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CONVERSATIONS WITH ADOLESCENTS
**HIV/AIDS &
ADOLESCENTS**

Written by **Kamla Bhasin** | Illustrated & Designed by **Vandana Bist & Surabhi Singh**

CREDITS PAGE

We thank and salute all these friends who helped us
create these books.

Dr. Jaya, Geeta and Nalini, UNFPA

Veena Shivpuri or Bahanji

Jaya Sharma

The Jagori Rural Team, specially Mast Ram

Suneeta Thakur

Nidhi Gupta

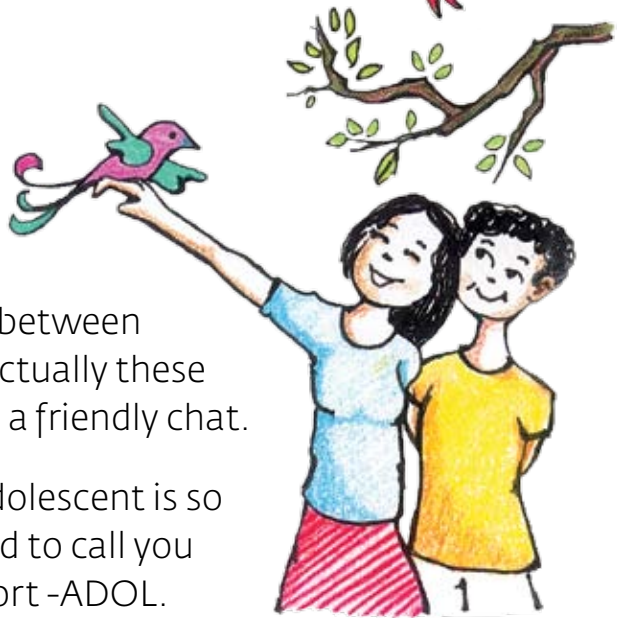
Vinay Aditya



FOREWORD

We have written four books for adolescents ON adolescence, that special phase in our life when we are between 10 and 19 years old. Actually these books are like a chat, a friendly chat.

Because this word adolescent is so long, we have decided to call you ADOL, sweet and short -ADOL.



Hello adole !!

You adols may want to ask why we would like to have these friendly conversations with you since you have not invited us for this chat. Why are we running after you? The honest and only answer is, that when we think of our own adolescence, we feel our problems and worries would have been much less, if we had someone to talk



to, someone who would listen to us and understand us. There were many adults ready to lecture us, tell us our faults, discourage us, but there was hardly anyone who would talk to us openly, lovingly and respectfully. We had to find the answers to all our questions and worries, either ourselves or with the help of others of our own age. How could those, who had no experience themselves,



show us the way? We had many bitter experiences only because we did not have proper information and understanding. This is



why we thought we should chat to you adols. Tell us; is there anything wrong in us taking the initiative to start this dialogue?



Years ago, we too were adols. We too experienced what you are experiencing now. We had this energy flowing in our body and mind. We had dreams



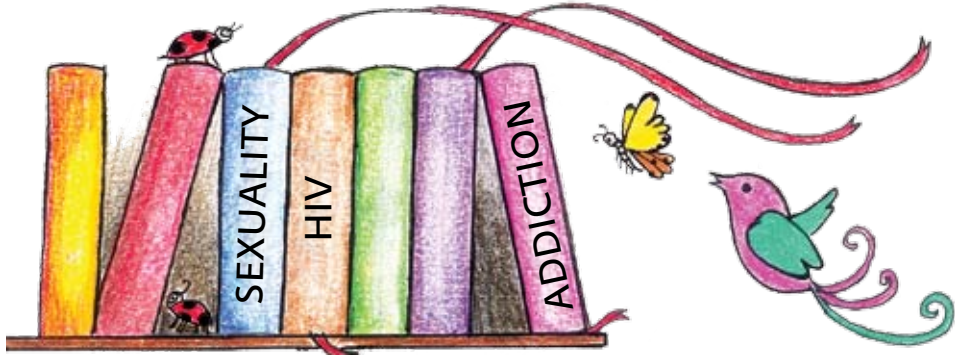
and the desire to do new things. We craved to have our own identity. Along with these feelings there was so much confusion and bewilderment. We felt wronged by our elders. We were filled with questions. We had so much to say, but everything remained inside, unspoken. Now at this age we feel



that silence was unfortunate, not good for us. Talking to someone more experienced would have helped.



Adolescence is the age of enquiry, questioning, an age to check out everything and everyone. There are so many questions about our changing bodies and feelings. There is so much curiosity about friendship and love, about sexuality and reproduction. It is important that all your questions be discussed openly and deeply, all your doubts be addressed thoroughly. We feel that information and comprehensive understanding will enable you to take well thought out and responsible decisions.



There is another reason for talking to you through these books. Many surveys have revealed that adols have limited information and understanding about important issues like gender, sexuality, HIV, alcohol and drugs. Many adols also said that they want more information and frank discussions on these issues.

So, here is an effort to reach out to you, to contribute towards making a positive difference to your experience of adolescence! Let us see if we succeed. You will be the judge. Let us wait and see what you think about these books and what grades you give us.

We will get good grades only if you are with us and will reach out to us. This way we will learn from each other.



So friends, these books are an invitation to talk with open hearts, to learn with open minds. These four books are about some important concerns and challenges of adolescence. To understand adolescence well, you should read all the four books, reflect, investigate your inner selves and have open conversations with friends and mentors.

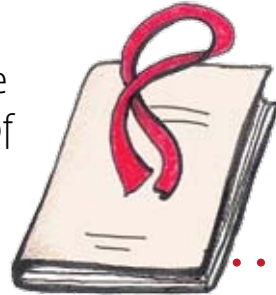


The first book is “LIFE SKILLS: THE ART OF LIVING” In this we have talked about some principles of life and living together and about LIFE SKILLS



The second book is “UNDERSTANDING ADOLESCENTS AND SEXUALITY” In this book we have detailed conversations about all the changes that take place during adolescence, gender and gendering, sex and sexuality.

The third book is "HIV/AIDS AND ADOLESCENTS" In this book we have discussed many important aspects of HIV/AIDS and ways to prevent it.



The fourth book is on "SUBSTANCE ABUSE AND ADOLESCENTS" This book discusses substance abuse in detail and suggests ways to challenge this problem which many adols are dealing with.


Friends, the work of the author and the illustrators is over. It is now for you to read, reflect, discuss and move ahead fearlessly. Several opportunities are waiting for you. Good luck and HAPPY JOURNEY!



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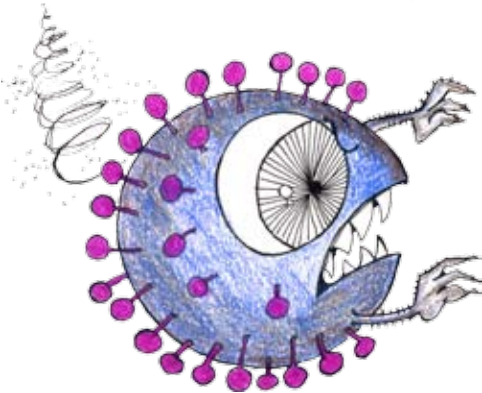
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HIV/AIDS: ANOTHER DANGER AND A CHALLENGE

For the last about three decades Adols are facing another challenge that of HIV/AIDS.



