

TIWALE

RISE OUT FROM THE SHADOW OF HIS



STORY & ART
HUWJ

TOWALE

RISEING OUT FROM THE SHADOW OF HIV

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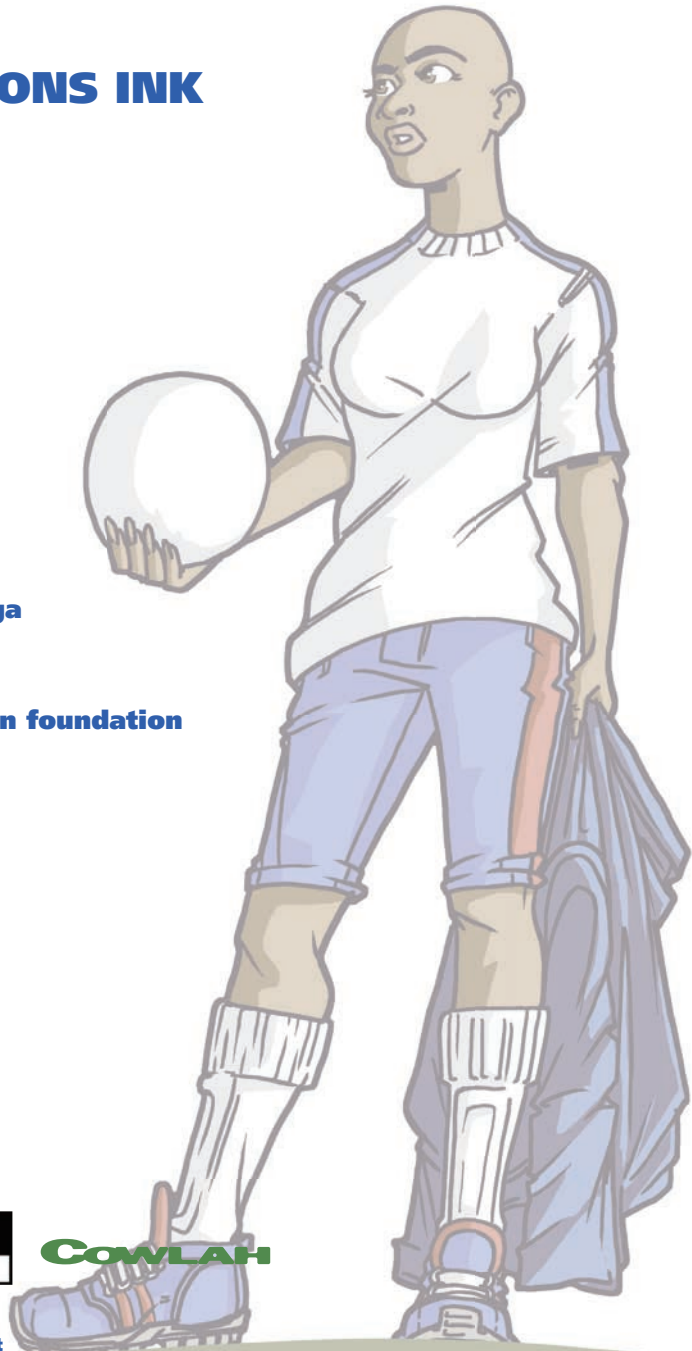
**STORY & ART
HUWJ**

**EDITORIAL
Matt Chambers
FOR PUMMIE PRODUCTIONS INK**

**ADMINISTRATION / RESEARCH
Jens Hellewaard
FOR COMICS-4-SAFETY**

**RESEARCH / DISTRIBUTION
Harry Madukani & Elina Mwasinga
FOR COWLAH**

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COWLAH

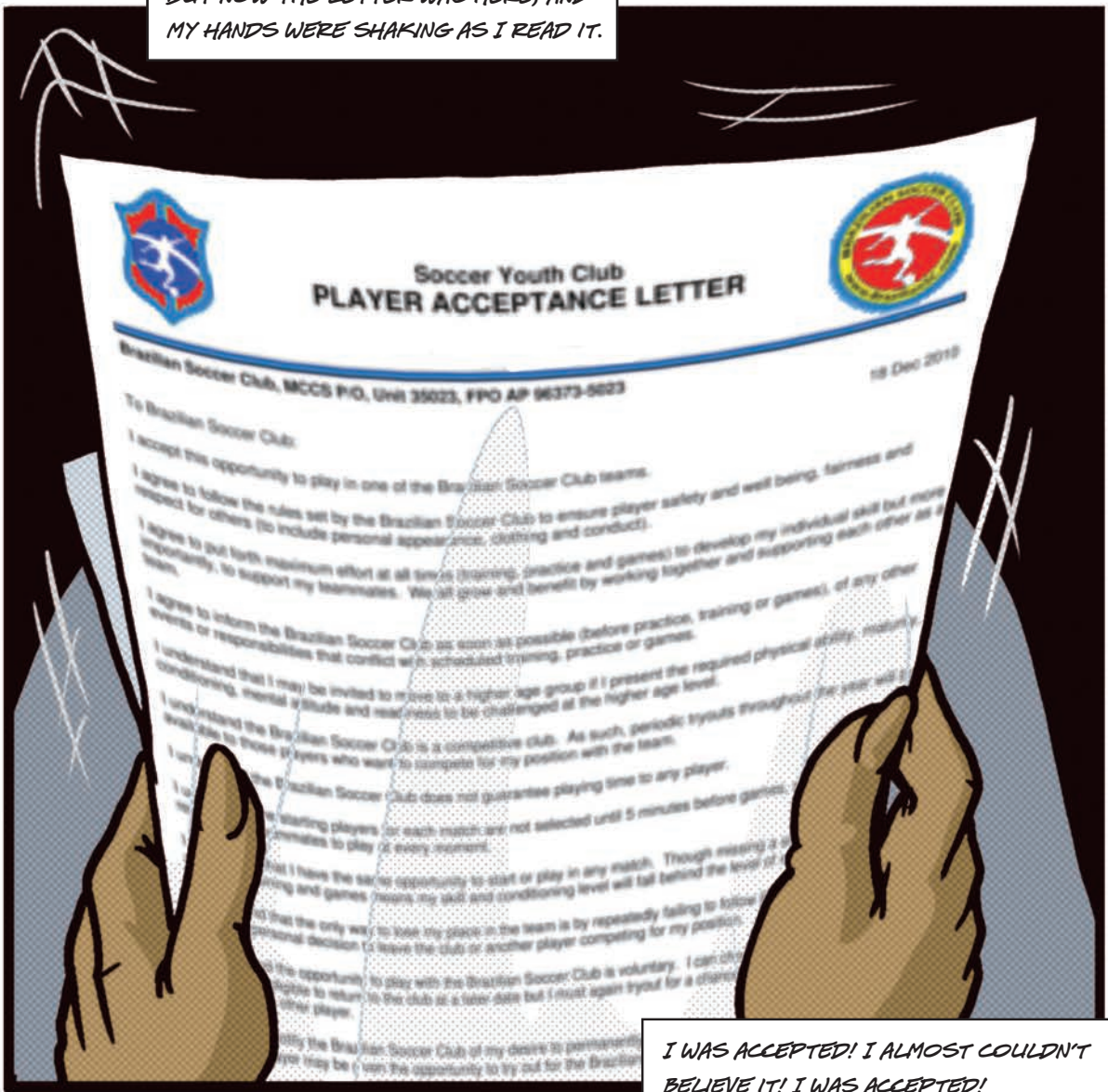
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THE DAY THAT THE LETTER CAME.
I WAS SO EXCITED AND SO AFRAID...



AFRAID THAT I WAS NOT GOOD ENOUGH...
AFRAID I WOULD BE REJECTED.

BUT NOW THE LETTER WAS HERE, AND
MY HANDS WERE SHAKING AS I READ IT.

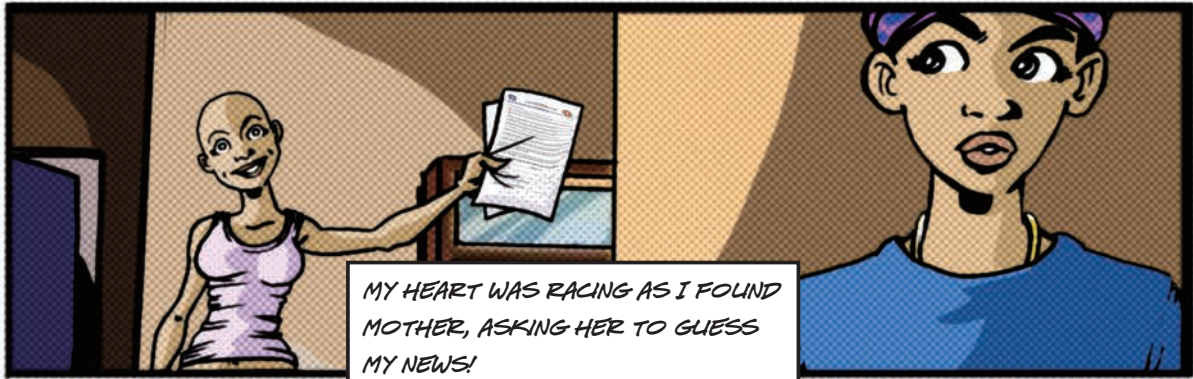


I WAS ACCEPTED! I ALMOST COULDN'T
BELIEVE IT! I WAS ACCEPTED!

I WAS DANCING ON AIR,
EVERYTHING BAMBO
BELIEVED ABOUT ME
WAS COMING TRUE.



THE SOCCER ACADEMY HAD ACCEPTED ME!
I WAS BEING OFFERED THE CHANCE TO
PLAY IN THEIR WOMEN'S LEAGUE!



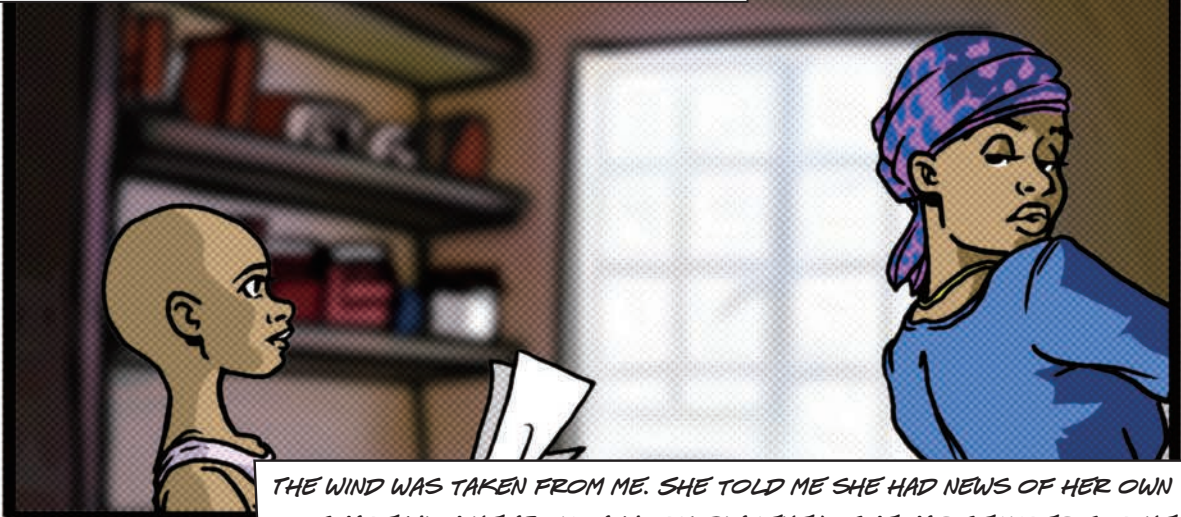
MY HEART WAS RACING AS I FOUND
MOTHER, ASKING HER TO GUESS
MY NEWS!



SHE HATED GUESSING GAMES!

BUT I COULDN'T HELP
MYSELF, I WAS EXCITED!

