

IN/2007/ED/12



# RED RIBBON

It's not who you are that  
puts you at risk for  
HIV infection.

It's what you do.

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"Engaging Young People to Prevent the Spread of HIV" is a pilot project implemented by the NGO SPACE (Society for People's Awareness, Care and Empowerment) and supported by UNESCO, New Delhi. This project is currently operational in 10 colleges of Delhi University and aims to enhance knowledge and skills of young people so that they are empowered to respond effectively to the challenges posed by HIV and AIDS.

The booklet aims to address the questions, misconceptions and myths prevalent among educated youth about HIV and AIDS and related issues. It is designed in a simple way to give young people practical answers to their questions. We hope it will be a step in the journey towards empowering young people as agents of change.

# RED RIBBON

Red Ribbon was conceived in 1991 by a group of artists in the United States of America who wanted to draw attention to AIDS. Since then the Red Ribbon has become an international symbol of AIDS awareness and visual expression of support for people affected by AIDS.

The Red Ribbon is increasingly being worn by people all year around to demonstrate their concern & care about HIV and AIDS and to remind others for the need of their support and commitment.



Red

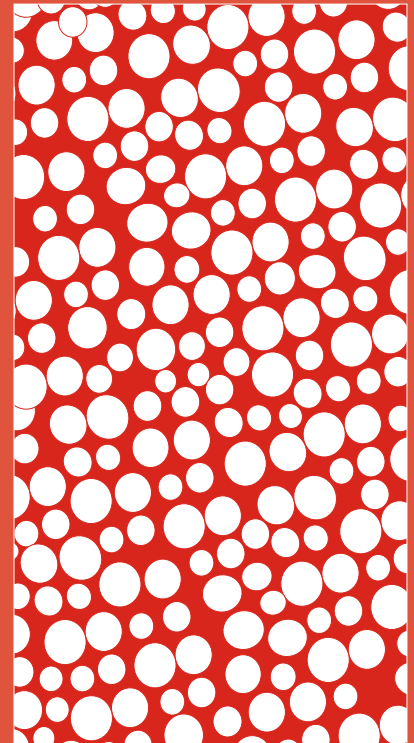
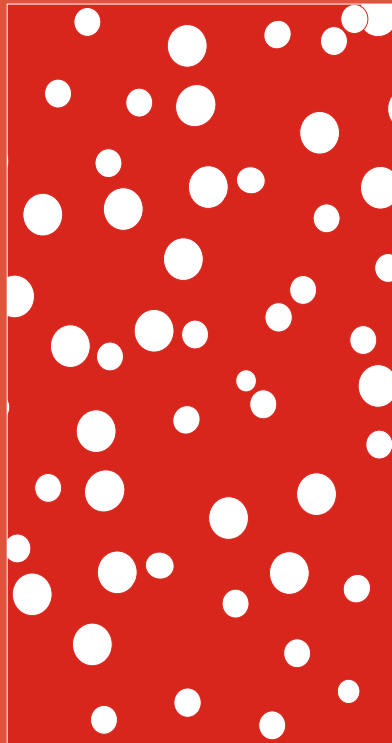




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# HIV and AIDS




## 1. What is HIV?

HIV stands for Human Immunodeficiency Virus. It is the virus which causes AIDS. People who are infected with HIV are referred to as HIV positive. HIV begins to live and reproduce in the White Blood Cells (an important part of the body's immune system that protects us from infections and diseases). HIV multiplies until millions of the virus are present.

## 2. What is AIDS?

AIDS stands for Acquired Immunodeficiency Syndrome. After a number of years of infection with HIV (on average eight to ten years), the virus destroys the body's immune system, which can no longer protect the body from various kinds of infections and illnesses. This stage of HIV infection is called AIDS.

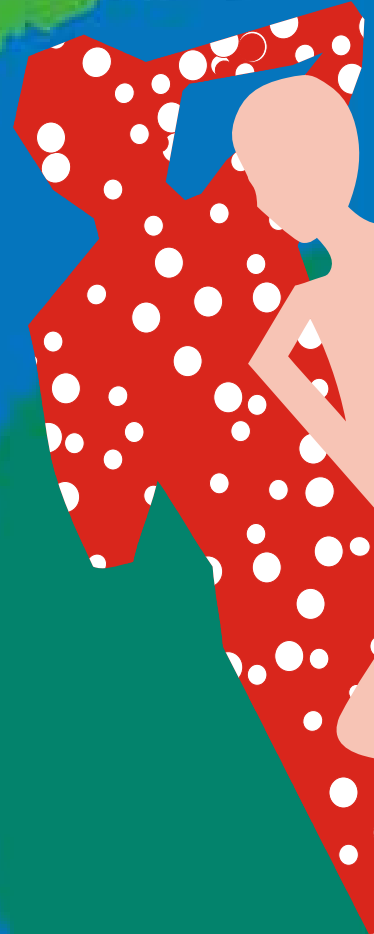
 Once a person becomes positive for HIV, the infection remains throughout life.




### 3. What causes HIV infection?

HIV infection can occur in any of these four ways:

- A) Unprotected sexual contact with an HIV infected person
- B) Transfusion of infected blood or blood products
- C) Sharing of infected needles/syringes/piercing instruments
- D) From an HIV infected pregnant mother to unborn child





#### 4. How does unprotected sex lead to HIV infection?

This is one of the major routes of HIV infection.

Unprotected vaginal, anal or oral sex with HIV infected people (of the same sex or opposite sex) can lead to HIV infection through contact with infected semen, pre-ejaculatory fluid, vaginal fluid or blood.

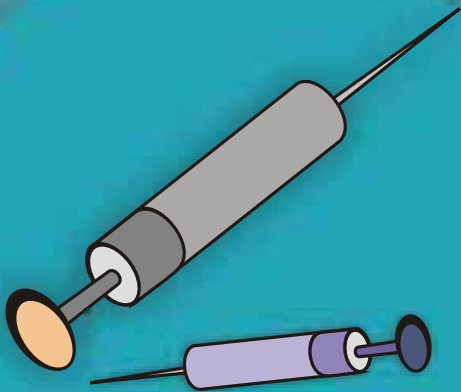
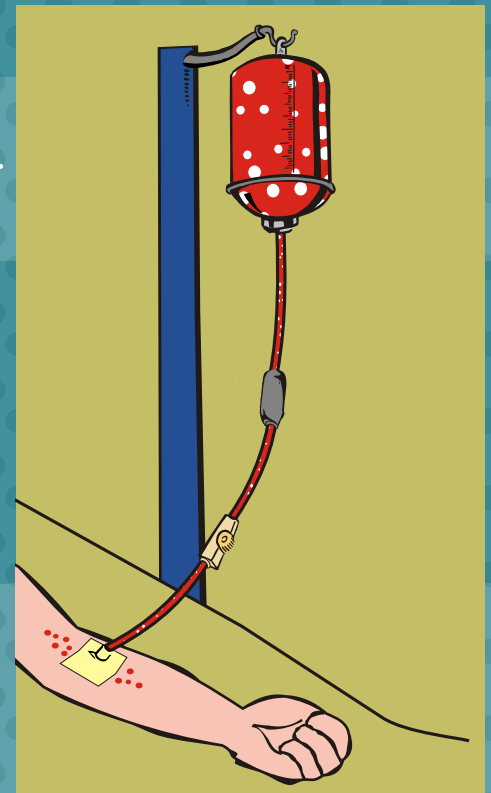
## 5. How does blood transfusion lead to HIV infection?

HIV can be transmitted by transfusion of infected blood or blood products if the blood is not screened for HIV.

