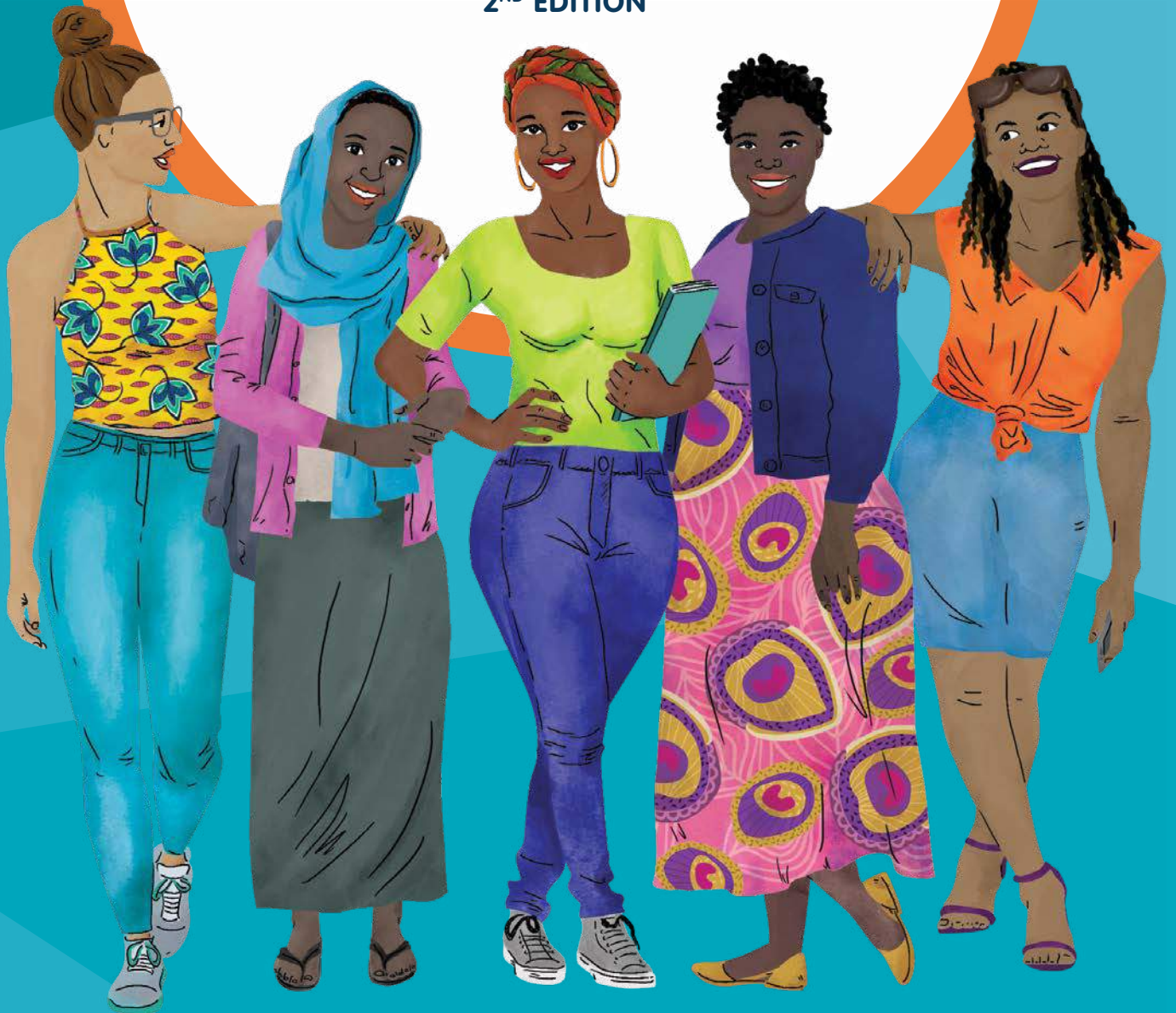


HIV Prevention Ambassador Toolkit

for Adolescent Girls and Young Women

2ND EDITION



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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 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 are vulnerable to HIV
- 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 violence against women and girls
- Support your peers who are experiencing violence by using active listening and by empowering them to access services

The first part of this toolkit contains **Ambassador Tools**. These tools give you information about HIV, 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 your peers stay HIV-negative. Together, we can make our communities stronger, healthier and safer. We are the generation that will end HIV!

Ambassador:



Contents



Ambassador Tools

Tool 1	Getting to Know Our Bodies — What Is Where	6
Tool 2	Getting to Know Our Bodies — Answering Your Questions	7
Tool 3	HIV and AIDS — Get the Facts!	8
Tool 4	HIV Transmission and HIV Prevention	9
Tool 5	Gender Inequality Problem Tree	10
Tool 6	LIVES Response	11
Tool 7	Test and Prevent	12
Tool 8	PrEP, PEP and ART	13
Tool 9	Expanding Options to Fit Our Lives	14
Tool 10a	Answering Your Questions — Oral PrEP	15
Tool 10b	Answering Your Questions — Ring	16
Tool 11a	Tips for Using Oral PrEP	17
Tool 11b	Tips for Using the Ring	18
Tool 12a	Telling Others Role-Play 1: Deciding to Disclose Your Oral PrEP Use	19
Tool 12b	Telling Others Role-Play 1: Deciding to Disclose Your Ring Use	20
Tool 13a	Telling Others Role-Play 2: Telling Your Partner about Your Oral PrEP Use	21
Tool 13b	Telling Others Role-Play 2: Telling Your Partner about Your Ring Use	22
Tool 14a	Telling Others Role-Play 3: Keeping Your Oral PrEP Use Private	23
Tool 14b	Telling Others Role-Play 3: Keeping Your Ring Use Private	24
Tool 15	Ring Insertion and Removal	25
Tool 16	Making a Choice — What Matters Most to Me?	26
Tool 17	Awareness Raising Role-Play	27