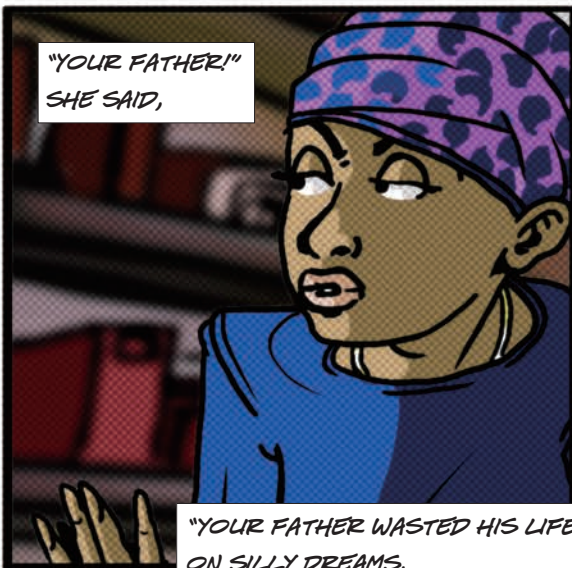
AS USUAL SHE WAS BUSY, TOO BUSY TO PLAY SILLY GAMES.



THE WIND WAS TAKEN FROM ME. SHE TOLD ME SHE HAD NEWS OF HER OWN TO SHARE WITH ME ABOUT A WORK PLACEMENT SHE HAD SECURED FOR ME.

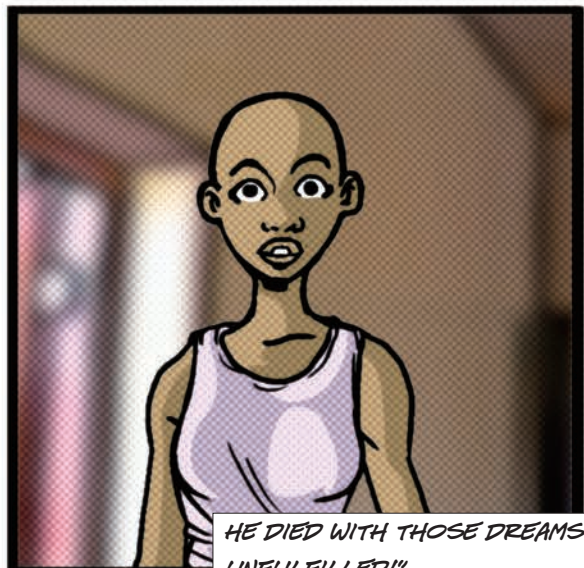


I TOLD HER THAT I ALREADY HAD AN OPPORTUNITY, ONE THAT BAMBO ALWAYS SAID I WAS MADE FOR...



"YOUR FATHER!" SHE SAID,

"YOUR FATHER WASTED HIS LIFE ON SILLY DREAMS,

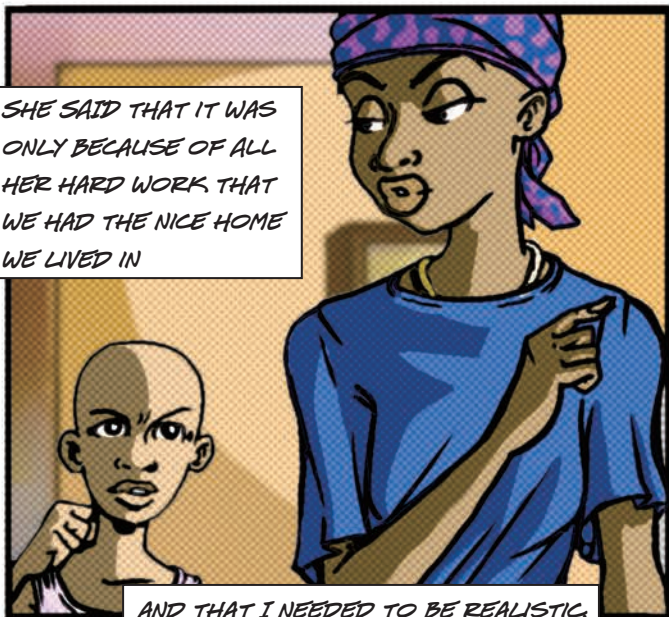


HE DIED WITH THOSE DREAMS UNFULFILLED!"

I FELT THE ANGER RISE IN MY THROAT...
"BAMBO' S DREAMS WERE NOT STUPID!"

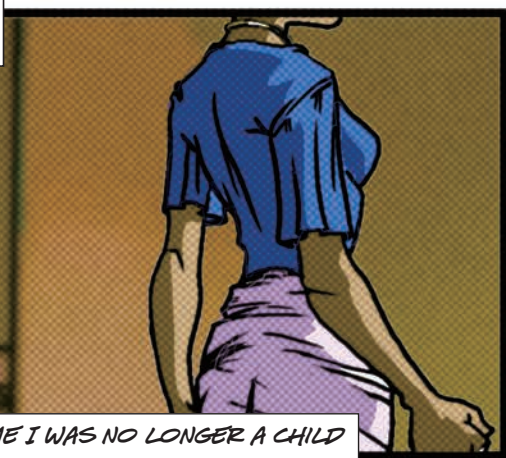
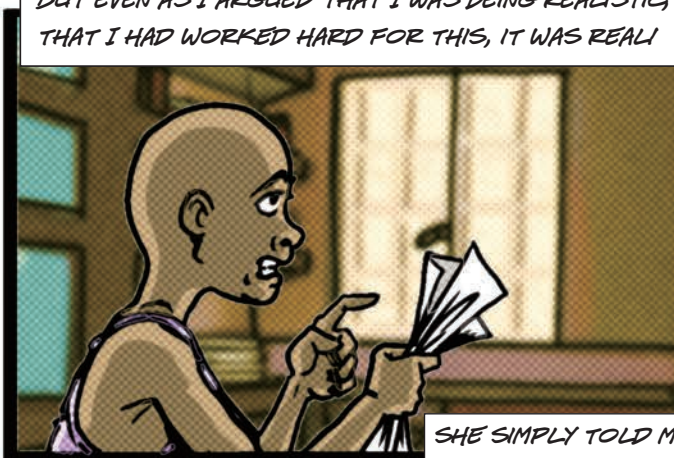


SHE SAID THAT IT WAS ONLY BECAUSE OF ALL HER HARD WORK THAT WE HAD THE NICE HOME WE LIVED IN



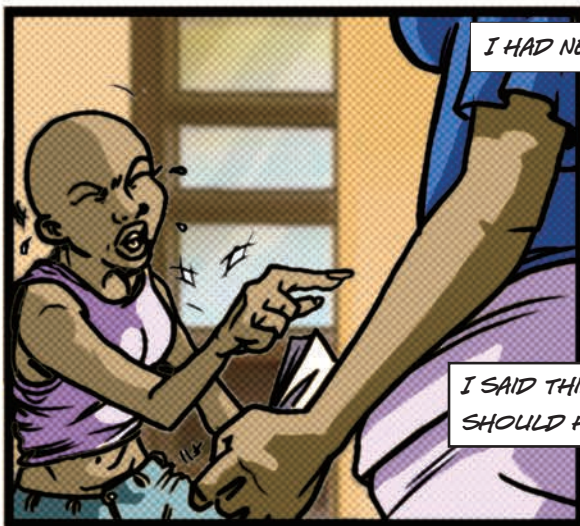
AND THAT I NEEDED TO BE REALISTIC.

BUT EVEN AS I ARGUED THAT I WAS BEING REALISTIC, THAT I HAD WORKED HARD FOR THIS, IT WAS REAL

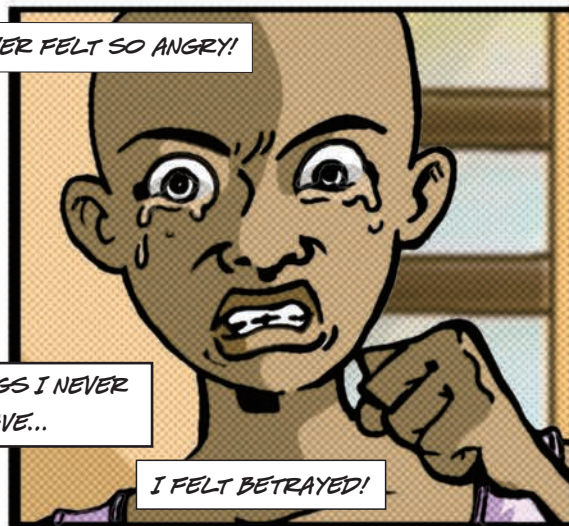


SHE SIMPLY TOLD ME I WAS NO LONGER A CHILD AND I NEEDED TO THINK OF MY FUTURE.

I HAD NEVER FELT SO ANGRY!

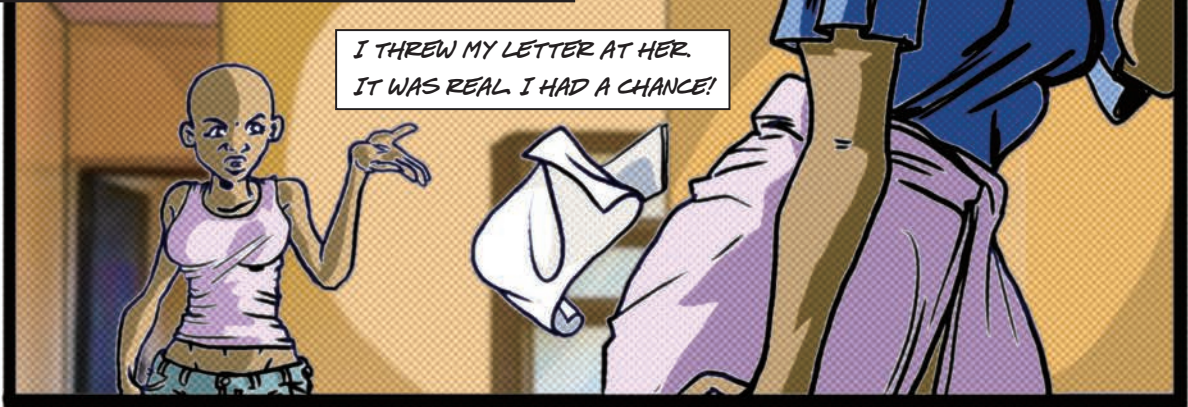


I SAID THINGS I NEVER SHOULD HAVE...



I FELT BETRAYED!

I WASN'T GOING TO WASTE MY LIFE WORKING LIKE A SLAVE FOR OTHER PEOPLE'S DREAMS.



I THREW MY LETTER AT HER. IT WAS REAL I HAD A CHANCE!

SHE MAY HAVE FORGOTTEN BAMBO BUT I HADN'T!



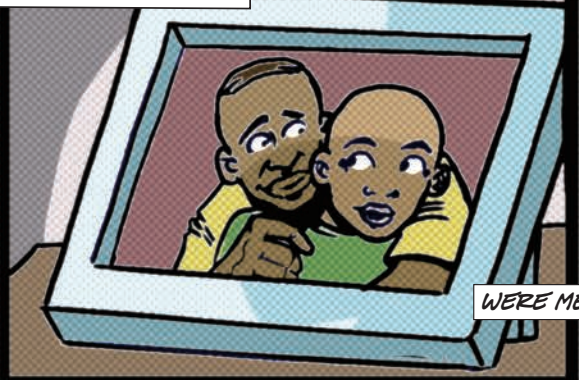
I STILL MISSED HIM SO MUCH!



I MISSED HIS LAUGHTER.



BUT ALL I HAD NOW



WERE MEMORIES.

