


Do I care? Place a tick in the box of your choice. Check your score at the end	No thought about it yet (Score=1)	Thinking about it (Score=2)	Doing something (Score=3)
<p><b>Stigma and care for the affected</b></p> <p>18. I provide support to at least one person living with HIV/AIDS (PLWA).</p> <p>19. I have joined a club that promotes Positive Living.</p> <p>20. I wear a red ribbon to show I support the fight against HIV/AIDS.</p> 			

**How did you score?**

**If your score is between:**

- 51-60 It seems as though you are actively engaged in HIV prevention activities-congratulations!
- 36-50 You are obviously still thinking about HIV prevention activities and ready to get more involved.
- 20-35 You need to start thinking about getting involved in HIV Prevention activities.
- Less than 20 You probably need more information about HIV/AIDS prevention activities.

For more information:

- Read CDC Brochures:
  - HIV and AIDS, Fact or Nonsense
  - Some Questions Answered
  - I Can Say No
  - Risky Business
  - Weighing It Up
  - My Community's Fight Against HIV and AIDS
- Contact your nearest New Start Centres for information about Voluntary Testing and Counselling for HIV
- Ask your health worker, teacher or Pastor

# MY PERSONAL

## Fight Against HIV / AIDS



**Have I joined the struggle against HIV/AIDS?  
Am I working towards an AIDS free community?**

How far do we need to go before reaching our goal of an HIV/AIDS free community in Zimbabwe? Are you ready to join the fight against HIV and AIDS?

Read these statements and place a tick in the box of your choice. Count your score and see if you are "still thinking" about HIV/AIDS or if you are already "Taking action"

<b>Am I taking action? Place a tick in the box of your choice. Check your score at the end</b>	<b>Not thought about it yet (Score=1)</b>	<b>Thinking about it (Score=2)</b>	<b>Taking action (Score=3)</b>
<p><b><u>Communication about HIV/AIDS in my community</u></b></p> <p>1. I know where to get information about HIV/AIDS.</p> <p>2. I feel confident talking to my partner about HIV/AIDS.</p> <p>3. I feel confident talking to my friends about HIV/AIDS.</p> <p>4. I feel confident talking to my family about HIV/AIDS.</p> <p>5. I feel confident and able to talk openly and freely about HIV/AIDS in my community.</p> <p>6. I am prepared to get involved in HIV prevention activities in my community.</p>			

**Place a tick in the box of your choice. Check your score at the end**

<b>Not thought about it yet (Score=1)</b>	<b>Thinking about it (Score=2)</b>	<b>Doing something about it (Score=3)</b>
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**Protective Behaviour**

7. I believe that young people should abstain from sex before marriage.
8. I believe in mutual monogamy (Mutual faithfulness) between sexual partners.
9. I believe that abstinence from sex is protective against HIV infection.
10. I agree that for some, condom use is an option for protection against HIV infection.
11. I am prepared to speak out in my community against risky behaviour, such as having multiple partners, prostitution, alcohol abuse and unprotected sex.

**Testing for HIV**

12. I have taken a test for HIV.
13. I have learned the results of the HIV test.
14. I have disclosed the results of my HIV test to my partner.
15. I am prepared to accompany my partner to take a test for HIV.
16. I encourage my friends to get tested for HIV.
17. I am a good source of information about Voluntary Testing and Counselling (VCT) in my community.