## 6. How do HIV contaminated needles and syringes lead to HIV infection?

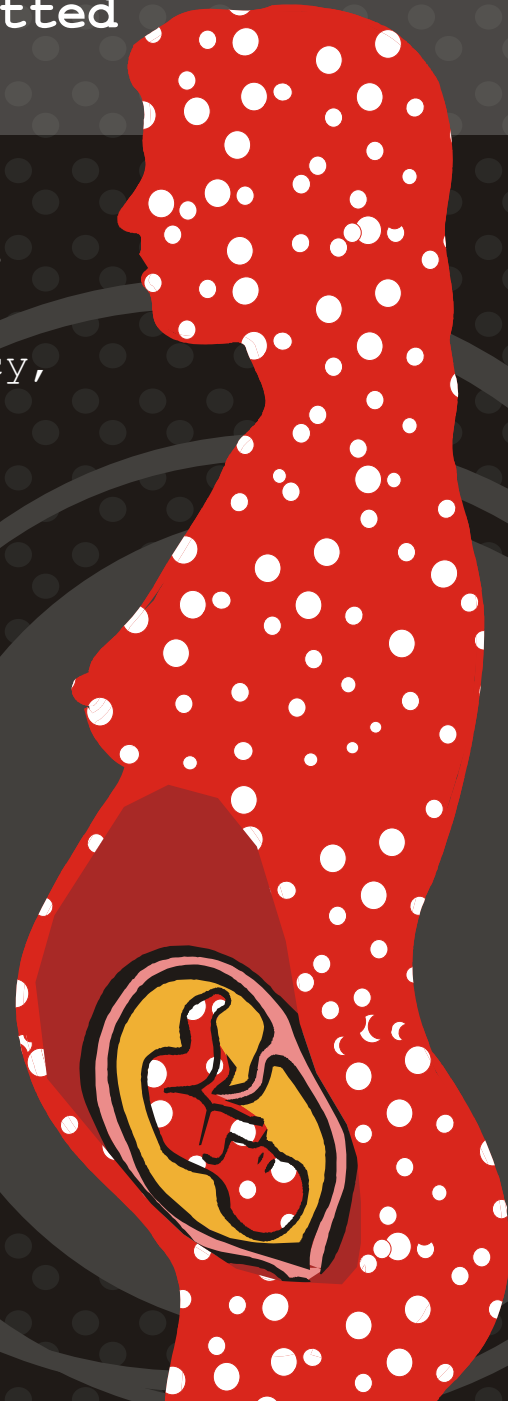
HIV can be transmitted if the needles and syringes are contaminated with HIV infected blood.

People who inject drugs are at a greater risk of HIV infection if they share needles and syringes with others.



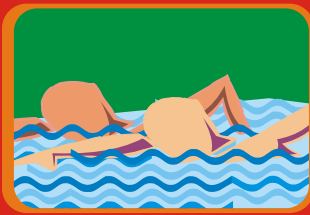
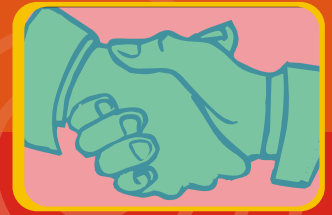
## 7. How is HIV transmitted from mother to child?

If an HIV positive woman becomes pregnant, the virus may be transmitted to her baby either during pregnancy, during delivery or through breast feeding.



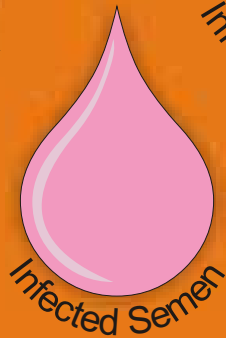
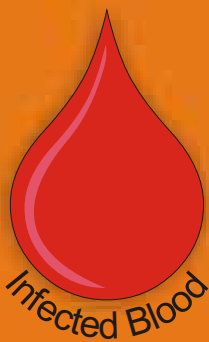
## 8. What doesn't cause HIV infection?

HIV is not an air-borne or water-borne organism. Thus HIV cannot be transmitted through casual non-sexual contact, such as shaking hands, social hugging and kissing, sharing meals or drinks, coughing, sneezing, swimming in a common pool, using public toilets, or working with or caring for an HIV infected person. HIV also cannot be transmitted by any insect or mosquito bite.



## 9. Which body fluids can transmit HIV?

Four body fluids namely; blood, semen, vaginal fluid and breast milk if infected with HIV can transmit the infection. If somebody's infected blood, semen or vaginal fluid comes into contact with your blood (through a fresh cut or tear), there is a risk that you could become infected with HIV.



## 10. Is it safe to share blades and razors in saloon?

During shaving there are chances of minor injuries, and a small quantity of blood may stick on the blade/razor. Once the blood dries, HIV becomes inactive. There is no reported case of transmission of HIV through shared blades/razors.

However, sharing blades/razors increases the risk of contagious skin diseases and hepatitis B and C. Hence it is advisable to use a separate blade/razor for each shaving.



## 11. How can I avoid HIV infection?



There are a number of ways by which the risk of HIV infection can be greatly reduced. Some of them are as follows:



- ⌘ Abstain from casual and unprotected vaginal/oral/anal sex.
- ⌘ Have a mutually faithful, monogamous relationship with an uninfected partner.



- ⌘ Practice non-penetrative safe activities such as hugging, masturbation, mutual masturbation, kissing, fantasizing, body-to-body rubbing and massage etc.



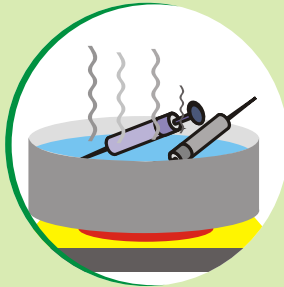
- ⌘ Use condoms correctly and consistently every time you have sex, whether vaginal, oral or anal. Learn to talk with your partner about condoms and safe sex. Condoms also provide protection





from STIs and unwanted pregnancies.

- ⌘ Get prompt treatment for yourself and your partner if you are suffering from STIs.
- ⌘ Use sterilized disposable syringes and needles.
- ⌘ If you require a blood transfusion, make sure that the blood is from a government-licensed blood bank.
- ⌘ An HIV positive pregnant woman should consult a qualified doctor regarding ways to protect her baby from HIV.
- ⌘ Avoid sharing needles. Seek professional help if you are an injecting drug user.
- ⌘ Avoid combining alcohol or other drugs with sexual activities. They may cloud your judgment and lead you to engage in unsafe sexual practices.



## 12. How can I know about my HIV status?

A person's HIV status can be ascertained only through a blood test, called an HIV antibody test. When the body is infected with HIV, it produces antibodies specific to HIV. The test detects such antibodies in blood. It takes about **6-12 weeks** from the date of exposure for the appearance of detectable level of antibodies in the blood. This period is called the **Window Period**, and during it, a person who is infected with HIV will test negative because of the absence of antibodies. Once antibodies are present, the test will give a positive result for HIV. For this reason, one should wait to take the test until three months after the act that may have caused infection. A person infected with HIV is termed HIV positive or seropositive.



### 13. Where can I get tested for HIV?

HIV testing facilities are available in Government and some private hospitals and some NGOs. The government has set up special **Voluntary Counselling & Testing Centres** (VCTCs) to provide HIV counselling and testing. It is important to seek testing at a place that provides confidential pre and post test counselling about HIV and AIDS.

(A list of all the VCTCs in Delhi is given at the end of this booklet). Page no 82 -84.

### 14. Can AIDS be cured? How?

No, AIDS cannot be cured. Though, there are anti-HIV medicines called antiretroviral (ARV) drugs. They are administered to HIV positive people at a certain stage to control the reproduction of the virus and to slow the progression



of HIV related diseases. The drugs increase the longevity and improve the quality of life of HIV positive people. ARV drugs do not cure HIV infection and individuals taking these drugs can still transmit HIV to others. The infection remains throughout life.

(A list of ARV centres in Delhi is given at the end of this booklet). Page no 87.

## **15. What should I do if I test positive for HIV?**

If you have tested positive for HIV, consider the following:

1. Seek post-test counselling which is available at VCTCs and through some NGOs.
2. Consult a qualified doctor or a healthcare professional for advice on treatment and health maintenance.



3. Take prompt treatment for opportunistic infections (illnesses that result from a weakened immune system).
4. Take a TB (tuberculosis) test. You may be infected and not know it.
5. Avoid cigarettes, alcohol and other drugs as they can weaken your immune system.
6. Inform your sexual partner/s about their possible risk for HIV. It becomes your responsibility to ensure that you do not transmit infection to others. If you choose to have sex, use a condom to protect yourself from other additional infections and your partner from HIV.
7. Join a support group run by some NGOs or networks of HIV positive people in your area.
8. Get in touch with Care & Support Homes/Community Care Centres set up by the government and some NGOs

people living with HIV.

9. HIV positive people should not donate blood, blood products, semen and body organs.

## 16. Can a HIV positive person have sex without a condom with another HIV positive person?

There are two types of HIV: HIV-1 and HIV-2, and each has various strains. You and your partner cannot assume that both of you have exactly the same type of HIV. It is possible to get infected with an HIV strain that is more aggressive than the one you already have and it may be resistant to the medicines you are currently taking. The newer strain of HIV may affect the immune system badly. If you have unprotected sex, you are at risk of contracting other STIs as well.

