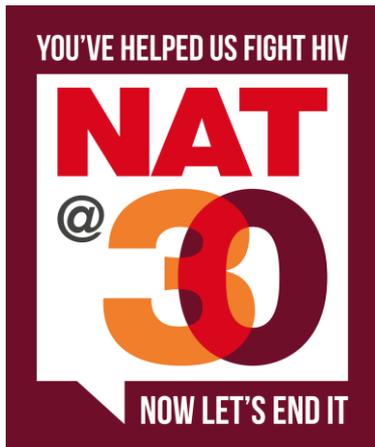


WORLD AIDS DAY 2017

HIV in the UK – Let's End It

World AIDS Day is celebrated annually on **1st December**



Produced by NAT
(National AIDS Trust)

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Overview

- Understanding HIV: Key facts
- Life with HIV in the UK today
- #LetsEndIt - What can you do to help end HIV?



What is World AIDS Day?

- World AIDS Day (WAD) is held every year on 1st December to raise awareness about HIV. It is a day to show support for people living with HIV, remember those who have lost their lives because of HIV and learn the facts and realities of HIV today, in the UK and worldwide.



What is HIV?

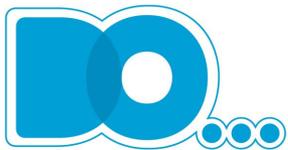
- **HIV** is a virus that attacks the body's immune system. It stands for Human Immunodeficiency Virus (HIV).
- **AIDS** stands for Acquired Immune Deficiency Syndrome and can develop when HIV damages the immune system to such an extent that it can no longer fight off a range of infections it would normally cope with.



HIV in numbers



- Around **101,200** people are living with HIV in the UK.
- Of these, **13% are undiagnosed** and do not know they have the virus.
- **Two in five adults** who have HIV in the UK are **diagnosed late**. Late diagnosis can cause complications and even shorten your life expectancy.
- **36.7 million** people across the world are living with HIV. In some countries, people can struggle to access testing or treatment. This makes living with HIV much more difficult than in the UK.



What is life like with HIV?



- If diagnosed in good time, and with effective medication, people living with HIV **can now live as long as anyone else** and will be unlikely to ever develop AIDS. This is because medication is very good at reducing the amount of virus in the body, meaning that the immune system stays strong.



What is life like with HIV?



- With **effective medication**, people living with HIV **can't pass on the virus** to anyone else. This is because HIV medication stops the virus from replicating and can suppress the virus to such low levels that it can no longer be passed on.
- This is often referred to as being '**undetectable**', because the level of HIV in the body is so low that the virus can no longer be detected.



What is life like with HIV?

- In the UK, **people living with HIV can do any job**, apart from serving on the front-line in the armed forces.
- This is the same for many other long-term conditions which require you to take daily medication.



What is life like with HIV?



- Unfortunately, people living with HIV still face **stigma and discrimination** in everyday life.
- The stigma around HIV is based on outdated assumptions and a lack of knowledge.



KEY FACTS ABOUT HIV



- The following are some of the key facts about HIV. Knowing this information will help you challenge stigma and discrimination against people living with HIV.
- How many of these key facts did you know before today?



Key fact 1: People living with HIV can live long and healthy lives



- There isn't a cure for HIV but treatment is so advanced that it can now be managed very well.
- If you are diagnosed in good time and take your medication as prescribed, your life expectancy can be just the same as anyone else.



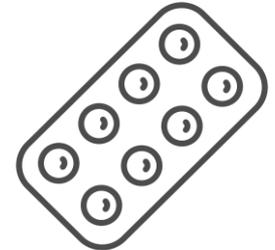
Key fact 2: HIV cannot be passed on through day-to-day contact



- HIV is passed on through sex without a condom or through sharing needles or injecting equipment with someone who has detectable levels of HIV.
- If someone living with HIV responding well to treatment and has an undetectable viral load – **they cannot pass the virus on.**
- HIV is often passed on when people who don't know they have it, which is why testing is so important.
- There is **no risk** of contracting HIV through day-to-day contact, touching and kissing.



Key fact 3: If you've been at risk of HIV, you can get treatment to prevent it



- If you know you've been at risk of getting HIV you can take Post Exposure Prophylaxis (PEP).
- You must **start** taking PEP **within 72 hours** of being exposed to HIV. PEP involves taking daily HIV medication for 4 weeks in total.
- If you think you have been at risk of HIV infection, you should get a free and confidential HIV test and/or request PEP at your local sexual health clinic or A&E.





Key fact 4: HIV can affect anyone

- ▶ **Anyone** who has sex without a condom or shares needles and equipment when injecting drugs is at risk of HIV.
- ▶ As a group, gay and bisexual men are disproportionately affected by HIV. But, there are **more heterosexual people living with diagnosed HIV in the UK** (40,842) compared with men who have sex with men (38,434).
- ▶ Some young people have lived with HIV their whole lives because HIV can be passed on during pregnancy, birth or breast feeding - In the UK **this is now extremely rare** because HIV medication is used to prevent this from happening.