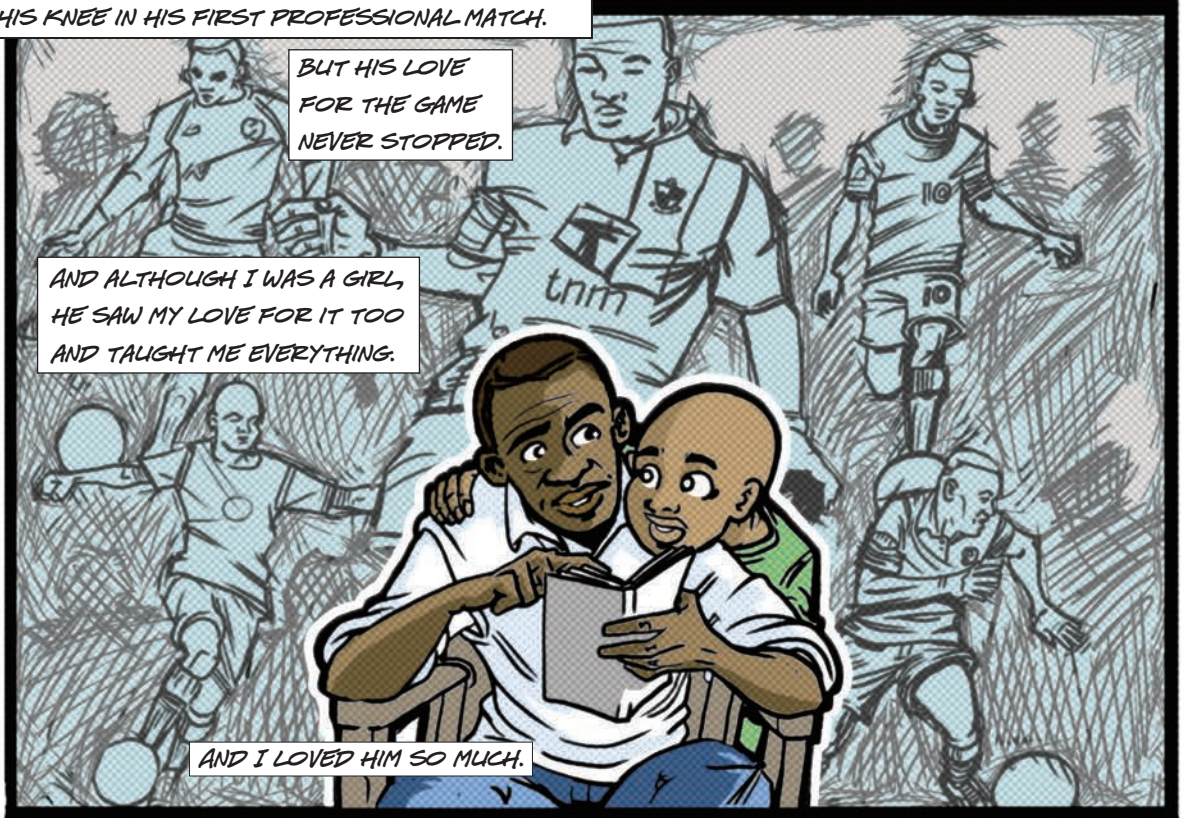


SOCCER WAS HIS PASSION, BUT HE HAD INJURED HIS KNEE IN HIS FIRST PROFESSIONAL MATCH.

BUT HIS LOVE FOR THE GAME NEVER STOPPED.

AND ALTHOUGH I WAS A GIRL, HE SAW MY LOVE FOR IT TOO AND TAUGHT ME EVERYTHING.

AND I LOVED HIM SO MUCH.



HE BELIEVED I COULD BE GREAT!



BUT NOW HE WAS GONE, AND I FELT...



ALONE.

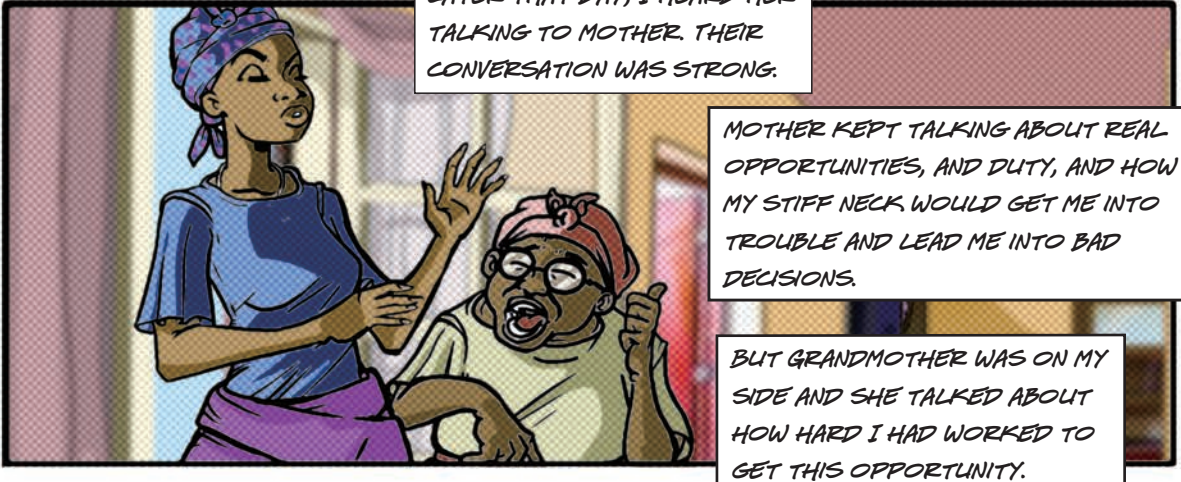
BUT THAT WASN'T TRUE, AND GRANDMOTHER GULLIGLIFE CAME IN TO CHECK ON ME.



SHE COULD HAVE SCOLDED ME,



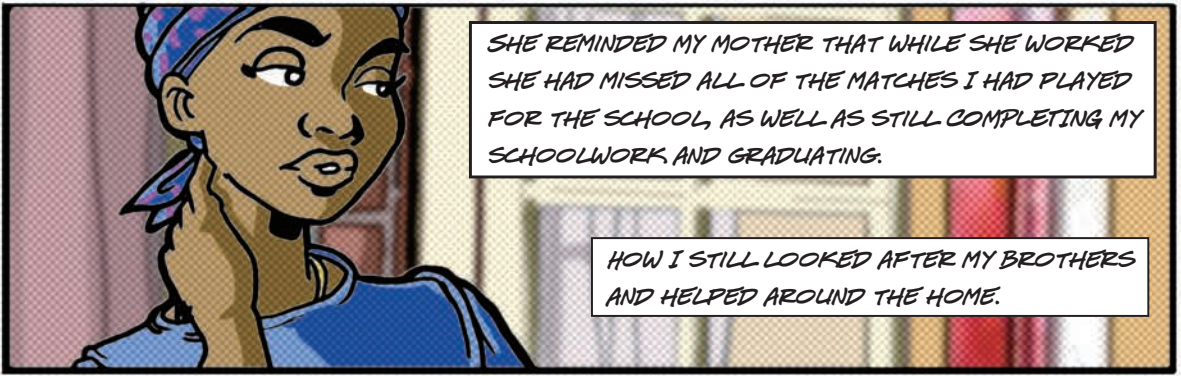
BUT INSTEAD SHE TOLD ME HOW MUCH LIKE BAMBO I WAS, AND HUGGED ME.



LATER THAT DAY, I HEARD HER TALKING TO MOTHER. THEIR CONVERSATION WAS STRONG.

MOTHER KEPT TALKING ABOUT REAL OPPORTUNITIES, AND DUTY, AND HOW MY STIFF NECK WOULD GET ME INTO TROUBLE AND LEAD ME INTO BAD DECISIONS.

BUT GRANDMOTHER WAS ON MY SIDE AND SHE TALKED ABOUT HOW HARD I HAD WORKED TO GET THIS OPPORTUNITY.



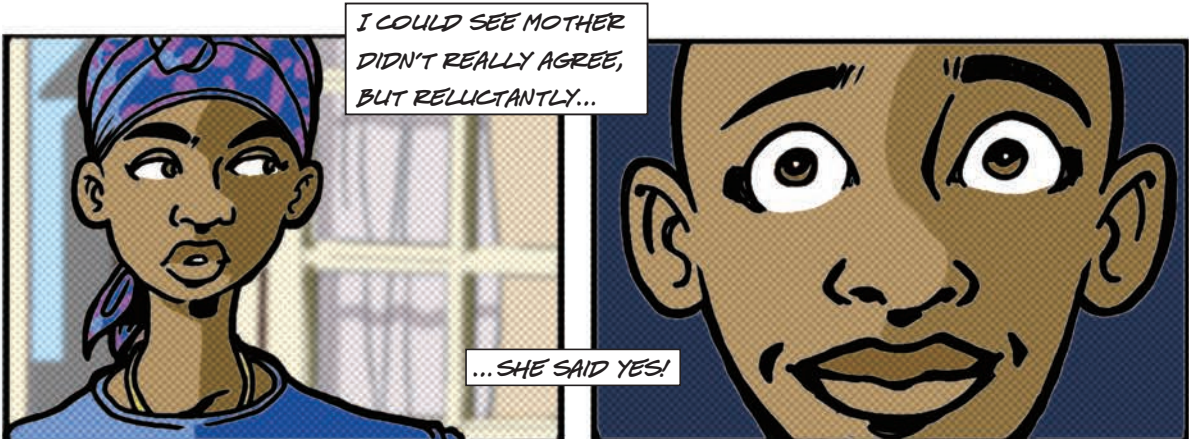
SHE REMINDED MY MOTHER THAT WHILE SHE WORKED SHE HAD MISSED ALL OF THE MATCHES I HAD PLAYED FOR THE SCHOOL, AS WELL AS STILL COMPLETING MY SCHOOLWORK AND GRADUATING.

HOW I STILL LOOKED AFTER MY BROTHERS AND HELPED AROUND THE HOME.



AND STILL I HAD MANAGED TO GET SELECTED.

MAYBE, JUST MAYBE, THIS WAS MY CHANCE.



I COULD SEE MOTHER DIDN'T REALLY AGREE, BUT RELUCTANTLY...

... SHE SAID YES!

AFTER MAKING ALL THE ARRANGEMENTS,
AND SIGNING CONTRACTS WITH THE ACADEMY,



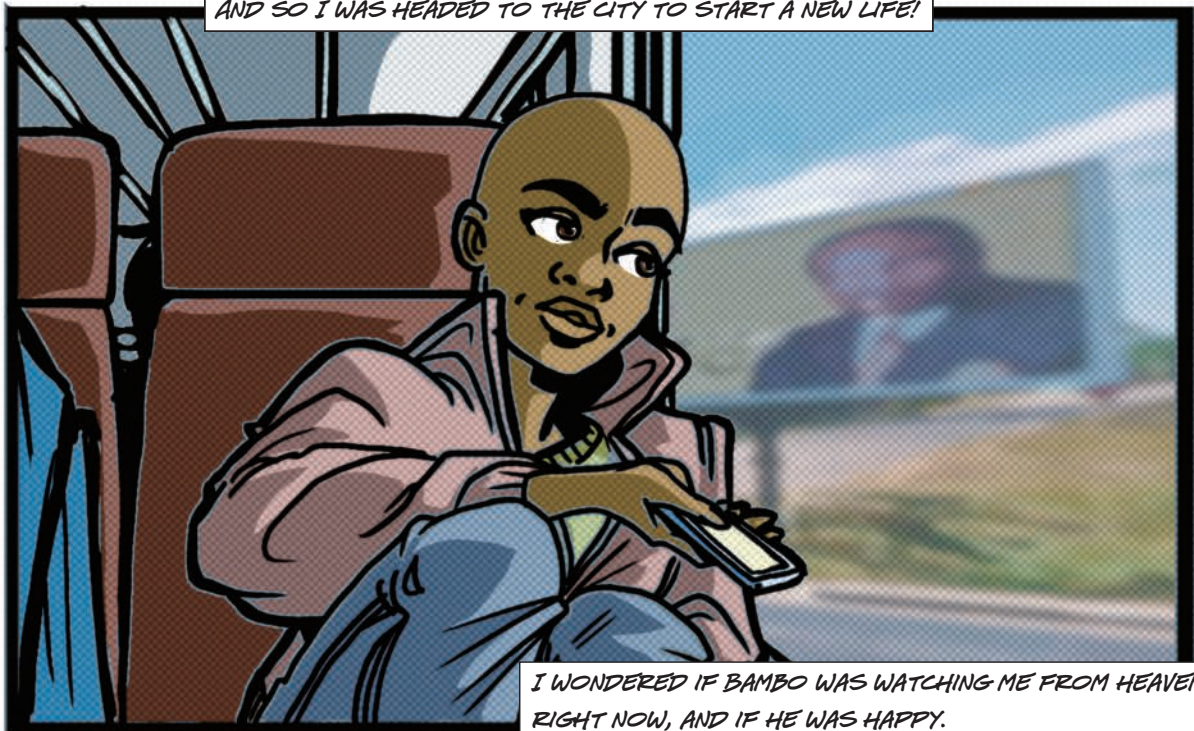
IT WAS A MONTH LATER
AND I WAS AT THE BUS
SAYING GOODBYE.

MOTHER STILL HAD HER RESERVATIONS
ABOUT MY CHOICES, AND WAS STILL A
LITTLE HURT ABOUT MY OUTBURST.



BUT SHE LOVED ME AND
WOULD SUPPORT
MY CHOICE.

AND SO I WAS HEADED TO THE CITY TO START A NEW LIFE!



I WONDERED IF BAMBO WAS WATCHING ME FROM HEAVEN
RIGHT NOW, AND IF HE WAS HAPPY.

