



Preexposure Prophylaxis (PrEP)
**GROUP
DISCUSSION**

PrEP'ed and Ready to Go!

#PrEP. For you. For me.

Determined Resilient Empowered AIDS-Free Mentored Safe



PrEP'ed and Ready to Go!



TIME:
30 minutes

PURPOSE:

To increase participants' basic knowledge about oral PrEP and where they can access it in Namibia.

STEP-BY-STEP INSTRUCTIONS:

1. Have participants sit in a semi-circle.
2. Ask participants to think about time when they first became intimate with a new girlfriend. Ask participants the following questions after they've reflected for a bit:
 - a. How do couples typically know they're ready to start having sex?
 - b. What sorts of things do they talk about before they start having sex?
 - c. What conversations do they have about HIV? Why or why not?
3. Tell participants that when it comes to HIV, we probably all have thoughts and feelings about the things we can do to prevent HIV infection.
4. Ask participants to name available HIV prevention methods and place in front of participants the method picture cards as they are stated.
 - a. Abstinence (not having sex): picture card A
 - b. Male condoms: picture card B
 - c. Female condoms: picture card C
 - d. HIV Testing Services (HTS): picture card D
 - e. Testing Together (TT): picture card E
 - f. Antiretroviral Therapy (ART): picture card F
 - g. Voluntary Medical Male Circumcision (VMMC): picture card G
 - h. Preexposure Prophylaxis (PrEP): picture card HEncourage participants to name all HIV prevention methods.
5. Go through each HIV prevention method one-by-one and ask participants to state the advantages and disadvantages of each method. (See the back of each picture cards for more information about the various HIV prevention methods) [Note: If oral PrEP has already been mentioned, do not yet discuss oral PrEP at this step.]
6. After reviewing all the other HIV prevention methods, ask participants what they know about oral PrEP and place the oral PrEP picture card in front of participants (if it has not already been mentioned). Be sure the following are mentioned:
 - a. Oral PrEP is a small anti-HIV pill that is taken every day
 - b. PrEP can protect you from acquiring HIV during sex
 - c. PrEP must be taken before exposure to HIV
 - d. PrEP prevents HIV from taking hold in the body
 - e. PrEP can be taken for as long as you need it
 - f. PrEP does not prevent pregnancy or other sexually transmitted infections. Encourage your partner to use modern family planning methods to prevent pregnancy and/or use condom to prevent pregnancy and sexually transmitted infections
7. Ask participants now that we all have a basic understanding of oral PrEP, what do they see as the advantages and disadvantages of oral PrEP? [Note: Be sure to make any corrections or complete any information as participants state the advantages and disadvantages of oral PrEP.]
8. Tell participants that oral PrEP is an effective and safe option for people who care about their future. It is even more effective if used together with the other methods we talked about earlier.
9. Ask participants if they know where they can access PrEP services near them. For each service point, ask participants to describe the exact location. [Note: Be sure to know where oral PrEP is available in the community and complete any information as participants state service points.]

Key message

Oral PrEP is available throughout Namibia and can be used by any person looking for a safe and effective way to protect their health and future. It must be used before exposure to HIV and can be used for as long as you feel the need. If you think oral PrEP might be a good option for you, seek out oral PrEP services at the service points we discussed today.