

# Help Us Raise Awareness...

## World AIDS Day 2018

World AIDS Day is **1<sup>st</sup> December** and this year, we would love to involve as many organisations as possible in helping us to raise awareness, particularly those that work with young people.

### Some facts...

- **37 million** people around the world are living with HIV
- **5,099** people have been diagnosed with HIV in Scotland, but it is estimated that approx. 5,860 are living with the virus as some cases will be undiagnosed.
- In 2017, there were **361** diagnoses of HIV reported in Scotland – approximately 1 per day
- **117** people are currently accessing medical services for HIV care in Highland but the number of people living with HIV in Highland is estimated to be higher.

### What can you do?

We would like you to talk to as many people as you can about World AIDS Day, to help us start Highland-wide conversations. Here are a few ways you can help:

#### 1. Lead an awareness activity

Within this pack we have included 3 short and simple activities, that can be used to facilitate conversations about HIV and AIDS with the people you work with. You can decide whether you want to run all three activities or pick the one that suits your group the most.

#### 2. Donate/Fundraise!

Visit Waverley Care's website to donate, or run your own fundraising event. All events and donations, no matter how small, help us support those at risk of / living with HIV in Scotland. You can find a variety of fundraising ideas inside this pack.

#### 3. Spread the word on social media

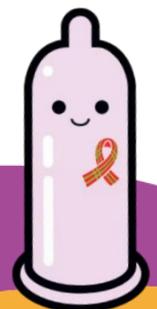
Below are examples of posts you could use, or write your own – remember to tag us so we can share. You can also download an image of #WADweejohnny to share with your post from this pack!

- *An estimated 5,860 people are living with HIV in Scotland. On #WAD2018, I am helping @waverleycare & @wavehighland raise awareness by (enter your text here)*
- *37 million people around the world are living with HIV & an estimated 5,860 of those are right here in Scotland. On #WAD2018 I support @waverleycare & @wavehighland who continue to raise awareness, encourage testing & help those affected*

### Need some help?

For more information about anything in this pack, contact [hello@wavehighland.com](mailto:hello@wavehighland.com)

If you would like more information about HIV or any other Sexually Transmitted Infection, visit our website [www.wavehighland.com](http://www.wavehighland.com) for support and where to find your nearest sexual health service.



## Fundraise for Waverley Care

### World AIDS Day 2018

Why not run your own fundraising event to raise money for Waverley Care? All money raised, no matter how small the amount, will go towards supporting of those at risk of / living with HIV in Scotland.

Here are some ideas...

- **Dress-down day** - Ask everyone to donate and wear something red or tartan for the day. Think socks, hairbands, wigs and ties!
- **Tartan ribbons** – Get in touch to request a box of 100 ribbons to raise awareness of World AIDS Day and simply ask for a donation in return for each ribbon you sell. Email [admin@waverleycare.org](mailto:admin@waverleycare.org) to request your ribbons.
- **Lunchtime bake sale** - Ask everyone to bring something delicious and all donate to buy a slice of cake. You could even try some ribbon shaped decorations!
- **Bring and buy** - Clear out your cupboards before Christmas and set up a pop-up shop for friends, parents and teachers.
- **Set yourself a challenge** - From a sponsored 1km run around the field to a sponsored silence, use our sponsor forms to take on a challenge. Request a form by emailing the address below.

### Paying in your donations

If you collect donations in cash, you can send a cheque made payable to **Waverley Care** to the fundraising team at **Waverley Care, 3 Mansfield Place, Edinburgh EH3 6NB**. If you've used sponsor forms, don't forget to pop these in the post too!

Alternatively, you can make a bank transfer using the details below. Please email [admin@waverleycare.org](mailto:admin@waverleycare.org) to let us know your donations are on the way!

Account Name: Waverley Care  
Sort code: 80-11-20  
Account number: 00590920  
Reference: Your name

If you have any fundraising questions, call us on **0131 556 9710** or email [admin@waverleycare.org](mailto:admin@waverleycare.org)

Waverley Care is Scotland's leading charity providing care and support to people living with HIV or Hepatitis C

# Lead an Awareness Activity - 1

## World AIDS Day 2018



### World AIDS Day Quiz

#### Needed:

- Quiz sheets (included in pack)
- Fact sheets for answers (included in pack):  
HIV basics; HIV myths & truths; HIV stigma
- Pens/pencils

#### Activity:

1. Ask young people to discuss what they think of when they hear 'HIV' or 'AIDS' and what they know about them.
2. Hand out quiz sheets to individuals/groups and ask participants to have a go at answering the questions
3. Give out fact sheets and ask groups to find the correct answers from the information given.
4. Discuss answers with participants. Do all the groups agree?

