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by **aidsfonds**





YOUR HEALTH. YOUR CHOICE. YOUR FUTURE.

HIV prevention has come a long way. Today, there are many different ways to protect yourself from HIV, and no single option is right for everyone. This guide has been developed to help you understand the HIV prevention options available, how they work, who they may be suitable for, and where you can access them. Whether you are looking for information for yourself, a friend, or someone you support, this menu will help you make informed decisions based on accurate, evidence-based information.

Remember:

- HIV is preventable.
- You have options.
- Prevention is personal.
- Combining prevention methods provides even greater protection.
- A healthcare provider can help you choose what is right for you.

1. KNOW YOUR STATUS

Testing is the first step.

Knowing your HIV status is the foundation of HIV prevention. Regular testing helps you understand your health, make informed choices, and access the right prevention or treatment services.



HIV TESTING SERVICES (HTS)

What is it? Testing for HIV at a clinic, hospital, community outreach service or mobile clinic.

Why it matters?

- Helps you know your HIV status.
- Supports early access to treatment if needed.
- Helps you choose the best HIV prevention option.
- Protects both you and your partner(s).



HIV SELF-TESTING

Self-testing allows you to test privately using an approved HIV self-test kit.

Benefits

- Private and confidential.
- Convenient.
- Quick results.
- Can be done at home.



PARTNER TESTING

Testing together with your partner encourages honest conversations, shared responsibility, and informed decision-making.



REGULAR SCREENING

If you are sexually active or at ongoing risk of HIV, regular HIV testing is recommended. Speak to your healthcare provider about how often you should test.

DID YOU KNOW?

Knowing your HIV status is the first step towards protecting yourself and others.



- ✓ Early detection saves lives.
- ✓ You stay healthy.
- ✓ You protect your Partner(s).
- ✓ You can access treatment on time.

2.

MALE AND FEMALE CONDOMS

Double Protection

Condoms remain one of the most effective HIV prevention methods because they help prevent both HIV and many sexually transmitted infections (STIs). Male and female/internal condoms also help prevent unintended pregnancy.

What are they?

Condoms create a barrier that prevents HIV and other STIs from passing between partners during

Benefits

- Protect against HIV.
- Protect against many STIs.
- Help prevent pregnancy.
- Easy to access.
- Affordable or free in many health facilities.

Things to Remember

- Use a new condom every time you have sex.
- Check the expiry date.
- Store condoms away from heat and sharp objects.
- Use condoms correctly every time.

MYTH VS FACT

Myth: Condoms reduce pleasure.

Fact: Condoms are one of the most effective ways to protect yourself and your partner. Using the right size and lubrication can improve comfort and pleasure.



3. DAILY ORAL PREP

Daily Protection Against HIV

What is PrEP?

PrEP (Pre-Exposure Prophylaxis) is medicine taken by HIV-negative people to prevent HIV before they are exposed.

Who might choose Oral PrEP?

- People at ongoing risk of HIV.
- People who want daily HIV protection.
- Individuals whose partners are living with HIV.

Benefits

- Highly effective when taken consistently.
- Private and discreet.
- Can be stopped or restarted with healthcare guidance.

Things to Know

- PrEP only prevents HIV—it does not prevent pregnancy or other STIs.
- Regular HIV testing is recommended while taking PrEP.
- Take it exactly as prescribed.

MYTH VS FACT

Myth: PrEP is only for people living with HIV.

Fact: PrEP is for HIV-negative people who want to prevent HIV infection.



4. INJECTABLE PREP (CAB-LA)

Long-Acting HIV Prevention

What is it?

Injectable PrEP (Cabotegravir Long-Acting) is an HIV prevention injection given by a trained healthcare provider every two months.

Benefits

Long-acting protection.
No daily pills.
Highly effective.
Convenient for people who prefer fewer clinic visits.

