT

## 1. What is the role of youth in responding to HIV and AIDS?

Lack of information has made youth vulnerable to HIV and AIDS. Sex and sexuality is influencing the lives of teenagers just as much as adults and many persons have their first sexual experience during these years whether it is socially accepted or not. Because youth are often forced to keep their sexuality “under wraps” they are not accessing the services available to them that will help prevent STIs and HIV infection. Such services include VCTs family planning centres where they can access condoms. Because youth often do not utilise the services available to them, YOU belong to the age group with the highest rate of new infections!

Ways through which you can take responsibility in responding to HIV and AIDS are:

- look out for accurate information on HIV and AIDS and learn how to prevent and protect yourself from HIV.
- protect yourself from STIs and unwanted pregnancy.
- do not rush into having sex. You do not have to sleep with someone to have a good time!
- practice safer methods of sex such as non-penetrative sex, masturbation, and the correct and consistent use of condoms (for more information on safer sex practices, go back to Part II of the Series Let's Talk About Sex!).
- share your knowledge and information with other youth.
- engage in discussions about HIV/AIDS and your sexuality with your parents.

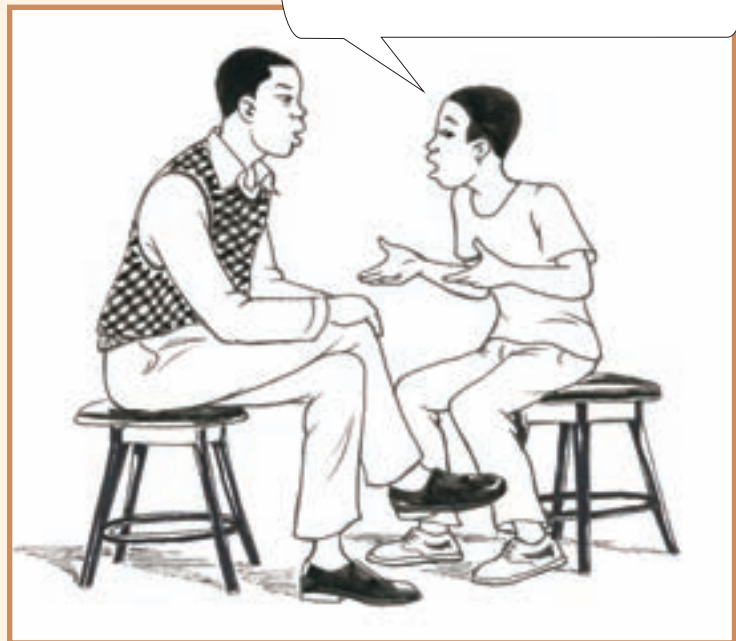
Another simple way of knowing what to do is to begin by imagining how you would like to be treated if you were HIV infected, or your family member was infected. What things would you need from your friends and community? These should be the same things you should do for people who are either infected or affected by HIV and AIDS.



**If I was HIV positive, I would need to feel as though I was still loved and important. I will make sure my HIV positive neighbour knows that she is the same person in my eyes!**

**Baba, I get worried about AIDS can I talk to you?**

## **2. Should I discuss my sexuality and HIV/AIDS with my parents or elders?**



The first place to speak out about HIV and AIDS and sex should be in your own home! These are “touchy subjects” in many of our communities, but the only way to overcome this is to be honest with yourself and the people you love. Often, we are afraid of topics like these because someone needs to take the first step. Sometimes due to cultural or traditional

norms, the first step is a small one, but that is OK, it is a start! If you speak respectfully to your parents or elders about questions or concerns regarding your sexuality, STIs or HIV and AIDS, you may find they are happy you came to them rather than putting yourself at risk.

### **3. How can I disseminate information about HIV and AIDS to other youth in my community?**

The key to getting the word out about HIV and AIDS in your community is to “start small and build up”. Start in your home, then to your peers, your surrounding community, then, anything is possible!

Disseminating information to other youth (commonly called “peer education”) in your community about HIV is as easy as saying, “Did you know...”! If you simply went out and talked to people about the things you've learned reading the 'You Asked...We Answered' series, you are disseminating useful information! A common trap to fall into is to think that just because you know something, your friends and age-mates know it too. This is not always true. The secret is to never treat people like they are lesser for not knowing the same things. Information is meant to be shared, so go out and share it!

A big mistake can be disseminating information about HIV and AIDS that is not correct. As we discussed earlier, this is the kind of information that leads to the stigmatisation and discrimination of people living with HIV and AIDS. You need to consult resource centres and HIV/AIDS serving organisations in your community before going out and speaking to other youth in your community. It is also important for you to contact national HIV/AIDS bodies in your country to get accurate information and learn about networks that can refer you to the right organisations that will be able to help.