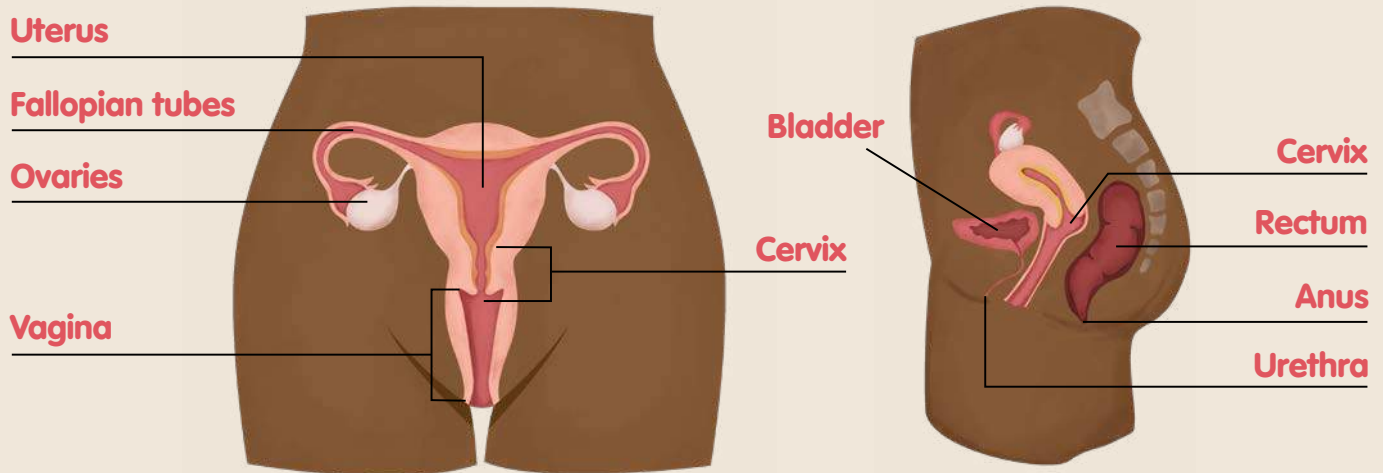
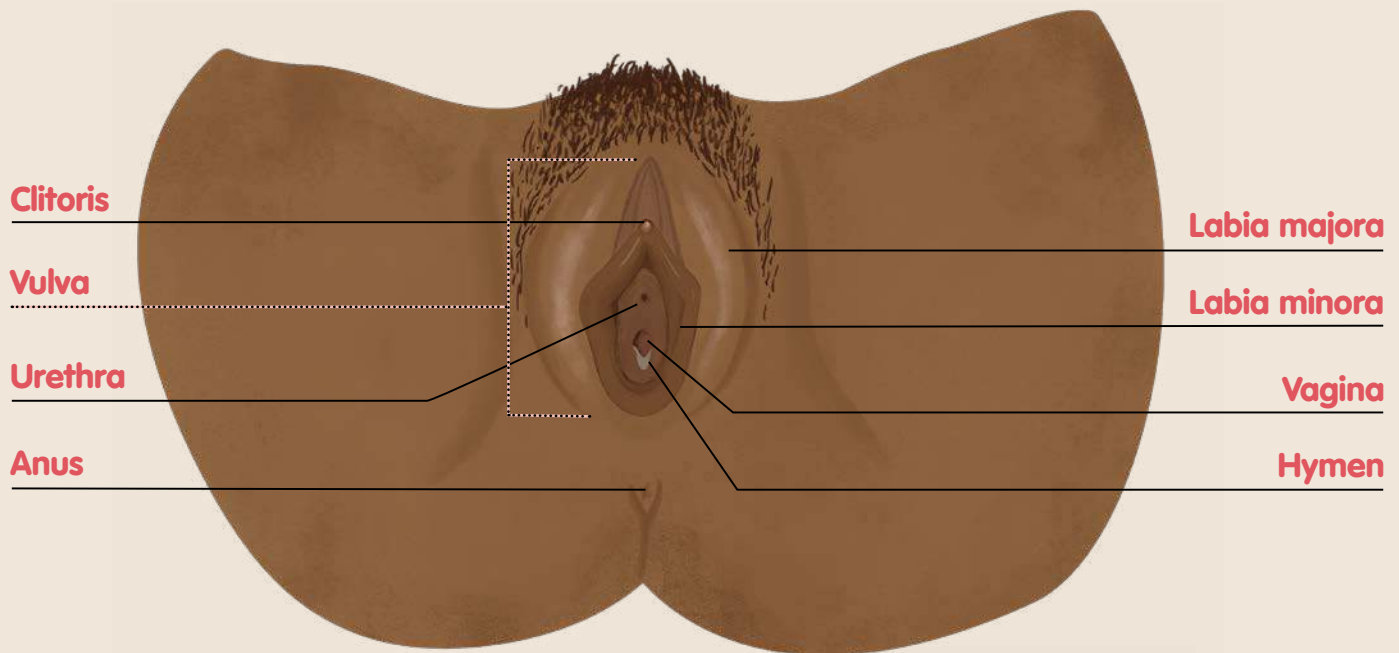


Worksheets

Worksheet 1	LIVES Response — Disclosures of Violence	29
Worksheet 2	Local Referral Directory Template	30
Worksheet 3a	PrEP Journey Map — Oral PrEP	31
Worksheet 3b	PrEP Journey Map — Ring	32
Worksheet 4a	Character Profile — Oral PrEP	33
Worksheet 4b	Character Profile — Ring	34
Worksheet 5	My Circles of Influence	35
Worksheet 6	Removing Barriers to PrEP	36
Worksheet 7	Advocacy Planning	37
Worksheet 8	My Personal Action Plan	38
Worksheet 9	LIVES Response — Peer Support	39

Ambassador Tools

Getting to Know Our Bodies — What Is Where



Vagina: a tube that connects your vulva with your 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 vaginal 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. Your cervix separates your vagina from the rest of your body, so things like tampons or the vaginal ring can't get "lost" inside of you.

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 woman grows up, regardless of whether she has 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 you are aroused to produce sexual pleasure.

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

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

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

Getting to Know Our Bodies — Answering Your Questions



Hi, I'm an HIV Prevention Ambassador. To better understand how HIV prevention methods may affect a young women's body, it's important to understand and be comfortable with how the 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 (the vagina and bladder and the vagina and rectum), separated by a layer of tissue. Because the openings are close together, cross-infection between them 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 tube and meet the egg. The fertilized egg travels back to attach to the lining of the uterus where it may grow into a baby. Sperm that do not fertilize 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 for all women 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 if a woman 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, when ovulating, 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.

Myths



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

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

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

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

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

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

Having sex with a virgin cures HIV.

Having sex on your period reduces the risk of HIV.

HIV-positive women should not breastfeed their babies.

Only gay people and sex workers can get HIV.

If you get HIV you will get sick and die.

Facts



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

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

You cannot catch HIV like you catch the flu. HIV can only be transmitted when body fluid — either blood, semen, vaginal 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, mosquitoes or any other casual contact.

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

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

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

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

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

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

Anyone can get HIV.

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

HIV Transmission


HIV can be transmitted from one person to another through blood, semen, vaginal fluid, 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 protect yourself by using prevention 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're HIV positive you can prevent transmission to others by taking HIV medication

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

-  Using male or female condoms every time you have sex - including vaginal, anal and oral sex.
-  Using water-based 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

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

-  Taking HIV medication during pregnancy, birth and breastfeeding
-  Women who are living with HIV who do not wish to become pregnant can use family planning to prevent unintended pregnancy
-  If you are living with HIV and thinking of having a baby, talk to a doctor about the best way to reduce the risk of transmission