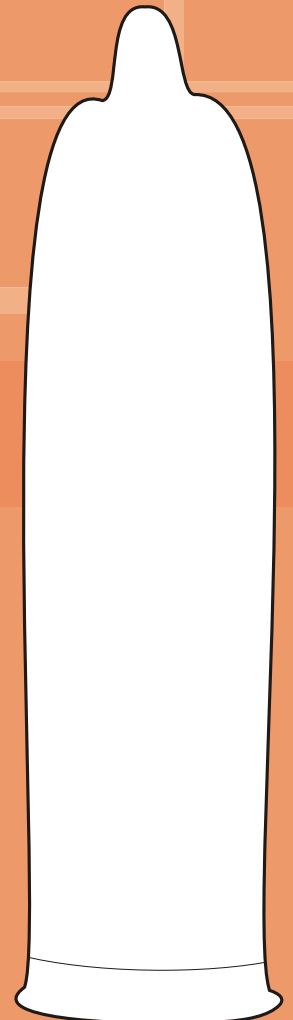


## **17. Are condoms 100% safe for preventing HIV and other STIs?**

Condoms, when used consistently and correctly, are highly effective in preventing sexual transmission of HIV. It should be noted that the surest way to avoid HIV infection is to be in a long-term mutually faithful monogamous relationship with an uninfected partner.

## **18. How many times can a condom be used?**

Condoms can be used only ONCE, and they should never be reused. After a single use the condom loses its lubrication and elasticity and cannot be rolled onto the penis. A new condom should always be used for every act of sexual intercourse.



## **19. Can we prevent HIV by using more than one condom at a time?**

No. Wearing more than one condom at the same time will cause friction, which may result in tearing of the condom. Correct use of one condom during sexual activity should protect you from HIV.

## **20. Are some condoms better than others?**

Only those condoms manufactured by reputed companies maintaining international standards are reliable. Condoms should be stored in a cool place because high temperatures and humidity can damage latex, which the condom is made of. Free condoms supplied by the government are as good as condoms available in shops; the difference lies mainly in packaging.



# Sexually Transmitted Infections

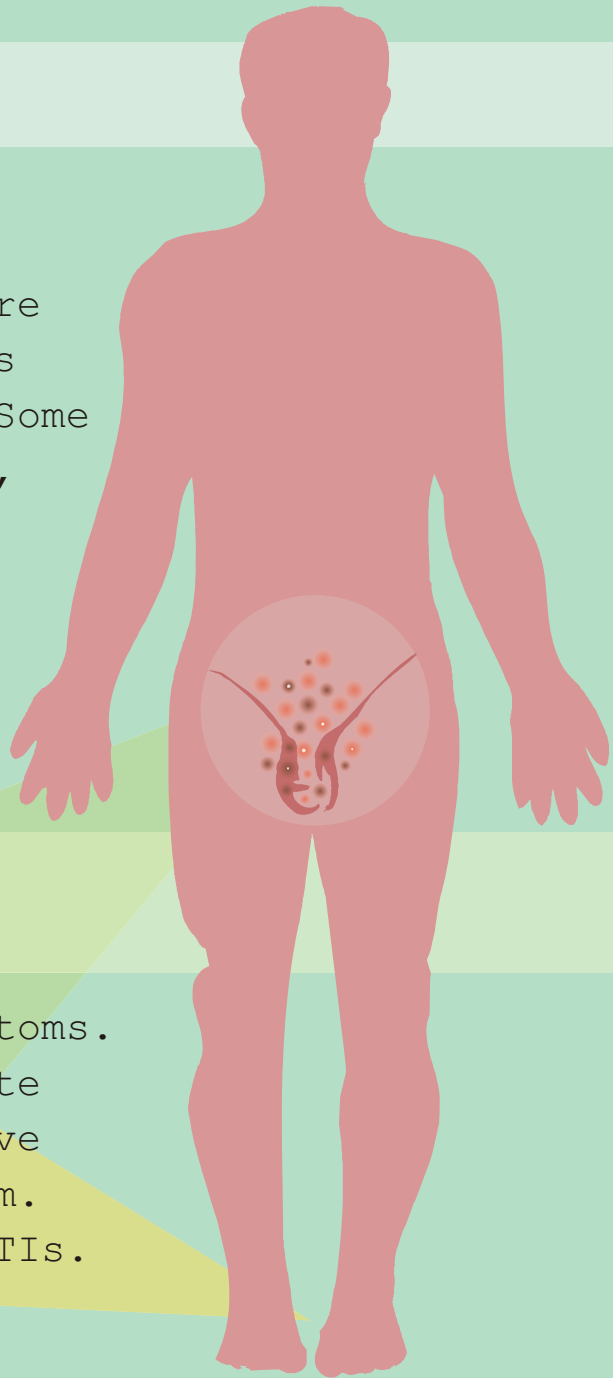


## 1. What are STIs?

STIs are Sexually Transmitted Infections. They are spread by unprotected sexual contact. There are many different types of STIs caused by bacteria or viruses. Some STIs, for example genital warts, can be spread by skin to skin contact. Some common STIs are gonorrhoea, syphilis, chancroid, herpes, chlamydia, hepatitis B and C and also HIV.

## 2. What are the symptoms of STIs?

Not all STIs have the same symptoms. It is extremely important to note that many women and some men have STIs without any sign or symptom. These are called asymptomatic STIs.



### **Some symptoms of STIs in men:**

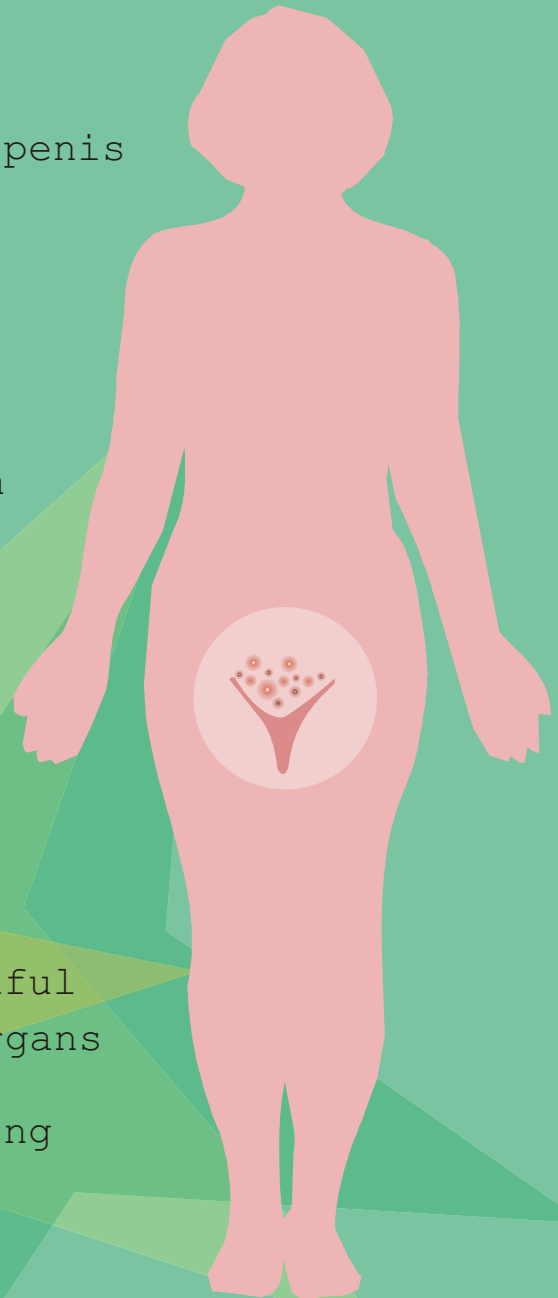
- ⌘ Urethral discharge from the penis (yellow or green in colour)
- ⌘ Ulcer on the penis

### **Some symptoms of STIs in women:**

- ⌘ Foul-smelling discharge from the vagina
- ⌘ Pain in the pelvic area between the navel and sex organs.

### **Some symptoms of STIs in both men and women:**

- ⌘ Sores, bumps, blisters, painful ulcers on or near the sex organs
- ⌘ Burning or pain when urinating
- ⌘ Swelling in the groin area



### **3. Are all STIs curable?**

All STIs including asymptomatic ones should be treated by a qualified medical practitioner. If one is infected with an STI and receiving treatment, it is essential that his/her partner be treated too, for complete cure of the STI.