Key fact 5: If you or your partner has HIV, you can still have a baby



- If someone living with HIV decides to have a baby they can take steps to ensure HIV is not passed on to a partner when trying to conceive (if one of the partners is HIV negative).
- If someone living with HIV is pregnant they can take medication to prevent HIV being passed on to the baby.
- In the UK today there is **less than a 0.5% chance** of HIV being passed to an infant if the right steps are taken.



Key fact 6: There is a new pill that prevents you from getting HIV



- Pre-Exposure Prophylaxis (PrEP) is a pill that you can take daily to protect yourself from HIV
- The NHS is currently running a medical trial of PrEP which means 10,000 people at risk of acquiring HIV can access it freely via their sexual health clinic
- By the end of 2017, PrEP will be available for free on the NHS to those who need it most in Scotland, England and Wales.



Experiences of people living with HIV

- An important part of World AIDS Day is taking the time to understand the realities of living with HIV.
- We asked people living with and affected by HIV to share some of their experiences for this assembly. Some of the responses have come from young people.
- Here are some of the things they wanted to tell you...

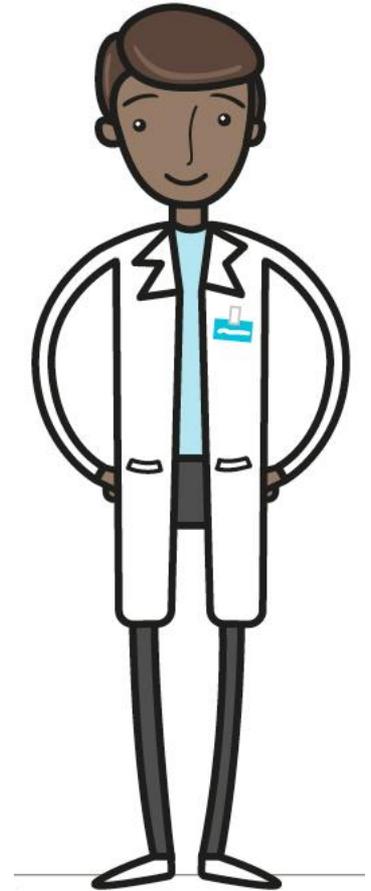


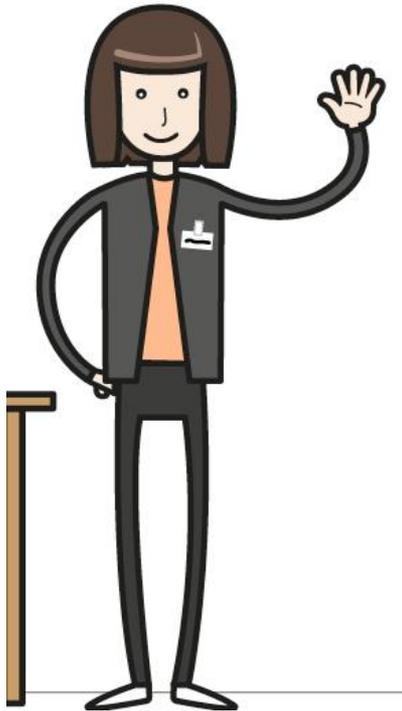
Getting tested and being diagnosed with HIV:

“My life has definitely improved after being diagnosed in 2013. I'm more healthy mentally and physically with latest HIV treatment, I'm so glad I accepted to do a HIV test.”

Relationships:

“HIV hasn't been a barrier to me having relationships. When I first told my boyfriend I had HIV he was initially surprised, however he found out more about it and was particularly reassured to find out that because I was on treatment and ‘undetectable’ it meant I couldn't pass on HIV.”





Having a family:

"When I was diagnosed with HIV 18 years ago I was devastated: I thought I wouldn't live to see my young children grow up and that HIV would have a terrible impact on my life. I realise now how wrong I was. HIV has never been a barrier to me doing anything - in fact I've had two more children, both of whom are HIV negative and I expect to live into old age like anyone else."

Telling other people:

"As a single mother, for me the hardest thing was to tell my teenage daughter. To make sure that she knew the facts before she knew I was HIV positive, I asked her to help me to put together a talk for a local 6th form college. I wanted her to know that I wasn't going to die any time soon. She is fine about it now, and talks about it to her friends, but she was in shock at the time."



Stigma and discrimination:

“Living with HIV as a teenager is difficult because the period of your life about discovering who you are coincides with the discovery that society will never accept you because of a virus.” Young person living with HIV

Confidentiality:

[On revealing someone else’s status without their permission] “As a child living with HIV. This is one of the greatest fears and one of the most intrusive things a human can do!”