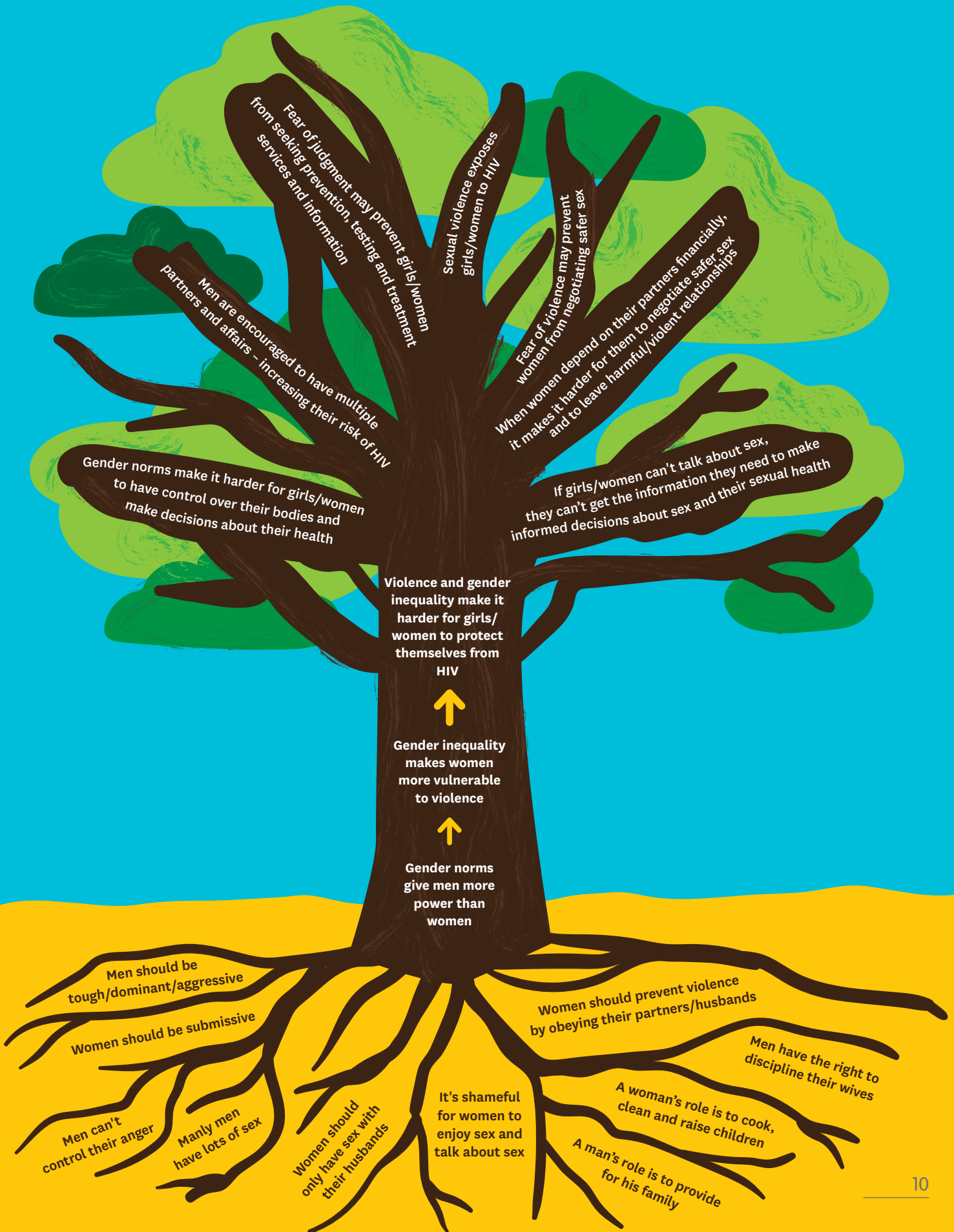
You can reduce the risk of HIV transmission through blood by:

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

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



Gender Inequality Problem Tree



LIVES Response

STEP	How do I do this?
<p>Listen closely with empathy and without judgement</p>	<p>Make sure you're somewhere private, where she feels physically and mentally safe. Let her know she can trust you to protect her confidentiality. Show her you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give her a safe space to talk and acknowledge and validate her feelings.</p>
<p>Inquire about her needs and concerns</p>	<p>Let her know she's in control of what happens next. Help her to identify her needs and consider her options. Be ready to provide her with information about support services she can access.</p>
<p>Validate her experiences</p>	<p>Validate her experiences by letting her know she's not alone, you're there for her and her feelings matter. Explain that you're just there to listen — you won't judge her or tell her what to do. If she's shared an experience of violence, let her know that you believe her, and it's not her fault.</p>

In your role as an Ambassador, your ability to provide support to your peers may be limited. You should only carry out the "E" and "S" steps of the LIVES response if you have completed training in these steps, and/or are working as part of a team or organization that is able to provide support to people experiencing violence.

<p>Enhance her safety</p>	<p>Discuss a plan to protect her from further harm if there is a chance that the violence could happen again.</p>
<p>Support her to connect with additional services</p>	<p>Actively support her to access services, like counselling or legal support, if she is interested. This might mean helping her to make a phone call or going with her to visit an organization that can provide support.</p>

Test and Prevent

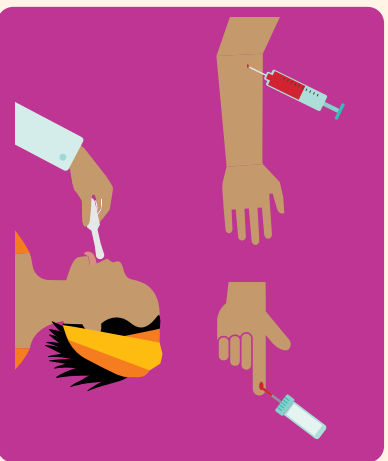
Everybody has a responsibility to contribute to the prevention of HIV in our community!

TEST

Test for HIV and STIs — and do it regularly!

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

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



PREVENT

Protect yourself from HIV transmission every time you have sex!



Male condoms and female condoms

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



PrEP
(pre-exposure prophylaxis)

PrEP methods use medication that an HIV-negative person can take to protect themselves from HIV. The medication stops the virus from replicating in the body. When a person uses their PrEP method correctly and consistently, their risk of getting infected with HIV is reduced if exposed. PrEP doesn't protect you against STIs or pregnancy, so it's best to always use a condom (with lubricant, if possible) and contraception.

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

RESPOND

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

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



PEP
(post-exposure prophylaxis)

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

TREAT

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

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



ART
(antiretroviral therapy)

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

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

WHEN IS IT USED?

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

HOW EFFECTIVE IS IT?

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?

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

ART (Antiretroviral Therapy)

WHO IS IT FOR?

People who are HIV positive.

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.











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.

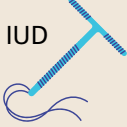
Expanding Options to Fit Our Lives

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. PrEP methods will continue to be developed to provide people with options so that can make an informed choice for what works best for them.


Comparing PrEP methods and condoms:

		PrEP Methods			
		 Condoms	 Oral PrEP	 Ring	 Injectable
	How it's used	On-demand for sex; placed on the penis (male condom) or in the vagina/rectum (female/internal condom)	Pill taken daily	Vaginal ring replaced each month	Injection given every 2 months
	Site of action	Vaginal/anal area depending on type of sex (localised)	Whole body (systemic)	Vaginal area (localised)	Whole body (systemic)
	Role of male partner use	Male partner consent required	Woman initiated; use can be private	Woman initiated; use can be private	Woman initiated; use can be private
	How effective for HIV prevention	Over 90%, when used correctly (with lubricant)	Over 90%, when used correctly and consistently	About 50%, when used correctly and consistently	Over 99%, when used correctly and consistently
	Protection against STIs and pregnancy	Yes, if used correctly each and every time one has sex	NO *	NO *	NO *
	Availability	Widely available	Available in most countries (check local guidelines)	Available in some countries (check local guidelines)	Not yet available; not yet approved


PrEP methods should always be used in combination with a condom and a reliable method of contraception if possible. Future MPTs in the form of a pill or ring will be able to protect against HIV and pregnancy.