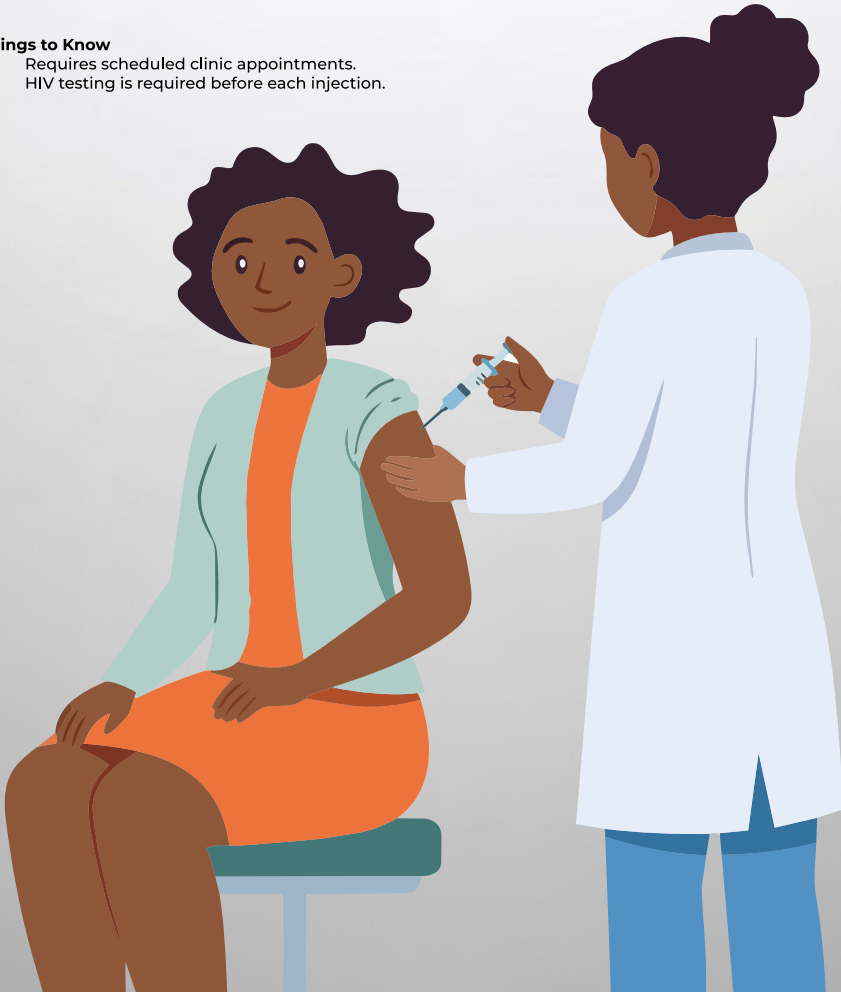
Things to Know

- Requires scheduled clinic appointments.
- HIV testing is required before each injection.

MYTH VS FACT

Myth: Injectable PrEP causes infertility.

Fact: Injectable PrEP does not affect fertility. Speak to your healthcare provider if you have questions about side effects.



5. NEW HIV PREVENTION OPTIONS



DAPIVIRINE VAGINAL RING

A flexible ring inserted into the vagina and replaced monthly to help reduce the risk of HIV.

Best for

Women who prefer a discreet HIV prevention option.



LENACAPAVIR (WHERE AVAILABLE)

A long-acting HIV prevention medicine currently being introduced in some countries.

Things to Know

Availability depends on national regulatory approval and country guidelines.

Eswatini, Kenya, Lesotho, Malawi, Mozambique, Nigeria, South Africa, Uganda, Zambia, and Zimbabwe are the first wave of African nations rolling out or registering the twice-yearly long-acting HIV prevention injection, Lenacapavir.



PEP (POST-EXPOSURE PROPHYLAXIS)

PEP is emergency HIV prevention medicine that must be started within 72 hours after possible HIV exposure.

The sooner you start PEP, the better it works.



6. LIVING WELL WITH HIV

Treatment as Prevention (U = U)

People living with HIV who take their treatment consistently and maintain an undetectable viral load **cannot sexually transmit HIV.**

U = U MEANS:

UNDETECTABLE = UNTRANSMITTABLE

WHY IS THIS IMPORTANT?

- Encourages treatment adherence.
- Reduces HIV stigma.
- Supports healthy relationships.
- Improves quality of life.



7. HEALTHY RELATIONSHIPS AND HEALTHY CHOICES



HIV prevention is about more than medicine. Healthy relationships and informed choices also reduce HIV risk.

Topics include:

- Consent.
- Communication.
- Correct and consistent condom use.
- Reducing alcohol and drug-related risks.
- Gender equality.
- Healthy relationships.
- Knowing your boundaries.
- Seeking help when needed.

8. WHICH PREVENTION OPTION FITS YOU?

REMEMBER

There is no "best" prevention method—only the one that best fits your needs, lifestyle, and circumstances.

IF...

- ✓ You want protection during sex and pregnancy prevention
- ✓ You want HIV protection before exposure
- ✓ You don't want to take tablets every day
- ✓ You had unprotected sex in the last 72 hours
- ✓ You prefer a discreet monthly prevention option
- ✓ You are living with HIV
You want to know your HIV status
- ✓ Want to know your HIV status

CONSIDER LEARNING MORE ABOUT...

- ✓ Male or Female Condoms
- ✓ Oral PrEP
- ✓ Injectable PrEP
- ✓ PEP
- ✓ Dapivirine Vaginal Ring
- ✓ U = U and treatment
- ✓ HIV Testing Services





MYTHS

- ✓ PrEP is only for people living with HIV.
- ✓ Injectable PrEP gives you HIV.
- ✓ Condoms reduce pleasure.
- ✓ HIV prevention medicines cause infertility.
- ✓ If I trust my partner, I don't need HIV prevention.