### **4. How can I make sure speaking out reaches many people?**

If you want to get a message about HIV and AIDS out to more people than just your family and friends, a good place to start is with organisations that specialise in the “mass dissemination” of this information. The resource list on the back of this booklet is a good place to start you can also approach organisations in your community that are not listed for help. There may be some limitations to how far you can take your message depending on what type of national education programmes are being undertaken. But don't get discouraged! If you think you have something important to say about HIV and AIDS, the best way to get your voice heard on a “mass” level may be to join an existing project that is working towards a common goal.

# DEVELOPING A PROJECT PROPOSAL

## 1. What is a proposal?

A proposal is a document that describes the project you want to start and asks for support in a way that is clear and easily understood. Proposals are the key to making people with the resources you need to start a project listen. Have you ever heard of the saying “talk is cheap”? Well, a proposal is a way you can ask for support or funding and explains your plan of action in a way that promises to carry out the work.



## 2. What are the basic parts of a proposal?

In finalising your proposal, you will want to contact an institution or organisation in your community you think could help, or one of the organisations listed in the resource section at the back of this book. But before you do that, you should try to fill in each part listed here. It will not only help you to clarify what your project will do, it will also make you appear more knowledgeable and serious to the organisation you contact.

The basic parts of a proposal are:

### i. Title Page:

The title page gives your project title, your name (or the name of your group), the name and address of the organisation you are applying to for support, and the date.

### ii. Table of Contents:

The table of contents helps the reader to locate specific parts of your proposal (the table of contents in the front of this booklet is an example).

### **iii. Summary:**

The summary is a short description of the background and objectives of your project (no more than two pages long).

### **iv. Introduction and Background:**

The introduction explains the history of the problem your project is trying to address, any previous attempts to fix it, and why further efforts are needed. The introduction therefore explains why your community needs the project you are proposing.

### **v. Methods:**

The method section describes in detail how you plan to carry out your project. It will answer such questions such as: What are you planning to do? How are you planning to achieve your goal? How will your community be involved in the project?

### **vi. Monitoring and Evaluation:**

The monitoring and evaluation will describe how you plan to see if your project has achieved its goal. A good way to evaluate is to determine the status of the problem you are addressing at the beginning, in the middle, and at the end of the project. For example, if you want to increase people's knowledge about ways that HIV is transmitted; you may want to give out a questionnaire at the beginning of the project before you start your work. Then, you can give the same questionnaire at the end of the project to see if people's knowledge has increased.

### **vii. Timeline:**

The timeline explains how much time will be needed to complete each part of the project.

### **viii. Budget:**

The budget outlines how much money you will need to complete each part of your project. For example, you should estimate the cost for any materials you will need (like pens, paper, posters), any transportation costs, or the cost of booking venue sites like community halls. Remember that funding organisations are very experienced and they will know if you have exaggerated how much money you need, or if you are not spending the money they provide you on the project in a proper way.



**“Buying new clothes with policeman waiting in the background.”**

**On stage speaking to cheering audience with “World AIDS Day” banner behind him**

## **ix. Bibliography:**

The bibliography, or “list of references” lists any articles, books, or personal communications you used to help you write the proposal. The authors of books and articles are listed in alphabetical order from A to Z. You do not have to have a bibliography in your proposal, but it will show that you have put thought and research into your project.



# SUMMARY

Youth of southern Africa, did you ever imagine you had the power to make such a difference in HIV and AIDS? We hope so! The secret to making a difference is believing in yourself, and having the confidence to follow through your ideas. How are you going to make a difference?

So, this is the end of our 'You Asked... We Answered' Series. Did we answer your questions? If you still have more questions, or think you need help to make your plan a reality, contact us or one of the organisations listed in the "resource section" at the back of this booklet. We would also like your feedback on this series, and any ideas you may have for future booklets of this nature. Please contact us at:

## **SAfAIDS**

17 Beveridge Road, Avondale  
Harare, Zimbabwe  
P.O. Box A509, Avondale, Harare  
Telephone: (263-4) 336193/4, 307898  
Fax: (263-4) 336195  
Email: [info@safaid.org.zw](mailto:info@safaid.org.zw)  
Website: [www.safaid.org.zw](http://www.safaid.org.zw)

**If there is one thing we hope that you take away from reading these booklets, we hope that it is this: HIV and**

**AIDS** is not your country's problem, your community's problem, or your neighbour's problem. **HIV IS YOUR PROBLEM.** If you do not stop the spread of HIV, who will be left to care for your community? What will happen to our communities and nations? The future of southern Africa depends on YOU and no one else! Get out there now and make a difference!