**If you have time, lead onto activity 2 or 3.**

*We would love to hear what you learned from our quiz – let us know on social media or email us...*

*#WAD2018*

*Twitter: @wavehighland*

*Facebook: @wavehighland1*

*Email: hello@wavehighland.com*

# Activity 1 Quiz Sheets

World AIDS Day 2018



Have a go at answering our World AIDS Day quiz questions...	TRUE	FALSE
1. HIV & AIDS are the same thing		
2. Having AIDS can lead to death		
3. HIV can be cured		
4. You can't catch AIDS		
5. The only way you can catch HIV is by having unprotected sex		
6. Babies can be born with HIV		
7. You can get HIV from kissing		
8. Many people living with HIV face prejudice & discrimination regularly		
9. Condoms are the only method of contraception that protect you against STIs		
10. If someone is taking HIV medication properly, they cannot pass on the virus, even during sex.		

I SCORED ...../10

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# HIV BASICS

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## WHAT IS HIV?

HIV stands for Human Immunodeficiency Virus. It's a virus that attacks the body's immune system making it difficult to fight off other illnesses.

When someone is first infected with HIV they normally experience a short illness within a few weeks such as a sore throat, fever or rash. Once this illness passes, no other symptoms may be experienced for many years. However, the virus is slowly damaging the immune system. Without treatment, HIV will damage the immune system to such a degree that the individual infected with HIV will develop AIDS.

## WHAT IS AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. It's the name given to a collection of infections and cancers that, when present, indicate that the HIV virus has severely weakened someone's immune system to a life-threatening degree.

You cannot catch AIDS. HIV causes AIDS. It's only HIV that can be passed on.

## HOW IS HIV TRANSMITTED?

HIV is found in blood, genital fluids and breast milk. In Scotland, the two main ways that HIV is passed on are sex without a condom and through the sharing of drug-injecting equipment.

There is also a risk of transmission from a mother to her baby during pregnancy, birth or from breastfeeding. However, with HIV testing during pregnancy and medication to prevent mother to child transmission, it is now

very rare for a baby to be born with HIV in Scotland.

In other countries around the world, HIV can also be passed on during a blood transfusion or organ or sperm donation where HIV screening has not taken place. Screening for HIV has been in place in Scotland since 1985.

See the 'HIV Myths and Truths' Factsheet to find out how HIV is **not** passed on.

## CAN HIV BE TREATED?

HIV treatments are now available, which means that people living with HIV can expect a near normal life expectancy. Although there is currently no cure for HIV, research continues every day to improve treatments and ultimately develop an HIV vaccine and a cure.



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# HIV MYTHS AND TRUTHS

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**MYTH** You can catch HIV through kissing, hugging or shaking hands.

**THE TRUTH** You can't. The fact is, saliva, sweat and urine do not contain high enough levels of HIV for the virus to be passed on.

**MYTH** Someone who is HIV positive cannot have a baby.

**THE TRUTH** There are steps that both partners can take to prevent transmission of HIV during conception. And provided medical advice is followed, there's less than a one per cent chance that an HIV positive woman's baby is born with HIV.

**MYTH** If you get HIV you'll die soon.

**THE TRUTH** HIV medications mean that a person with HIV can have a near normal life expectancy, especially if they are diagnosed very soon after infection.

**MYTH** There is a cure for HIV.

**THE TRUTH** Sadly, there's no medication that can cure HIV. And scientists believe a cure could be more than 10 years away.

**MYTH** You can get HIV from someone who spits at or bites you.

**THE TRUTH** You can't. Saliva doesn't contain high enough levels of HIV for the virus to be passed on.

**MYTH** You'll get HIV if someone who's HIV positive cuts themselves.

**THE TRUTH** This could only happen if their blood enters your bloodstream through an open wound. And once the virus is outside the body, it doesn't survive long.