VS



FACTS

- ✓ PrEP is taken by HIV-negative people to prevent HIV.
- ✓ Injectable PrEP cannot give you HIV.
- ✓ Condoms protect against HIV, STIs, and unintended pregnancy while supporting safer sex.
- ✓ There is no evidence that approved HIV prevention medicines cause infertility.
- ✓ HIV prevention is about protecting yourself and your partner together.



Get your **FACTS** about HIV from professionals. If you're going to use the internet, make sure you get your information from credible sources. Remember, your friends and family's opinions are **NOT** fact!

WHERE CAN I GET HELP?



If you would like to learn more or access HIV prevention services:

- Visit your nearest clinic or health facility.
- Speak to a trusted healthcare provider.
- Contact a peer educator.
- Scan the QR code to find services and trusted information.



LEARN MORE ABOUT EMPOWHER

The **EmpowHER Fund** is a regional initiative working to ensure that adolescent girls and young women across **sub-Saharan Africa** have the knowledge, confidence, and access they need to choose the HIV prevention method that best fits their lives.

Although HIV prevention options have expanded significantly in recent years—including oral PrEP, long-acting injectable PrEP, the dapivirine vaginal ring, and other emerging technologies—many girls and young women still face barriers such as stigma, misinformation, limited access to youth-friendly services, and unequal power dynamics that prevent them from accessing these options.

EmpowHER works to change this by supporting women- and girls-led organisations to:

- Increase awareness of HIV prevention choices.
- Improve access to existing and emerging HIV prevention methods.
- Strengthen community-led advocacy and demand creation.
- Promote youth-friendly, stigma-free HIV prevention services.
- Support women and girls to make informed choices about their health and futures.

The initiative currently supports work across **Kenya, Mozambique, South Africa, Uganda, and Zambia**, with a vision of expanding access and choice for girls and young women across the region.



**EMPOWERING GIRLS AND
YOUNG WOMEN TO
CHOOSE THE HIV
PREVENTION METHOD
THAT WORKS FOR THEM**

**LEARN MORE ABOUT THE RESOURCES USED
FOR THIS MENU!**

Turn overleaf to find out the source materials used for this menu and learn even more from them.

RESOURCES & WHERE TO LEARN MORE

Want to learn more about HIV prevention, sexual and reproductive health, and the latest prevention options? The following organisations provide trusted, evidence-based information and resources.

Organisation	What You'll Find	Website
World Health Organization (WHO)	HIV prevention, testing, treatment, PrEP, PEP, U=U, global guidelines	https://www.who.int/health-topics/hiv-aids
UNAIDS	Global HIV data, prevention resources, advocacy and policy guidance	https://www.unaids.org
EmpowHER Fund (Aidsfonds)	Information about the EmpowHER initiative and its work across sub-Saharan Africa	https://aidsfonds.org/project/the-empowher-fund/
UNICEF	HIV resources for adolescents, children and young people	https://www.unicef.org/hiv
UNESCO	Comprehensive Sexuality Education (CSE) resources and guidance	https://www.unesco.org
UNFPA	Sexual and reproductive health information for adolescents and young people	https://www.unfpa.org
AVAC	Updates on HIV prevention research and new prevention technologies	https://www.avac.org
PEPFAR	Information on HIV prevention, treatment and global HIV programmes	https://www.state.gov/pepfar
U.S. Centers for Disease Control and Prevention (CDC)	HIV prevention information, fact sheets and educational resources	https://www.cdc.gov/hiv
The Global Fund	HIV prevention programmes and global investments	https://www.theglobalfund.org
International AIDS Society (IAS)	HIV science, research and conference resources	https://www.iasociety.org
South African National Department of Health	National HIV prevention guidelines and health information	https://www.health.gov.za
National Department/Ministry of Health (Your Country)	Youth-friendly services, HIV prevention, testing and treatment information	Visit your country's official Ministry of Health website
Local Youth-Friendly Health Services	Information on HIV testing, PrEP, PEP and sexual and reproductive health services	Ask your nearest clinic or healthcare provider for available services in your community
Y+ Global	Information about Youth Led and Youth Focussed HIV Advocacy opportunities	https://www.yplusglobal.org/



NEED MORE INFORMATION?

If you have questions about HIV prevention or would like to know which prevention option is right for you:

- Visit your nearest **youth-friendly clinic** or **health facility**.
- Speak with a **trained healthcare provider** or **peer educator**.
- Use trusted websites such as **WHO**, **UNAIDS**, **UNICEF**, and the **EmpowHER Fund** to learn more about HIV prevention options and services.

Scan QR Code to learn more!