



**DREAMS**

WORKING TOGETHER FOR  
AN AIDS-FREE FUTURE  
FOR GIRLS & WOMEN

# Preexposure Prophylaxis (PrEP)

## FLIP CHART

#PrEP. For you. For me.

**Determined**

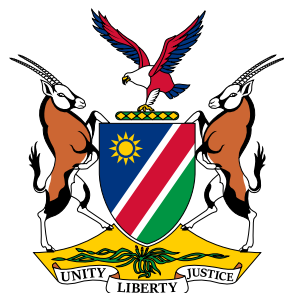
**Resilient**

**Empowered**

**AIDS-Free**

**Mentored**

**Safe**



**USAID**  
FROM THE AMERICAN PEOPLE

**PROJECT  
WAVE**  
NAMIBIA

# How to use this flipchart

- You may use this flipchart with individuals or groups
- In a group, be sure to stand or sit where everyone can see the flipchart
- Read and be familiar with the flipchart before using it
- Start discussion by asking the AGYW what the illustration means to her
- Point to the illustrations (pictures) as you explain your point, not to the text
- Make frequent eye contact with the individual or group members
- Try to involve the individual or group in your presentation
- Use the discussion questions to ask questions and encourage discussion
- Use the key message section as a guide to summarize discussion and include additional information as needed
- Speak clearly and use language and words the individual or group understands

# Theme:

Longing for  
respect and  
autonomy



### OBJECTIVES OF THE SECTION:

To discuss the challenges and opportunities of being a grown up

### DISCUSSION QUESTIONS

When you were a child, what did you imagine life would be like as a young woman?

Key  
message

Growing up brings more possibilities and challenges to make your own decisions.



Theme:

Becoming a woman is more difficult than I imagined



### OBJECTIVES OF THE SECTION:

To compare your expectations of growing up with the reality of growing up

### DISCUSSION QUESTIONS

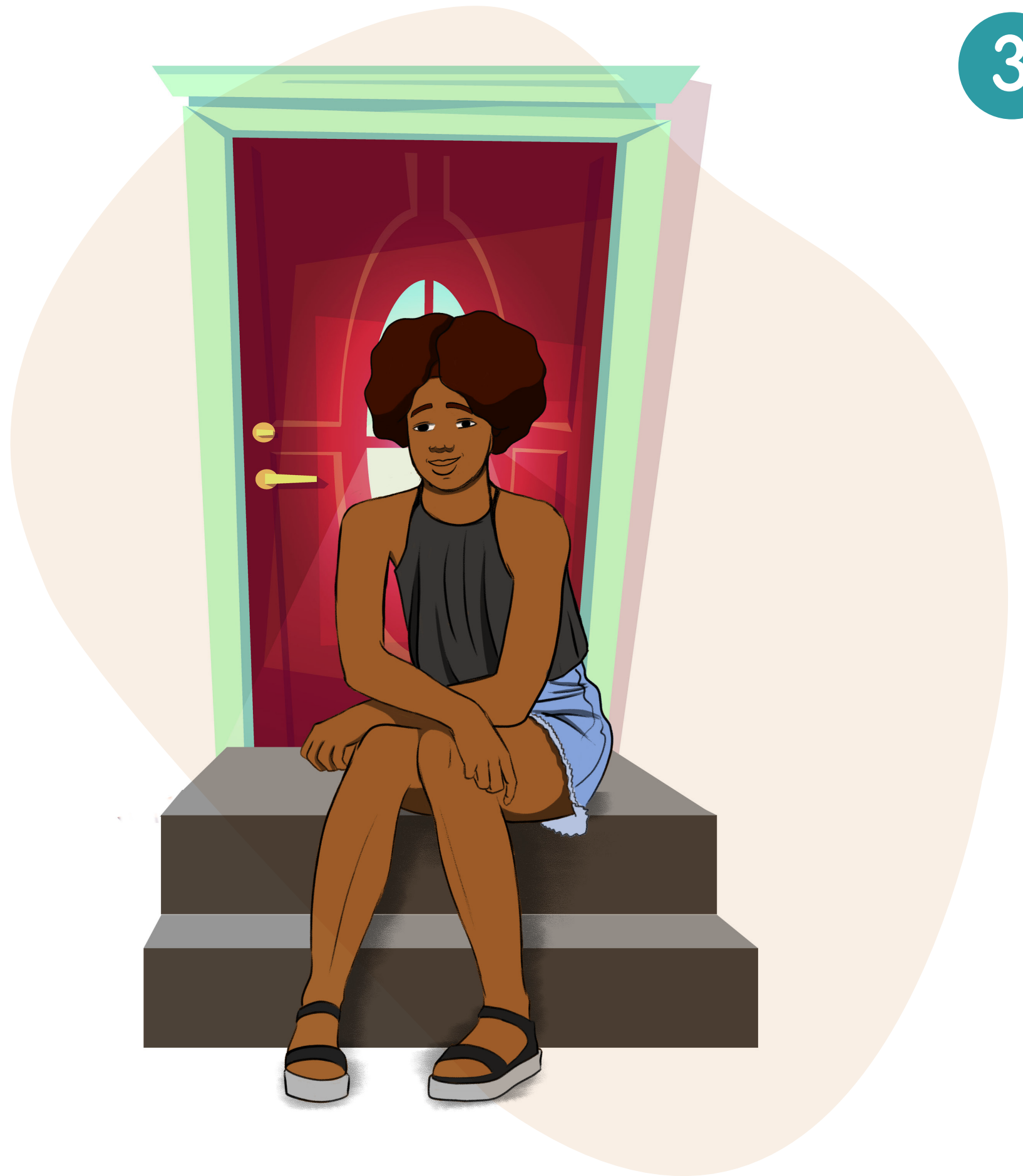
How does your life now compare with how you imagined it when you were a child?

