

onelove

Preventing HIV in South Africa

Let's talk, respect and protect each other



talk

respect

protect



onelove
talk • respect • protect

**SOUL
CITY**
INSTITUTE
HEALTH & DEVELOPMENT
COMMUNICATION



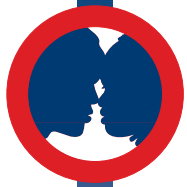
talk

respect

protect

Sibangaki kuwe? 2 is 2 many.

www.onelovesouthernafrica.org



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This book is for everyone in South Africa. It explains why having many partners puts you at risk and talks about other risky behaviours.

The second half of the booklet (page 18) has some suggestions for people wanting to do something in their community to contribute to social change, especially as part of the OneLove campaign.

This book was written and produced by Soul City: Institute for Health and Development Communication as part of the OneLove campaign.

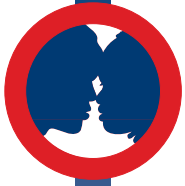
The Soul City Institute team has played a critical role in the development and production of the OneLove campaign. Their dedication and expertise is valued and appreciated.

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HIV in South Africa



South Africa has almost 6 million people who are living with HIV and most of those **do not yet know that they are infected with HIV.**

In some countries HIV and AIDS affects only small groups of people, but in South Africa more than 1 out of every 10 people is already infected. This means that everyone is affected by HIV. Everyone knows someone who is HIV positive, and many of us are HIV positive ourselves.



Only 4 out of 10 people have ever had an HIV test





Why is it different here?

THERE ARE LOTS OF DIFFERENT REASONS WHY HIV IS STILL SPREADING SO MUCH:

NOT USING CONDOMS EVERY TIME

Many people do not use condoms every time they have sex. Because of this they can then get infected with HIV when they do not use condoms. Lots of people stop using condoms when they have been together for a few weeks or months – they trust each other.

BUT without knowing the HIV status of the other person this *puts you at risk*.

MANY SEXUAL PARTNERS

In Southern Africa- many people have more than one sexual partner at the same time - they are sometimes called “small houses” or Makwapheni or Nyatsi. If you have more than one sexual partner you have more chance of getting HIV.

CIRCUMCISION

Men who are not circumcised are more likely to get HIV. But although circumcised men are partly protected they can still get infected with HIV, and must *use condoms every time* they have sex.

INEQUALITY

Poor people living next to wealthier people means that poor people may use sex to get food and other things that make their lives easier. Wealthier people can use their money to have many sexual partners.

SOCIETY THAT IS CHANGING

South Africa has recently moved into a democracy and there are all sorts of changes happening. Many of the changes are good, but more and more people are moving to the cities in the hope of finding work. They are moving away from their homes and families. In bigger societies the ways people behave can change and neighbours don't always know and care for each other.

NOT BELIEVING WE HAVE CONTROL

Many people feel as if they are not able to control their future, or have no hope that the future will be good. Because of this, it can seem stupid to try to practice safe sex or behave safely.

talk

respect

protect

**Protect your family.
Choose one love
at a time.**



onelove
talk • respect • protect



What about **multiple** or **many** partners?

WHY MORE THAN ONE PARTNER AT THE SAME TIME IS A PROBLEM

When you have more than one sexual partner at one time you become part of what is called a sexual network. If just one person in this sexual network is infected HIV is easily passed on to everyone else in that network.

WHAT IS A MULTIPLE CONCURRENT PARTNER [MCP]?

The side relationships are usually secret but sometimes the main partner knows about it and accepts it, seeing it as a normal part of life.

Some people live in marriages where there is more than one wife. This type of marriage means someone is having sex with more than one partner. If anyone in the relationship has sex outside of the marriage, then all the people in the marriage *run the risk of getting HIV.*