No one had even heard of HIV/AIDS 30-35 years ago. Today it has become an epidemic with negative effects on our lives.



In 2013, in India 2.1 million or 21 lac people had HIV.
In the same year globally 35 million or 3.50 crore
people were suffering from HIV. (Source: UNAIDS
GAP Report 2014)

In 2013 out of all the HIV infected people in the world, 11 percent were between the age of 15 and 24. This means 4 million or 40 lakh youngsters like you were infected by HIV. (Source: UNAIDS GAP Report 2014)



Young and beautiful lives FACING
the STORM of HIV???



You who are young today, will in the next 10-15 years, be responsible for the welfare and well being of your families, communities and countries. You will lead business, politics and religions.



You are the HOPE of families and countries. You are the FUTURE of the world.



You are not to be swept away by the storm of AIDS, but have to control it. Since you are the FUTURE, you have to survive and help others survive.



Instead of carrying dreams of a bright future, will you carry AIDS? A BIG NO!



We invite you and your youthfulness to join the struggle to fight AIDS.

Everyone knows that if young people decide to do something, they can achieve it.

STRENGTH

DETERMINATION

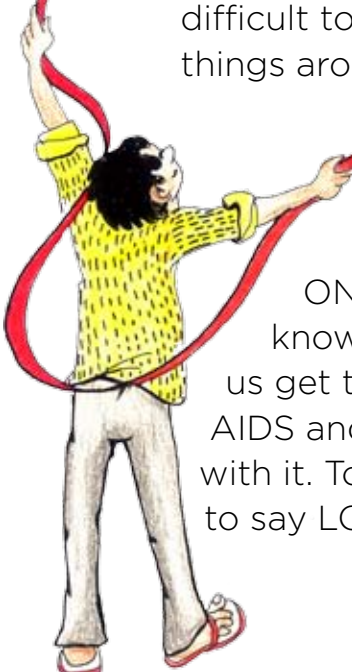
CHANGE

Are the other names of YOUTH

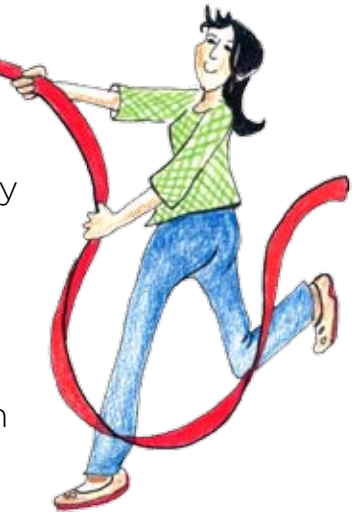


**Now is the time
to show your strength
and prevent AIDS.**

If you do not take change now it will be difficult to be in control of your life and things around you.



You can deal with this challenge successfully **ONLY** when you have **FULL** knowledge of AIDS. Come let us get to know the challenge of AIDS and get prepared to deal with it. Together with you, we wish to say **LOUDLY**



**LET US TAKE UP THE CHALLENGE
LET US SHOW OUR STRENGTH**



2

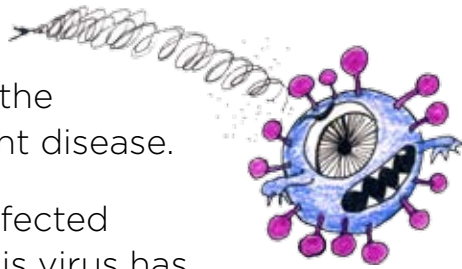
LET US SEE WHAT THE ALPHABETS SAY

So come and let us understand these acronyms-



H	HUMAN	PEOPLE LIKE YOU AND ME
I	IMMUNO DEFICIENCY	LACK OR DEFICIT OF THE CAPACITY TO FIGHT DISEASE
V	VIRUS	MICRO ORGANISM ABLE TO CAUSE DISEASES'

HIV is a virus which reduces the capacity of our bodies to fight disease.



HIV positive (HIV+) or HIV infected are those in whose bodies this virus has entered.

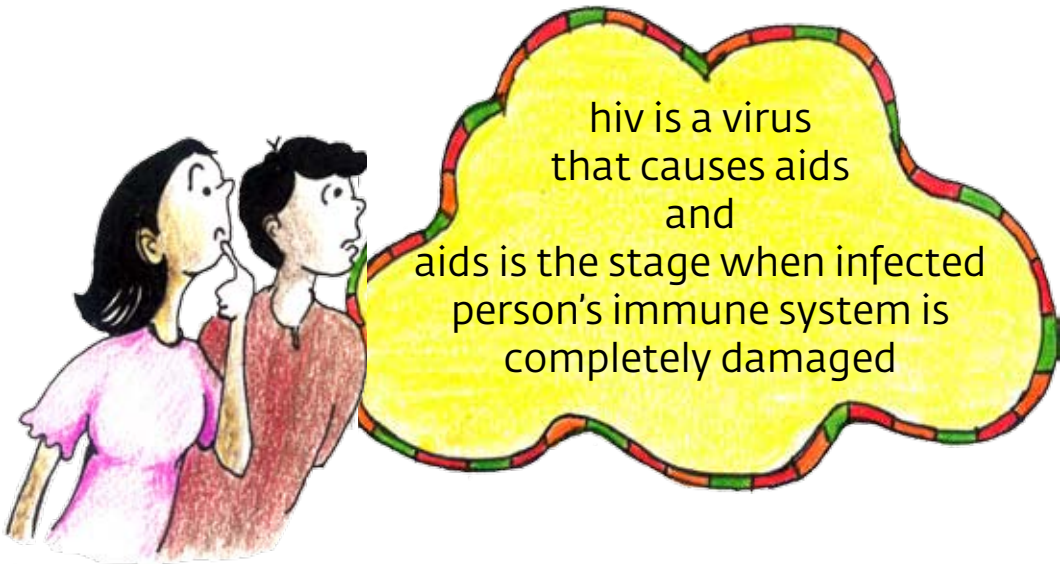
No medicine or method has yet been found to get rid of HIV, but the search for it is going on.



Now let us understand the other four acronyms:



A	ACQUIRED	NOT GENETICALLY INHERITED BUT ONE GETS IT FROM AN INFECTED PERSON
I	IMMUNO	BODY'S CAPACITY TO FIGHT INFECTION
D	DEFICIENCY	LACK OF
S	SYNDROME	VARIETY OF SYMPTOMS DUE TO A GROUP OF DISEASES PRESENT IN THE BODY



AIDS is that condition in which the inbuilt capacity of our bodies to fight infection and diseases is reduced or completely destroyed. As a result, body becomes more susceptible to infections and diseases. Hence any infection progresses unchecked in the body and can become fatal.

This means, AIDS is not a disease; it is the inability of the body to fight any disease.

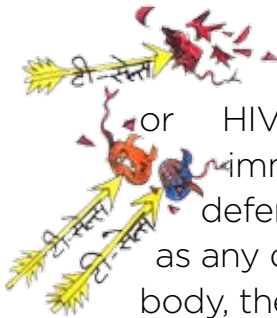
There is no cure for HIV/AIDS till now but it is **TOTALLY PREVENTABLE**.