Key  
message

Becoming a woman brings more independence, but it also brings many challenges and decisions to make.

# Theme:

Imagining the  
future



### OBJECTIVES OF THE SECTION:

- To let girls and young women explore their dreams and wishes
- To identify what steps girls can take to help their dreams and wishes come true
- To identify resources/assets required to achieve their goals

### DISCUSSION QUESTIONS

- What goal do you have for yourself?
- What steps have you taken so far toward this goal?
- What other things will you need to do to achieve your goal?
- What resources/assets do you need to achieve your goal?

## Key message

- Choose a realistic goal
- Identify all the steps you need to take to achieve your chosen goal
- Identify the resources/assets needed to achieve the goal
  - Human/health assets: Things that help protect AGYW lives and the lives of those around them including knowledge about reproductive health
  - Social assets: The networks that girls can access to help take advantage of opportunities. These include safe spaces, social support and having at least three nonfamily friends, access to mentoring, developing life skills (decision making, negotiating, building rapport with others)
  - Economic assets: Specific skills that help girls plan the future including financial education and creating simple budget.
  - Cognitive assets: Numeracy, literacy, confidence and clear self-expression, critical analysis, communication, and problem-solving.

# Theme:

## Imagining how to reach your dreams can feel overwhelming

4





### OBJECTIVES OF THE SECTION:

To discuss about challenges the AGYW might face while planning her future

## Key message

- Even if you know what is most important to you, it can be difficult to make better choices.
- Thinking about what motivates you and which small decisions you can make to live according to what you value may help you to stay on track.
- Find the people in your life who support what's important to you and talk to them about challenges or difficult decisions.
- Avoid unhealthy relationship. Your partner should allow you to make your own decisions and pursue your dreams.

### DESCRIPTION OF THE ILLUSTRATION

A girl is standing in a school uniform, holding books. You can see the school behind her in the distance. There are three thought bubbles emanating from her head (from left to right):

### DISCUSSION QUESTIONS

- What choices do you think the girl has in each scenario?
- What strategies do you use when you are faced with a difficult choice? How do some people in your life help you to make these choices?
- Are there times when you find it difficult to do something that's important to you? Why?
- When have you made a difficult choice that you later felt proud of? Tell me about how you did it.

- **Thought bubble #1:** the young woman is in her school uniform and smiling. She is holding up a report card with a good letter grade.
- **Thought bubble #2:** the young woman is standing near a young man and they're talking. They look interested in one another, but not intimate or fully comfortable. Both are wearing casual clothing.
- **Thought bubble #3:** the young woman in casual clothing with a group of friends. The group of friends are talking and pointing away from her as though they are telling her where to go. The young woman has a look on her face as though she is conflicted about what to do.



# Theme:

When you worry about the future,  
focus on your values and what you  
can control

5



## OBJECTIVES OF THE SECTION:

To discuss things the AGYW can and cannot control in life

## DISCUSSION QUESTIONS

- What things can and cannot be controlled by the girl in each scenario?
- What can you control in your life that would allow you to move towards your dreams?
- What are the things you might not have control over?

