

LIVING WITH HIV AND COMING OUT PUBLICLY

Module Summary

It's no longer a question that a long and healthy life is possible with HIV. But that does not mean it is easy. Being HIV+ means an ever-present need for ARVs. And the past and still-present stigma and discrimination against PLHIV is a surmountable stress. Which is why coming out publicly with a positive status is difficult. It is important to understand HIV and AIDS, the current research, to be prepared to be public with your status, and how to accept someone's status.

Module Discussion Topics

- Living with HIV
 - Discordant Couples
 - Long, healthy living with HIV
- ARV Adherence
 - Consequences defaulting on ARV - ARV Treatment Fatigue
- Publicly Disclosing
 - Self-acceptance
 - Close Family
 - Wider Community

Module Discussion Questions

- How old is the oldest person you know with HIV? How do you think they've lived that long?
- Why are ARVs so important and why must PLHIV adhere to them?
- How have you, or how would you react to someone who comes to you with an HIV positive status?
- What are ways to support people when they come forward with their status?
- Who would you tell if you were HIV positive? Why them?