**MYTH** Only gay men and people from Africa get HIV.

**THE TRUTH** Anyone who has unprotected sex or shares drug-injecting equipment is at risk of contracting the virus.



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# HIV STIGMA

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## ATTITUDES NEED TO CHANGE

It's a sad fact that people living with HIV have been stigmatised and discriminated against since the virus was first discovered in the 1980s. And all too often, the reasons for this stigma come from a lack of knowledge in society. These include:

- A fear of conditions that can be passed between people
- The associations with, and images of, people dying of AIDS
- Groups affected by the condition that are already discriminated against in society i.e. drug users, gay men and black Africans

## LIVING WITH PREJUDICE

Today, people with HIV still regularly face discrimination – and this means they are often reluctant to tell other people they are HIV positive. The sort of issues they face include:

- Being excluded from everyday activities
- Being gossiped about
- Being rejected by friends, family or partners
- Being verbally abused
- Even being physically assaulted

Because of this, they may struggle to keep taking their medications and live as well as they could do. So as a result of prejudice, many people are less able to achieve their full potential.

## FEAR SPREADS

HIV stigma also contributes to the spread of HIV as it means that people are scared to go for a test. If someone does not know that they are HIV positive, they may unknowingly infect other people. What's more, people's fear of testing means that they are often diagnosed late, leading to severe long-term health implications. The earlier HIV is detected, the more effective the treatment and higher the chance of maintaining good health.

## DISCRIMINATION AND THE LAW

The Disability Discrimination Act 2005 provides legal protection from discrimination for anyone living with HIV. This includes protection in the areas of employment, healthcare and housing. Anyone treating someone less favourably than others because of their HIV status can now be prosecuted.



## Lead an Awareness Activity - 2

World AIDS Day 2018



### Design A World AIDS Day Poster

#### Needed:

- Paper/flip chart paper
- Pens/pencils
- Fact sheets for ideas (included in pack):  
HIV basics; HIV myths & truths; HIV stigma

#### Activity:

1. Ask young people to discuss what they think of when they hear 'HIV' or 'AIDS' and what they know about them.
2. Hand out HIV factsheets and ask groups to use the information to design posters that either:
  - Raise awareness about HIV and AIDS
  - Tackle stigma around HIV and AIDS
  - Encourage testing
3. Groups present their posters to other participants.

**If you have time, try activity 1 or 3.**

*We would love to see your posters – show us your designs on social media or email us...*

**#WAD2018**

*Twitter: @wavehighland*

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*Email: hello@wavehighland.com*

**WHY NOT ENTER YOUR POSTERS INTO OUR COMPETITION FOR A CHANCE TO WIN! See competition poster in this pack for details.**

# Lead an Awareness Activity - 3

World AIDS Day 2018



## World AIDS Day Case Studies

### Needed:

Case study sheets (included in pack)

### Activity:

1. Ask young people to discuss what they think of when they hear 'HIV' or 'AIDS' and what they know about them.
2. Either split your participants into groups of 4-6 or work as one group. Ask 2 volunteers from each group to play the interviewer and interviewee and read the case study out to other participants.
3. Ask the group/s to think about the following questions and discuss:
  - *How has having HIV affected the person in the case study?*
  - *Would their experience with HIV be different if they lived in Highland? How?*
  - *What could we do to help people living with HIV in Highland?*
4. Ask participants what they have learned.

**If you have time, lead onto activity 1 or 2.**

*We would love to hear what you learned from our case studies – let us know on social media or email us...*

**#WAD2018**

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*Email: hello@wavehighland.com*

## Activity 3 Case Study – Jacob\*

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### **When did you first find out you were living with HIV?**

I was in first year at school. I remember watching the film, Team America. Near the start there's a parody of the musical RENT, where they sing a song called Everyone Has AIDS. I remember finding it funny. My mum sat me down and explained that I was living with HIV.

I was a kid who'd been going to hospital for years and I didn't really understand why. Then everything just clicked.

### **Do you remember how you felt when you first found out?**

I kind of accepted it. I knew I was healthy and that I'd be fine, but also that I could get sick if I didn't keep taking my medication. I never got scared of that side of it though.

### **What have been the main challenges of living with HIV?**

Things around relationships have been quite difficult – particularly telling friends. Only a couple of friends know. I feel like they're people I can trust.