If detected and treated early, most STIs are curable, except for herpes and hepatitis B. If they are not detected and treated early, they may cause illness, disability, infertility and even death.

### **4. How can one protect oneself from STIs?**

All STIs are preventable through abstinence and practicing safe sex

## **5. What is the relationship between STIs and HIV?**

HIV is also a Sexually Transmitted Infection. It has no cure. If a person has an STI, his/her chances of getting HIV infection increases tenfold, since the virus can easily enter through sores and cuts caused by STIs.

## **6. Where should one go if one has an STI?**

If a person has contracted an STI s/he should immediately consult a qualified medical professional (MBBS). Treatment of STIs is available at Government/private clinics and some NGOs.

(A list of STI clinics in Delhi is given at the end of this booklet). Page no 85.

# sex and sexuality

SEX & SEXUALITY



The topic of sex is hard to avoid. It's on TV, in movies, on the internet, and in magazines. It's important that you think clearly about sex and sexuality. And it's important that you understand the risks.

### **Sex:**

Most people consider "sexual intercourse" (vaginal intercourse between a man and a woman) to be sex, because it can result in pregnancy. Others think that oral sex and anal sex also count as sex. For most people, any type of sexual activity that involves the sexual organs is sex. We can in fact say sex as any type of activity that gives sexual pleasure.





## **Sexuality:**

Sexuality is an integral part of every individual's personality, including men, women and even children.

Sexuality is not simply sexual intercourse: it is also about contact, warmth and closeness.

All human beings are sexual in nature, and remain so throughout their lives, whether or not they engage in the sexual act.

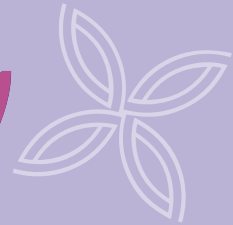
Sexuality is not confined to certain parts of body - it involves the whole body, regardless of one's size, shape, colour or weight. More than the body, sexuality exists in the mind. It may be expressed in thoughts, fantasies, emotions, desires and language, as well as in action.



## 1. Why do young people have sex?

Young people have the desire to feel grown up. Many of them equate sex with adulthood, and peer pressure makes many of them anxious not to miss the “right moment” to enter this new stage of development. Young people may have sex out of a desire for intimacy or pleasure, for fun or curiosity, or because they feel in love. But often it can be for other more complicated reasons. They may simply think it is the “in” thing to do, or they may feel pressure to have sex from friends or the media. They may also have sex under the influence of alcohol or drugs. Sometimes girls have sex simply because they are unable to say “No”, are afraid to lose their partner, or just want to please their boyfriend.

Boys may have sex to boost their sense of value to other boys, for a feeling of control over women, or in order to please their girlfriends.



## **2. Does intake of semen lead to HIV infection? Can oral sex lead to HIV infection?**

It is possible to become infected with HIV through oral sex, but the risk is considered low in comparison to anal or vaginal sex. The risk increases if you have cuts or sores around or in your mouth or throat, if your partner ejaculates in your mouth, or if your partner has another Sexually Transmitted Infection.

## **3. Where should one go if one has sexual problems?**

In case of a sexual health problem, you should always consult a qualified medical practitioner, one who is at least an MBBS or a trained sexual health counsellor.

#### **4. Why are young students encouraged not to engage in sexual activities?**

It is unsafe to have sex at a young age because one is often not fully informed and prepared for sex emotionally or even biologically. There is the risk of getting Sexually Transmitted Infections including HIV through unsafe sexual practices, as well as the risk of an unwanted pregnancy. If young students are asked not to have sex, it is to protect them from such complications. A person of any age who cannot abstain from having sex, should make sure to protect her- or himself by using a condom.



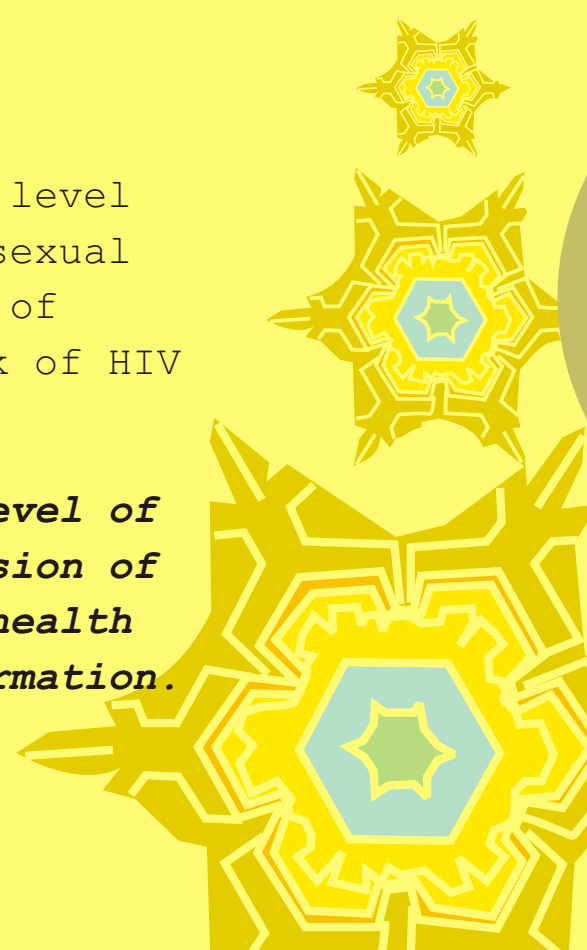
## 5. What is safe sex?

Safe sex involves finding ways to be intimate while minimizing the risk of HIV transmission. The only absolutely safe method is abstinence from any behaviour that exposes oneself to another person's infected body fluids.

### SAFER SEX GUIDELINES

The following table describes the level of HIV risk associated with each sexual activity. Note that as the number of sexual partners increases the risk of HIV also increases.

***These ratings ONLY apply to the level of risk associated with the transmission of HIV. You should talk to a sexual health counsellor for more detailed information.***





***NO HIV RISK:***

Masturbation, erotic massage, social kissing, hugging, using clean sexual devices that are not shared, fantasizing, massage, holding hands. There is no potential for transmission since none of the basic conditions for infection are present.



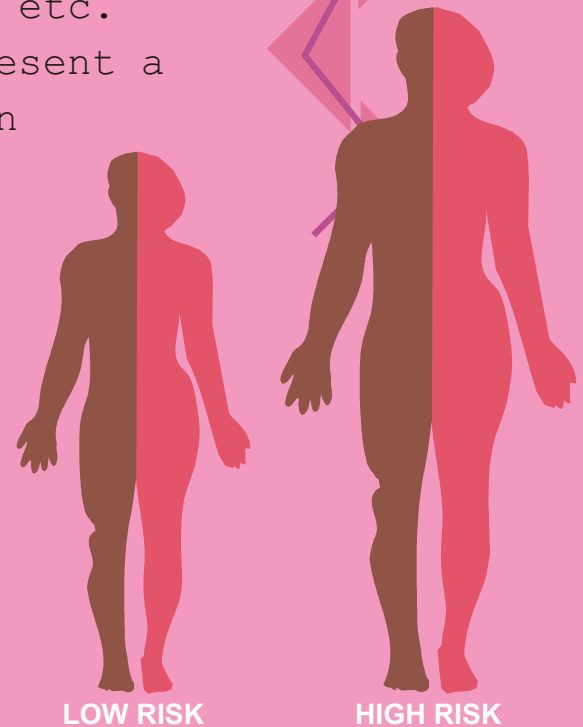
**NO HIV RISK**

**LOW RISK:**

Oral sex without a condom, vaginal /anal intercourse with condoms. The practices in this category present a potential for HIV transmission. There are a reports of infection attributed to these activities.

**HIGH RISK:**

Vaginal /anal intercourse without condoms, ejaculating in the mouth (receiver), sharing sex toys, etc. Practices in this category present a potential for HIV transmission and a significant number of scientific studies associate these activities with HIV infection.





## Sexual Orientation

**Sexual Orientation:** Sexual orientation is one's sexual and emotional attraction to people of either the same or the opposite sex, or both. Thus a person may be homosexual, heterosexual or bisexual.

**Heterosexuality** is defined as being attracted to individuals of the opposite sex (men attracted to women or women attracted to men). The term "straight" is sometimes used to describe heterosexual men and women.