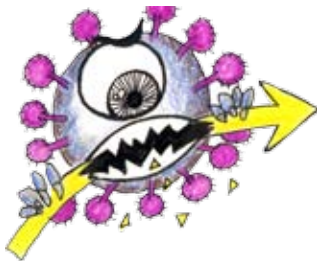
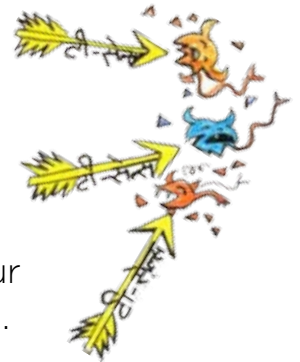
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WHY IS HIV/AIDS SO DANGEROUS?

WHAT IS THE DIFFERENCE BETWEEN HIV AND AIDS

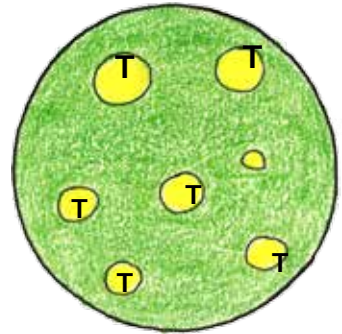
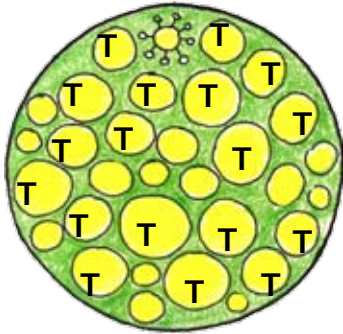


The Human Immuno - Deficiency Virus or HIV, attacks the T cells which are part of the immune system of our body. T cells are the defense mechanism of our bodies. As soon as any disease causing virus or bacteria enter our body, the T cells attack and try to get rid of them. This is why we are not always sick.



The HIV virus destroys the T cells.

HIV infection in our body can be compared to a police station where the police men become weak and die and thieves and robbers take control. There is no defense left against attacks from disease causing organisms.



As soon as HIV enters someone's body, that person can infect others. That is why HIV infected persons have to be very careful.



In this situation any disease can become fatal, it can kill. HIV is dangerous because till now there is no vaccine or medicine to fight HIV/AIDS.



Usually it takes 8-10 years for a HIV infected person to reach the stage of full blown AIDS.



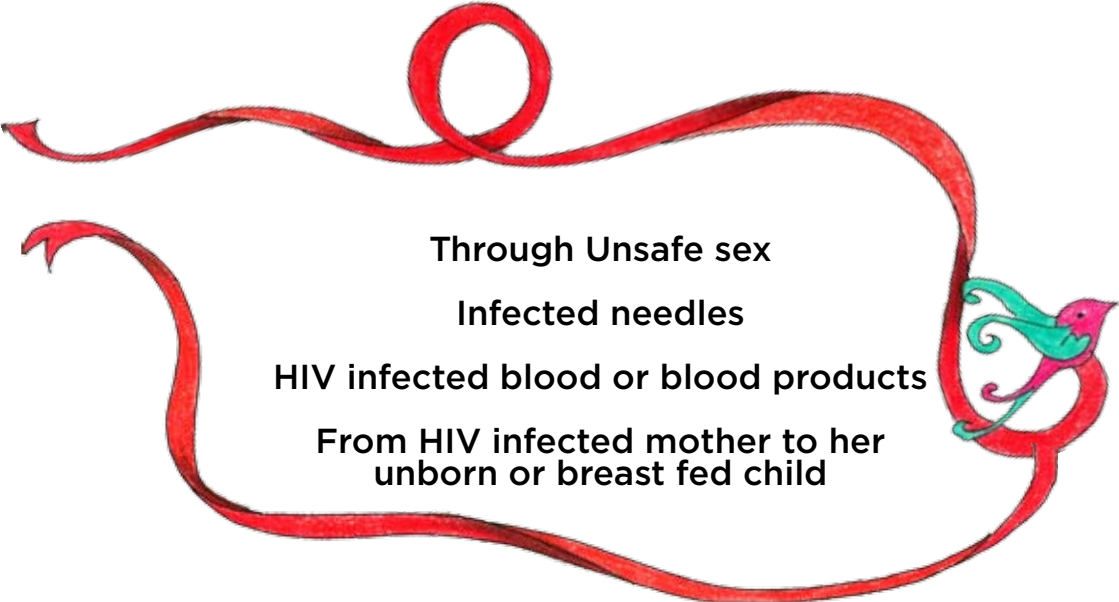
This is why HIV infected people can feel and look healthy for some years.



Only a blood test can reveal if someone is HIV infected.

It takes 8-10 years for a HIV infected person to reach the stage of AIDS when the body's immunity fails to fight diseases. HIV affected persons appear healthy but knowingly or unknowingly can spread the virus. Therefore, HIV infected persons need to take utmost precautions.





Through Unsafe sex
Infected needles
HIV infected blood or blood products
From HIV infected mother to her
unborn or breast fed child

In the game of AIDS
There are no LOSERS and WINNERS
There are ONLY LOSERS

HIV/AIDS



**IT IS YOUR TURN NOW
TO THINK AND SPEAK**



What do you understand by HIV infection?



What is AIDS?



What is the difference between HIV infection and condition of AIDS?



Which test can show the presence of HIV in the body?

THE RAPID SPREAD OF HIV/AIDS

According to the UNAIDS Global Report 2014



In 2013, 35 million people in the world were HIV infected and they were facing death.



Every day 5753 additional people are getting infected. This means there are more sick people every moment.



Out of all the people in the world who have AIDS, 92 percent are between 15 to 49 years of age; they are sexually active and are working and earning people.

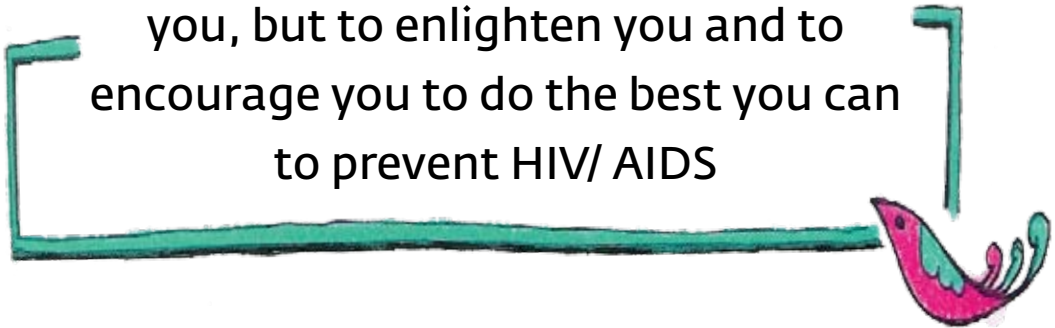


In India in 2013, 2.1 million or 21 lakh people were HIV infected.