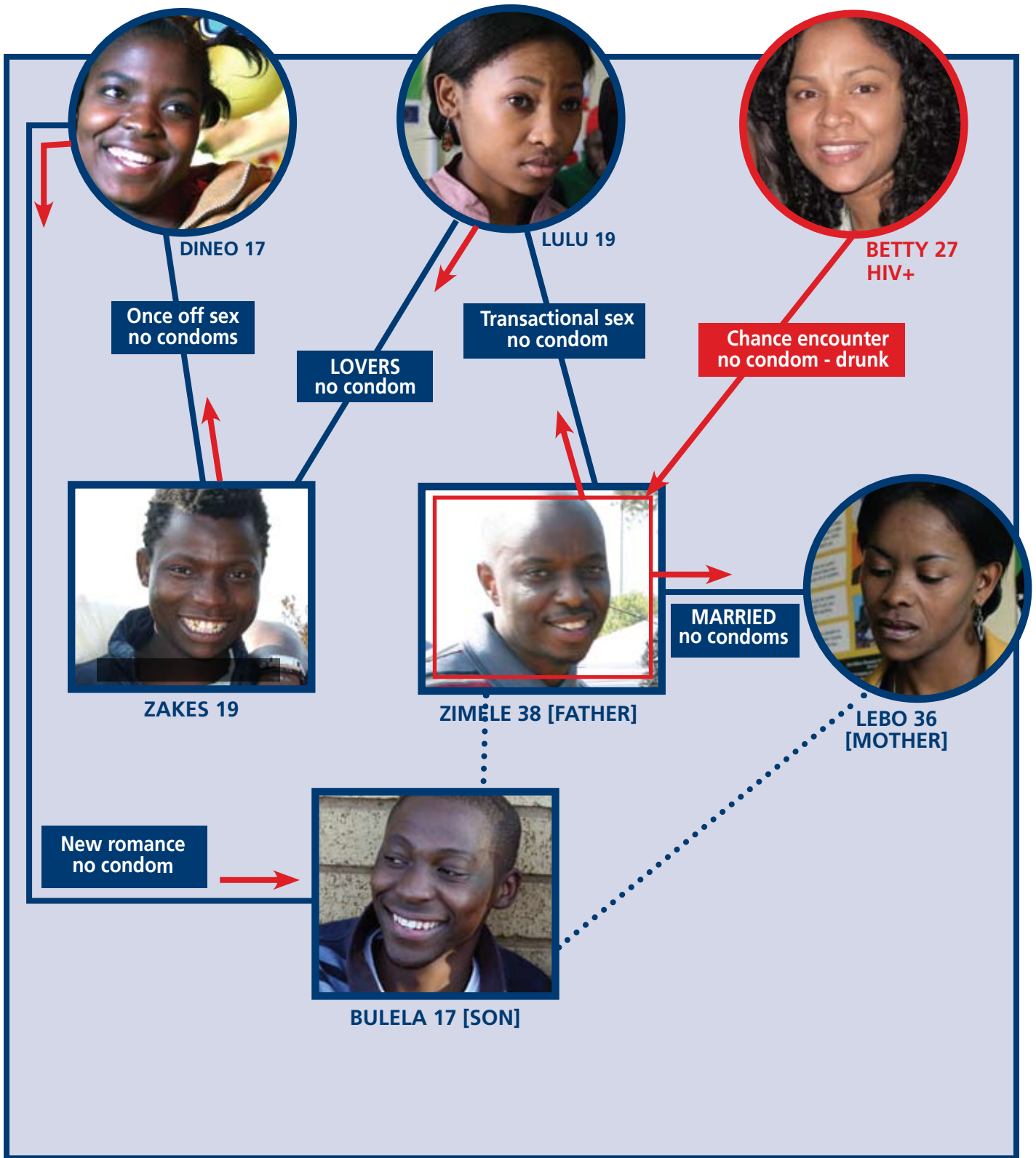


*Just like me.
When I decided to
marry my wife, I had other
girlfriends. That won't change.
The only change is that she is my
wife, she stays home and I will
keep my other girlfriends. I keep
it away from her that I have
other girlfriends.*

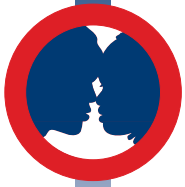
[Man from
Mpumalanga]



INVISIBLE SEXUAL NETWORK



HOW MANY PARTNERS ARE IN YOUR RELATIONSHIP?



Why do people have **many partners** at the same time ?



There are MANY reasons people have MORE THAN ONE PARTNER – here are some of them:

- Sex is a very important part of our lives. We want sex to be fulfilling and fun. But **some people do not have good sex with their main partner.** This can be for many reasons: they may be tired, they may have lots of responsibilities, they may not have time, they don't feel attracted to their partner any more.

BUT mostly it is because they don't talk about what they want when they have sex.

*Sometimes you find that when we first meet, I am loving and full of tenderness. I kiss you when I see you. Once we are married and have children, though, I don't even kiss you when I get home. Every once in a while I pull you into bed - there is no romance. Most times, people are just living with each other for the children. There is no more love.
(Man from KwaZulu)*



- Some people (especially men) feel that if they want to have sex in more interesting or different ways they cannot do it with their wives or partners and that **they must go to someone else to experiment**. They say that they are preserving their partner.

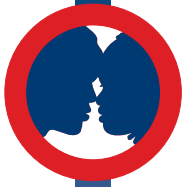
BUT they are really putting their partner's lives at risk, as well as their own lives.

- Some people believe that men **cannot control their sexual urges**, and this is why they need to have many sexual partners, and often this is why their wives or main partners forgive them.

BUT this is not true. Many men can and do control their sexual urges. Men are not animals - they can choose how to behave.

- When people **get drunk** they can sometimes have sex with people they might not have had sex with if they were not drunk. They also often have unprotected sex.

BUT you CAN choose not to get drunk and whether to have sex with someone or not.



Why is having many partners **dangerous**?