LINNY HOO GIDDE'S CHALAMANDA AND NAMADINGO IS PLAYING ON THE RADIO

I LOVED THE CITY, THERE WAS ALWAYS SO MUCH TO SEE AND EVERYONE ALWAYS SEEMED SO BUSY.

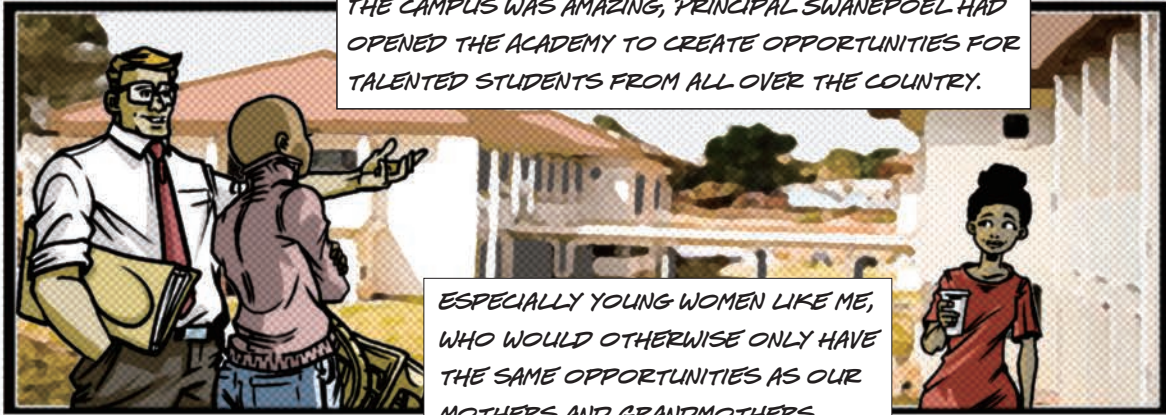


BUT WOULD I FIT IN?

WILL I RISE TO THE CHALLENGE?

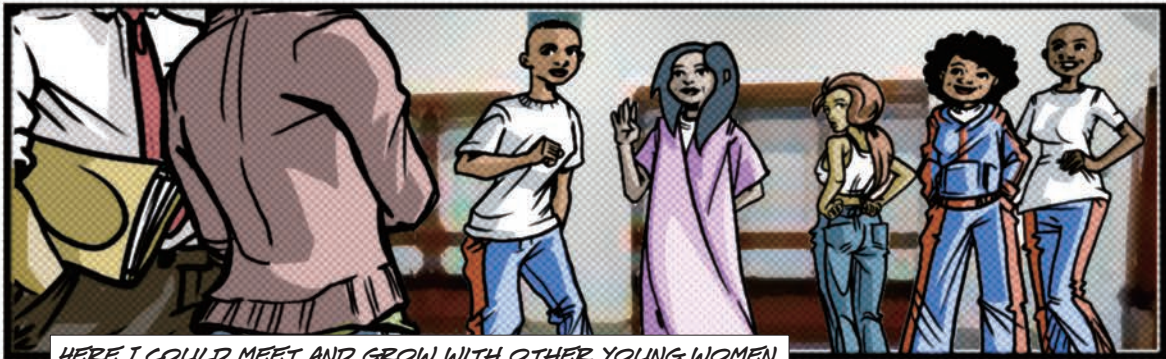


AS I MET UP WITH PRINCIPAL SWANEPOEL TO DRIVE UP TO THE CAMPUS, I FELT MY HEART RACE. THIS WAS IT, THERE WAS NO GOING BACK.

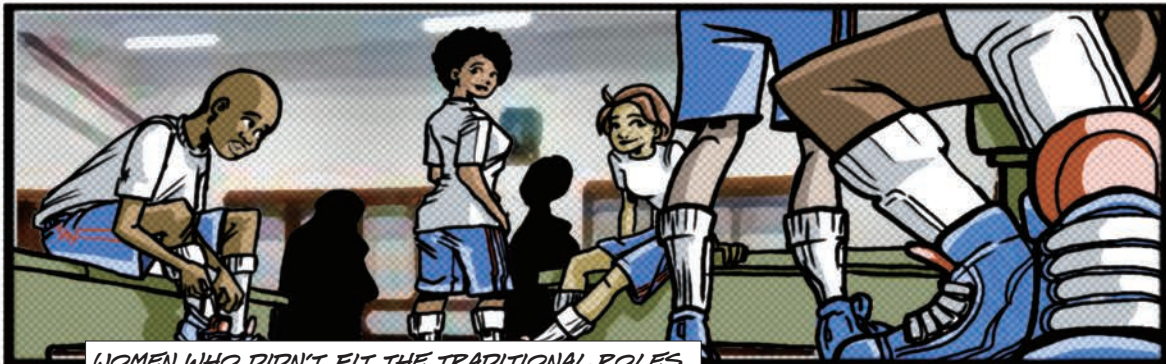


THE CAMPUS WAS AMAZING, PRINCIPAL SWANEPOEL HAD OPENED THE ACADEMY TO CREATE OPPORTUNITIES FOR TALENTED STUDENTS FROM ALL OVER THE COUNTRY.

ESPECIALLY YOUNG WOMEN LIKE ME, WHO WOULD OTHERWISE ONLY HAVE THE SAME OPPORTUNITIES AS OUR MOTHERS AND GRANDMOTHERS.

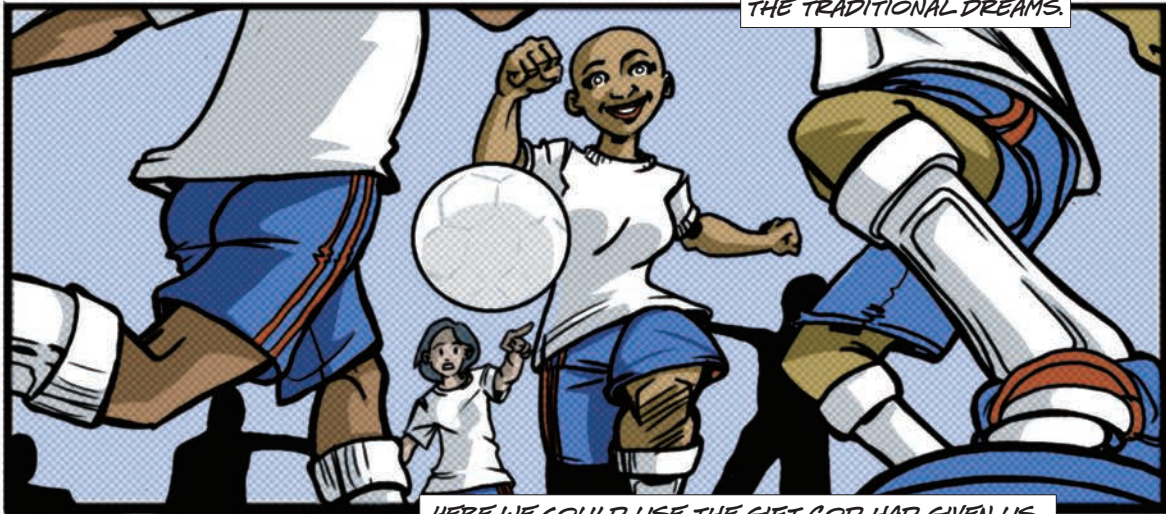


HERE I COULD MEET AND GROW WITH OTHER YOUNG WOMEN.



WOMEN WHO DIDN'T FIT THE TRADITIONAL ROLES

THE TRADITIONAL DREAMS.



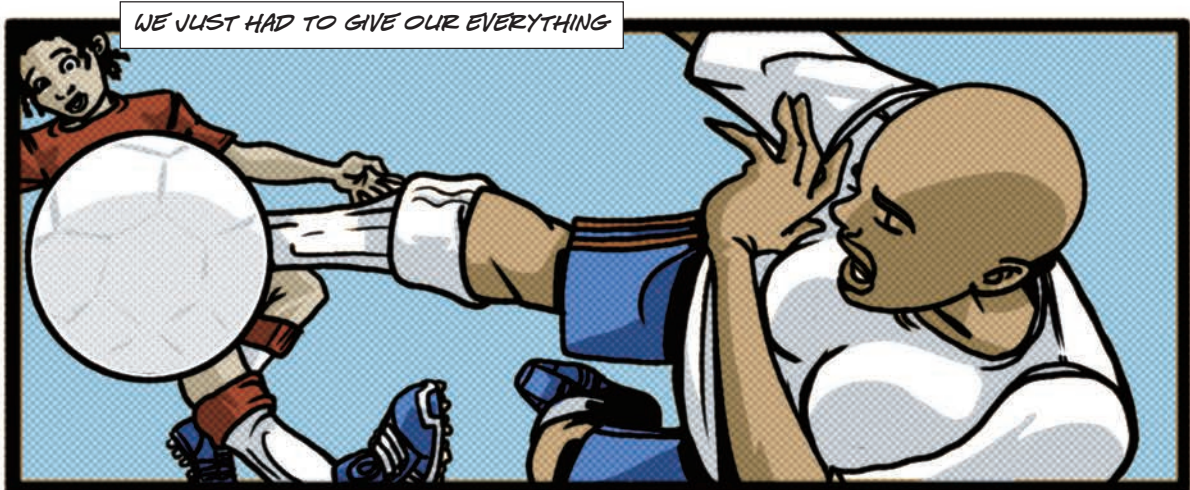
HERE WE COULD USE THE GIFT GOD HAD GIVEN US.

OVER THE NEXT YEAR WE REACHED FOR OUR DREAMS.



NOTHING COULD STOP US,

IT WAS AS IF THE WORLD WAS AT OUR FEET!



WE JUST HAD TO GIVE OUR EVERYTHING



AND WE COULD BECOME CHAMPIONS!



AND LIKE CHAMPIONS WE CELEBRATED!



WE DANCED A VICTORY DANCE.

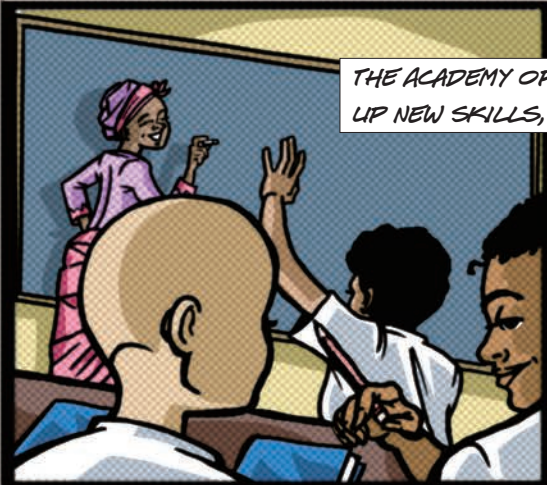
OUR TEAM BECAME FAMILY.

AND AS OUR NEW FAMILY
GREW TOGETHER,

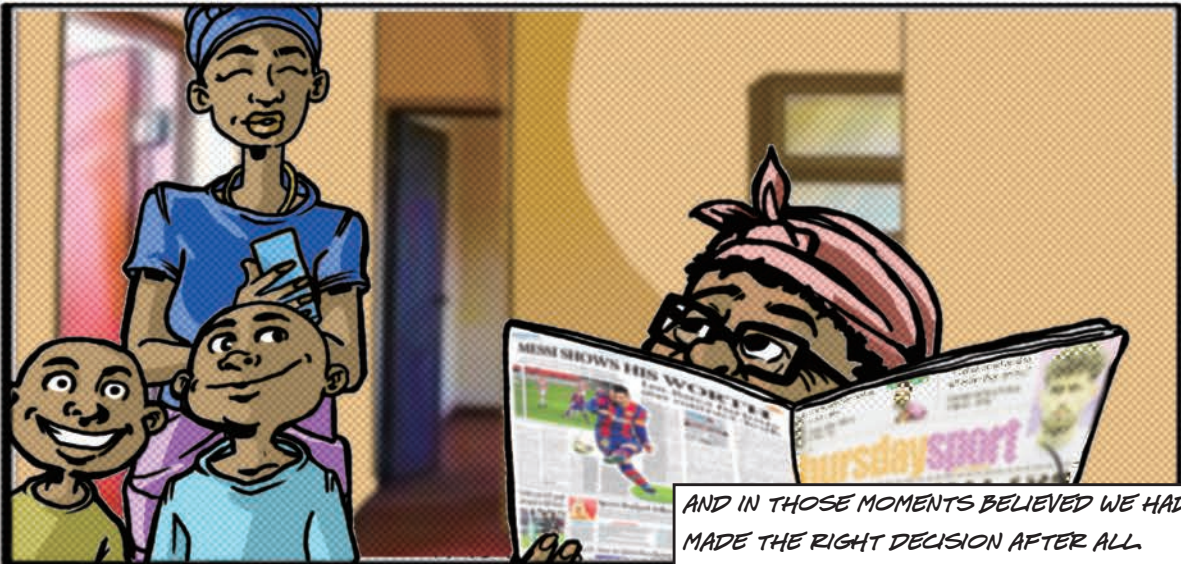


WE ALSO PARTIED TOGETHER.