Even though I feel comfortable about living with HIV, I've never thought there was any point in telling everyone – they don't need to know.

### **You recently organised a song-writing workshop for other young people with HIV, how was that?**

It was a great experience. At first they were a little shy but by the end they were all into it. Everyone had words they wanted to share and we scrambled them about over a beat to make lyrics. It really helped people open up – they were saying things that they would never have thought to say otherwise.

### **Away from your studies, what do you like to do with your spare time?**

Music's my passion. I spend time with friends who like to make music. I want to help them record and support them at gigs. That's why I want to learn – to work with people I know and help them develop.

### **Who is the biggest influence in your life?**

I guess from a business perspective, I'd say Jay-Z. I like how he started out and where he is now, owning his own streaming company and label. He represents his city – I want to represent mine.

*\*Name has been changed to protect individual's privacy.*

## Activity 3 Case Study – Steph\*

World AIDS Day 2018



### **When did you first find out you were living with HIV?**

I was about 7 years old. I was watching TV with my mum and dad and there was a programme about young children living with HIV. In my memory, that's when mum told me, but apparently I asked if I was the same as them. Between hospital appointments and medication, I must have subconsciously figured it out. Over the next few hours she got out all these different books about HIV and spoke to me about how it had happened.

I was born in Romania in the early 90s and, at the time, infants who were unwell were given blood transfusions because the authorities thought that it would make us healthier. Unfortunately, a lot of the donated blood was infected with HIV and I was one of the children affected.

### **Do you remember how you felt when you first found out about living with HIV?**

I remember not caring at all! I was seven and at that age you don't understand things. The next day I told a couple of friends at school and they were like 'OK, that's who you are'. But when I told my parents that I'd told friends, they were concerned.

I was so lucky growing up, all my friends knew about it and we talked. As I was learning about the condition, they learned along with me. I'm still friends with a lot of them.

I think a lot of people knew but they were never horrible or malicious.

### **What have been the main challenges?**

I think it goes in stages, so, when I was younger it was fine, and now that I'm in my late 20s, it has settled down again. It was the time in the middle, the teenage years, when it all went wrong.

At that age, everything's complicated enough but when you've got HIV, it's a whole other issue. I was getting older, getting into relationships and not knowing how to tell potential partners about it. I was also feeling side effects from medication so I stopped taking it for a while.

As I got older, I was also learning that HIV was not as accepted as I thought it was outside the safe little bubble that my parents had created for me. Realising that I could potentially get rejected, or that people might want to hurt me, or my family, was a scary concept for a 16-year old to try and get her head around,

### **Two years ago, you were very unwell – can you tell us what had happened?**

I was on a downward spiral. A couple of failed relationships had taken their toll on me and I hadn't been taking my medication. Eventually my body was saying enough is enough.

It was my sisters that inspired me to turn things around. They're at an age where I'm almost like an aunty as well as a sister. I hated the thought of them growing up thinking I didn't love them enough to try and fight. There was no way I could have done that.

*\* Name has been changed to protect individual's privacy.*

## Activity 3 Case Study - Dale

World AIDS Day 2018



Although HIV negative himself, both of Dale's parents were living with HIV.

### **How did HIV affect you and your family's life?**

Unfortunately, I have now lost both parents to HIV. My father died when I was 7, my mum passed more recently when I was 31. It has had a profound effect on all of my family, it is something that is very difficult to get over. The illness caused such a huge domino affect for all of the family; it was the cause of our childhood bring very unsettled, then even into adulthood the effect the illness had on my mum meant nearly everyday we would be faced with a new challenge!

### **What about life now for you – what are you up to?**

I am now living the dream! I have started my own personal training and Fitness business in Edinburgh called DARE Fitness. I get to work with and coach great people from different backgrounds, all with their own specific goals. It's awesome! I also run a lot! It's a great way to relax and de-stress the mind – I definitely recommend it!

### **Who inspires you?**

My brother and sister, Lee and Zoe. Both have seen enough and been through more than a lot of people would go through in 100 lifetimes; they have grown up to be awesome individuals. Professionally, all the people that come to me with a goal and work 100% to achieve that goal. Oh, and Arnold Schwarzenegger!