HIV IS MOST INFECTIOUS IN ITS EARLY STAGES



The important person is the one whom you have chosen as the one you are going to spend your life with. The others are also important, but the thing is that we do not have them in our lifetime plans. With them, it is a matter of lust. And lust is a short term experience, it is not long lasting. It is easily satisfied
[Man from Mpumalanga]

When a person is first infected with the HIV virus it **grows very quickly** inside of them. They have what we call *high viral load* – this means that there is a lot of HIV in their blood and sex fluids, and if they have unsafe sex the **HIV virus is easily passed on**.

At the same time, if the person has an HIV test it will be negative. This is because the body has *not had a chance to make antibodies*, and the test works by finding antibodies.

After a few weeks your body's immune system starts making antibodies and they kill a lot of the virus in the blood. Now when a person goes for an HIV test it will now be positive.





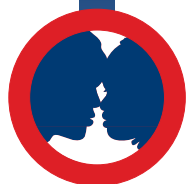
When you have a **high viral load** it is **much easier** to pass the HIV on to other people. If you get infected with HIV and have sex with someone else in the same month that person or people **will also be infected**.

When a person starts getting sick with AIDS their viral load is also much higher and it is also easier to get HIV at this time.

The viral load is one way that doctors measure if antiretroviral drugs are working. **The drugs should keep the viral load low**. But remember, even if you are taking antiretroviral drugs, the **virus never disappears** - it stays in your body, just at lower levels than before.

What **YOU** can do to **KEEP SAFE**

- It is important for men and women to make an effort to make their sex lives more interesting and to enjoy sex in their loving relationships. This means spending time together and **talking to each other** about both of your feelings and needs.
- It is important that you **know your HIV status**. This means that you need to go for a test regularly. You can go together as a couple.
- If you have been together for more than a few weeks many people stop using condoms. This is dangerous if you do not **know each other's HIV status**. You need to be sure of your partner's status and that they do not have other partners before you can think about not using condoms.
- **Space your relationships**. Wait at least six weeks before starting a new relationship. BUT remember it is still risky to have many partners even if you wait to have sex.

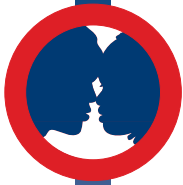


What about marriage?

Being married does NOT PROTECT YOU from getting HIV unless:

1. you both tested negative for HIV before you got married **AND**
2. you both only have each other as sexual partners after you get married





What about **condom** use?

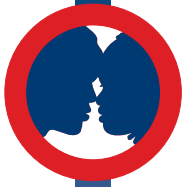
Condoms do protect you from getting HIV infection, BUT they only protect you when you use them every time you have sex.

In South Africa it has become clear that although people are using condoms much more than ever before, they do not use them every time they have sex – and then they are exposing themselves to HIV infection. The most common time not to use a condom is when a person is in a regular sexual relationship – the most dangerous time unless you both *know your HIV status* and **remain faithful** to each other.

So even if you are in a long term relationship it is important to know your HIV status and the HIV status of your partner. You need to keep on using condoms every time you have sex.

Circumcised men also have to use condoms because circumcision does not fully protect them.





What about **culture**?



*Monna
ke jase e
ya adimisanwa.
Monna ke selepe...
Indoda yimbazo
iyebilekisanwa.*

[Woman
Gauteng]

Culture is the glue that holds our societies together. It is the beliefs and practices that we grow up with. But it is important to remember that culture is not fixed. Over the years our beliefs and practices change as people and situations change.

In South Africa where we have a deadly epidemic, some cultural practices can protect people and other cultural practices can put people at risk.



*When
coming to
culture Neh! Our
culture is killing us as
Black people. The culture
is killing us because women
are taught that a man is the
head of the family, and that
a man is an axe that can be
borrowed around.*

[Woman Gauteng]

Cultural practices that place people at risk are:

The culture of materialism or consumerism

- where people feel that they need to have the latest designer clothes or expensive things to feel special, loved or as if they belong. This puts people who cannot afford these things at risk if they are willing to have sex for gifts or money.

Other practices that place people at risk are those that encourage men to have **many sexual partners**. Sometimes men who have lots of partners are seen as strong or important men. This encourages men to have many partners.

One cultural practice that puts people at risk are those that say a **woman cannot challenge a man** or ask him where he has been. This puts a woman at risk even when she knows that her partner is probably having sex with other partners – she doesn't believe she can ask him where he has been and what he has been doing.

The culture that says if you are married it is **shameful to get divorced**, also puts people at risk, because it can mean that couples stay together even though they do not care for each other. They then put each other at risk if they choose to have sex outside of their marriage.

Lebitla la mosadi ke bohadi. A cultural practice that protects people from HIV infection is **waiting until marriage** to have sex. This can be protective if both partners wait until marriage and do not have other sexual partners outside of the marriage.