THE ACADEMY OPENED
UP NEW SKILLS,

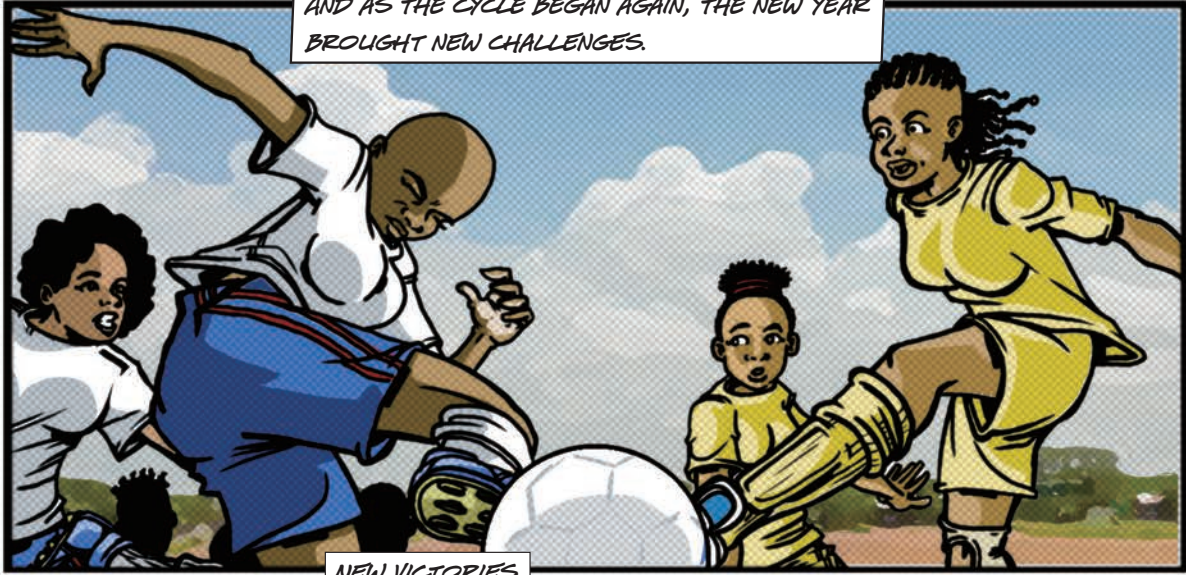


AND THOSE WE LEFT BACK HOME READ
THE NEWS OF OUR SUCCESSES



AND IN THOSE MOMENTS BELIEVED WE HAD
MADE THE RIGHT DECISION AFTER ALL

AND AS THE CYCLE BEGAN AGAIN, THE NEW YEAR BROUGHT NEW CHALLENGES.



NEW VICTORIES.



NEW REASONS TO DANCE.



NEW REASONS TO BE GRATEFUL AND A RENEWED FAITH,

AS WELL AS OTHER MORE EARTHLY PURSUITS.

WHEN I STARTED TO FEEL RUN DOWN,
TIRED AND EVEN A LITTLE SICK,

I STARTED TO WORRY ABOUT THE
CONSEQUENCES OF MY CHOICES.

SOMETIMES WHAT I SAW
REFLECTED IN MY MIRROR...



IT SCARED ME.

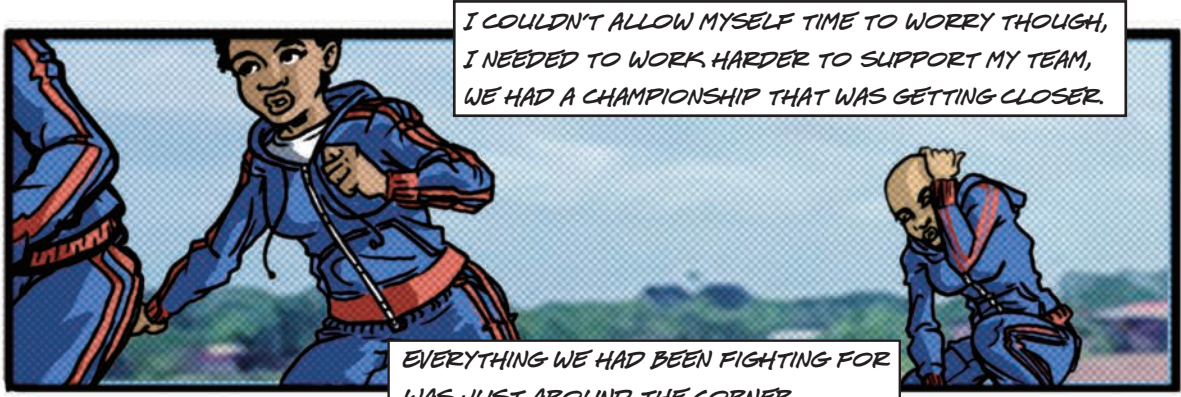
IT TOOK A LONG TIME FOR ME
TO GET THE COURAGE TO GO
TO THE CLINIC. ESPECIALLY AS
I WAS FEELING BETTER.



MAYBE I WAS JUST FEELING
TIRED BECAUSE IT HAD BEEN
A HARD YEAR.



BUT I TOOK THE STEP ANYWAY.



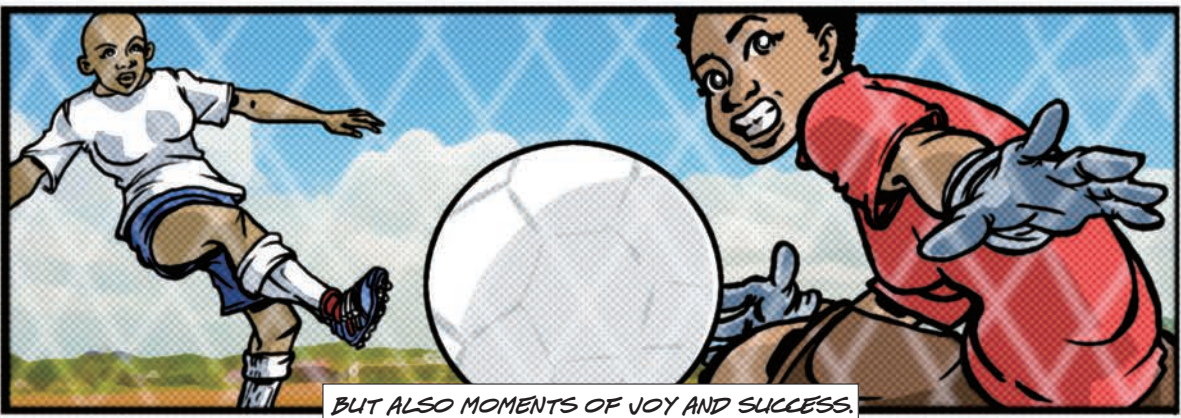
I COULDN'T ALLOW MYSELF TIME TO WORRY THOUGH, I NEEDED TO WORK HARDER TO SUPPORT MY TEAM, WE HAD A CHAMPIONSHIP THAT WAS GETTING CLOSER.

EVERYTHING WE HAD BEEN FIGHTING FOR WAS JUST AROUND THE CORNER



AND SOON LIFE STARTED RETURNING BACK TO NORMAL

SURE THERE WERE MOMENTS OF DOUBT,



BUT ALSO MOMENTS OF JOY AND SUCCESS.

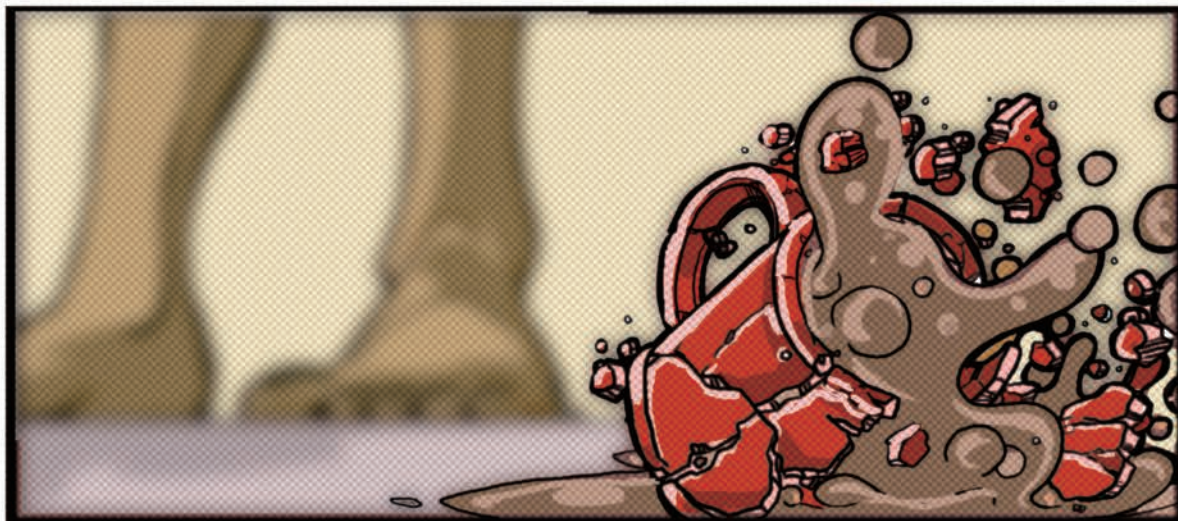


DID I FOOL MYSELF? OR DID I JUST BURY THE FEAR?

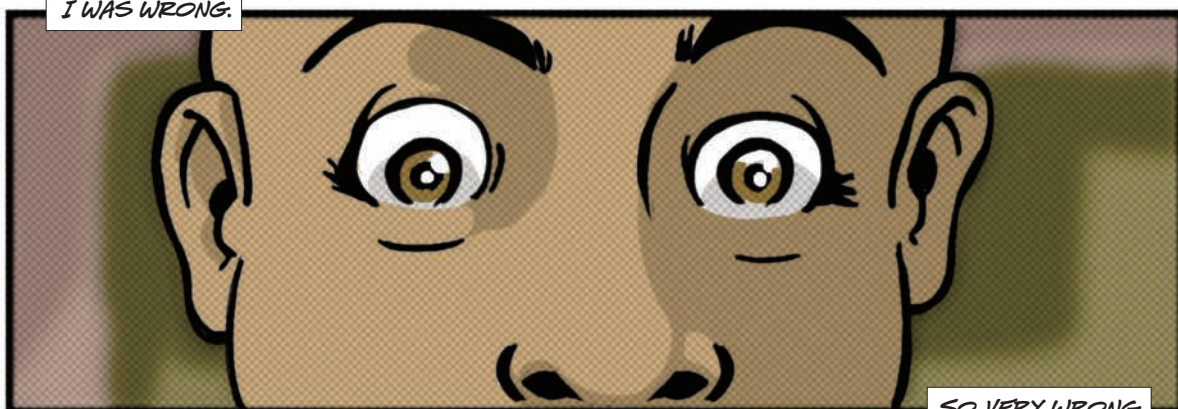


AND HOPED THAT IF I FORGOT ABOUT IT

I WOULDN'T NEED TO WORRY.