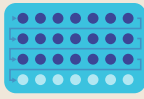
IUD




implant




vaginal ring



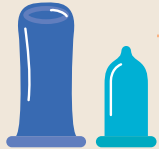
the pill



the patch



injectable



internal and external condoms

Some PrEP methods may be familiar because they are similar to contraceptive methods (i.e. a pill, ring or injectable).

Answering Your Questions — Oral PrEP

TOOL 10a

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



Yes! What is oral PrEP?

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

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

How does it work?

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

How effective is it?

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



Is oral PrEP right for me?

That's your decision. It's your body, so it's your choice! You might consider oral PrEP if you're having sex and you want an additional method to protect yourself from HIV. PrEP methods only need to be used during times in your life when there is a chance you may acquire HIV, and they have pros and cons for different people — so it is important to discuss your HIV prevention plan with your health care provider so that you can make an informed choice.

Will oral PrEP protect me from other STIs and pregnancy?

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

Are there any side effects?

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

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

Yes. Oral PrEP does not interact with most other medications. But let your health care provider know about all the medications you are taking.

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

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

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

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

Answering Your Questions — Ring



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



What is the ring?

It's a flexible silicone ring that contains the ARV dapivirine and provides a way to reduce the risk of HIV infection. The ring is inserted into the vagina and worn for a full month before being replaced. It is designed to be easily inserted and removed by the user.

How does it work?

The ring slowly releases dapivirine into the vagina over the course of the month. Dapivirine works by stopping HIV from making copies of itself in the body. Because HIV cannot replicate in the body, there will not be enough of the virus for you to get HIV.

How effective is it?

If you wear the ring continuously and replace it each month, the ring can reduce the chance of getting HIV through vaginal sex by about 50%. The ring must be in place for at least 24 hours to provide maximum protection from HIV, and dapivirine quickly leaves the body after ring removal. Therefore, it is important to use a back-up form of HIV protection, like a condom or abstaining from sex, for the first 24 hours. Keep the ring inserted at all times until it is replaced each month.

Is the ring right for me?

It's your body, so it's your choice! You might consider the ring if you are having vaginal sex and want to protect yourself from HIV but cannot get or use daily oral PrEP consistently. It is also a discreet option that no one has to know about! PrEP methods only need to be used during times in your life when there is a chance you may acquire HIV, and they have pros and cons for different people. It is important to discuss your HIV prevention plan with your health care provider to make an informed choice.

Will the ring protect me from other STIs and pregnancy?

No! The ring protects against HIV. For protection against other STIs and pregnancy, it's best to use condoms (with water-based lubricant, when possible) and contraception with the ring. The ring can be used with most family planning methods except the contraceptive vaginal ring.

Are there any side effects?

Some people experience side effects, such as urinary tract infections, discomfort of the vagina and/or area outside the vagina (vulva), changes in vaginal wetness or odour, increased itching, and pain in the lower part of the belly. These are usually mild and go away after a few days without removing the ring. If you experience vaginal changes while using the ring, it is important to visit your health care provider to make sure these are not symptoms of an STI.

Can I use the ring if I am taking other medications, or if I drink or use recreational drugs?

The ring is safe to use with alcohol and drugs. The medication in the ring when released stays local to the vaginal area; the medication does not circulate throughout the body. But make sure to keep yourself safe when drinking or using drugs.

Should I take the ring out for sex, bathing or during menses (monthly menstruation/bleeding)?

- No.
- The ring does not need to be taken out to be cleaned.
 - The ring will not affect frequency of menses, length, or amount of bleeding. It is safe to use tampons or a menstrual cup with the ring, and the ring will not block the flow of blood. Menstrual bleeding may change the colour of the ring, but this is ok and will not change the ring's ability to protect from HIV.
 - The ring does not affect a women's libido (sex drive). Most women and men do not feel the ring during sex, and some even report that the increased vaginal wetness increases sexual pleasure!

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

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

Tips for Using Oral PrEP

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

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



2 Use a daily pill box

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



3 Keep a back-up supply with you

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



4 Take the pill as part of your daily routine

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



5 Try different ways of swallowing the pill

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



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

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



7 Ask someone to remind you

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



Don't forget your pill today

8 Join or start an oral PrEP support group with friends

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



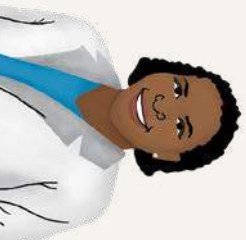
9 Try not to run out of pills

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 Ring

1 Set a reminder to replace the ring each month.



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

4



Keep back-up rings.

It is always good to have a back-up supply in case the 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 ring at a time.

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

The ring is designed to be easy to insert and remove. You can learn to feel confident in doing this yourself in case the ring falls out or has to 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.



2 Join or start a ring support group with friends.

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



5



Use your fingers to adjust it

Use clean hands when inserting and removing the ring.

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



7



3 Store your back-up 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 rings in a small change purse or toiletry bag for more privacy. It's best to store unused rings in their original foil packaging unopened, to keep them clean.

Only remove the ring if you are replacing it.

Remember, the ring does not have to be removed for sex, bathing or menses or to clean. The ring cannot protect you if it is not in place in your vagina. If the ring is causing discomfort, use your fingers to adjust it or push it further up into the vagina. The 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 ring, contact your health care provider for support.

8 Never share your used or unused ring with others.

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



Telling Others Role-Play 1:

Deciding to Disclose Your Oral PrEP Use



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

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

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

Well, it would be nice to have his support.

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

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

I understand why you might worry about that. It's normal to feel uneasy about keeping something a secret from the person you care about or love. I want you to know that it's your choice if you want to tell your partner. You don't need to feel guilty about making a decision to protect your health. If you choose not to tell him, I can support you to keep it private. In the same way, if you choose to tell him, I can support you in sharing with you ways to open a discussion about it with him.

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

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

These are important and commonly heard concerns. You could try talking to him about the ring without telling him you're thinking about using it. For example, you could explain that other women your age are using it. This might give you an idea of what he thinks about the ring and if he's likely to be supportive.