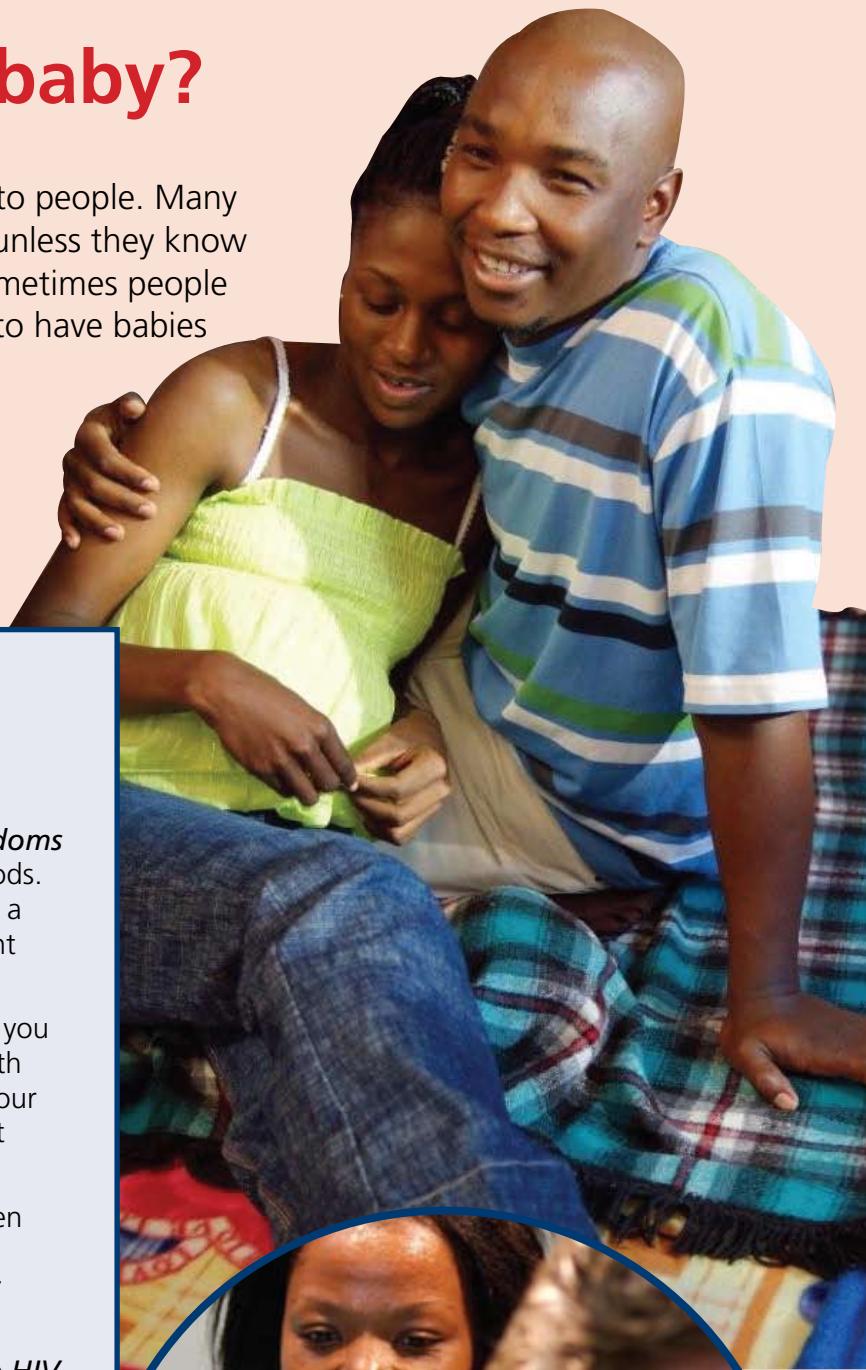


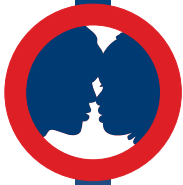
What about having a **baby?**

Having babies is very important to people. Many people will not marry someone unless they know that person can have babies. Sometimes people are pressurised by their families to have babies when they are not yet ready.

IT IS VERY IMPORTANT TO KNOW HOW TO HAVE A BABY IN A SAFE WAY:

1. You should know both your own and your partner's *HIV status* before you have unprotected sex with them.
2. Whenever you are sexually active you can prevent pregnancy – by *always using condoms* and by using other *family planning* methods. You should choose when you want to have a baby and, when you choose to get pregnant you need to first know your HIV status.
3. When you both know your HIV status then you can plan to have a baby safely. If one or both of you are HIV positive you should talk to your *health worker* about the safest way to get pregnant.
4. When a woman is pregnant it is a time when HIV is easily passed to her. When you are pregnant you should *always use condoms* when having sex.
5. If an HIV positive woman gets pregnant the *HIV can be passed on to the baby*.
6. If you are HIV positive and pregnant, talk to your health worker about medicines that can help to stop the virus from being passed on to your baby. You also need to talk about your CD4 count and see if you need to go onto antiretroviral treatment.
7. Women who are HIV positive can also pass HIV onto their babies when they breastfeed. However if you breastfeed for 6 months and during this time you do not give ANY other food or even water, you are less likely to pass on the HIV virus to your baby.





What about **alcohol**?