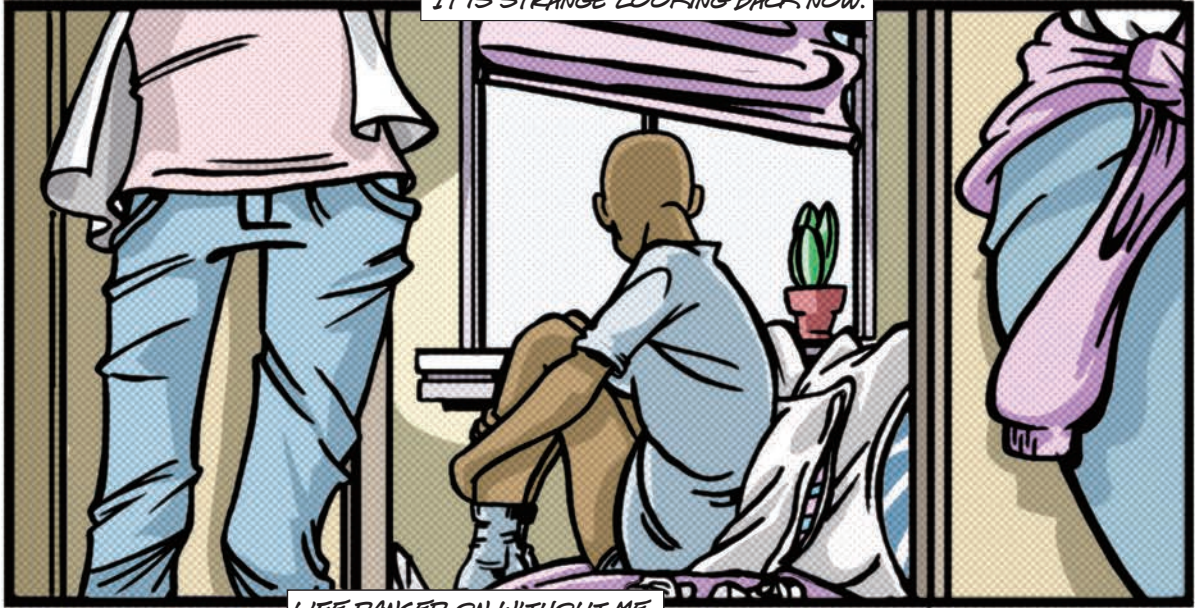
I WAS WRONG.



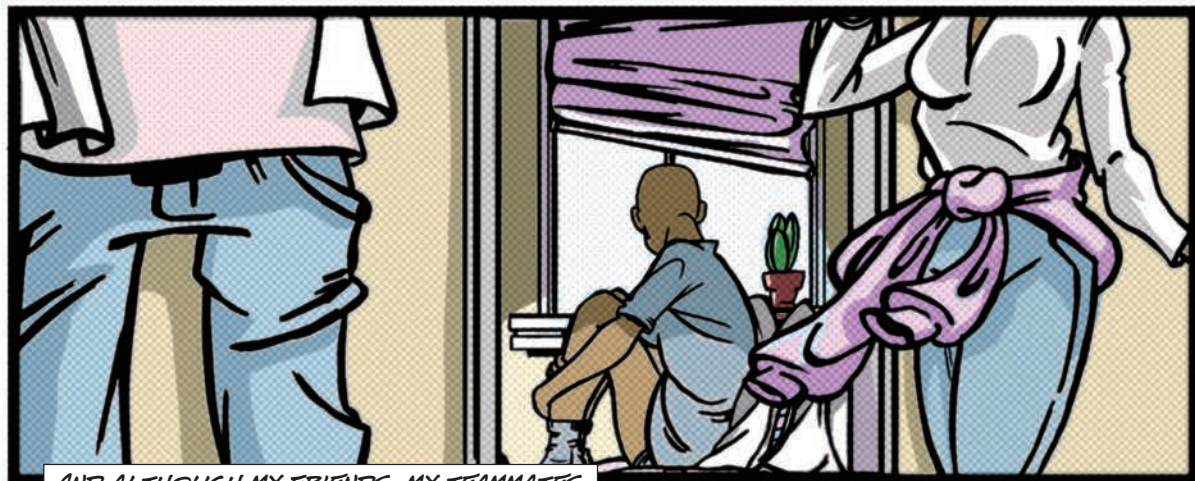
SO VERY WRONG.



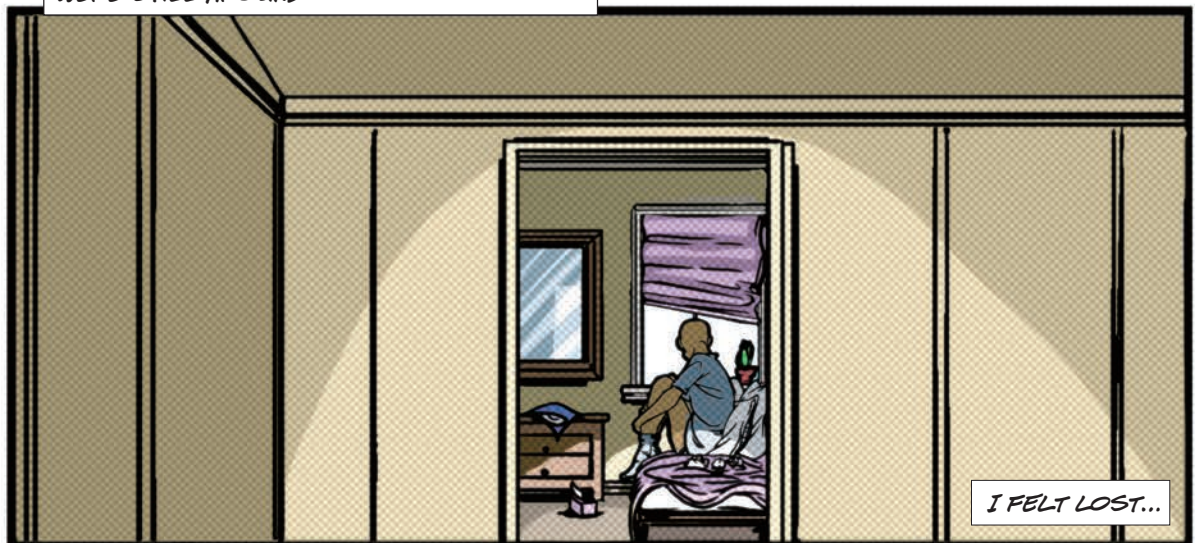
IT IS STRANGE LOOKING BACK NOW.



LIFE DANCED ON WITHOUT ME.



AND ALTHOUGH MY FRIENDS, MY TEAMMATES,
WERE STILL AROUND



I FELT LOST...



I DON'T REMEMBER HOW I FOUND MYSELF STARING AT THE SUNSET FROM THE ROOF OF THE BUS OFFICE DOWNTOWN.

I WOULD COME HERE SOMETIMES, AWAY FROM THE ACADEMY TO FIND SOME QUIET.

LOVED LIVING IN THE CITY BUT SOMETIMES IT WAS ALL TOO NOISY AT THE ACADEMY.

I COULD THINK HERE.

I FOUND MYSELF THINKING ABOUT WHAT IT WOULD BE LIKE TO JUST LET GO AND STEP OFF THE EDGE.

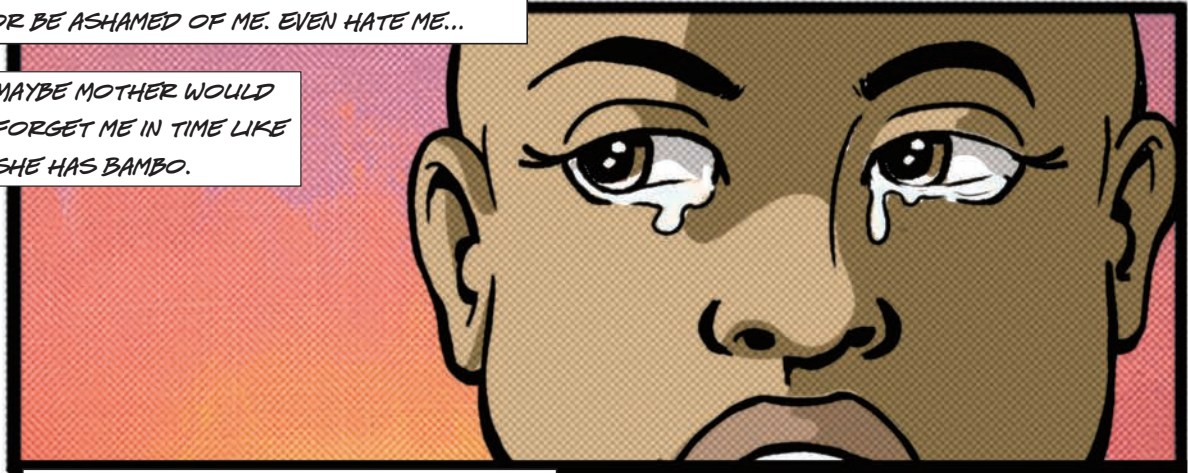


IT WOULD SOLVE MY PROBLEM...

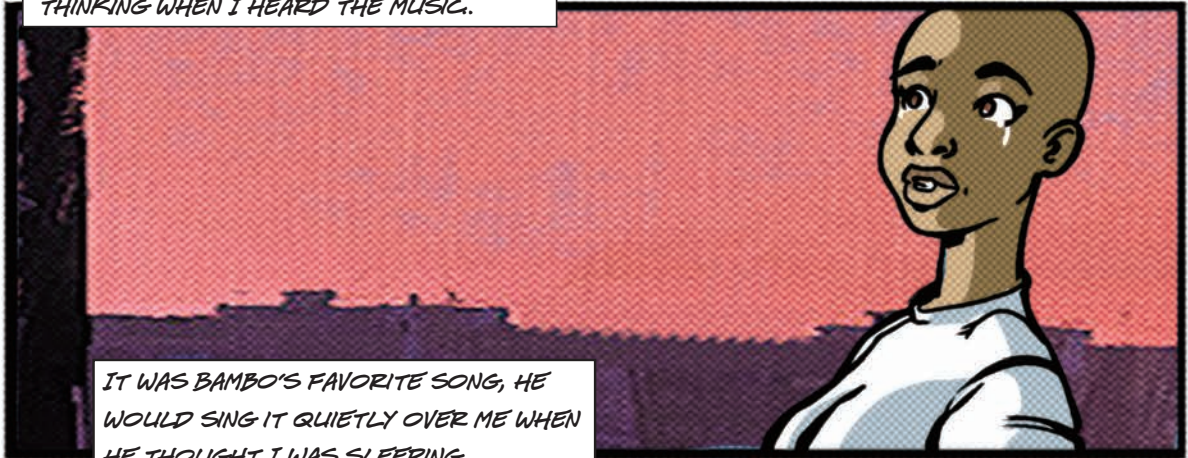
SOLVE EVERYONE'S PROBLEM.

NO ONE WOULD NEED TO WORRY ABOUT ME
OR BE ASHAMED OF ME. EVEN HATE ME...

MAYBE MOTHER WOULD
FORGET ME IN TIME LIKE
SHE HAS BAMBO.

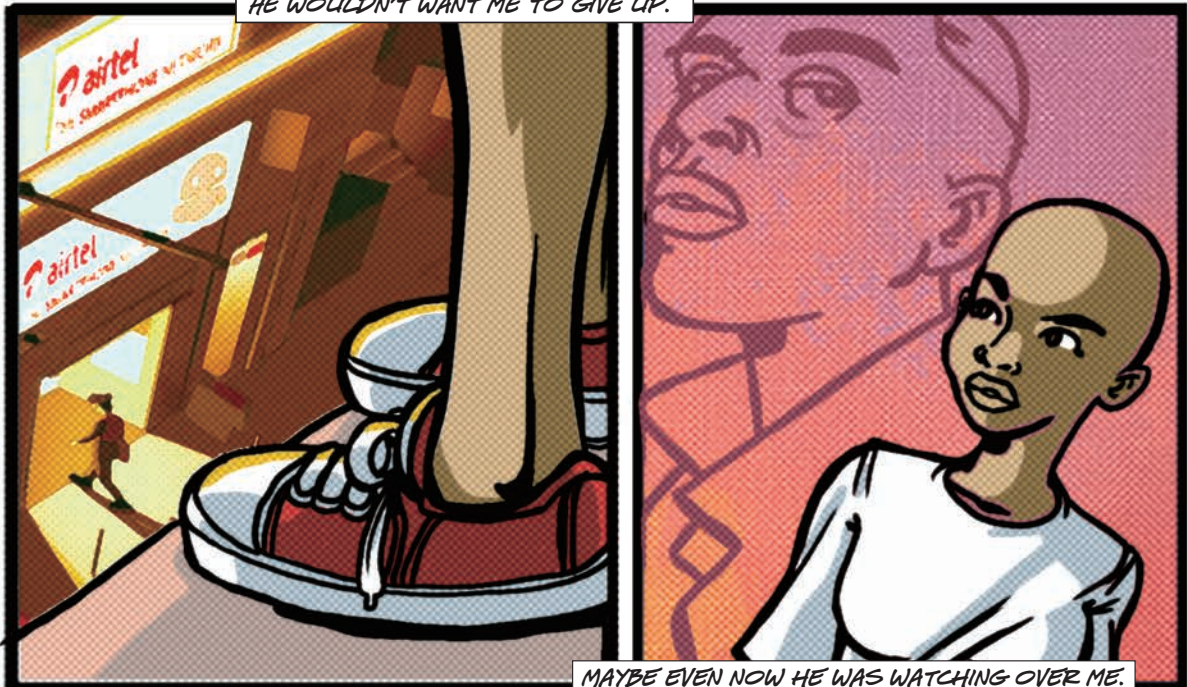


KUFA NDI KUFA BASI, THAT'S WHAT I WAS
THINKING WHEN I HEARD THE MUSIC.