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

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



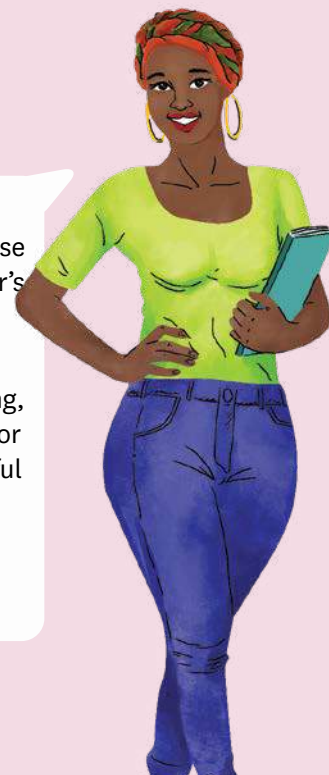
Telling Others Role-Play 1: Deciding to Disclose Your Ring Use



Do I have to tell my partner if I want to use the ring?

You don't have to tell anyone. You have the right to make decisions about your sexual health and the method you choose to protect yourself from HIV. However, if you feel your partner's support is important, you may choose to tell them about it when you feel most comfortable.

While some women use the ring without their partner knowing, it is possible that your partner might feel the ring during sex or foreplay if fingers are inserted in the vagina. It might be helpful to think about the reasons you would like to tell him and the reasons you don't want to, and whether you think it would cause problems if he found out about your ring use before you've told him.



Well, it would be nice to have his support.

Lots of women who use the ring say it really helps to have their partner's support. It also makes them feel more comfortable using it and keeping it in during sex. This is especially true if they are concerned about their partner feeling the ring during sex.

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

I understand why you might worry about that. It's normal to feel uneasy about keeping something a secret from the person you care about or love. I want you to know that it's your choice if you want to tell your partner. You don't need to feel guilty about making a decision to protect your health. If you choose not to tell him, I can support you to keep it private. In the same way, if you choose to tell him, I can share ways to open a discussion about it with him.

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

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These are important and commonly heard concerns. You could try talking to him about the ring without telling him you're thinking about using it. For example, you could explain that other women your age are using it. This might give you an idea of what he thinks about the ring and if he's likely to be supportive.

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

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

Telling Others Role-Play 2: Telling Your Partner about Your Oral PrEP Use



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

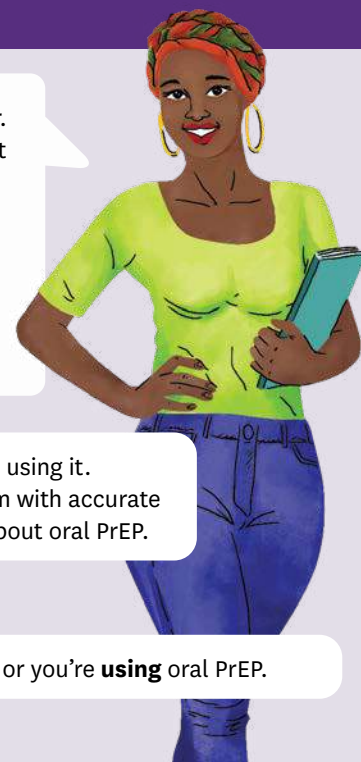
I don't think so.

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

I'm glad to hear you're interested in talking to your partner. Many women say it's helpful to have their partner's support as it helps them use oral PrEP better.

Your partner is most likely to be supportive if he has accurate information about oral PrEP. Without it, he may be unclear on the benefits of its use and make him less supportive.

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



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

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

I'm not sure yet.

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

- Did you know that HIV is very common in our country and community? We should all think carefully about how we want to protect ourselves.
- Did you know there are now a lot of different ways to prevent HIV?
- 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 being recommended for girls/women to help prevent HIV.
- I've heard a lot about it. It's completely safe and won't have any impact on you.
- It will just be like taking other medication to prevent getting sick.
- I would really like your support. Taking oral PrEP will help me feel protected from HIV. Many girls/women my age are getting HIV, so I want to be as protected as I can be.

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

You can think about saying:

- Using oral PrEP is just like any other method we have to protect ourselves from 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 take it because many girls/women my age are getting HIV, and I like that I can use this prevention 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, taking oral PrEP is your right. You are making a responsible decision to protect your health.

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

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

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

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

Do you have any other advice?

Sure, here are some tips:

- Picking your timing is important. Try to find a time when he's in a good mood, you're both sober and you have some privacy. This must not be a rushed conversation.
- If you're worried that he may get angry or could be violent, try to find a place where you can easily leave or get help if you need to.
- Try practicing what you're going to say. I'm happy to do that with you, or you could ask a friend.
- If you have any friends who are using oral PrEP and have told their partners, you could ask them for advice.

Telling Others Role-Play 2: Telling Your Partner about Your Ring Use



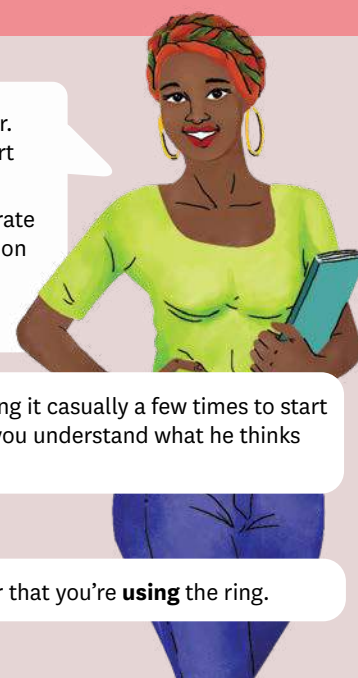
I've decided to tell my partner about the ring. Do you have any advice about how I should do that?

I don't think so.

I'm glad to hear you're interested in talking to your partner. Many women say it's helpful to have their partner's support because it helps them use the ring better.

Your partner is most likely to be supportive if he has accurate information about the ring. Without it, he may be unclear on the benefits of its use and, as a result, be less supportive.

Do you know if your partner knows much about the ring?



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

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

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

I'm not sure yet.

If you choose to tell him you're **considering** using the ring, 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 want to protect ourselves.
- Did you know there are now a lot of different ways to prevent HIV?
- 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 being recommended for girls/women to help prevent HIV.
- I've heard a lot about the ring. It's completely safe and won't have any impact on you. You may feel it during sex but it's safe for you and won't be uncomfortable.
- It will just be like using other medication to prevent getting sick or to prevent unplanned pregnancy.
- I would really like your support. Using the ring will help me feel protected from HIV. Many girls/women my age are getting HIV, so I want to be as protected as I can be.

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

You can think about saying:

- Using the ring is just like any other method we have to protect ourselves from HIV.
- The ring 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. You may feel the ring during sex but it's safe for you and won't be uncomfortable. You may even like sex more when I wear it.
- I use it because many girls/women my age are getting HIV, and I like that I can use this prevention 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 and when to say it. Make sure you do not put yourself in harm's way if he starts to get angry.

Don't forget, using the ring to protect yourself from HIV is your right. You are making a responsible decision to protect your health.

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

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

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

Explain that the ring reduces your risk but cannot completely prevent HIV. The medication in the ring does not travel to his body during sex so he does not get the benefit of protection that you do when using the ring. It also won't protect either of you from other STIs. Condoms are always the best method because they protect against HIV, STIs and unplanned pregnancy.

Do you have any other advice?