(Source: UNAIDS GAP Report 2014)

[These figures are only of those about whom we know.
NO one knows about those about whom we do not know]

These figures are given not to frighten you, but to enlighten you and to encourage you to do the best you can to prevent HIV/ AIDS

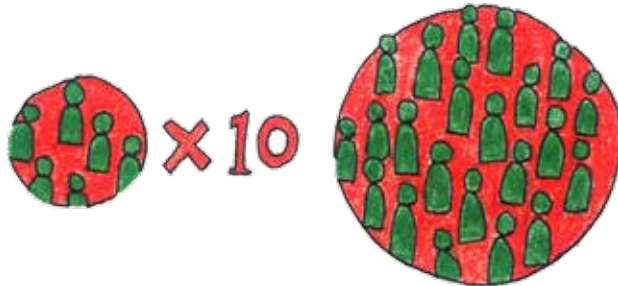


These figures clarify some facts-



FACT ONE

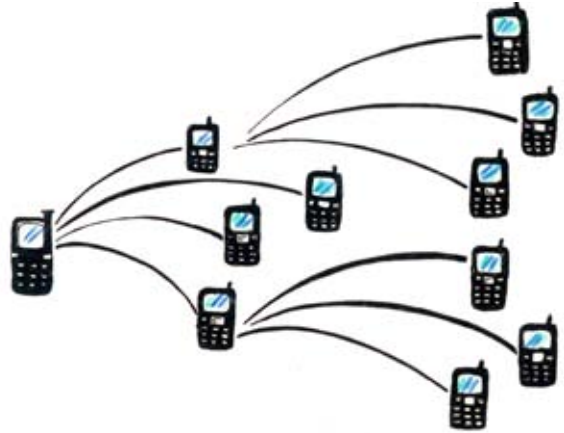
The number of people with AIDS is like the VISIBLE tip of an iceberg. HIV infected people are like the ice berg which is hidden under water and cannot be seen. If there are 100 cases of AIDS, we can guess that ten times more people will have HIV.



FACT TWO

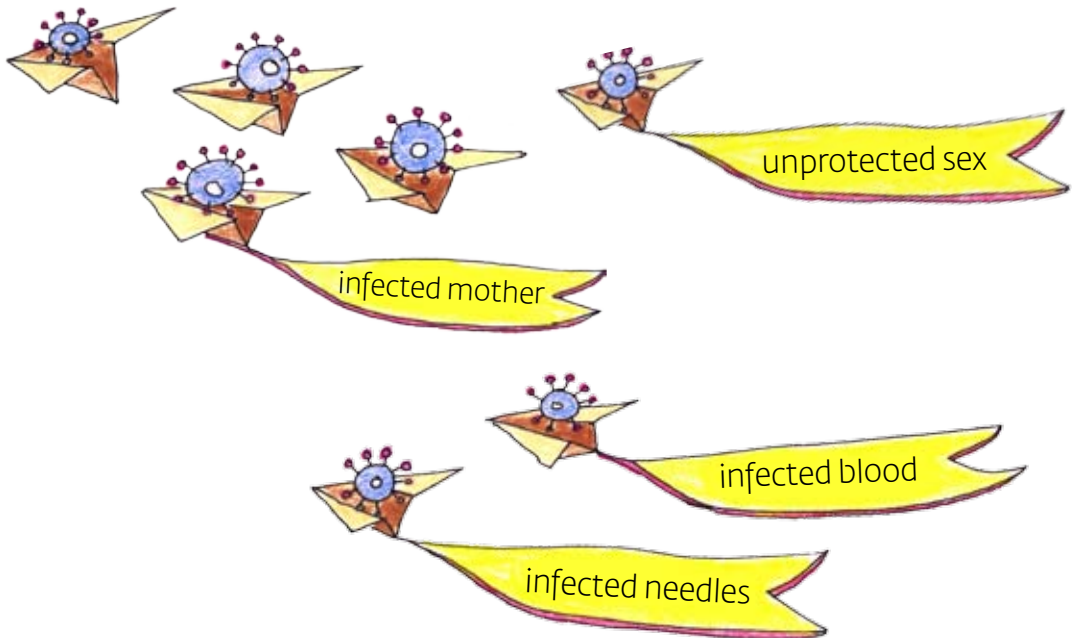
HIV is like that post card which you receive and send out 10 more people you know. The letter

goes from 1 to 10, from 10 to 100. This is the speed with which HIV has been spreading.



FACT THREE

HIV does not spread in the same way everywhere. In most cases it spreads through unprotected sex, but at other places it spreads through infected needles or through transfusion of infected blood. HIV can also be transmitted by an HIV infected mother to the unborn child.

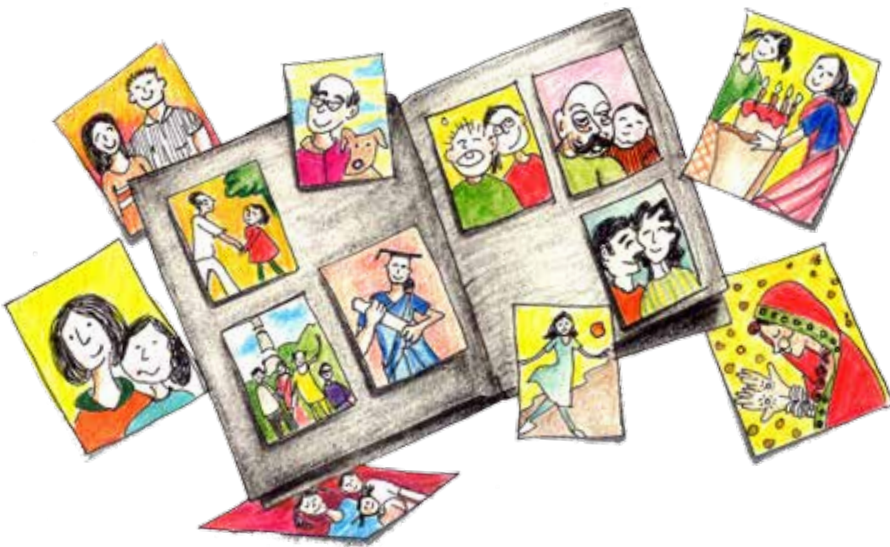




FACT FOUR

HIV infected people and people with AIDS are and will be from our families. Many families have been destroyed. The face of families, villages, cities is changing.

AIDS AFFECTS NOT JUST OTHERS IT CAN AFFECT OUR SISTERS AND BROTHERS



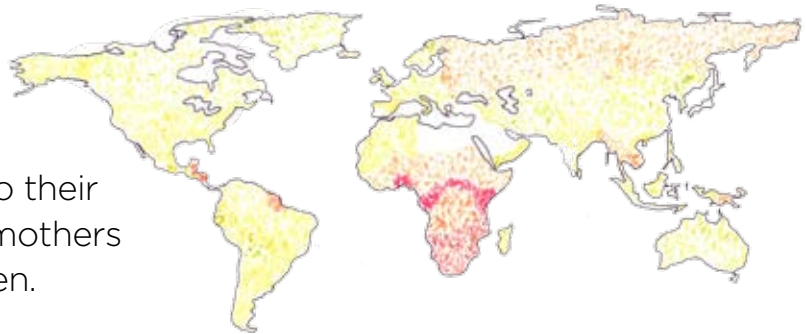
FACT FIVE

HIV / AIDS is a new epidemic. We are still trying to find out its full impact on us, but it is already very clear that this disease is spreading very fast and it will affect not just individuals but also their families

and communities and it will affect the development and the rate of development of countries.

It is expected that many members of a family will be affected

as the infection is being passed by husbands to their wives and by mothers to their children.