## Key message

- Figure out what you can and cannot control.
- Use health and social services to take control of your future
  - **Scenario A:** the girl could have used combination HIV prevention strategies (including PrEP and condoms) to prevent the occurrence of a positive HIV test result
  - **Scenario B:** the girl could have accessed the DREAMS violence prevention interventions including education in a safe space and economic empowerment to prevent GBV
  - **Scenario E:** the girl could have used modern family planning methods to prevent unintended pregnancy
- Talk with people who can help you work through your worries about your future.

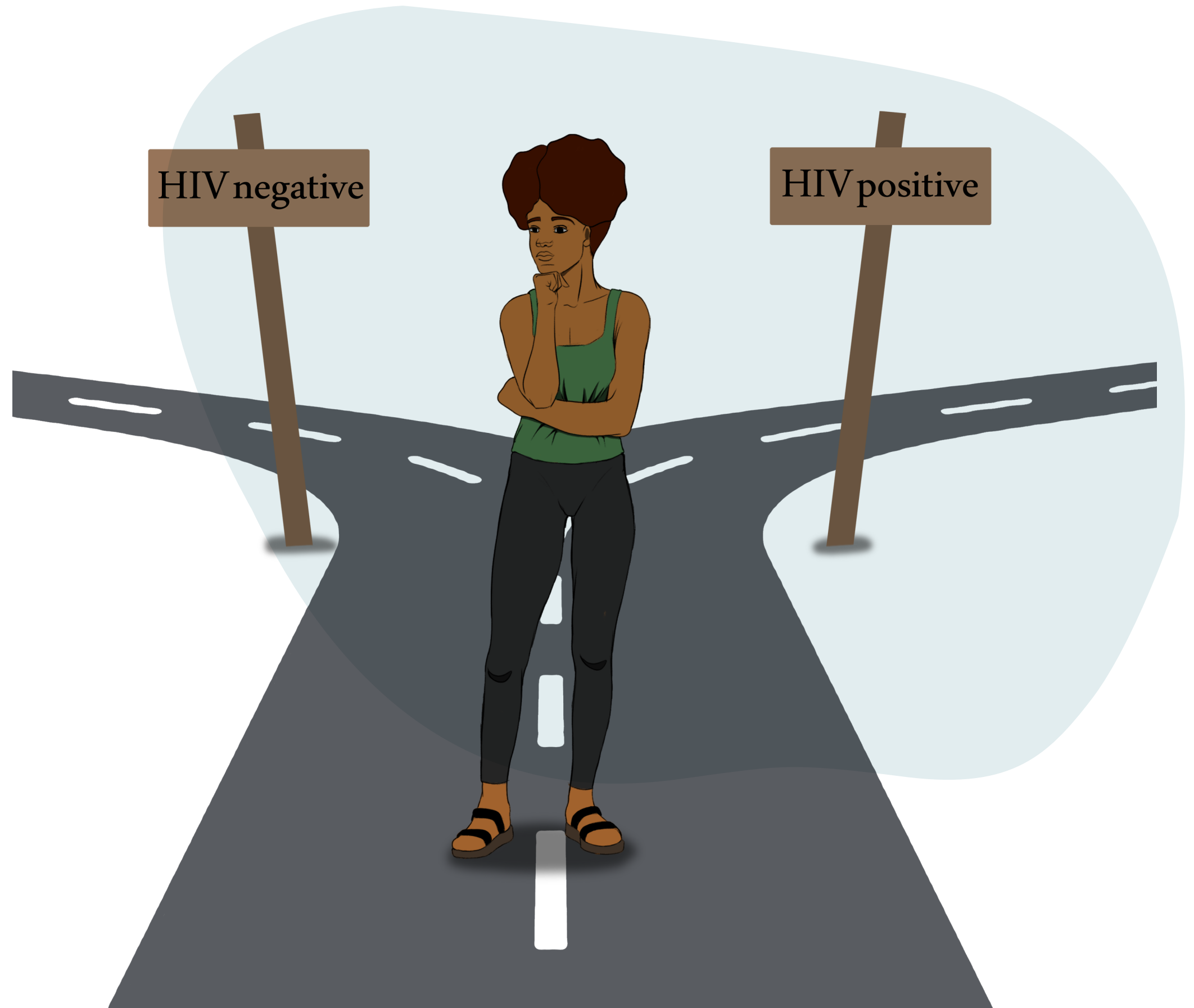
## DESCRIPTION OF THE ILLUSTRATION

It depicts the following paths of life that a girl can end up:

