

You can be a champion!

Be healthy!

What can you do to be healthy?

- ★ Know your HIV status. Get tested.
- ★ Practice abstinence.
- ★ Learn about your body.
- ★ Prevent sickness by washing your hands, eating good meals, and exercising.
- ★ Ask your caregiver or case worker about HIV.
- ★ If you feel sick, go to the clinic. Seek out help.
- ★ If you get pregnant, go to the clinic right away, attend ANC, antenatal care.

If you are HIV+ it is important that you...

- ★ Follow adherence. Every day, on time!
- ★ Know your Viral Load.
- ★ Practice safe behaviors.



Be stable!

What can you do to meet your basic needs?

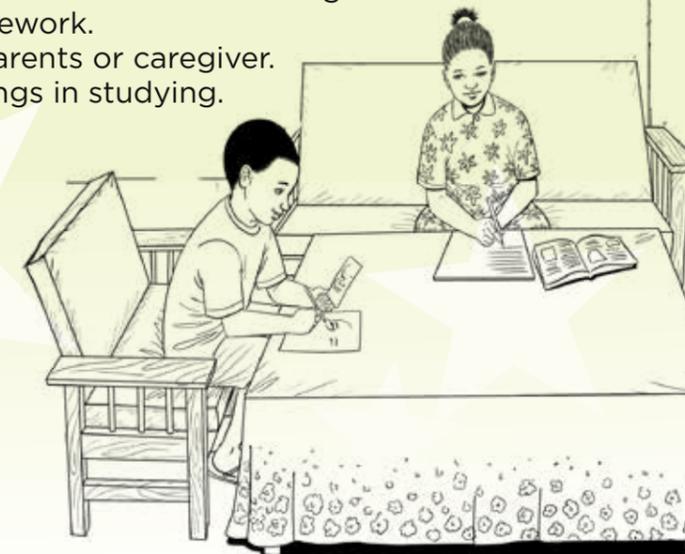
- ★ Take care of yourself.
- ★ Learn how to grow, and make nutritious food.
- ★ Help your family.
- ★ Do chores, take care of younger children, help cook meals.
- ★ Start a kitchen garden, a nursery, or keep poultry.
- ★ Encourage your family to save money.
- ★ Join a support group.



Be schooled!

What can you do to be educated?

- ★ Attend school every day.
- ★ Learn! Apply yourself at school. Ask questions, be a good student.
- ★ Bring materials home, such as books for reading.
- ★ Study hard, do your homework.
- ★ Show progress to your parents or caregiver.
- ★ Support friends and siblings in studying.



Be safe!

What can you do to be safe?

- ★ Don't worry about stigma from others.
- ★ Seek out good friends who you can trust to help you make good choices.
- ★ Practice abstinence.
- ★ Be a good friend.
- ★ Join a support group.
- ★ Report any sort of violence, abuse, neglect or exploitation to your mentors or case worker.
- ★ Resist peer pressure. Don't drink or do drugs!
- ★ Do not accept rides or favors from motorbike drivers, older boys or men.
- ★ Walk with a friend or relative.



What does it take to be a champion? Look inside for

You can take charge of your life. Use this guide to teach yourself to be a successful and responsible person.



This program supports families to be healthy, stable, safe, and schooled. Your case worker is here to help you.

You are not alone!

How to be a champion:

- ★ Be a leader in your family and community.
- ★ Set an example for others to be healthy, safe, stable and educated.

Know how to live healthy!

- ★ Practice abstinence and prevent transmission.
- ★ Manage your HIV.
- ★ Eat right and take care of yourself.

Know what it takes to be stable!

- ★ Be a reliable person in your community.
- ★ Help to provide for your needs and your family.

Know the power of your education!

- ★ Have a plan to grow and keep learning.
- ★ Learn a skill and how to think, to be a leader.

Know the benefit of being safe!

- ★ It takes courage to be smart.
- ★ Know how to make great choices for your life.

It is your life. You can take action!

You can set goals, create a plan and take action. ★ It's best to start with easy, reachable goals and build up to larger ones. ★ What can you do today to be a champion?

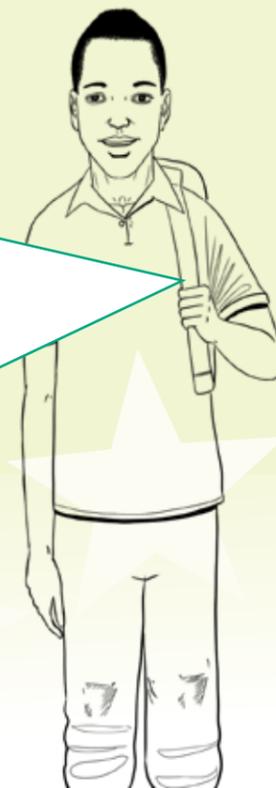


What are your goals for being healthy?

What are your goals for being stable?

What are your goals for being safe?

What are your goals for being educated?



- ★ These are your goals. ★ You may choose to keep them private. ★
- ★ It is easier to reach your goals if you have someone to help you. ★ Share your goals with a trusted friend, your parents, or your case worker. ★