

# SUPPORTING YOUR PEERS TO KNOW THEIR HIV STATUS

**Your role as a CATS in supporting those to know their HIV status is to:**

- Give information on HIV testing
- Provide options of where they can be tested – e.g. clinic, community-based testing services and self-testing
- Link them to the testing option of their choice
- Go with those who need extra support to attend services
- Advocate for their right to be tested and provided with confidential services
- Follow up to make sure they got the services they wanted and were referred for
- Work with other clinic staff to plan and support testing
- Flag challenges that need referral
- Make referrals and actively link them to enhanced support and services
- Support the enhanced support plan



## Partial Disclosure



### Reminder

For younger children, the child or caregiver the child or caregiver may not be ready for the tester to openly talk about HIV. However, they still need information to help them understand what is happening to them. Examples of how to talk about this include:

***We want to understand what has been making you feel sick***

*We know you are feeling well, but there are some germs that can make you sick. Sometimes we can only see them by taking a blood test. It is important for us to take this test so we can get you the right medicine*

If tested HIV positive, the child or caregiver may still not be ready to tell the child their HIV status. However, the steps to full disclosure should be started after the test result. Refer to the disclosure section

## Information On HIV Testing

Providing information on HIV helps people to make a decision to be tested.



### Where:

Clinic  
Home  
Community



### When:

Before an HIV test



## WHAT TOPICS TO COVER

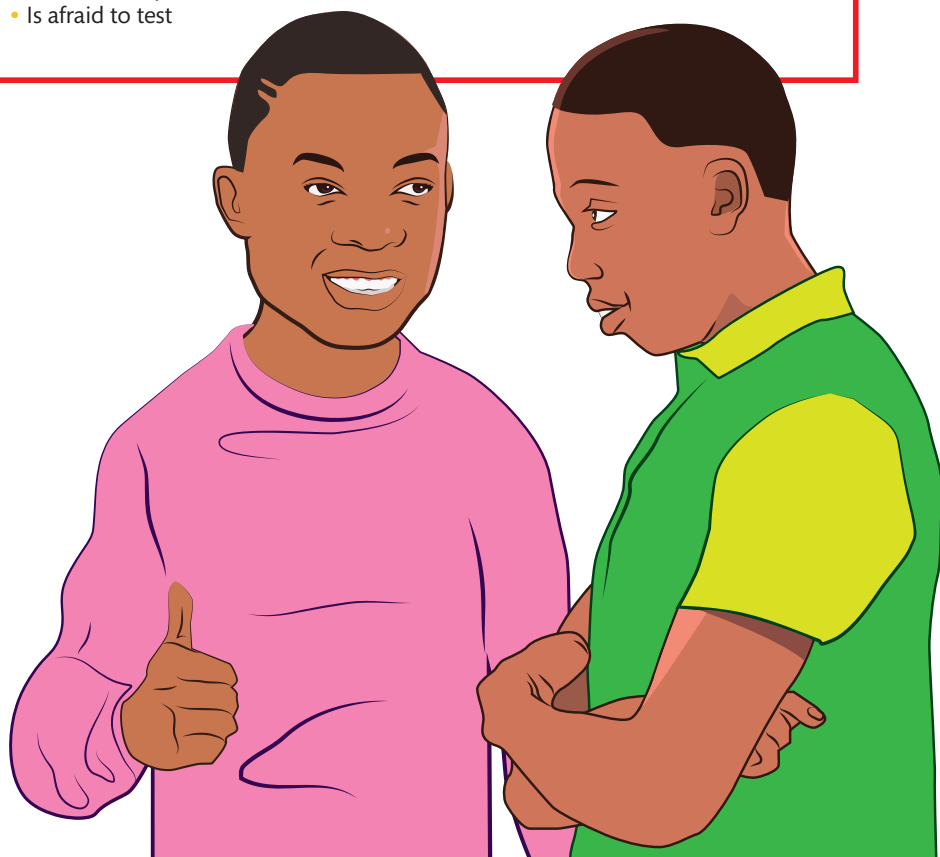
- Understanding of HIV and testing
- Previous HIV testing
- Benefits of testing
- Your own story where appropriate and safe
- Basics on HIV, ART and transmission, HIV prevention
- Reasons why CAYP may be at risk of HIV infection
- Availability of treatment, care and support services
- Need to retest
- How the test will be done, including self-testing for those 16 years and above
- What the test results would mean to them, both positive and negative
- Who they could tell their result to and get support from
- Need for parent or caregiver consent for those under 16
- Risk assessment and risk reduction plans
- Any questions or worries

## Additional points to cover with caregivers

- Importance of talking about HIV and testing with their child
- How their child may react
- Questions their child may ask and how to respond
- Your experience: how your caregivers did or did not support you

**RED FLAG**

- **Caregivers who:**
  - Do not want to test their child
  - Whose child is 10 years and above and they do not want to disclose what the test is for
- **Clients under 16 years who:**
  - Want to test without their caregivers permission
  - Do not have a caregiver
  - Want to test but their caregiver refuses
- **Clients 16 years and above who:**
  - Are unwell and do not want to test
- **Any client who:**
  - Is pregnant
  - Has a sexual partner who is not aware of their status and needs to test
  - Is afraid to test



## Tips To Start Discussions On HIV Testing

Sharing your own experience or the experiences of young people benefitting from HIV testing can be a helpful way to start talking about HIV testing

*As a CATS I have been supporting many young people with HIV to live healthy lives. I want to make sure that all children, adolescents and young people are provided with the opportunity to test for HIV.*

*I have been on ARVs for many years, I am healthy and strong. Because by being tested, I was able to know my HIV status and get the medication, services and support I needed. I want all children, adolescents and young people to have this same opportunity.*

### Questions For Clients

- Have your brothers or sisters, your children or your partners been tested?
- If yes - Where were they tested? Do you know when they were last tested?

Do they need a repeat test?

- If no - Would they be willing to be tested? Could we talk with them about the importance of testing?
  - If yes - provide information and refer for testing
  - If no - explore reason why?
  - \*\*For those under 16 - Do they have a caregiver? Would their caregiver want to discuss testing?

### Questions For Adults In Clinic

- Have your children been tested?
- If yes - Where were they tested? When were they last tested? Do they need a repeat test?
- If no - Would you be willing for them to be tested?
  - If yes - Refer for testing
  - \*\* For those 10 years and older, discuss how important it is for their child to know what the test is for and offer to be involved in the pre- test counselling discussion.
  - If no - explore reason why?