**Homosexuality** is defined as being attracted to an individual of the same sex (men attracted to men and women attracted to women). The term "gay" is sometimes used to describe homosexual men and "lesbian" for homosexual women.



**Bisexuality** is defined as being attracted to individuals of the same as well as of the opposite sex.

## **Are homosexuals abnormal?**

Homosexuality is as normal as heterosexuality, because a person's sexual orientation is natural. Homosexuality is not a mental or physical disease and requires no treatment. Homosexual people deserve awareness, understanding and respect from individuals and society as much as do heterosexual people.



## Sexuality issues for Boys:

### 1. What is the right length of an erect penis?

There is no standard penis size, shape or length. There is no truth to the idea that a bigger penis is a better penis. The size of the penis has no relation to body size, and penile size cannot be increased by exercise, massage or medicines.

### 2. What is semen and what is sperm?

**Semen** is a thick white fluid that is made in the testicles. It carries the sperm and passes out of the penis at the time of ejaculation. Semen picks up more fluid as it passes the prostate



gland on its way to the penis.

**Sperm** are the male sex cell. They use the fluid of semen to swim through the vagina to meet the egg or ovum for fertilisation.

On average, forty crores (four hundred million) sperm are present in each ejaculation. Sperm take six weeks to mature in the testicles before they are ready.

**3. What is a nocturnal emission (wet dream)? Does it influence a man's health and fertility?**

A nocturnal emission (or



wet dream) happens when a boy or man ejaculates while sleeping, usually upon having an erotic dream. Nocturnal emissions are completely normal and natural and do not lead to any kind of weakness. They do not affect your ability to produce sperm or to have sex. At the same time, having wet dreams does not mean that you need to have sex.

#### **4. Does the ability to reproduce and have a satisfactory relationship depend upon the length and shape of the penis?**

Penile size and shape is not important for sexual satisfaction and does not affect the ability to reproduce. During sexual intercourse the question of penis size and shape is not the most important one, especially since the most sensitive sexual part of a woman is not inside the

vagina but on the outer one third of the vagina. What is important is that both man and woman are in good health and that they have a caring relationship.

## **5. Does condoms reduce sexual pleasure?**

It is a matter of personal choice. There are people who get more pleasure out of it. Unlike in olden times, condoms are now so thin and elastic that hardly any sensation is lost. Freedom from unwanted pregnancy, prevention from infections like HIV and other Sexually Transmitted Infections enhances the feeling of pleasure rather than reduce it.

## 6. What should one do if a condom is torn during sexual intercourse?

If one suspects that the condom is torn during sexual intercourse, stop immediately and withdraw the penis. Continue sex only after putting on a new condom. One should also consider getting emergency contraception with consultation from a doctor. However, even though unwanted pregnancy may be prevented with emergency contraceptives, the chance of contracting STIs including HIV still exists if one of the partners has any of these infections.



## **7. Does anal sex carry a greater risk of HIV infection than vaginal sex?**

Unprotected anal sex carries higher risk of HIV infection than vaginal sex. The tissues of the region are tighter and there are more chances of tears and cuts when penetrated and thus HIV can get very easy entry points.

## **8. What is impotency? What causes it?**

Impotency is not being able to get an erection when you want to, despite stimulation. Impotence may occur occasionally simply because you are tired, or there may be no clear reason at all. There is no need to get alarmed about this: most young men experience impotence from time to time. If it persists,



talk to a qualified doctor or a trained sexual health counsellor.

In most of the cases it is psychological, and the more you worry about it, the worse the problem gets. Please don't go in for aphrodisiacs, they don't help. A trained counselor will be able to get to the root of the problem and clear your mind.

**9. Is masturbation harmful? If not, then how often can one do it? Does it have any effect on physical or mental growth?**

Masturbation is a normal practice. It is perfectly normal for people, including young people to masturbate. There is no scientific evidence that masturbation causes weakness or impotency. There is no single answer to how frequently one may masturbate; it all depends on one's

sexual desires and needs.  
Masturbation doesn't affect one's  
physical or mental growth in any way.

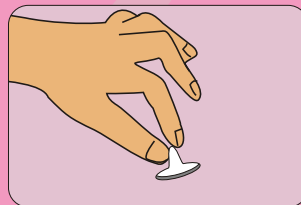
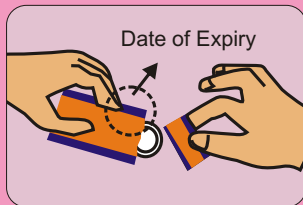
## **10. Does being gay increases the risk of HIV infection?**

By just being gay or homosexual will  
not cause HIV infection. Only when  
there is unprotected sex with an  
infected partner, then there is a  
chance of getting HIV.

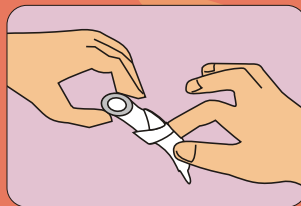
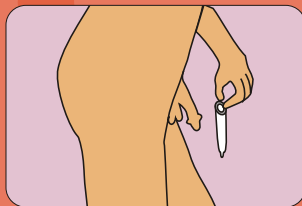
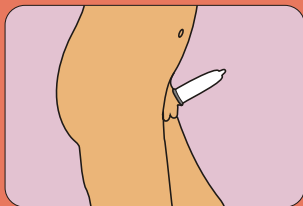


## 11. What is the proper way to use a condom?

- ⌘ Check the package for date of expiry.
- ⌘ Do not use a condom that has been stored near heat or in your wallet or the glove compartment of a car for a long time, as heat can damage the latex and cause the condom to break.
- ⌘ Fingernails or any sharp edged instruments should not be used to open the packet of the condom.
- ⌘ Remove air from the condom by gently pressing the tip of the condom and rolling onto the erect penis.
- ⌘ Leave a small space at the tip of the condom to catch the ejaculated semen.



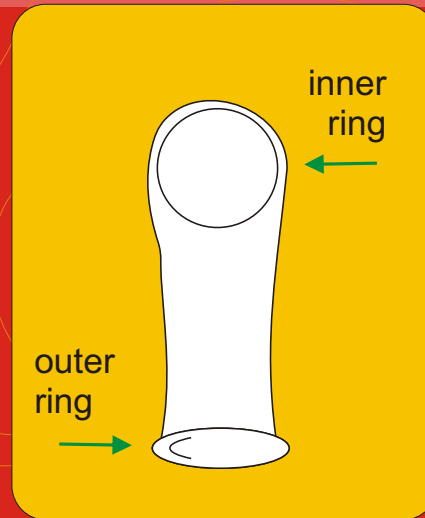
- ⌘ Do not use petroleum jelly, cold cream, baby oil or other oil-based lubricants. These weaken the latex condom and can cause it to break. Use a water-based lubricant instead.
- ⌘ After ejaculating, withdraw the penis out while it is still erect. Hold the rim of condom at the base of the penis while pulling out so that the semen doesn't spill out.
- ⌘ Knot the condom and throw it in the garbage (not in the toilet).
- ⌘ A condom should be used every time one has sex, whether vaginal, anal or oral.
- ⌘ **Use each condom only once.**



# Sexuality issues for Girls

## 1. There are condoms for men, but what can women do to protect themselves?

There are female condoms for women, although they are not yet widely available in India. The female condom is a polyurethane sheath or pouch about 17 cm (6.5 inches) in length. A woman wears it during sex. It entirely lines the vagina and it helps to prevent pregnancy and STIs including HIV.



## **2. Can a girl get pregnant during her periods?**

Although this is not common, it is possible. It depends on the length of her cycle, how many days her period lasts, and when has she had last sexual intercourse.

## **3. Does a woman always bleed when she has sex for the first time?**

Bleeding during first sexual intercourse may occur in some girls because of tearing of the tissue of the hymen. The presence of a hymen is believed to be linked to one's virginity. This is however not true as the hymen can break not only through sexual intercourse, but also by participation in certain other kinds of physical activities and sports.

#### **4. Is it important for girls to have big breasts?**

The amount of fat in breasts determines their shape and size. It is perfectly normal to have small breasts, and there is no way to increase the size of one's breasts except through plastic (silicone) surgery. Big breasts have nothing to do with sexual satisfaction. Big and small breasts are equally good when it comes to giving milk.

