

**KNOW
YOUR
OPTIONS**

**em
pow
her
fund**
by **aidsfonds**



GLOBAL NETWORK OF
YOUNG PEOPLE
LIVING WITH HIV



AYAR YEP
Apartheid Youth & Adolescent
Reproductive
Health Program



Y+ KENYA

ORGANIZATION OF YOUNG PEOPLE LIVING
WITH HIV



WWM

WOMEN WITH A MISSION



Hello! My name is Thandiwe, but all my friends call me Thandi and you can too! I'm a University Student.

Hey there! I'm Brian. I'm 22. I'm an Entrepreneur. All my friends think I'm funny and outspoken.

Hi! My name is Aisha. I'm 22. I work as a Peer Educator. I'm a confident, approachable, and friendly young woman.

**ALLOW US TO
INTRODUCE OURSELVES!**

TOO MUCH INFORMATION!

My timeline is confusing me. Every week there's a new HIV prevention method!

I know! First it was PrEP... Now people are talking about injections and rings.



THE COFFEE BEAN

And someone posted that PrEP is only for people living with HIV.

You've just described social media... Lots of opinions. Not always facts.





THE COFFEE BEAN

So... Who do we actually believe?

Well... Let's talk about your options.

YOU HAVE MORE OPTIONS THAN YOU THINK

Wait! There are this many prevention options?

Yes! HIV Prevention isn't one-size-fits-all.

HERE'S TODAY'S MENU



CONDOMS



**DAILY ORAL
PREP**



**INJECTABLE
PREP**



**DAPIRIVINE
RING**



PEP



U = U



THE COFFEE BEAN

I honestly thought condoms were the only option.

They're one option. But they're definitely not the only one.



THE COFFEE BEAN

So everyone can choose what works for them?"

Exactly.

WHAT FITS YOUR LIFE?

THE COFFEE BEAN

So... How do I know what's right for me?

Start by asking yourself a few questions.



THE COFFEE BEAN

Do I want
daily
protection?

Am I
living
with HIV?

Do I know
my HIV
status?

Would I
rather have
something
long-acting?

Do I need
emergency
prevention?



THE COFFEE BEAN

So it isn't about copying someone else?

That actually makes sense.

It's about choosing what's right for your life."



MYTH OR FACT?

Let's play a game. I'll
say what I've heard...
You tell me if it's true...
PrEP is only for people
living with HIV.

Myth! PrEP helps
HIV-negative
people prevent
HIV.



THE COFFEE BEAN

I heard
Injectable PrEP
makes people
infertile.

Another myth. That's
why it's important to
ask trained
healthcare providers
instead of believing
rumours.



THE COFFEE BEAN

I've definitely
learned something
today.

The best prevention
starts with the right
information.



**YOUR PREVENTION JOURNEY
STARTS HERE**

I'm going to stop
believing everything I
read online.

I'm going to ask
more questions. I
want to know
which prevention
option fits me.

That's the
spirit. Ask.
Learn. Choose.

YOUTH-FRIENDLY CLINIC

**YOUTH-FRIENDLY
CLINIC**





THERE IS NO ONE SIZE FITS ALL!

There isn't one HIV prevention option that works for everyone.
Explore your choices, talk to a trusted healthcare provider, and make informed decisions about your health.