Many people drink in South Africa. Drinking can be social, fun and many people use it as a good way to relax. However when people drink too much it can be dangerous. One way that it is dangerous is that it makes people feel like having sex. When they are drunk they go ahead and have sex with whoever is there. Often they have sex without using a condom.

In South Africa people who drink a lot are more likely to be HIV positive.



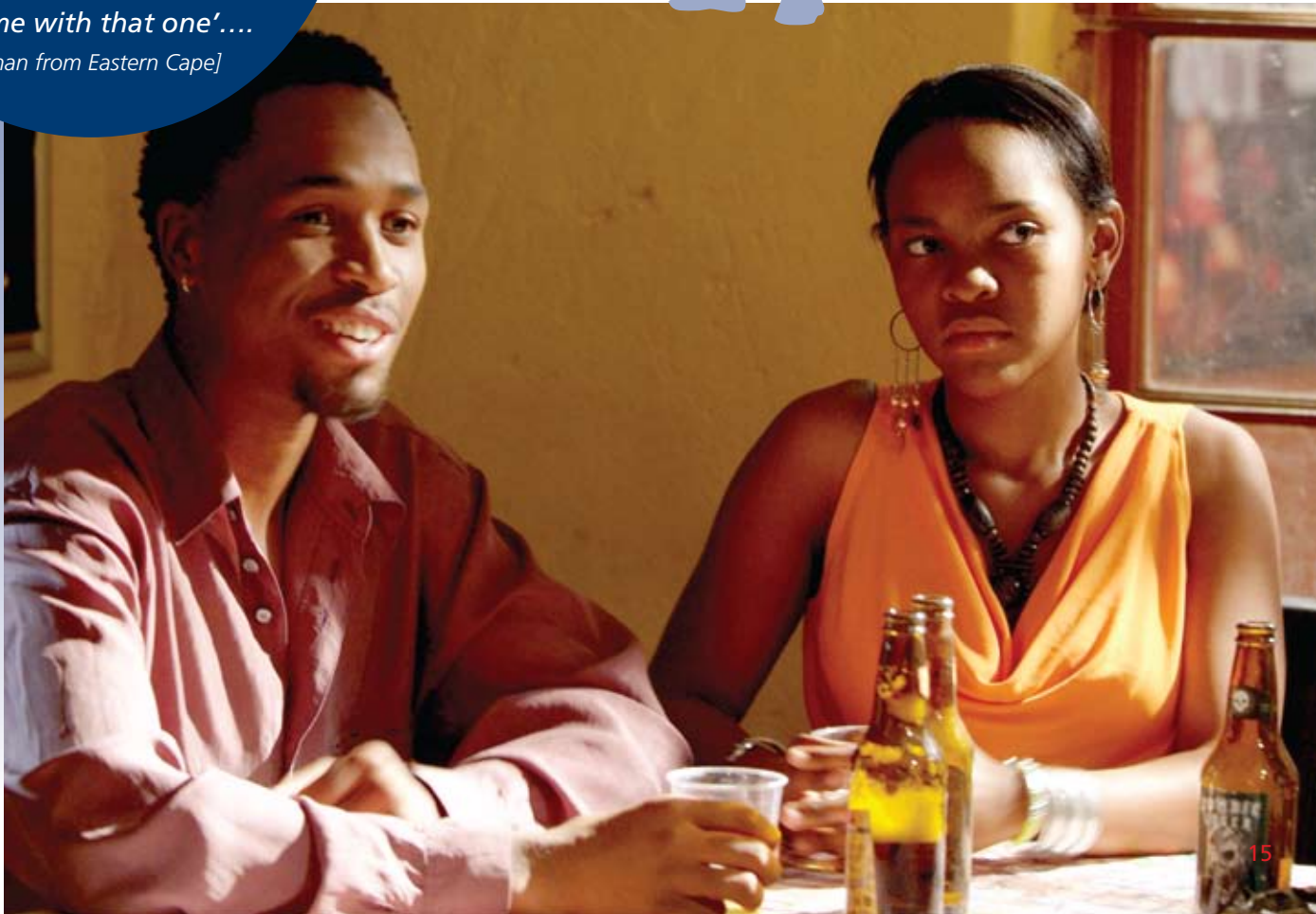
When you are drunk at a club and things start heating up, you know you don't have condoms but you are definitely not going to hold yourself back.

[Student from KwaZulu-Natal]

Some girls are not afraid (aongxeni) to go to the tavern without any money. They know that they will stand outside and someone will come by who will buy them booze, and then she will say 'yo, I'll go home with this one, I'll go home with that one'....

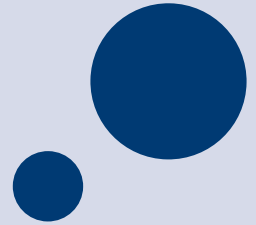
[Woman from Eastern Cape]

- Always be prepared to only have **safe sex** when you go drinking.
- Make sure you **always have condoms** available
- Don't drink until you are drunk, so that you can **be in control**.