#### **5. Are lesbians (homosexual women) at risk of HIV?**

The risk of sexually transmitting HIV between women is very low. Oral sex is low risk but there is increased risk if either of the partners is HIV infected and the woman giving oral sex has cuts or sores in her mouth, or her receiving

partner has sores on her genitals or is having her periods. Sharing of sex toys also increases the risk of HIV and other sexually transmitted infections.

## **6. Does sexual intercourse during the menstrual period increase the risk of acquiring STI or HIV?**

Women are more vulnerable to STIs and HIV infection during their menstrual period because of changes in the inner linings of the vagina. The presence of blood during menstruation facilitates transmission of STI including HIV if a woman has sex with an HIV infected partner.



## 7. What are the reasons for pain during menstrual period?

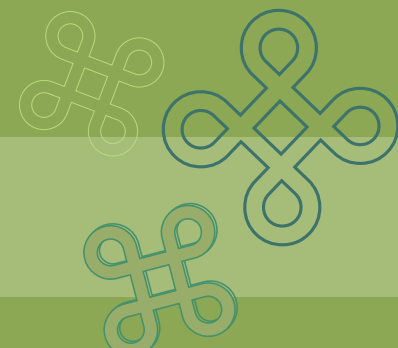
The lining of the uterus breaks down if it does not receive a fertilized egg. The muscles of the uterus start to contract in order to move the lining of the uterus towards the opening of the vagina. These contractions of the uterus cause pains such as stomach ache and back ache during menstruation.

## 8. Why are young women more vulnerable to HIV infection?

There are various reasons and factors that put young women at higher of HIV infection. Some of the factors are as follow:

### ⌘ **Biological vulnerability:**

The vaginal surface area is large and



the membrane in the vagina is very delicate which allows the virus to pass through easily. The skin of the vagina and anus is even more delicate when one is young.

### ⌘ **Social expectations:**

Most societies are male dominated. In matters of sex, women are often not asked nor are they expected to say what they like or dislike. The power imbalance between men and women makes it more difficult for a woman to refuse unwanted or unprotected sex, or to negotiate condom use against her husband's or partner's wishes.

### ⌘ **Economic Dependence:**

Women are often economically dependent on men. This influences their freedom to take decisions.



The fear that their husbands might abandon them makes it difficult for many women to negotiate safe sex. Girls and young women are at risk of sexual violence, including rape or domestic violence. Lack of education and life skills, poverty and shouldering responsibilities of families sometimes force women/girls to engage in sex work.

**⌘ Poor access to services and information:**

Girls hesitate to ask or get information because of the fear of being labelled "fast" or "shameless".

Girls and women are often not given proper health care and medicines.

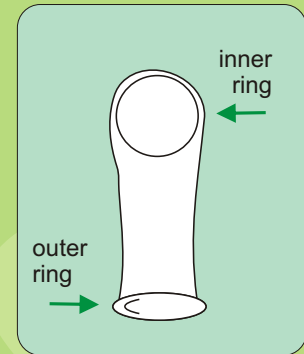


## 9. How to use a female condom

### 1. Open End (Outer ring)

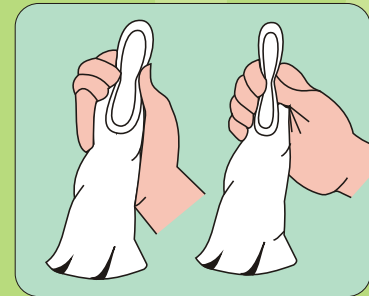
#### Closed End (Inner ring)

The open end covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold condom in place.



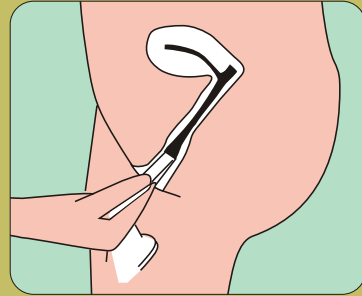
### 2. Hold the sheath

- Hold inner ring between thumb and middle finger.
- Squeeze.
- Insert the inner ring into the vagina.



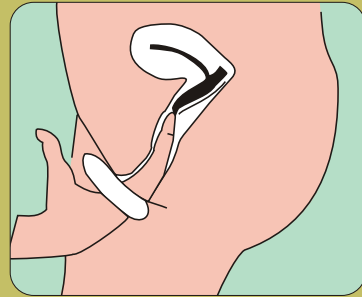
### 3. How to insert the condom

Insert the sheath as far as it will go. It's in the right place when you can't feel it. Don't worry it can't go too far, and it won't hurt!



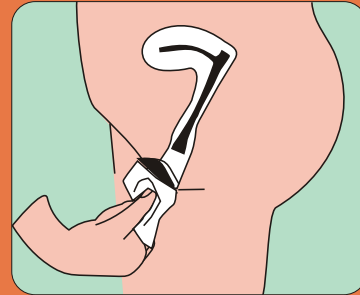
### 4. Make sure condom is placed correctly

Make sure the sheath is not twisted. The outer ring should be outside the vagina.

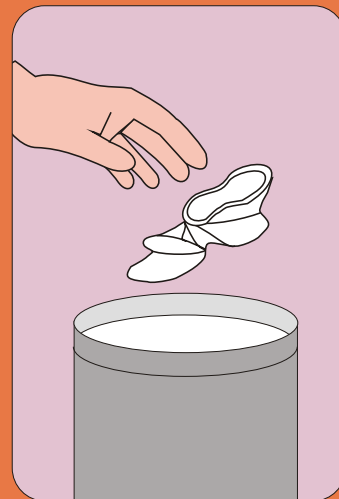
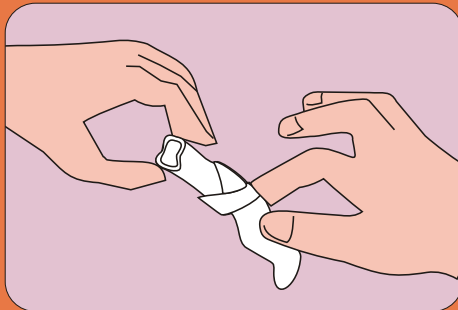


## 5. Removal

Remove before standing up. Squeeze and twist the outer ring. Pull out gently being careful not to spill semen. Throw it in the garbage, not in the toilet.



**Use each condom only once.**



# Care and Support



# 1. How can I help a person with HIV? Are there any Care & Support Centres for people living with HIV?

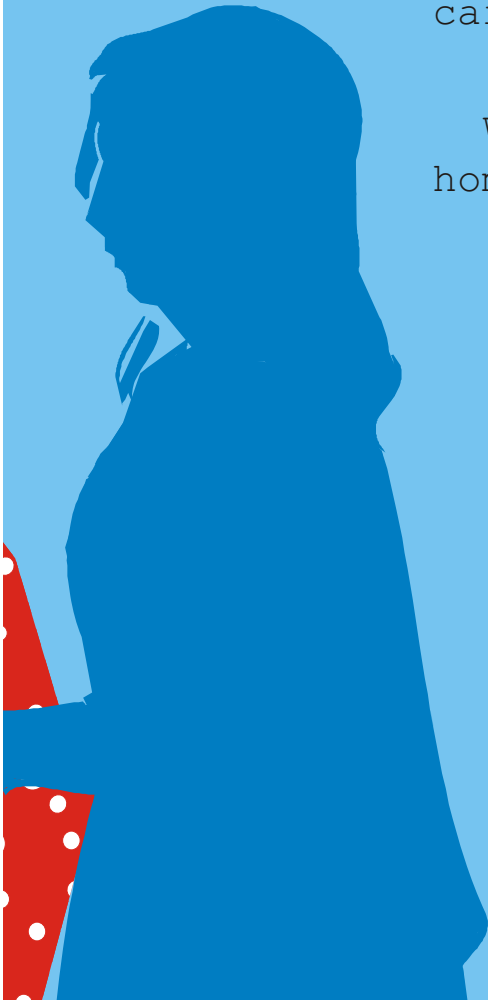
- ⌘ Respect the person's privacy and do not tell others about his or her infection.
- ⌘ Provide support and understanding.
- ⌘ Do not pity the person, but instead have empathy and treat him/her as normal and as a valuable human being. You can also refer him/her to the care and support homes set up by some NGOs and the government. (A list of Care & Support Centres in Delhi are given at the end of this booklet.) Page no 88.





## 2. Who should provide care and support to HIV infected person/s?

Everyone in contact with a person living with HIV is a care provider. In particular, this includes health care workers at various levels of the health care delivery system, social workers and counsellors, and close family members who may be important care providers at home. Care involves clinical management, nursing care, counselling and social support. Care does not mean technical or medical care only; it includes the mental support that develops a feeling of self-acceptance in the mind of the infected person.