It is clear that HIV infections are going from cities to villages. People with high risk behavior are giving HIV to others. Health centers for pregnant women have information that HIV is spreading very fast to women and from them to their new born children.





THE WORLD OF HIV / AIDS
IS A WORD WITHOUT WALLS

INFORMATION
CORRECT AND CLEAR
REMOVES
RISKS AND FEAR



LET US GET TOGETHER AND SAY
WE WILL DRIVE HIV/AIDS AWAY

HIV/AIDS AND YOUTH



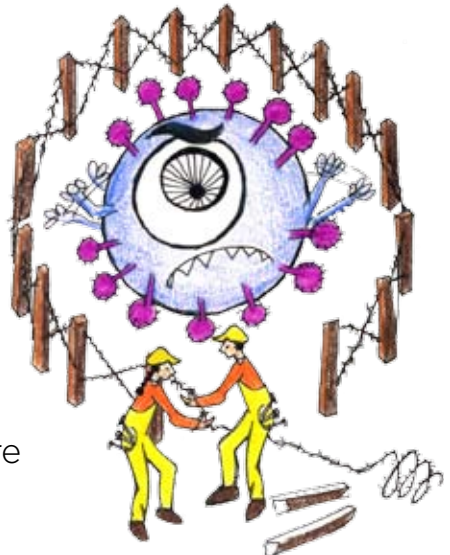
Out of the 35 million or 3.50 crore HIV positive people in 2013, 9% or 3.2 million are between 0 to 14 years. (UNAIDS Global Report 2014) (Source: UNAIDS GAP Report 2014)



About 50% of India's population is below 25 years of age. Danger to the youth therefore means danger to the country. (Source: Census 2011)

If the spread of HIV among the young is not stopped, it will be very difficult for India to cope with the economic, social and psychological burden of the epidemic.

Therefore it is essential for young people to understand HIV and ensure its prevention.



**BECAUSE
LIFE IS PRECIOUS**

**GET INFORMATION
ABOUT HIV/AIDS**



WHY ARE SO MANY YOUNG PEOPLE GETTING HIV/AIDS!



Many young people, specially boys, are curious about sex and they may initiate sexual activity without having correct information and without taking precautions which may lead to sexually transmitted infections such as HIV

Cinema and television, advertisements, pornographic literature encourage irresponsible sexual behavior and promote false notions of masculinity.

Those who encourage sexual behaviour do not give information about unsafe sex. This is why very few young people know about HIV / AIDS or use of condoms.



At a young age, in the fervor of youth, it is difficult to know what is right and what is wrong.

According to the District Level Household & Facility Survey (DLHS-3), 2007-08, 43% of currently married women aged 20-24 were married before the age of 18. This means these girls willingly or unwillingly become sexually active. These girls face the danger of getting HIV / AIDS.

**Forced into marriage at a young age
Girls miss out on opportunities and life.**



Young people who are forced in to child labor or sex-work face sexual exploitation. They are more vulnerable to HIV / AIDS.



Another reason why young people are at risk is even when you want to; you are not able to get information about responsible sexual behavior easily. Sex is often treated as “taboo”, “bad”, and “evil”. Because of this you may feel guilty, afraid, shy or fearful to seek information.

Do you feel ashamed to buy condoms? Just think how you can avoid so many problems related to sexual diseases and HIV/AIDS, by using a condom.

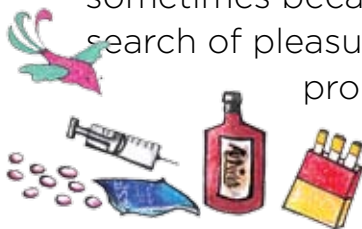


Boys who have sexual relations with boys or men face even more difficulties. They are forced to be silent about their relationships because many people consider homosexuality to be bad or unnatural.

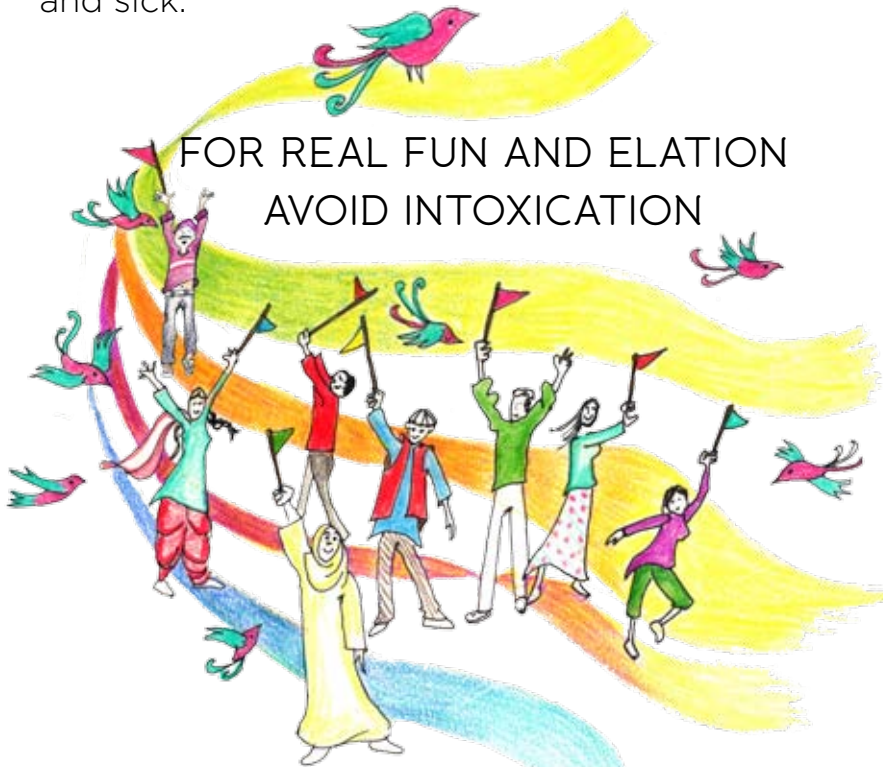


It is also still illegal in many countries, including India. We need to change such negative attitudes towards homosexuality, and protect young people.

Some young people get hooked on to drugs, sometimes because of peer pressure, sometimes in search of pleasure or excitement or to run away from problems; sometimes to prove they are “cool” or “grown up”.



In the beginning you might enjoy the experience but soon you will realize that your problems and worries have actually increased. In order to buy drugs you will be forced to borrow or steal money, tell lies. You will lose the trust of family members and instead of becoming “cool” you will be weak and sick.