What are other **risky relationships?**



SEX TO GET SOMETHING

Many people have sex in order to get something from the other person – this is often money or it could be food or clothes or fancy presents. Having sex this way puts you at risk of getting HIV. This is because often the other person doesn't want to use condoms - when you are getting money or something else, you may not want to ask to use condoms as the person could refuse to give you the gift. You feel you owe it to them to have unsafe sex because you are getting something from them.

If your family is hungry, or if you don't have a job or income – the need for food is more urgent than the need to have safe sex.

BUT it is your right to **INSIST on condom use** during sex no matter how much someone is paying you.

MORE THAN 5 YEARS OLDER

When your sexual partner is more than 5 years older than you, you are more at risk of getting infected with HIV. This is because you may feel that your partner is more powerful than you and find it harder to ask that condoms be used in the relationship.

BUT it is your right to **INSIST on condom use** during sex, regardless of how much younger you are than your partner.



SEX WITH THE PARENT OF YOUR CHILD

Babies are often not planned and many people do not marry the parent of the baby. Because you have a child together may mean that you continue to see each other.

BUT this does not mean that having sex with the parent of your child is safe.

Use a condom.



FORCED SEX

Any form of forced sex is rape – this may be date rape or other forms of rape. If you have been raped or forced to have sex against your will you should immediately go to your closest health services and they must give you post exposure prophylaxis (PEP).



PEP are medicines given to rape survivors to prevent HIV after the rape.

You have to take the PEP within 72 hours of the rape and continue taking it for 1 month. You will also need to have an HIV test.

talk

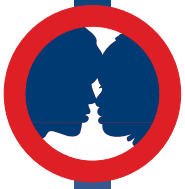
respect

protect

**Respect means –
no secrets,
no lies!**



one love
talk • respect • protect



onelove

talk • respect • protect

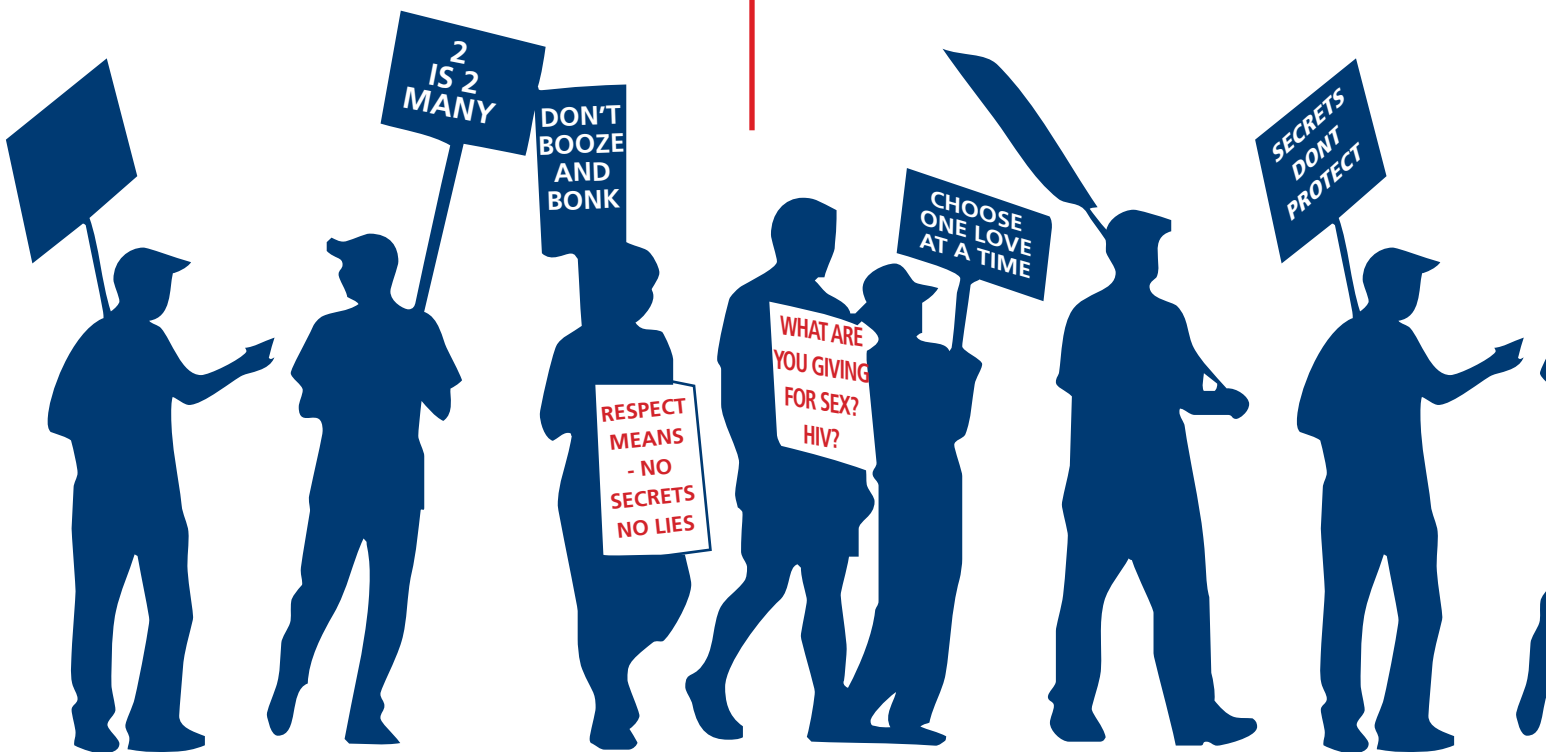
HIV and AIDS affects us all! We lose our friends, and loved ones. We know children are orphaned or we live with a chronic illness. This is why it is so important for communities to work together to prevent new HIV infections.

