

Positive Prevention among  
Adolescents & Youth

What if you were HIV positive?

I would share my HOPE  
with those who have NONE





# What is positive prevention?

## Positive Prevention among PLHIV

A distinct approach to HIV prevention communication

### What is positive prevention?

Positive prevention includes the control of Sexually Transmitted Infections; treatment and prophylaxis of Opportunistic Infections; risk reduction counseling and support; couples counseling and support of discordant couples, disclosure of status to partners; Anti reteroviral treatment and adherence counseling

### It means

- Recognizing that you are at risk-Voluntary Counseling and Testing.
- Openness about HIV status.
- Disclosure to regular partners.
- Regular consistent prevention behavior and condom use.
- Understanding.

That HIV is a manageable chronic condition. That you can lead a normal life and even have a normal life span with HIV.

- Regular CD<sub>4</sub> count and viral load testing.
- Early and effective treatment of opportunistic infections.
- Commencement of ART at the right time.
- Mother to child prevention of HIV transmission either with full ART or dual PMTCT protocol.
- In every new HIV infection there is a person who either doesn't know his or her status or is in denial.

**Treasure Every Movement of Life**



Positive prevention encourages and supports people to come out of denial into positive living

Targeting the rational fear of death as the underlying cause of denial and stigma through treatment; a treatment based approach to HIV communications breaks the chain of **fear > denial > stigma > discrimination**;

**In learning to take control of our health we are also empowered to understand our position in society more broadly**

### **In short....**

Through the HIV experience, aiming **AGENCY for change** in your own life and the lives of those around you.

when PLHIV have this positive perspective we have seen evidence that behavior can really change;

We see a treatment based approach supported by treatment literacy communications can produce lasting change.

Positive prevention goes hand in hand with the extension of access to treatment;

**Balance Risk  
with  
Positive Prevention**



## Prevention of Sexually Transmitted HIV

The safest form of prevention of sexually transmitted HIV is delay in sexual contact. Although, in the adolescent and youth groups, such practices are realistic and desirable. However to **enjoy the safe sexual life is innate right of all individuals.**

Barrier methods that prevent semen and other bodily fluids from passing from one partner to another are the next most effective preventive methods.

**Pakistan has the largest ever cohort of Youth Population-Delay in Sexual Contact is best for HIV prevention**

### Delaying Sex Approach for Prevention of HIV/AIDS

HIV/AIDS prevention education has changed in recent year, with the addition of new terminology, new opportunistic infections and new instructional approaches (especially those emphasizing:

Decision-making,

- Social Skill Building
- and Refusal Skills

Yet basic protective messages for the young people, including delay in sexual contact is postponing sexual intercourse and abstinence from using drugs and not sharing injection drug equipment, remain the same.”



# Objectives

1. **To Postpone sexual intercourse.** Discussions among the adolescent/youth groups outlining the potential negative consequences of sexual intercourse are included, as well as an exploration of replacement behaviors which can lead to healthy friendships and personal relationships.
2. **To Postpone drug use,** including not sharing injection drug equipment and not consuming alcohol. Rather than limiting the discussion to injection drug equipment sharing, the communication warn of the potential of HIV/STD transmission during any form of drug use.

Let us delay sex  
till we mature

Yes!  
it makes sense



**Emphasis on delaying early sexual intercourse** as the most effective way to prevent the sexual transmission of HIV in young people.

Emphasis on abstinence from drug use, which should include both injection sharing and **alcohol consumption**, as the most effective way to prevent the transmission of HIV through sharing unclean injection drug equipment or impaired decision making.

Decision making and resistance skills practice to withstand peer pressure and postpone sexual involvement.

**More teens “saying no” could really reduce high HIV/STIs rates, teen age pregnancy and drunk driving...**

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