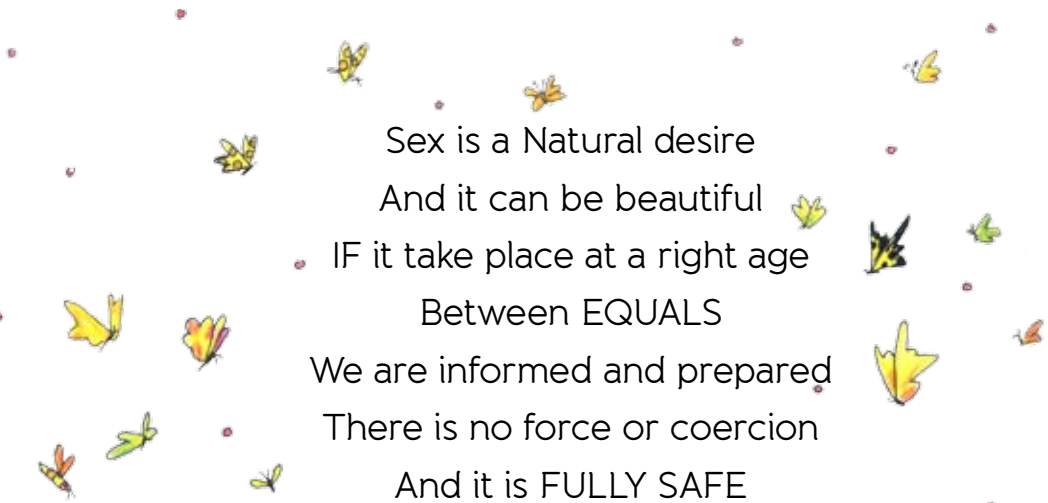


FOR REAL FUN AND ELATION
AVOID INTOXICATION



We feel, there are very few adults willing or able to understand young people and talk to them as equals. Most adults lecture you young people rather than engage with you meaningfully. In most homes and schools there is no open and frank discussion on sexuality or drugs.

Such silence spreads wrong information and feelings
and increases risks



Sex is a Natural desire
And it can be beautiful
IF it take place at a right age
Between EQUALS
We are informed and prepared
There is no force or coercion
And it is FULLY SAFE

All of us need accurate information





6

NOW LET US SEE HOW WE CAN GET HIV



There are only four ways in which HIV can be transmitted from one person to another.

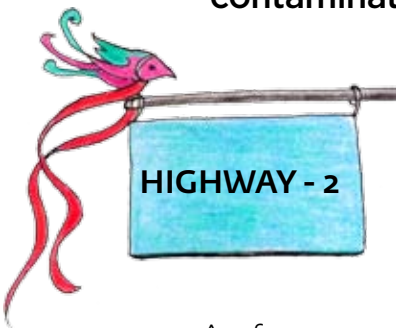
1. Through unprotected sex with an HIV infected person

This is Highway number 1, because 75% people get HIV through unprotected sex.



2. Through the sharing of HIV contaminated syringes and needles.

This is Highway Number 2, Sometimes people use syringes and needles without boiling them. If they have been used by HIV infected people then HIV can spread to others.



As far as possible, a syringes and needles should be used only once.

Spread of HIV through infected syringes and needles is mainly among drug users. They share contaminated needles and spread HIV to others.

3 Through receiving a transfusion of HIV infected blood

Sometimes untested blood is given to patients. If this blood is HIV infected, then HIV can spread to the person receiving the infected blood.



4 HIV infected pregnant woman can pass on the virus to her child during pregnancy, child birth or breast feeding. Transmission rates range from 15-45% in the absence of any intervention. (Source: World Health Organisation)



If we avoid unprotected sex, infected needles and syringes and use only properly tested blood for transfusion, we can be protected from HIV to a large extent.



**HIV/ AIDS is totally preventable
It is up to us if we invite HIV
or say good bye to it!**



**Let us prevent HIV / AIDS
Before it is too late!!**



**BEWARE
Of all the misinformation
And rumours about HIV / AIDS**

Just as it is important to know how HIV spreads, we must also know how it does NOT spread.

This virus cannot survive for long outside the human body or body fluids.

Therefore, HIV cannot spread through food, clothes, toilet seats, water, swimming pools or mosquitoes

So please remember there is no danger in being close to people with HIV

So, meet with them and eat with them, talk with them, walk with them, share with them and care for them.



A friend with AIDS

Is still a friend!



NOW IT IS YOUR TURN TO THINK AND SPEAK



-  What are the main ways in which HIV spreads?
-  Do you think young people are more vulnerable to HIV/ AIDS? Please explain with reasons.

7

**TO AVOID
RISKS AND TENSION
IT IS BEST TO GET
A TEST DONE**



It is best to get a test done if you have a feeling that because of the following reasons, you might have got the virus.



You have had unprotected sex



You have shared used needles and syringes which might be contaminated.



You have been given untested blood by unlicensed and unsafe blood banks.

Getting tested for HIV is much better than living in fear of being HIV positive. If the test shows you do not have HIV you can get rid of the fear and be careful in the future. If the test shows you are positive or you have HIV in your body, you can immediately start looking after yourself and also ensure that you do not pass on the virus to others.

A blood test can reveal if you are carrying HIV. There are many kinds of tests for HIV. The most common tests are

ELIZA TEST



WESTERN BLOT TEST

It is only after about three months that HIV antibodies show up in the blood, not before that. This period is called the WINDOW PERIOD. This means if HIV enters our body today it will not show up in the test for about three months. The reason for this is that these tests look for antibodies and not for HIV. It takes about three months for the body to produce antibodies.

Therefore if the test shows no HIV, to be certain it is necessary to get another test done after the three months window period. There are newer tests that can detect the virus before HIV antibodies show up in the blood but these are not easily available.

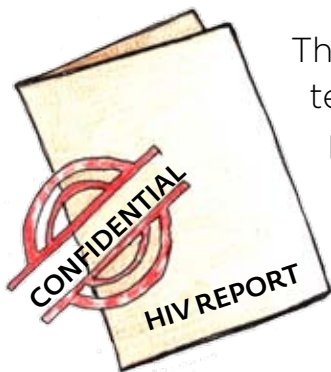


PLEASE REMEMBER:

HIV positive people can pass HIV to others during the window period.

You must also remember:

- No one can force you to get a test done. It is your choice and right, but if you have the slightest doubt or fear, it is best to get tested.
- HIV tests should be completely confidential. The results of the tests cannot be given to anyone else without your consent, not even when the test is positive.

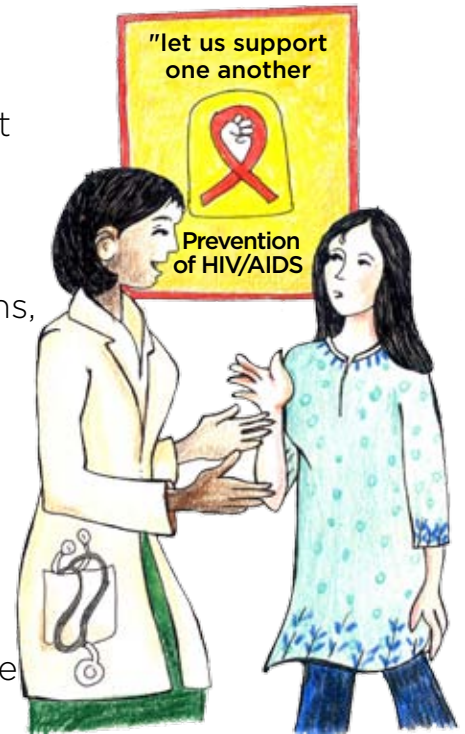


There are a number of government-run testing centers. These centers have the provision for pre-testing counseling and post result counseling. You may even talk to the counselor right after the test has been performed. Most importantly the results of this test are kept confidential and will be revealed only to you.

A medical practitioner in your area should be able to tell you the nearest place where HIV test is done.

It is advisable to meet a counselor before and after the test. Good counselors can answer your questions, clarify your doubts, and help you understand your feelings, reactions and confusions.