WHAT YOU CAN DO TO PREVENT HIV IN YOUR COMMUNITY

Everyone wants to prevent people in their community from getting infected with HIV. What can you as a community do about this?

The **onelove** campaign is a campaign that wants to reduce new HIV infections. It is a campaign that is being run by many organisations together with government. The campaign is both in the media and also in communities.

Communities need to stand up and say that more than one sexual partner puts you and your loved ones at risk. You need to support the **onelove** campaign.



You can support the **onelove** campaign in many ways:

1. Organise a **onelove** march

HOW TO ORGANISE A MARCH:

Step 1: Hold a meeting. Invite everyone you know – your neighbours, schools in the area, community organisations, everyone you can think of. Everyone in your community has something to gain if you work together to stop HIV.

Step 2: Explain about the **onelove** campaign and hand out these books.

Step 3: Set a date and time for the march.

Step 4: Make a list of tasks and give each person a task.

TASKS:

- Get permission for the march from the local authorities.
- Get materials to make the placards.
- Get a group of people to help make the placards
- Phone or go to your community radio station or local newspaper and ask them to help you publicise the march.
- Organise the route of the march.
- Appoint some people as marshals to make sure the marchers go in the right direction and are orderly.
- Ask local businesses to contribute T-shirts for the march.

Try to get as many people in the community as you can to join you on the **onelove** march.



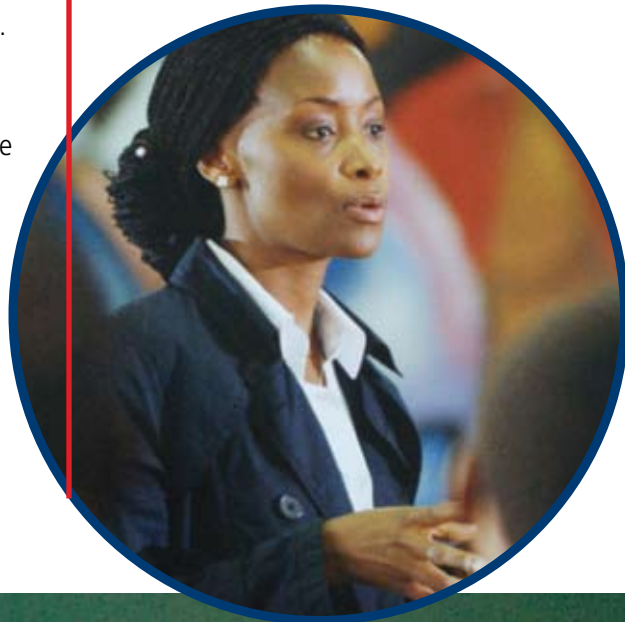
2. Hold **one**love dialogues/debates

How to hold a dialogue:

- Step 1** Find a venue for the dialogue.
- Step 2** Find leaders and or activists to speak in the dialogue.
- Step 3** Advertise the dialogue in the community media and at schools. Put up posters in certain places.
- Step 4** Make sure that you have a good chair for the debate and dialogue so that the discussion is constructive and people feel that their point of view is heard. The chair must make sure that people do not speak for too long.
- Step 5** Get 1 or 2 speakers who will agree with the topic and 1 or 2 that will disagree.
- Step 6** The speaker for the topic speaks first.
- Step 7** The speaker against the topic speaks next. Then the next speaker for the topic speaks followed by the next one against.
- Step 8** After the speakers have spoken the discussion is opened to the floor.
- Step 9** Because this is not a formal debate there will not be voting at the end.

Use any of the following subjects:

- My culture allows men to have more than one partner.
- It is my right to have sex in exchange for money or other goods.
- Men can't control their sexuality so we shouldn't blame them for having multiple partners.
- A woman should remain in a marriage even if her life is at risk.



3. Organise **onelove** listening/viewing clubs

Get together with friends, your stokvel or family and watch Soul City television on SABC1. The whole story is about **onelove**.

It is fun watching together and you can discuss the issues that come up in the story.

4. Speak out about **onelove** to your friends and family

Use this book to start a conversation with your friends and family or groups like your stokvel or church group to encourage people to have **onelove**.