Sure, here are some tips:

- Picking your timing is important. Try to find a time when he's in a good mood, you're both sober and you have some privacy and time to talk. This must not be a rushed conversation.
- If you're worried that he may get angry or could be violent, try to find a place where you can easily leave or get help if you need to.
- Try practicing what you're going to say. I'm happy to do that with you, or you could ask a friend.
- If you have any friends who are using the ring and have told their partners, you could ask them for advice.

Telling Others Role-Play 3:

Keeping Your Oral PrEP Use Private



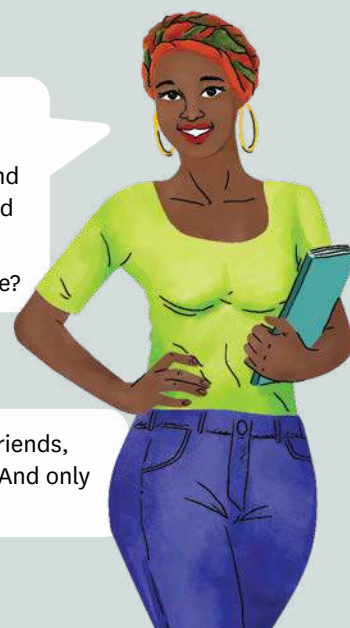
I've decided not to tell my partner.

It's great you've made a decision that works best for you. Many women make the same decision, and they successfully use oral PrEP without telling their partners. If you ever change your mind about telling him, you are welcome to ask for support to do this and practice with us if you would like.

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

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

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



How do I hide my oral PrEP pills?

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

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

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

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

What if he finds out?

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

- Using oral PrEP is just like using any other medication that protects your health.
- It 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, and I like that I can use this prevention method well for my own protection.
- I take it because many girls/women my age are getting HIV, and I like that I can use this prevention method well for my own protection.
- You could say you were just trying it and were going to let him know if you decide to take it.

You can also offer to take your partner with you on your next visit to your health care provider, who can provide more information and answer questions about oral 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 practice what you're going to say. I'm happy to do that with you, or you could ask a friend.

Is there anything else I should consider?

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

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

Telling Others Role-Play 3:

Keeping Your Ring Use Private



I've decided not to tell my partner.

It's great you've made a decision that works best for you. Many women make the same decision, and they successfully use the ring without telling their partners. If you ever change your mind about telling him, you are welcome to ask for support to do this and practice with us if you would like.

Do you have any questions about keeping your ring use private?



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

If you want to tell other people in your life, such as your family or friends, make sure they understand you've chosen not to tell your partner. And only tell people you trust. It is also important to remember that some men in the ring studies — less than half — felt the ring during sex or foreplay if fingers are inserted in the vagina, so it is possible your partner might feel it too. He is less likely to feel the ring if you push the ring high into the vagina, and make sure you don't feel it inside you when you move around. You can put a plan in place about what to say if he does feel the ring at any point. Some women, for example, have told their partner it's a ring to prevent pregnancy.

How do I hide my ring use?

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

- Keeping the ring inserted at all times high up in the vagina and only changing the ring in private or when your partner is not around. You should also discard the ring carefully so nobody finds it lying around.
- Keeping extra supplies in a private place or with your tampons or pads, but ensure the ring always stays in its original packaging.

Women who are really worried about their partners finding out about their ring use might keep extras somewhere else, like at a friend's house. Or, rather than keep extras on hand, they might go to their health care provider each month for a new ring.

Other women don't hide ring use and instead pretend it is something else, like the contraceptive ring.

What if he finds out?

Although many women use the ring without their partner finding out, it's a good idea to plan what you will say if he finds out about the ring or feels it during sex.

You can think about saying:

- Using the ring is just like any other method we have to protect ourselves from HIV.
- The ring 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. You may feel the ring during sex but it's safe for you and won't be uncomfortable. You may even like sex more when I wear it.
- I use it because many girls/women my age are getting HIV, and I like that I can use this prevention method well for my own protection.

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

You can also offer to take your partner with you on your next visit to your health care provider. He or she can provide more information and answer questions about the ring 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 practice. I'm happy to do that with you, or you could ask a friend.

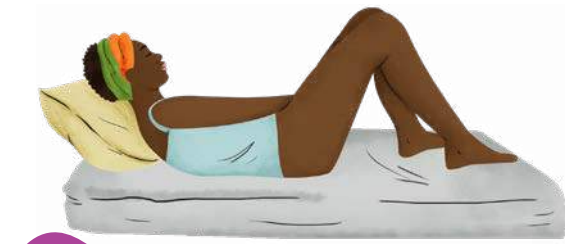
Is there anything else I should consider?

Don't forget, using the ring is your right. You have the right to make decisions about your health. You're not alone. Many girls and women choose to use the ring 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.

Ring Insertion and Removal

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 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.

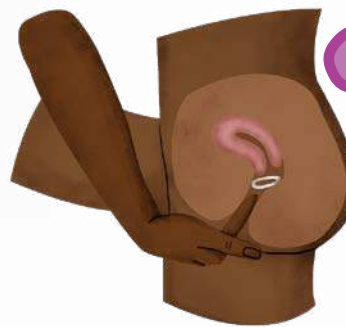
4

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

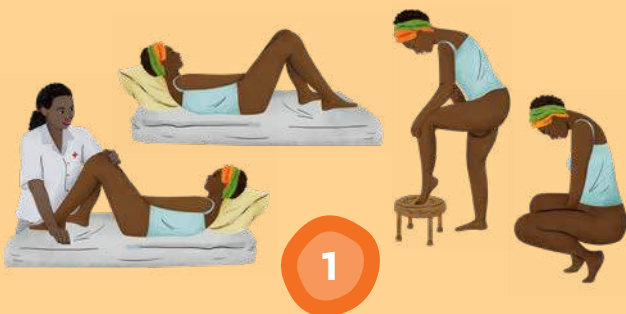


5

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.



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 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.



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.



Vulnerability and prevention:

What is making me vulnerable to HIV right now? Do I know my partner's HIV status? If my partner is living with HIV, is he taking his ART regularly?



Partner issues:

Does my sexual partner have a preference about what I use? Does his opinion matter to me? What will my partner feel about me using this method? Do his feelings matter or does he need to know?



Frequency of sex/seasons of risk:

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



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 comfortable seeing a health care provider?



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?



Mode of use:

Do I want something that is medication-based? Do I want something on-demand or something that provides continuous prevention? What am I comfortable to put in my body — a pill, vaginal ring or an injection?



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 protection? What if I want to use the method in combination with another one?



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?



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?



Personal preference:

I just prefer it.

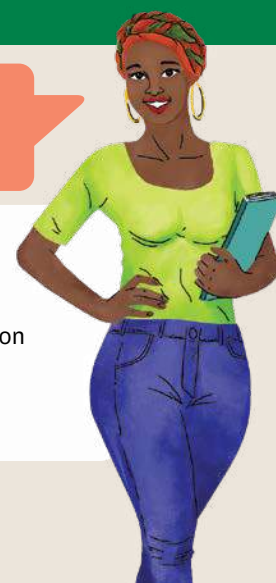
Awareness Raising Role-Play



Yes! What is PrEP?