- **Scenario A:** Being HIV positive
- **Scenario B:** Involvement in an abusive relationship
- **Scenario C:** Participating in a safe space
- **Scenario D:** Having a business
- **Scenario E:** Being pregnant before finishing high school

Theme:

PrEP  
helps to  
fulfill your  
dreams



### OBJECTIVES OF THE SECTION:

To discuss the implications of being HIV positive Vs HIV negative

## Key message

### DISCUSSION QUESTIONS

- How might your future be different if you become HIV positive?
- How can you use PrEP in your life to prevent being infected with HIV?
- How would using PrEP help you to fulfill your dreams?

- Using PrEP means you can focus on your goals and your future can be a little easier without HIV or ARTs.
- While you can still live a long healthy life with HIV if you follow treatment well, an HIV diagnosis, like any chronic disease, does require time, effort and some extra costs.
- PrEP is useful at times in your life when you need it, when you are at risk for HIV, and then stopped when you no longer need it. It can be started and stopped throughout your life, as needed.

# Theme:

Having  
adequate  
and reliable  
information  
helps us to  
make informed  
choices





### OBJECTIVES OF THE SECTION:

Identify knowledge gap on PrEP

Identify circle of influence

Identify major concerns and misconceptions about PrEP

### DISCUSSION QUESTIONS

- Have you heard about PrEP? What have you heard?
- What are your major concerns about starting PrEP?
- Whose opinion matters to you when making decisions like taking PrEP?

## Key message

- Having adequate and reliable information helps us to make informed choices.
- Choosing to take PrEP is one way to take some control over your life and your future options.
- Involving people whose opinion matters to you (including peers, sexual partners or family members) in your PrEP experience increases the odds of initiation and continued use of PrEP. If you are anxious about involving those people in your PrEP experience, DREAMS can support you in addressing the concerns.



# Theme:

## Facts about PrEP



# Key message

## OBJECTIVES OF THE SECTION:

To provide facts about PrEP

## DISCUSSION QUESTIONS

- What questions do you have about PrEP?

- **What is PrEP?** PrEP stands for “pre-exposure prophylaxis.” PrEP is a small pill that helps HIV negative people stay HIV negative. PrEP can be taken at any time of day, with food or without food.
- **How does PrEP work?** If you take PrEP daily, the presence of the medication in your blood and tissues can stop the virus from establishing itself in your body.
- **Does PrEP really work?** Taking PrEP as directed lowers your risk of HIV by more than 90%.
- **How long does PrEP take to work?** It takes about 7 days for anal sex and 21 days for receptive vaginal sex for PrEP to achieve protection levels.
- **PrEP vs. PEP – what’s the difference?** PrEP is taken before you might be exposed to HIV. PEP, on the other hand, stands for post-exposure prophylaxis. PEP is taken within 72 hours after you might have been exposed to HIV
- **Can I take PrEP?** You can take PrEP if you feel you are at risk of getting HIV and you are HIV negative. Risk factors include
  - Unknown partners (s) HIV status
  - HIV positive partner (s) not on ART
  - HIV positive partner (s) with detectable viral load
  - You and your HIV positive partner want to conceive, or you are pregnant/breastfeeding
  - Inconsistent or no condom use
  - Recent or repeated Sexually Transmitted Infections
  - Frequent Post Exposure Prophylaxis (PEP) use
  - Sex while under the influence of alcohol/drug
  - Multiple and/concurrent sexual partners

# Theme: Addressing your worries about PrEP

9



# Key message

## OBJECTIVES OF THE SECTION:

To address major concerns/  
misconceptions about PrEP

## DISCUSSION QUESTIONS

- Let us go one by one on your concerns about PrEP

**Talk to the DREAMS Nurses or other health care provider at the nearest health facility if you have**

- Concerns that are not well addressed
- Have troublesome side effects or PrEP is no longer the right choice for you