Young person living with HIV

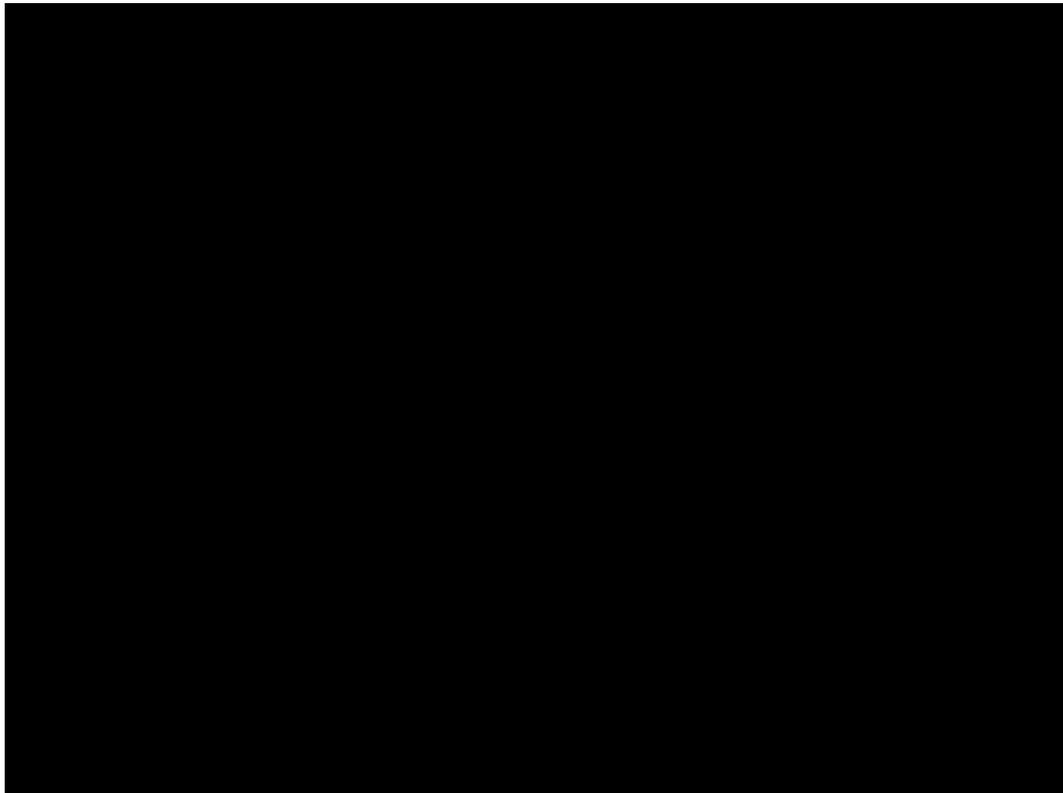


YOU'VE HELPED US FIGHT HIV



NOW LET'S END IT

Lets End It



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NOW LET'S END IT

What can you do?

We can all do our bit to help end HIV and HIV stigma and discrimination.

➤ Wear a red ribbon on World AIDS Day

The red ribbon acts as a sign of solidarity with people living with HIV and as a sign of remembrance for those who have died.



➤ Challenge HIV stigma with the key facts you've learned today

If you hear someone saying stigmatising things about HIV, be brave and challenge them!



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What can you do?

► Keep yourself and others informed about HIV

Tell your friends and parents about this assembly and what you have learned. You can learn more at HIV facts at www.nat.org.uk



► Treat people living with HIV with respect

If someone tells you they have HIV, don't tell anyone else without their permission. Be supportive, respect their confidentiality and treat them like you would treat anyone else.



What can you do?

► Become an HIV activist

You can sign up to become an HIV Activist and get involved in campaigns at:

<http://www.nat.org.uk/we-need-you/get-involved/hiv-activists>



► Organise a fundraiser for an HIV organisation

Organise an event at your school or in your community to raise much-needed funds for HIV organisations in your local area or national organisations like NAT. We've got a list of great ideas for fundraising events at

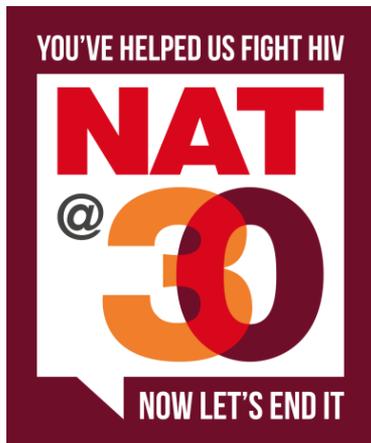
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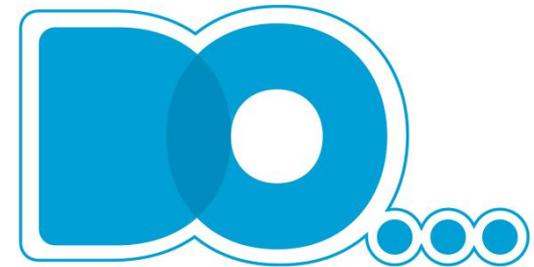
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NAT would like to thank our supporters for sharing their experiences for this assembly.



Twitter: @NAT_AIDS_Trust
Instagram: @nationalaidstrust
Website: www.nat.org.uk

For 30 years, you've helped us fight HIV. Now let's end it. #LetsEndIt



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