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

PrEP refers to HIV prevention methods that contain medication, called antiretrovirals, that an HIV-negative person can take to protect themselves from 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, it will be less likely that HIV can infect their blood cells. The virus will die, and the person won't get HIV. There are different forms of PrEP: oral PrEP, the vaginal ring, and the injectable. 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 is just like HIV treatment?

If my partner or daughter starts taking it, will she have to take it her whole life?

PrEP only needs to be used while someone is vulnerable to HIV. Some people use PrEP methods during periods of vulnerability and then decide to stop using them when they are no longer vulnerable.

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

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

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

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

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

You don't have to worry that PrEP will encourage more girls/women to have sex; studies show that this is not true.

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

Does my daughter need my permission to use PrEP?

It depends on how old she is, where she lives and which PrEP method she wants to use. Whether she needs your permission or not, supporting your daughter to use PrEP will help protect her from HIV so she can live a long and healthy life. Supporting your daughter to make her own decisions can strengthen your relationship, and it may make her more likely to involve you in other decisions.

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

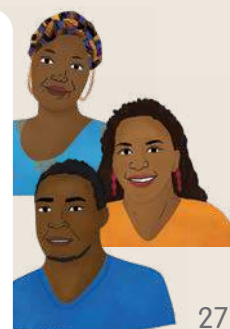
Using PrEP doesn't mean your partner doesn't trust you or that she's having an affair. It just means she wants to be in control of her health. PrEP is like any other medication people use to protect their health. Many women in relationships use PrEP too.

What can we do to prevent HIV in our community?

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

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

You can also make sure you're protecting yourself and your partner by always using condoms, with water-based lubricant if its available.



Worksheets

LIVES Response — Disclosures of Violence

STEP	How do I do this?	What does this look like in practice?
<p>Listen closely with empathy and without judgement</p>	<p>Make sure you're somewhere private, where she feels physically and mentally safe. Let her know she can trust you to protect her confidentiality. Show her you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give her a safe space to talk; acknowledge and validate her feelings.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Inquire about her needs and concerns</p>	<p>Let her know she's in control of what happens next. Help her to identify her needs and consider her options. Be ready to provide her with information about support services she can access.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Validate her experiences</p>	<p>Validate her experiences by letting her know she's not alone, you're there for her and her feelings matter. Explain that you're just there to listen — you won't judge her or tell her what to do. If she's shared an experience of violence, let her know that you believe her, and it's not her fault.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Next step</p>	<p>After listening, inquiring, and validating, it is ok to check in with yourself and take time to respond to your own needs.</p> <p><i>Enhance safety and Support (optional)</i></p> <p>If you have been trained in the full LIVES response and are working with a team or organization that is able to support people experiencing violence, you may be able to enhance your peer's safety and support her to connect to additional services.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Local Referral Directory Template

HEALTH SERVICES	SOCIAL SERVICES	LEGAL SERVICES
(such as HIV testing, PrEP, PEP, family planning, emergency contraception, STI screening and treatment, and mental health screening)	(such as crisis counselling and support groups, financial aid, community-based organisations that may provide accompaniment)	(such as legal information and contact information of trained law enforcement officers when they can be safely engaged)
[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>	[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>	[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>
Hours:	Hours:	Hours:
Location:	Location:	Location:
Focal point:	Focal point:	Focal point:
Phone:	Phone:	Phone:
Email:	Email:	Email:
Services available:	Services available:	Services available:
[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>	[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>	[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>
Hours:	Hours:	Hours:
Location:	Location:	Location:
Focal point:	Focal point:	Focal point:
Phone:	Phone:	Phone:
Email:	Email:	Email:
Services available:	Services available:	Services available:
[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>	[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>	[Name of Organisation/Facility] <input style="width: 100%; height: 20px;" type="text"/>
Hours:	Hours:	Hours:
Location:	Location:	Location:
Focal point:	Focal point:	Focal point:
Phone:	Phone:	Phone:
Email:	Email:	Email:
Services available:	Services available:	Services available:

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 her?

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

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

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.....

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

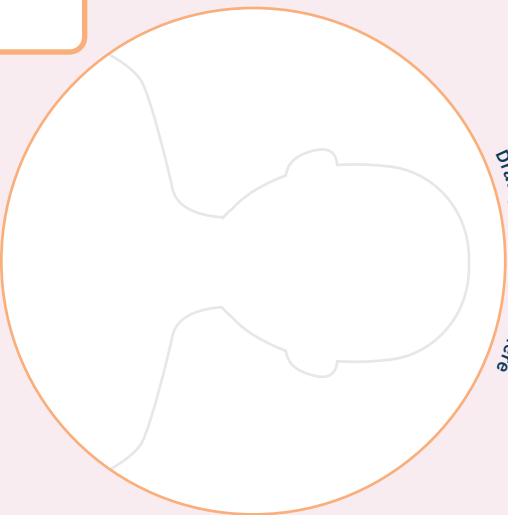
How can you help her get oral PREP?

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Draw your character here

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

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

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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 my partner or parents?

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

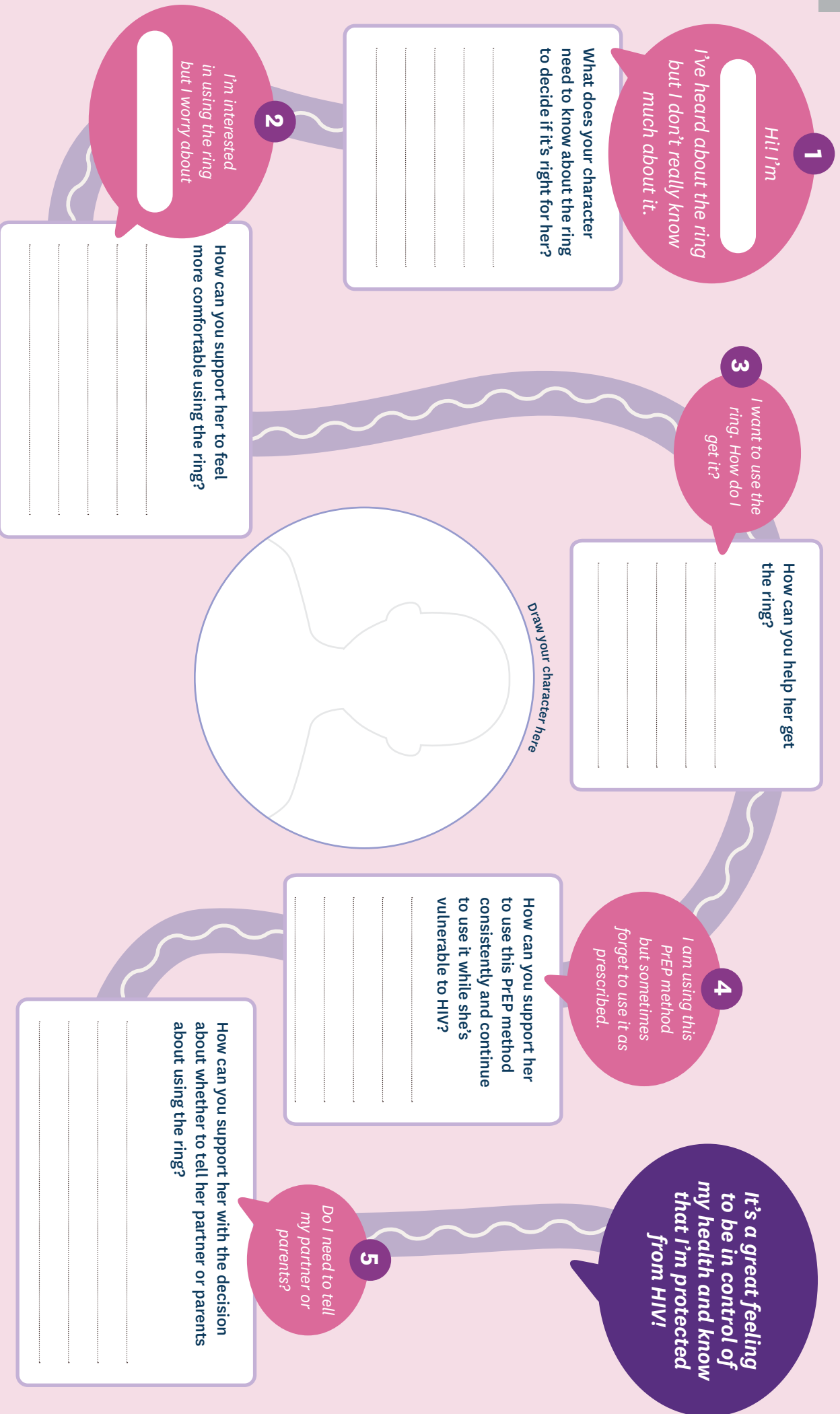
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PREP Journey Map — Ring