# Human Rights and HIV



## 1. Are there any special rights or law for HIV positive people?

Since everyone is entitled to fundamental human rights that prevent any sort of discrimination against them, people living with HIV have the same rights as non HIV infected people. HIV positive people also have the right to education, employment, health, travel, marriage, privacy and social security.



education

## 2. Can a person living with HIV receive health insurance benefits?

The relationship between insurance and HIV is complex. It is very likely that anybody seeking life or medical insurance



employment

will have to prove that he is not an HIV carrier. For those infected several years after their insurance coverage began, it is unlikely that the insurer can refuse to pay claims. But the insurer may try to argue a “pre-existing condition” and refuse to honour claims. A pre-existing condition is any condition the insured knew he or she had, or should reasonably have known about, at the time of taking out the policy.

Notwithstanding these complexities, the Employee State Insurance Scheme (ESI) the largest health insurer for employees of state government institutions, covers expenses for HIV and related opportunistic infections treatment at subsidized rates. Similarly, the Central Government Health Scheme for employees of the Central Government also supports medical expenses for HIV (anti-retroviral) treatment.



health

Insurance coverage for HIV by private insurers and state supported insurance agencies is still under debate.

### **3. Should an HIV infected person be allowed to continue work?**

Yes, an HIV positive person should be allowed to continue his/her work. Workers with HIV infection who are still healthy should be treated in the same way as any other worker. Infection with HIV can never be a reason in itself for termination of employment. If anyone loses their job because of their HIV positive status, it is a violation of their rights.



#### **4. Can an employer test a worker for HIV?**

An employer cannot force employees to be tested for HIV. HIV testing is voluntary and confidential and should only be done with the consent of the individual.

#### **5. Why should one maintain confidentiality about the HIV status of an individual?**

People living with HIV have the right to decide to disclose or not to disclose their HIV status. Many people living with HIV have faced discrimination once they have disclosed their HIV status. One should maintain confidentiality about the HIV status of an individual so that they don't face any stigma or discrimination from other people.




privacy & social security.

life skills for


Life skills for  
young people





Life skills are abilities individuals can learn in order to live a productive and satisfying life. Life skills build confidence and self-esteem in young people to face the realities and challenges of life. Young people should develop the ability to identify and follow positive and safe behaviour to help them make wise choices in life.

▶ **Self-esteem and self awareness:** It is essential for all young people to have a sense of appreciation and respect for themselves. Each person is precious, has specific personal attributes, is valued and has the same rights and dignity, and is worthy of the same respect, as any other person.



▶ **Critical thinking skills:** If you are tempted to criticise people with HIV try to analyse the myths and misconceptions about the disease, gender roles and body

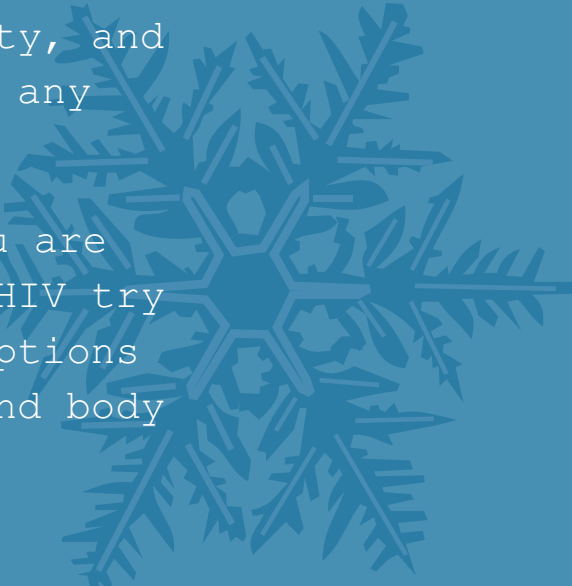




image that are perpetuated by the media. Try also to analyse social influences regarding growing up and sexual behaviours.

▶ **Problem-solving and decision-making skills:** Before making decisions, you should seek and find reliable sources of information about sexual orientation, sexual behaviours, sexual health, HIV and AIDS and other STIs. Analyze a variety of potential risk situations encountered by you and your peer group. Think of the actions one may take and the consequences of such actions.

▶ **Negotiation or refusal skills:** Learn to resist pressure. Communicate with confidence. Remember you always have a right to refuse sexual intercourse/ drug use/ alcohol. Have the courage to say "NO".

▶ **Communication Skills:** In your personal life, you should learn how to effectively express a desire to delay initiation of sexual relations with your partner. In your social life, you can learn to influence others and prevent discrimination related to HIV and AIDS.

▶ **Interpersonal Skills:** Practice healthy relationships (friendship, love, marriage). Be empathetic when interacting with people living with HIV.

## **1. How can I know whether or not I am in a healthy relationship/friendship?**

There are certain things which make a relationship healthy:

- ⦿ Mutual respect
- ⦿ Trust
- ⦿ Honesty

- ⌘ Support
- ⌘ Fairness and equality
- ⌘ Separate identities
- ⌘ Good communication

## **2. How can one avoid being humiliated by those who pressure you to engage in sexual activities?**

If you have decided not to have sex, your decision should be respected. It is your right to take this decision, and you should stand by it, without feeling embarrassed or humiliated. If you respect your friends and care about them even if they decide to engage in sexual activities that you are abstaining from, then they too should respect you for who you are and support you in your decisions.

### 3. What if one partner wants to have sex and the other does not?

Sex should be a pleasurable and consensual act between two people. A man or a woman should never be forced to have sexual intercourse or do anything with their body that they do not want to do. A person must give permission before letting anyone touch him or her. If a situation arises in which someone is inappropriately touching you without your permission, then you should seek help from others or raise an alarm.

## 4. How can we have friendship with opposite sex?

- ⌘ Remember that being a boyfriend or girlfriend does not mean that you have to be sexual partners.
- ⌘ Communicate honestly and clearly with each other.
- ⌘ Be positive in your outlook.
- ⌘ Listen carefully to each other's view and respect each other's decisions.
- ⌘ Keep a sense of humour.
- ⌘ A good relationship does not necessarily entail having sex.

## List of Services Available in Delhi

### The VCTCs in Delhi:

- ⌘ Deptt. of Microbiology  
All India Institute of Medical Science  
Ansari Nagar, Ring Road, New Delhi-110029
- ⌘ Northern Railway Divisional hospital  
S. P. Mukherjee Marg, Delhi-110006
- ⌘ Deptt. of Microbiology  
5<sup>th</sup> floor, New OPD Complex  
Safdarjung hospital Ring Road, New Delhi-110029
- ⌘ National Institute of Communicable Diseases  
22, Sham Nath Marg, New Delhi-110054
- ⌘ Deptt. of Microbiology  
University College of Medical Science & GTB hospital  
Shahdara, New Delhi-110095
- ⌘ Armed Forces Transfusion Centre  
Delhi Cantt, Delhi-110010
- ⌘ Deptt. of Pathology  
Rao Tula Ram Memorial hospital  
Jafarpur, Delhi
- ⌘ Deptt. of Microbiology  
Maulana Azad Medical College  
Bahadur Shah Zafar Marg  
New Delhi-110002



⌘ Deptt. of Microbiology  
Lady Harding Medical College  
Panchkuian Road, New Delhi-110001

⌘ Deptt. of Microbiology  
Lal Bahadur Shastri Hospital  
Khichripur, Delhi

⌘ Mrs. Girdhari Lal Maternity Hospital  
Ajmeri Gate, New Delhi

⌘ Dr. Baba Saheb Ambedkar Hospital  
Sec-6, Rohini, Delhi-110085

⌘ Deptt. of Microbiology  
Dr Ram Manohar Lohia Hospital  
Baba Khadak Singh Marg, New Delhi-110001

⌘ Deptt. of Microbiology  
Guru Govind Singh Government Hospital  
Raghubir Nagar, New Delhi

⌘ Deptt. of Microbiology  
G Block, III Floor  
Hindu Rao Hospital, Bara Hindu Rao  
Delhi-110007

⌘ Deptt. of Microbiology  
Babu Jagjeevan Ram Memorial Hospital  
Jahangir puri, Delhi-110033

⌘ Deptt. of Microbiology  
Deen Dayal Upadhy Hospital  
Hari Nagar, New Delhi-110064