When you go for the test it is advisable to take along someone whom you feel close to and trust. In such difficult moments you need support and good advice. If someone close to you needs a test, see if you can accompany him / her. Try and provide support, love and understanding, especially if the test is positive.



- If you think/ have a doubt that someone close to you might have HIV, you should advise him/her to get tested. A test can only help us to know the truth and to deal with the situation.

**Accept condom
To avoid the syndrome**



**HIV is indeed deadly
There is no cure for HIV
But it is totally preventable**



**By safer sex
By using new syringes
and needles that are sterilized
By using safe blood for transfusion**



**NOW IT IS YOUR TURN
TO THINK AND SPEAK**



What is Window Period?



Where are HIV tests done?

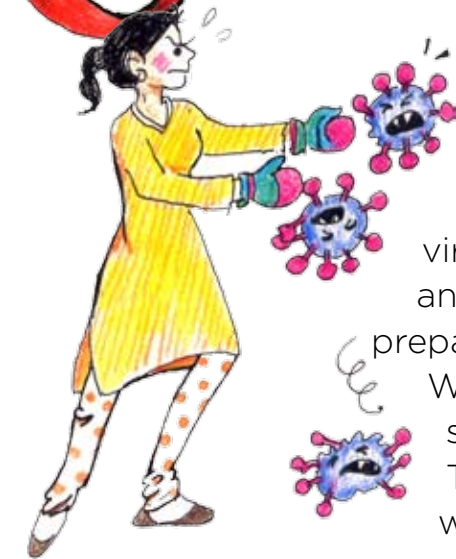


Why is it advisable to take a trusted person along when one goes for an HIV test?



How can one prevent HIV infection?

COME, LET US TURN DANGERS INTO OPPURTUNITIES



It seems there is a war between HIV/AIDS and us. There are only two options. Either we accept defeat and do nothing. This tiny virus gains victory over intelligent and competent human beings. Or, we prepare ourselves to defeat this virus.

We are sure none of you is willing to surrender to HIV / AIDS.

The truth is that if we decide to, we can turn this danger into an opportunity.



We can use HIV / AIDS as a mirror to understand ourselves and to examine our attitudes, our behavior and our relationships. We believe, in order to understand HIV / AIDS we have to understand ourselves; to control HIV / AIDS we have to control ourselves.



Now we know that HIV can spread only in these four ways;

- Unprotected sex
- HIV contaminated needles
- HIV contaminated blood
- From an HIV infected pregnant and lactating mother



As approximately 80% people have got HIV through unsafe sex it is necessary that we understand our sexual relations. (Source: Gaps and Needs by Strategic Goal/Function - UNAids)



Many of you start having sexual relations because you consider yourself grown up, or to impress your peers, but you are actually not prepared for sex. You are not able to handle the responsibility of sexual relations.



**With all our
energy and
might HIV /
AIDS we will
Fight!**



**By being wise
and clever, let
us get rid of
HIV for ever**



We become responsible when we have correct information: we reflect, discuss, understand and act with full awareness.

If we understand a few things and act responsibly we can easily prevent HIV / AIDS

- It is necessary to get full and correct information about HIV / AIDS
- It is important to remember that AIDS leads to death because there is still no cure for it, but it is totally preventable.

These are the ways of prevention:



Safe Sex

- Avoiding sex at a young age. There are other ways of getting and giving love and pleasure.
- Use a new condom during every sexual act.
- Prevention and cure of STIs or Sexually Transmitted Infections.
- Having equality in sexual relationships
- No sex under the influence of drugs/intoxicants



Safe Needles

- Always use new needles that are sterilized.
- If you are taking drugs, do not share needles with others because of peer pressure.
- If you do not have unused and sterilized syringes and needles then bleach or boil old syringes for twenty minutes before using them.

However, here we say most emphatically that taking drugs is most harmful and dangerous. It is wise not to get into the vicious circle of drugs. To provide you a detailed understanding on substance misuse, we have written and produced a book on this, titled: **“Substance Misuse and Adolescents”**.

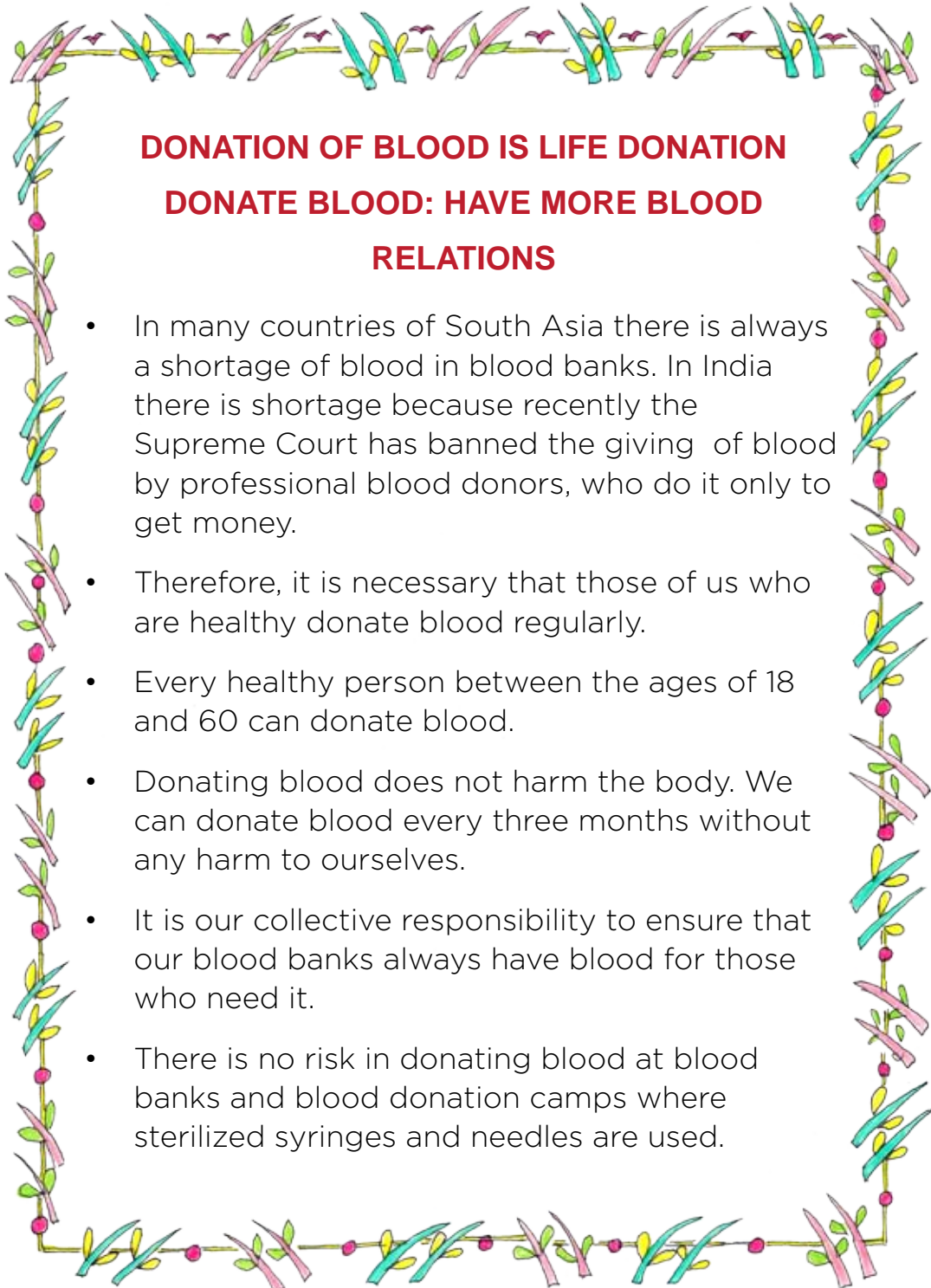
Please read that book carefully.