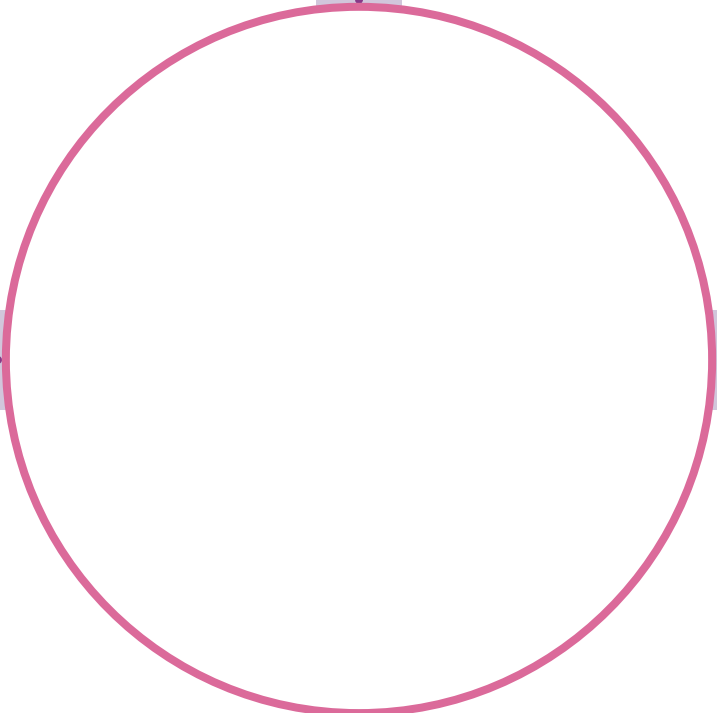


Character Profile — Oral PrEP

Name

Who is she?

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



**What does she know,
think and feel about
HIV?**

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

Character Profile — Ring

Name

Who is she?

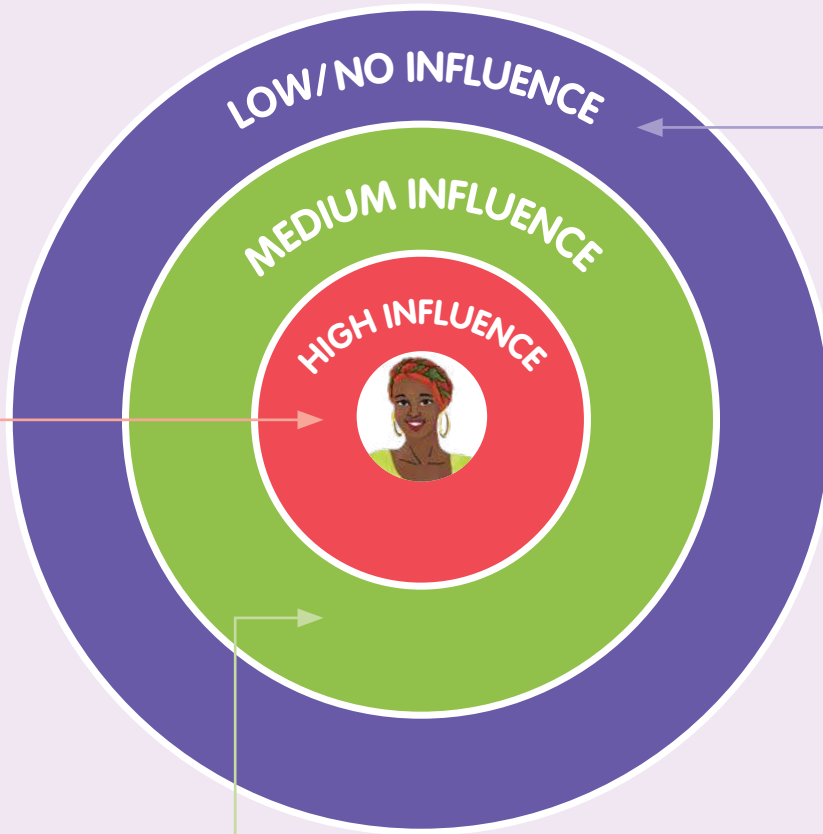
Is she vulnerable to HIV?
How does she protect herself?

What does she know,
think and feel about
HIV?

What does she know,
think and feel about
the ring?

My Circles of Influence

Who can you influence?



High influence

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Medium influence

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Low/no influence

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Removing Barriers to PrEP

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

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



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

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

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

Where do you have the most influence?

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

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

LIVES Response — Peer Support

STEP	How do I do this?	What does this look like in practice?
L isten closely with empathy and without judgement	Make sure you're somewhere private, where she feels physically and mentally safe. Let her know she can trust you to protect her confidentiality. Show her you're listening deeply and with empathy. Use your body language to communicate that you're paying attention. Give her a safe space to talk and acknowledge and validate her feelings.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
I nquire about her needs and concerns	Let her know she's in control of what happens next. Help her to identify her needs and consider her options. Be ready to provide her with information about support services she can access.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
V alidate her experiences	Validate her experiences by letting her know she's not alone, you're there for her and her feelings matter. Explain that you're just there to listen — you won't judge her or tell her what to do. If she's shared an experience of violence, let her know that you believe her, and it's not her fault.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
NEXT STEP	After listening, inquiring, and validating, it is ok to check in with yourself and take time to respond to your own needs.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