- ⌘ Dr. Hedgewar Arogya Sansthan  
Karkardooma, Delhi-110092
- ⌘ Deptt. of Pathology  
Kasturba Hospital, Near Jama Masjid, Delhi
- ⌘ Deptt. of Microbiology  
Satyawadi Raja Harish Chandra hospital  
Narela, Delhi-110040
- ⌘ Lala Ram Swarup Institute of  
TB & Respiratory Diseases  
Sri Aurobindo Marg, Near Qutab Minar,  
New Delhi-110030
- ⌘ WUS Health Centre  
Chhatra Marg, University of Delhi, Delhi-110007
- ⌘ NDMC Poly Clinic  
37, Shaheed Bhagat Singh Marg, New Delhi-110001
- ⌘ Health Centre  
Jamia Milia Islamia, Jamia Nagar, Delhi-110025
- ⌘ Rajan Babu TB Hospital  
Kingsway Camp, Delhi-110009
- ⌘ JNU Health Centre  
Jawaharlal Nehru University





## The STI Clinics in Delhi:

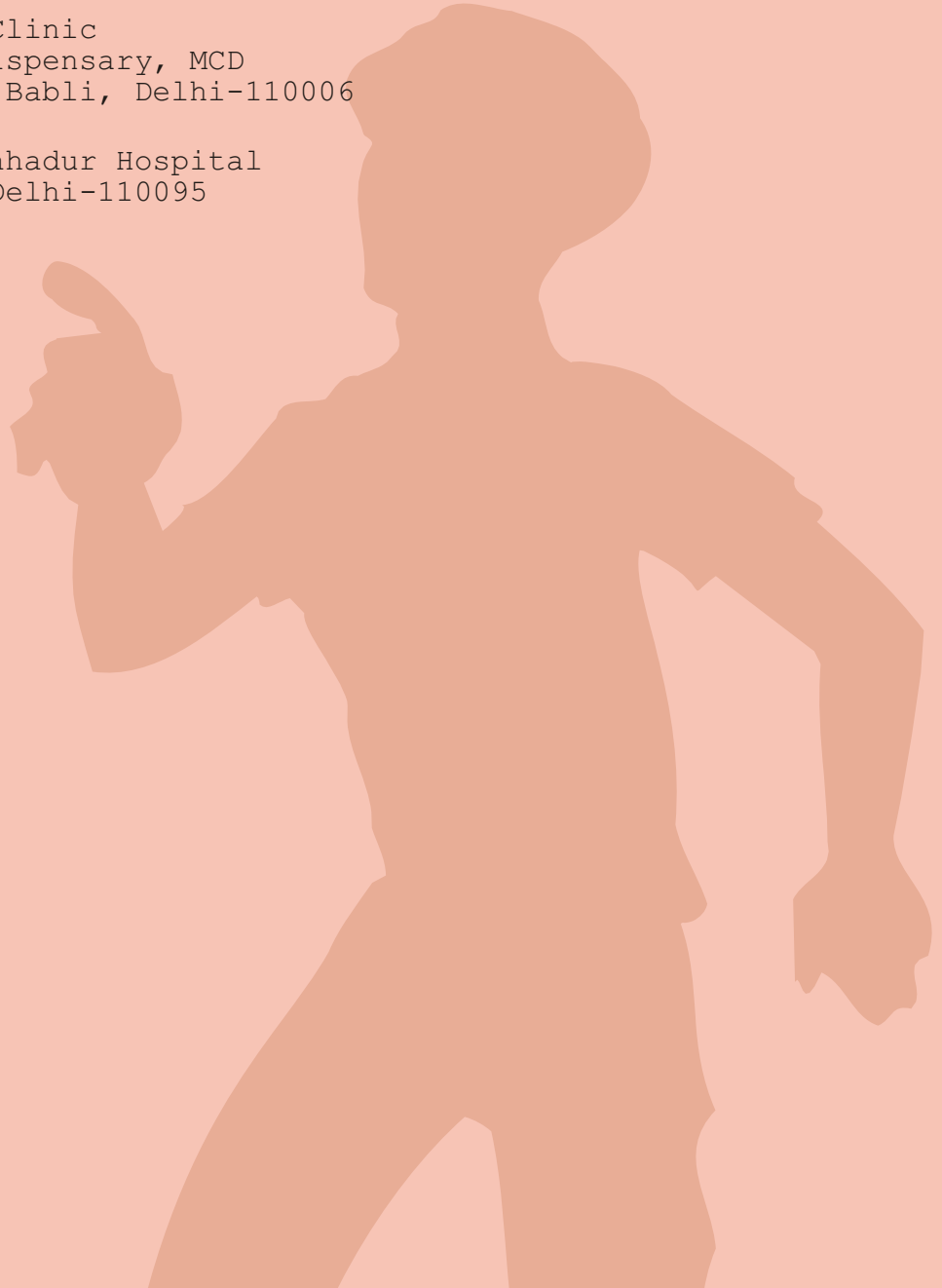
- ✂ Hindu Rao Hospital  
Bara Hindu Rao Road, Delhi-110007
- ✂ Skin & VD Clinic  
MCD Dispensary, Roshanara Road  
Near Palace Cinema, Delhi-110007
- ✂ All India Institute of Medical Science  
Ring Road, New Delhi-110029
- ✂ Safdurjung Hospital  
Ring Road, New Delhi-110029
- ✂ Deen Dayal Upadhyay Hospital  
Hari Nagar, New Delhi-110064
- ✂ Ram Manohar Lohia Hospital  
Baba Khadak Singh Marg, New Delhi-110001
- ✂ Deptt. of Dermatology & STD  
NDMC Poly Clinic  
Shaheed Bhagat Singh Marg, New Delhi-110001
- ✂ Lok Nayak Jai Prakash Hospital  
Jawaharlal Nehru Marg, New Delhi-110002
- ✂ Deptt. of Dermatology & STD  
Lady Harding Medical College & S.K Hospital  
Panchkuian Road, New Delhi-110001



✂ Sucheta Kriplani Hospital  
Panchkuian Road, New Delhi-110001

✂ Skin & VD Clinic  
Lal Kuan Dispensary, MCD  
Near Khari Babli, Delhi-110006

✂ Guru Teg Bahadur Hospital  
Shahdara, Delhi-110095



## The ARV Drugs Centres in Delhi:

- ✂ Guru Tegh Bahadur Hospital,  
Shahadara, Delhi-110095
  
- ✂ Deptt. of Medicine  
All India Institute of Medical Science  
Ansari Nagar, Ring Road, New Delhi-110029
  
- ✂ Lala Ram Sarup Hospital  
Sri Aurobindo Marg, Near Qutab Minar  
New Delhi-110030
  
- ✂ Deptt. of Medicine  
Lok Nayak Jai Prakash Hospital,  
Jawahar Lal Nehru Marg, New Delhi-110002
  
- ✂ Deptt. of Medicine  
Dr Ram Manohar Lohia Hospital,  
Baba Khadak Singh Marg New Delhi-110001
  
- ✂ Deen Dayal Upadhya Hospital  
Hari Nagar, New Delhi-110064

## The Care & Support Centres in Delhi:

- ⌘ **Akansha** Care & Support Home  
B-17/4 West Jyoti Nagar, Shahdara,  
East Delhi-110093  
Phone: 22130451/52
- ⌘ **Sahara** Michel Care Home  
A-48, Freedom Fighter's Colony  
Neb Sarai, New Delhi-110068  
Phone: 26569503, 26527585
- ⌘ **Ashraya** Holistic Care Centre  
Action India AIDS Project  
C-4/10, Safdarjung Development Area  
New Delhi-110016  
Phone: 24912632, 26521503
- ⌘ **Bhartiya Parivardhan Sansthan**  
  
Community Care Centre  
House no-3, Daroga Market wali gali  
Near JP Service Station  
Burari Chowk, Burari, Delhi-110084  
Phone: 27611887

Prevention is your only  
defence.  
Protect yourself from **HIV**



United Nations  
Educational, Scientific and  
Cultural Organization

New Delhi

E-mail : [newdelhi@unesco.org](mailto:newdelhi@unesco.org)  
Website : <http://www.unesco.org/newdelhi>

**SPACE**

*Society for People's Awareness,  
Care & Empowerment*

Phone : 42051131, 9818227105  
E-mail : [space\\_org@rediffmail.com](mailto:space_org@rediffmail.com)