5. Learn to talk about sex with your love partner or spouse

Talking about sex is difficult and many people measure themselves by their sexual performance. But in a loving relationship it is easier to talk about sex.

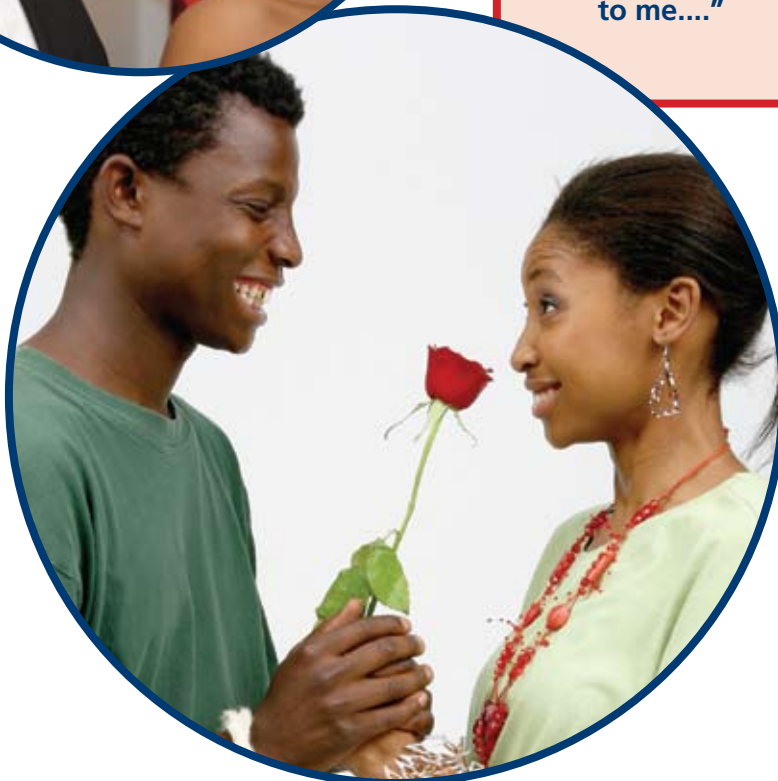
You don't have to use words about sex but you can tell your partner what you like by showing them or putting their hand where you want it.

Watch sex guides or read sex guides together.



Tips on how to talk about difficult topics:

1. **Don't give up!**
2. **Be honest about how you feel.**
3. **Choose the right time and place – when you are both relaxed and have time.**
4. **Explain why you want to talk: "Our relationship is so important to me...."**



6. Phone in to a community radio station

Start a discussion in your community over the radio about high risk relationships or about how you support the **onelove** campaign and why.

7. Write to Soul City Institute or SMS us with your ideas for community action about **onelove**

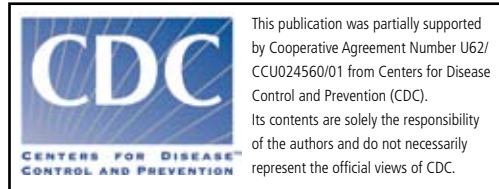
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SMS: 31864 (*standard sms rates apply*).

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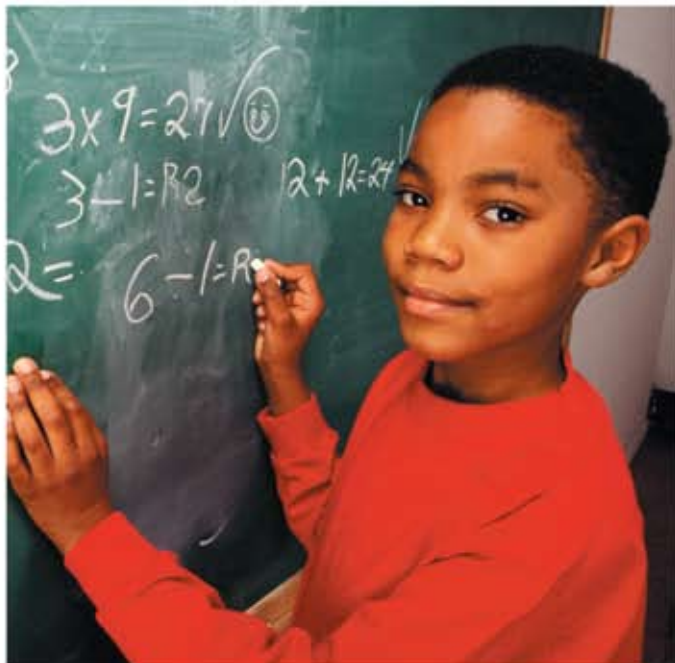
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Beyond ignorance is education.

In affected regions where it operates, BP assists agencies in HIV/Aids education, supporting primary care and medical services for staff and their dependants. We believe that if people knew more about HIV/Aids that would help prevent the spread of it. That's why we are putting resources behind the Soul City Institute to help educate Africa and bring hope to our people.

It's a start.



beyond petroleum™

bp.com