IT WAS BAMBO'S FAVORITE SONG, HE
WOULD SING IT QUIETLY OVER ME WHEN
HE THOUGHT I WAS SLEEPING.

HE WOULDN'T WANT ME TO GIVE UP.



MAYBE EVEN NOW HE WAS WATCHING OVER ME.

ONE DAY LATER.



I DIDN'T HAVE THE HEART TO SAY GOODBYE, THERE WOULD HAVE BEEN TOO MANY QUESTIONS. AND I WOULDN'T HAVE BEEN ABLE TO LEAVE,



BUT I COULDN'T STAY.

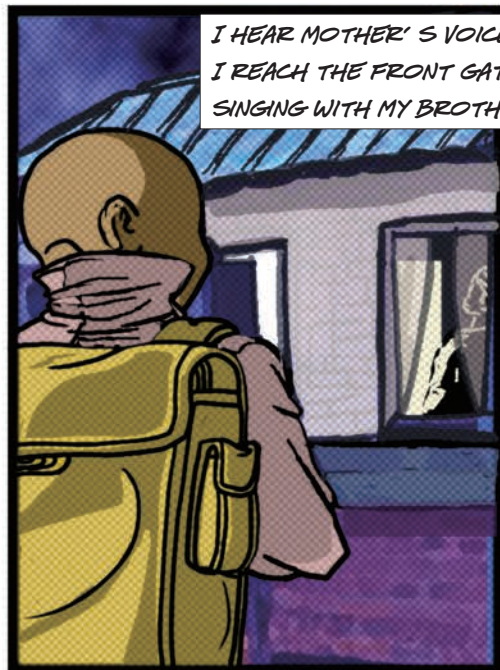
AND SO I FIND MYSELF BACK HERE...



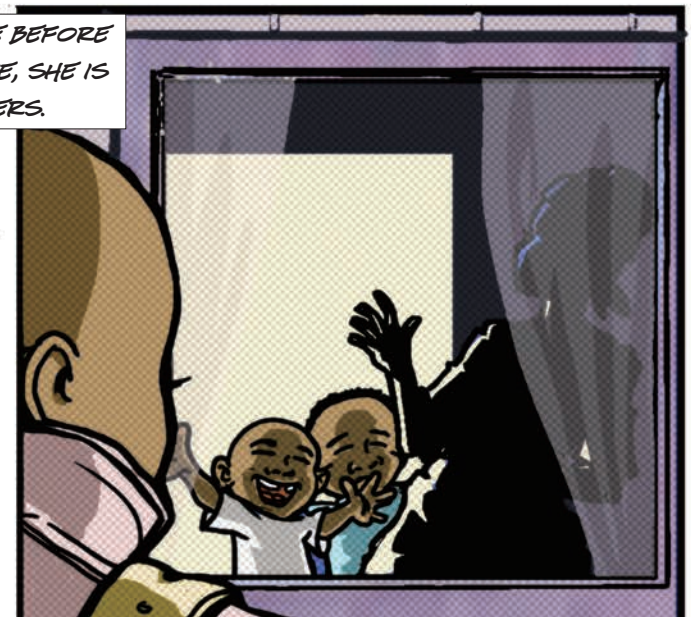
HOME.

IT WAS SO CLOSE, BUT IT FEELS SO FAR AWAY. I HAVE BEEN LIVING ON THE CAMPUS FOR SO LONG NOW,

THAT I HAD FORGOTTEN THE SMELLS AND SOUNDS. EVEN AT NIGHT, EVERYTHING IS UNFAMILIAR.



I HEAR MOTHER'S VOICE BEFORE I REACH THE FRONT GATE, SHE IS SINGING WITH MY BROTHERS.



THEY LOOK SO HAPPY, THINGS HAVE BEEN GOOD WHILE I HAVE BEEN AWAY. JUST LISTEN TO THEM SING...

MOTHER WAS NEVER THIS HAPPY WHEN I WAS HOME.
I REMINDED HER TOO MUCH OF BAMBO, WE WERE
JUST TOO SIMILAR IN EVERY WAY...

LIKE FATHER LIKE DAUGHTER!

DON'T BELONG HERE, BETTER I
LEAVE AND LET THEM BE HAPPY

BUT GRANDMOTHER GULLUGIFE
HAD OTHER IDEAS.

SHE HAD ALREADY SEEN ME, AND HER
VOICE STOPPED ME IN MY TRACKS.

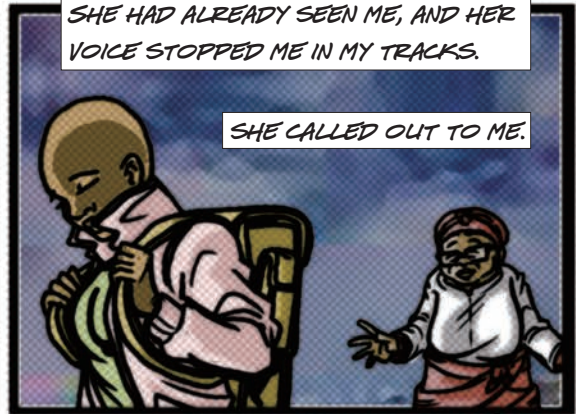
SHE CALLED OUT TO ME.

I BEGAN TO SHAKE.

WORDS WOULDN'T COME OUT OF MY MOUTH,
JUST TEARS FROM MY EYES.

SOMETIMES WORDS DON'T
WORK, AND DON'T MATTER.

SOMETIMES A HUG WILL
BREAK THE WALL DOWN.





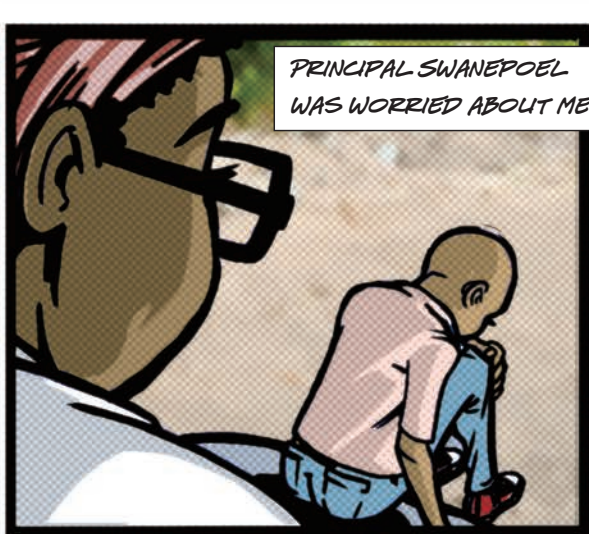
I SLEPT DEEPER THAT NIGHT THAN I HAD IN WEEKS,



I COULDN'T TELL THEM WHY I WAS HOME, I WAS TOO ASHAMED.



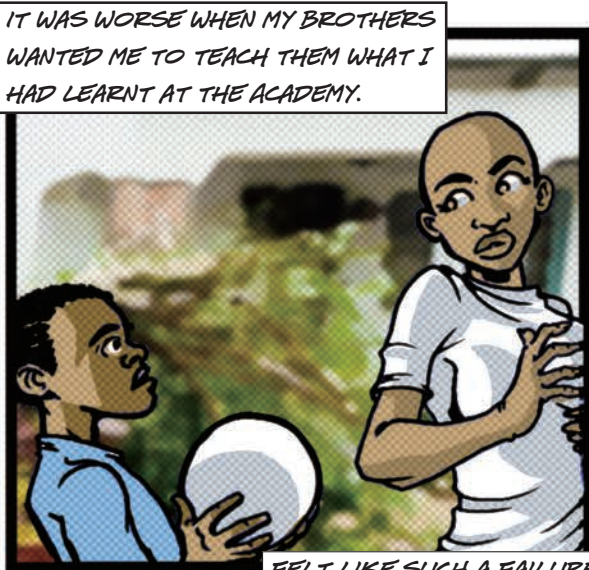
BUT AS THE DAYS PASSED, MY BROTHERS TOLD ME THERE WERE PHONE CALLS FROM THE ACADEMY.



PRINCIPAL SWANEPOEL WAS WORRIED ABOUT ME.



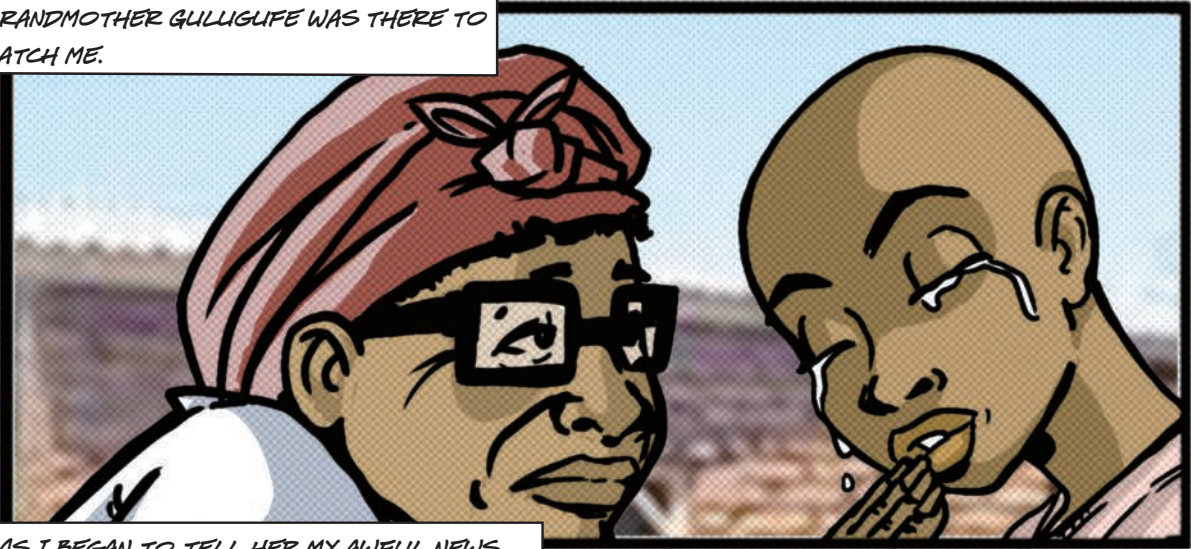
I CRIED A LOT IN THAT WEEK, AND MOTHER PRAYED OVER ME.



IT WAS WORSE WHEN MY BROTHERS WANTED ME TO TEACH THEM WHAT I HAD LEARNT AT THE ACADEMY.

FELT LIKE SUCH A FAILURE.

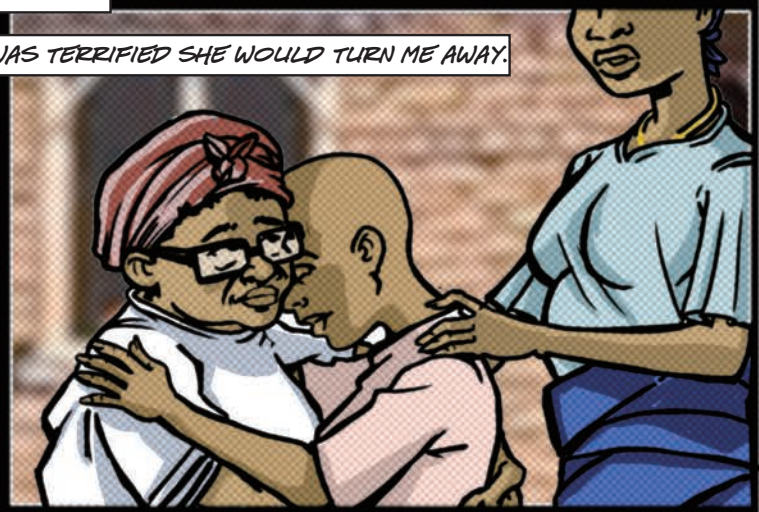
FINALLY I BROKE DOWN, AND AS ALWAYS, GRANDMOTHER GULLIGUFE WAS THERE TO CATCH ME.