Safe Blood

- Blood transfusions should be done only if necessary.
- Some people take just one unit of blood thinking this will immediately take care of blood deficiency and anemia, but this does not help. Instead of taking one unit of blood it is better to have nutritious and iron rich food.
- If a blood transfusion is necessary, use only properly tested blood, even if the blood donor is known to you.
- Blood transfusion should be done only in blood banks.





DONATION OF BLOOD IS LIFE DONATION

DONATE BLOOD: HAVE MORE BLOOD RELATIONS

- In many countries of South Asia there is always a shortage of blood in blood banks. In India there is shortage because recently the Supreme Court has banned the giving of blood by professional blood donors, who do it only to get money.
- Therefore, it is necessary that those of us who are healthy donate blood regularly.
- Every healthy person between the ages of 18 and 60 can donate blood.
- Donating blood does not harm the body. We can donate blood every three months without any harm to ourselves.
- It is our collective responsibility to ensure that our blood banks always have blood for those who need it.
- There is no risk in donating blood at blood banks and blood donation camps where sterilized syringes and needles are used.

Safe Pregnancy

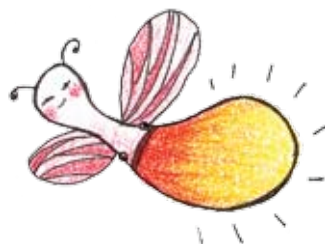
- As we have said earlier, the chances of an HIV infected mother transmitting the virus to her child are approximately 15-45 percent. Therefore, it is advisable that an HIV infected woman takes a decision about conceiving only after considering the pros and cons very carefully.
- It is better to take a decision after discussing the issue with the partner, doctors and counsellors.

**LETS COME TOGETHER
& SAY**

**IT IS OUR DUTY
TO DRIVE HIV/AIDS AWAY**



**IT IS YOUR TURN NOW
TO THINK AND SPEAK**



What are the main routes of HIV transmission?



Please explain what you understand by safer sex.



Why blood donation is considered donation of life?



We suggest you create some nice slogans for HIV prevention.

LEARNING TO LIVE POSITIVELY WITH HIV / AIDS



One thing which all of us must remember about HIV / AIDS is, that our fight is with the virus and not with the person who is infected with it.

We are saying this because often people living with HIV / AIDS are treated poorly. Their human rights are violated. Often people avoid meeting them, doctors and nurses hesitate to treat them. People often discriminate against HIV positive people and their relatives. In India, it has been reported that one or two HIV people were killed by their communities. Such hostile reactions produce fear, insecurity and tension and increase the danger of HIV spreading.



Because of fear of hostility HIV positive people might be forced to keep their status a secret and not seek medical and other help. This is dangerous for everyone.

Today when millions of people especially young people, are HIV positive, it is important that we try to understand their situation, give up our negative attitudes and not discriminate against them. In fact, we should help HIV positive persons to cope with the infection and live positively.



If we are someone close to us is infected with HIV, there is NO point in being negative. It is BEST to accept the reality and the challenge and to deal with the situation with dignity, compassion and patience.

If we accept the presence of HIV with full awareness, we will feel a kind of peace and courage. Then instead of being fearful, we can and must find, ways to live meaningfully and positively.

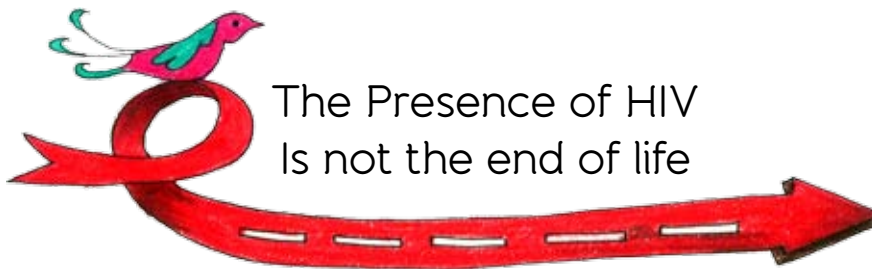
As we said earlier, someone infected with HIV can feel and look healthy for 8-10 years.





Antiretroviral medicines are being used to reduce the negative effect of HIV in the body. This has helped people and the death rates have come down. One can find out about these medicines from hospitals and organizations working on HIV / AIDS.

Many HIV infected people who adopted a positive attitude, changed their life styles, ate healthy food, exercised regularly, meditated have led healthy and happy lives for 10-15 years.

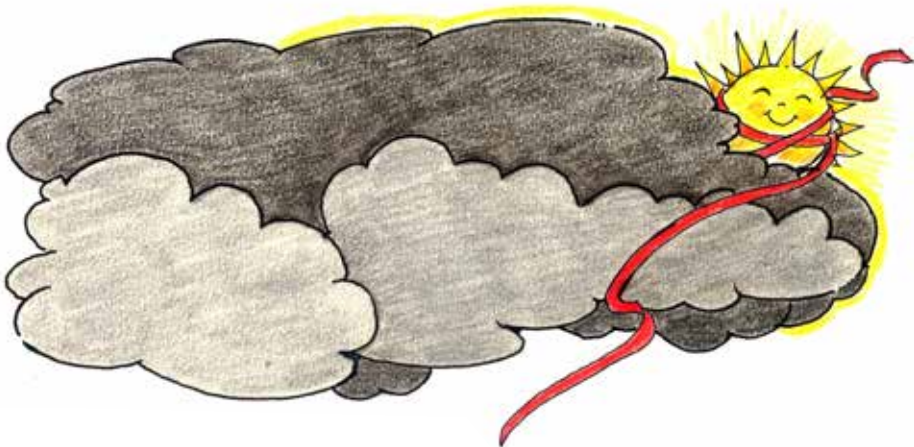


But yes, HIV positive people have to be extremely careful. They have to lead healthy lives, prevent diseases and infections. They have to be cautious that they do not pass on the virus to others through sexual contact, infected needles, syringes or blood.

What effect HIV will have on those infected depends a lot on their own attitude, behavior and life style and on the attitudes of others towards them.

There are people who say their lives and life styles improved after they found out they were HIV positive. Earlier they used to live carelessly, without full awareness. Now they live every moment of their life meaningfully and well.

THE DARKEST OF CLOUDS HAVE A SILVER LINING



NOW IT IS YOUR TURN TO THINK AND SPEAK



Why has the writer of this book said being HIV positive is NOT the end of life? Please explain, giving reasons.

Written by **Kamla Bhasin**

Illustrated & Designed by **Vandana Bist & Surabhi Singh**

Technical Inputs and Financial Assistance provided by
United Nations Population Fund (UNFPA),
55 Lodi Estate,
New Delhi 110003



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