# RESOURCE LIST

## **MALAWI**

Youth Alive Malawi  
4/149 Onions  
P.O.Box 1530  
Lilongwe  
Malawi  
265-8-321689

National Aids Commission  
P.O.Box 30622  
Lilongwe 3  
Malawi  
265-1-771424  
265-9-268874

## **NAMIBIA**

Catholic AIDS Action (CAA)  
21 Jan Jonker Road  
Klein, Windhoek  
P.O.Box 11525  
Windhoek  
Namibia  
264-61-237513/5  
[info@caa.org.na](mailto:info@caa.org.na)

Katutura Youth Enterprise  
Centre  
Cnr of City & Kampala Street  
Wanaheda  
P.O.Box 5167  
Windhoek  
Namibia  
264-61-272670/246127  
[kayec@mweb.co.na](mailto:kayec@mweb.co.na)

## **ZAMBIA**

Planned Parenthood Association  
of Zambia  
Racheal Lumpa Clinic  
(off Church Road, Opposite  
Fairview Hotel)  
Lusaka  
P.O.Box 3221  
Lusaka  
Zambia  
260-254728

Youth Alive Association of  
Zambia (YAAZ)  
P.O. Box 33752  
Lusaka  
Zambia  
Plot 6085, Chituli Road  
Northmead  
Lusaka  
Zambia  
260-1-293559/ 260-1-290654  
[yaz@zamnet.zm](mailto:yaz@zamnet.zm)

## **MOZAMBIQUE**

Care International - Mozambique  
Av.Martires da Mueda,556  
P.O.Box 4657  
Maputo  
Mozambique  
258-1-492064/5/6/492628  
[carem@caremoz.uem.mz](mailto:carem@caremoz.uem.mz)

AMODEFA  
Av. Da Tanzania n 376  
Caixa Postal n 1535  
Maputo  
Mozambique  
258-1-405109/49  
[Informe@amodefa.org.mz](mailto:Informe@amodefa.org.mz)

# RESOURCE LIST

## ZIMBABWE

Youth Alive Zimbabwe  
37 Trail Road  
Mount Pleasant  
Harare  
263-4-301581  
[yazim@youthalivezimbabwe.co.zw](mailto:yazim@youthalivezimbabwe.co.zw)

Fact Mutare Youth Programme  
12 Robert Mugabe Way  
P.O.Box 970  
Mutare  
Zimbabwe  
263-20-61648- 67493  
[enquiries@fact.org.zw](mailto:enquiries@fact.org.zw)

## LESOTHO

Care Lesotho  
Off Consortium Road  
Behind Victoria Hotel  
Maseru 100  
266-22-314398  
[mmoleli@care.org.ls](mailto:mmoleli@care.org.ls)

Lesotho Planned Parenthood  
Association  
LPPA House  
Pope John Paul II Road  
Maseru  
Lesotho  
266-22-313645

## SOUTH AFRICA

Soul City for Health &  
Development Communication  
P.O.Box 1290  
Houghton 2041  
Johannesburg  
South Africa  
27-11-6435852  
Fax: 27-11-643-6253  
Email: [soulcity@soulcity.org.za](mailto:soulcity@soulcity.org.za)

Loveline  
P.O.Box 45  
Parklands 2121  
Johannesburg  
South Africa  
27-11-7716800/ 1  
Email: [talk@lovelife.org.za](mailto:talk@lovelife.org.za)





## Who is this booklet for?

The "You Asked...We Answered!" series of booklets has been primarily designed for youth like YOU!! It is to help you answer some of the many questions and fears you may have about your bodies, sex, love, HIV and AIDS. In fact, a young person somewhere in Southern Africa has asked SAfAIDS each question you see in this booklet! As you read through this booklet, keep asking yourself: Are the answers what you expected them to be? Do you have more questions that have not been answered?

**"You asked... We answered"  
So are you going to make a  
difference?**



## What's in Part (iii) of the "You Asked...We Answered' Series?

In Part I of the 'You Asked...We Answered' Series, we looked at some of your questions related to the basic facts on HIV and AIDS and in part (ii) we tackled some of your questions about love, sex, and your body. In this last part of 'you Asked... We Answered' series, we want to answer the greatest question of all in the fight against HIV and AIDS- **How Can I Make A Difference?**

Knowing all answers about HIV and AIDS is pointless unless you use that knowlegde to take action!! As you will see from the questions and answers inside this booklet, there are many ways youth like you can make a difference. You can make a difference by knowing your own HIV status, by living positively if you have HIV, or by being a leader in your community and getting the message about HIV/AIDS out! Youths across Southern Africa asked the questions you see inside this booklet because they wanted to know how to make a difference. What kind of difference are you going to make.