- Is PrEP safe for me?** PrEP is very safe, with no side effects for 90% of users. About 10% of the people who start PrEP will have short-term, mild side effects including softer/ more frequent stools, nausea, decreased appetite, abdominal bloating/ cramping or flatulence. Dizziness or headaches have also been experienced. These side effects usually fade during the first month of taking PrEP. Tell your health care provider if any of these symptoms are severe or do not go away
- Do I need to take PrEP every day, for life?** PrEP is not taken for life – it is only taken for periods of weeks, months, or a few years when a person feels at risk of HIV.
- I want to stop, what must I do?** Talk to a health care provider. You will continue taking PrEP for 28 days after the last time you may have been exposed to HIV in order to ensure you are protected. When you feel you need PrEP again, simply go to a clinic or your safe space, get an HIV test and tell the health care provider you'd like to start PrEP again.
- Can I take PrEP with alcohol or other medications?** PrEP can be taken with alcohol, although excess alcohol can be harmful to health and make people forget to take the PrEP pill. You can take PrEP if you are taking other medications. PrEP will not affect other medications.
- Is PrEP the only protection I need?** Even though PrEP is one important tool for protecting yourself from HIV, no method offers 100% protection. While taking your PrEP medicine, you can further reduce your chance of getting HIV by using condoms. Plus, while PrEP greatly reduces your risk for contracting HIV, it won't protect you from other sexually transmitted infections. Together, these methods offer more complete protection.
- Is PrEP the same as ART?** No. PrEP consists of some of the same kinds of medicine as ART, but PrEP protects your CD4 cells from the HIV virus if it enters your body. ART is used by people living with HIV in order to reduce the amount of HIV in their body and to keep their body strong to fight off other infections.
- Is it possible to become pregnant while on PrEP?** Yes, PrEP doesn't prevent pregnancy. You'll need to use a condom or other contraceptive to avoid an unintended pregnancy.
- Is it possible to take PrEP during pregnancy?** Yes, many studies have determined that PrEP is very safe for those using PrEP and unborn babies. In fact, PrEP protects a pregnant or breastfeeding woman and her baby.



# Theme:

## Continuing PrEP



# Key message

## OBJECTIVES OF THE SECTION

To identify and address possible barriers for PrEP continuation

## DISCUSSION QUESTIONS

- What challenges do you expect that might stop you from continuing to take PrEP?
- How do you think you can tackle the challenges mentioned?

Here are a few tips that can help you to address challenges to continue taking PrEP

- Talk to your health care provider or mentor (Community Care Worker) or DREAMS Ambassadors if you have any question or side effects
- Use reliable sources of information including DREAMS information, communication and education materials
- Join PrEP clubs
- Talk to your peers who have better experience in using PrEP
- Inform your health care provider ahead of time if you anticipate to travel or change place of residence
- Align taking PrEP medicine with your routine activities or use reminders like alarm
- Join safe space
- Indicate to the health care provider the best place for you to have follow up visits
- Disclosing PrEP use to someone who can support you
- Develop a healthy relationship with your sexual partner and discuss about the benefits of PrEP



# Theme: PrEP Disclosure

11



# Key message

## OBJECTIVES OF THE SECTION:

To give tips on PrEP use disclosure

## DISCUSSION QUESTIONS

- Would you choose to tell others that you're taking PrEP? Why or why not?
- If yes, who? How would you tell someone about your PrEP use?

PrEP use is your choice, and you can choose if you want to share your decision or if you'd like it to remain a private choice.

### Tips for disclosure

- How? Use clear language and good eye contact, listen objectively, avoid blaming others, have prepared answers to likely questions, and be sensitive to the other person's feelings
- When? You are both in a good mood, you are prepared, and there is enough time.
- Where? A comfortable and private but safe place without distractions.
- Issues to consider: Why did you decide to use PrEP? What does it mean for your relationship? What are the benefits for your relationship?

### Additional considerations:

- Talk about PrEP generally to see what s/he says before telling him/her you are using it
- Give a little information at a time
- Only tell him/her what s/he needs to know
- If s/he is resistant at first, continue bringing it up over time until s/he becomes more supportive

Show the CHARISMA PrEP disclosure video ([https://youtu.be/\\_QwXO1ChVPc](https://youtu.be/_QwXO1ChVPc))

# Theme:

PrEP use  
without  
Disclosure



### OBJECTIVES OF THE SECTION:

To give tips on PrEP use without disclosure

### DISCUSSION QUESTIONS

How would you keep your pills safe and private?  
How would you take pills each day in privacy?

## Key message

PrEP use is your choice, and you can choose if you want to share your decision or if you'd like it to remain a private choice.

### Tips for using PrEP without disclosure:

- Many women successfully use oral PrEP without telling their partners/parents/friends
- If you're anxious or scared about keeping oral PrEP in your house, you could consider storing it in an unmarked container or at another house, especially if you worry for your safety.
- If your partner/parents/friends finds the pills, you could say the pills are for period pains or contraception or prepare another explanation