AS I BEGAN TO TELL HER MY AWFUL NEWS, MOTHER RETURNED HOME FROM HER WORK.



I WAS TERRIFIED SHE WOULD TURN ME AWAY.

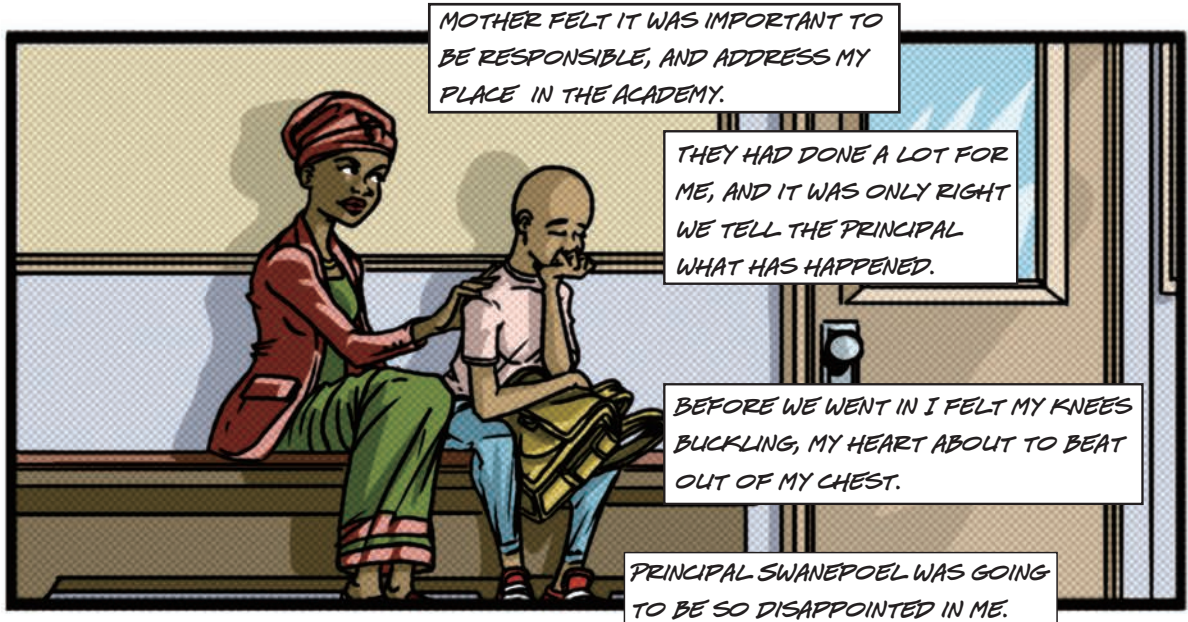


BUT INSTEAD SHE DREW ME TO HER, AND FOR THE FIRST TIME SINCE BAMBO PASSED I SANK INTO HER AND FELT ACCEPTED.



"GOD WILL MAKE A WAY", SHE WHISPERED IN MY EAR.



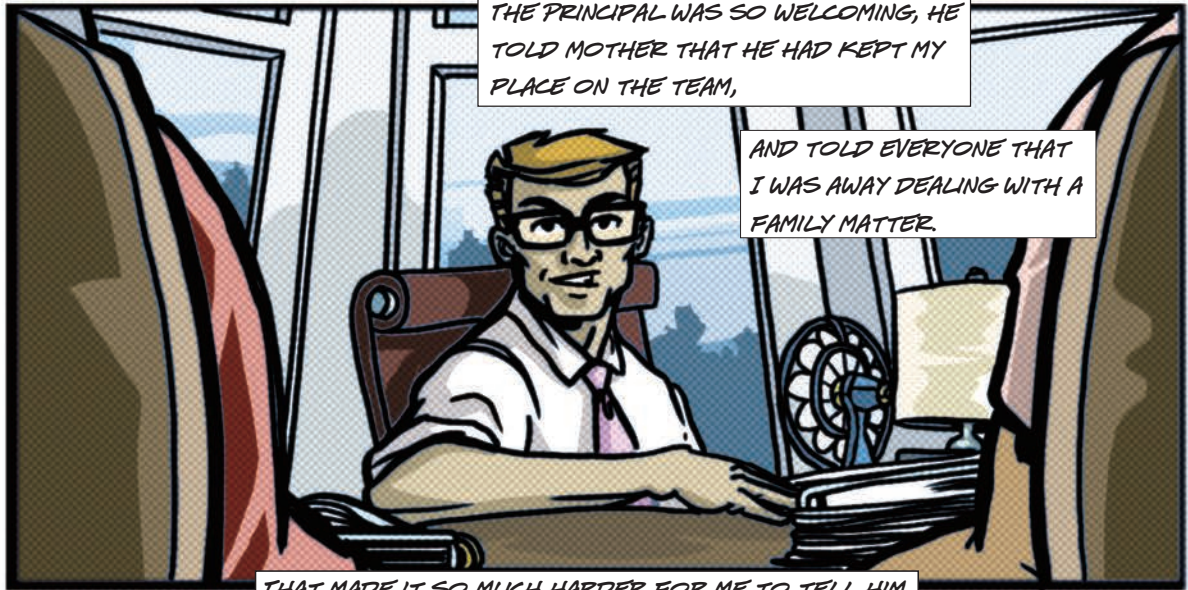


MOTHER FELT IT WAS IMPORTANT TO BE RESPONSIBLE, AND ADDRESS MY PLACE IN THE ACADEMY.

THEY HAD DONE A LOT FOR ME, AND IT WAS ONLY RIGHT WE TELL THE PRINCIPAL WHAT HAS HAPPENED.

BEFORE WE WENT IN I FELT MY KNEES BUCKLING, MY HEART ABOUT TO BEAT OUT OF MY CHEST.

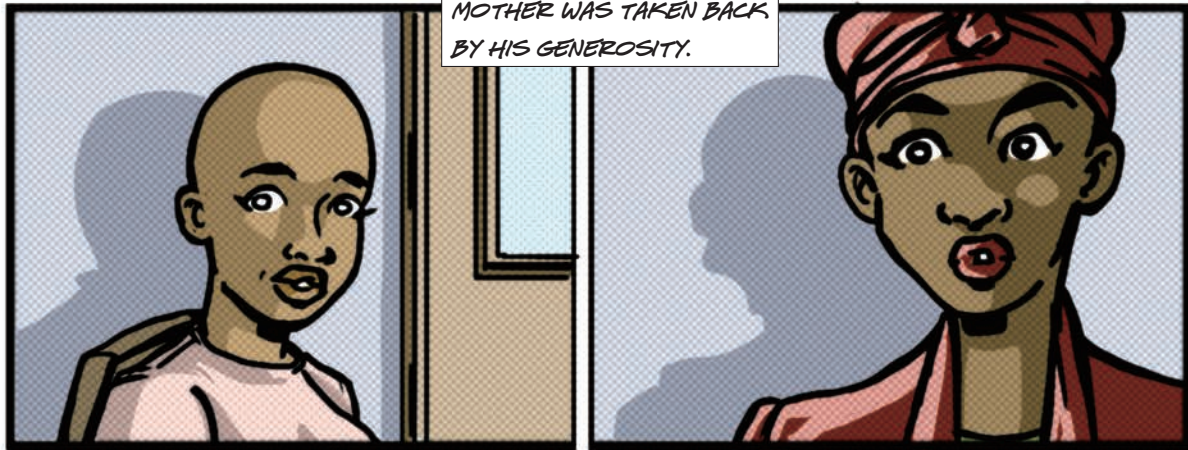
PRINCIPAL SWANEPOEL WAS GOING TO BE SO DISAPPOINTED IN ME.



THE PRINCIPAL WAS SO WELCOMING, HE TOLD MOTHER THAT HE HAD KEPT MY PLACE ON THE TEAM,

AND TOLD EVERYONE THAT I WAS AWAY DEALING WITH A FAMILY MATTER.

THAT MADE IT SO MUCH HARDER FOR ME TO TELL HIM.

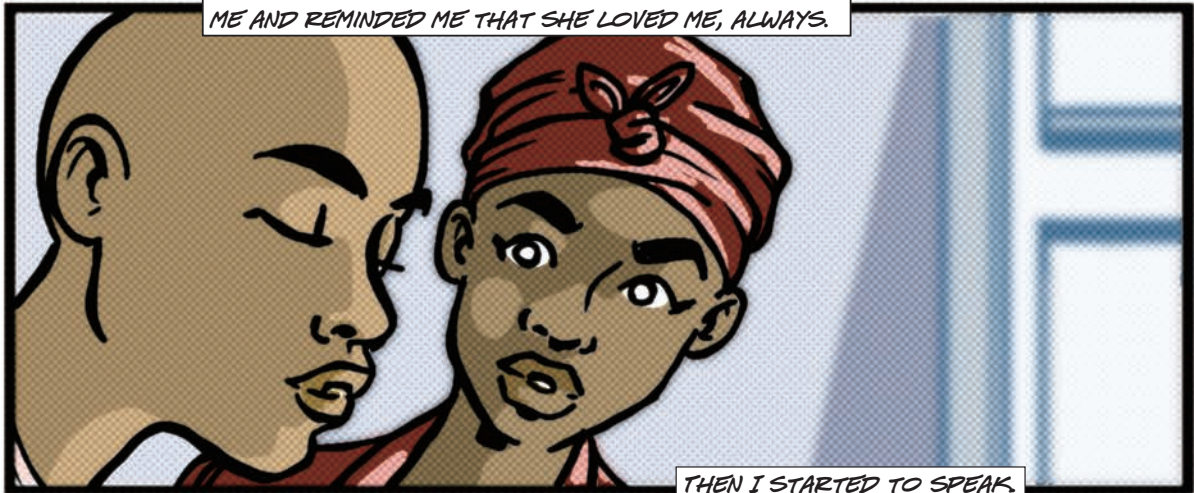


MOTHER WAS TAKEN BACK BY HIS GENEROSITY.

HOWEVER, IN THE END THERE WAS A PROBLEM.
ONE WHICH SHE BELIEVED WOULD STOP ME
FROM CONTINUING WITH THE ACADEMY.

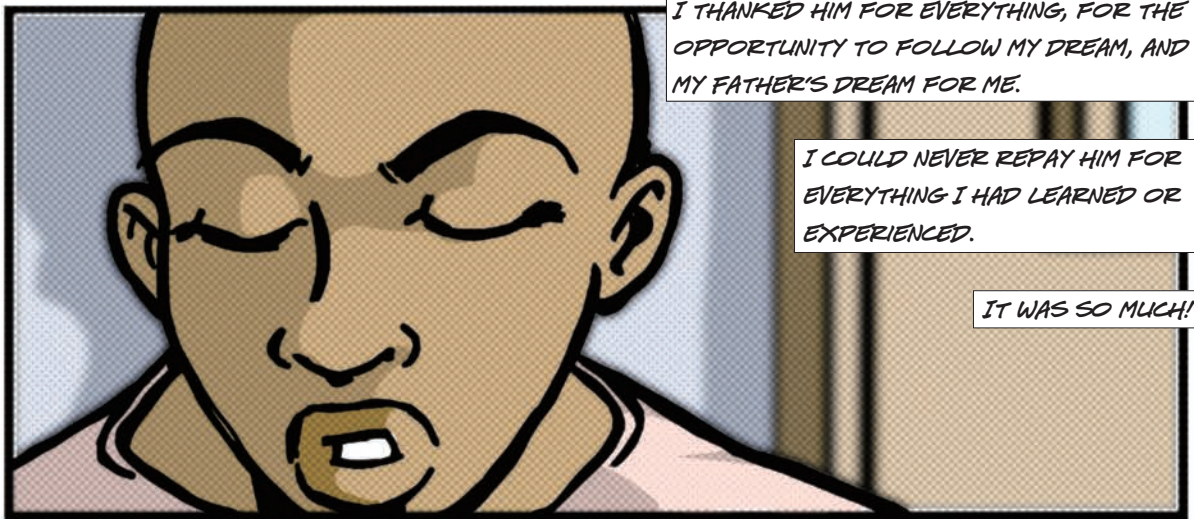


BUT IT WAS MY STORY TO TELL, SO SHE TURNED TO
ME AND REMINDED ME THAT SHE LOVED ME, ALWAYS.



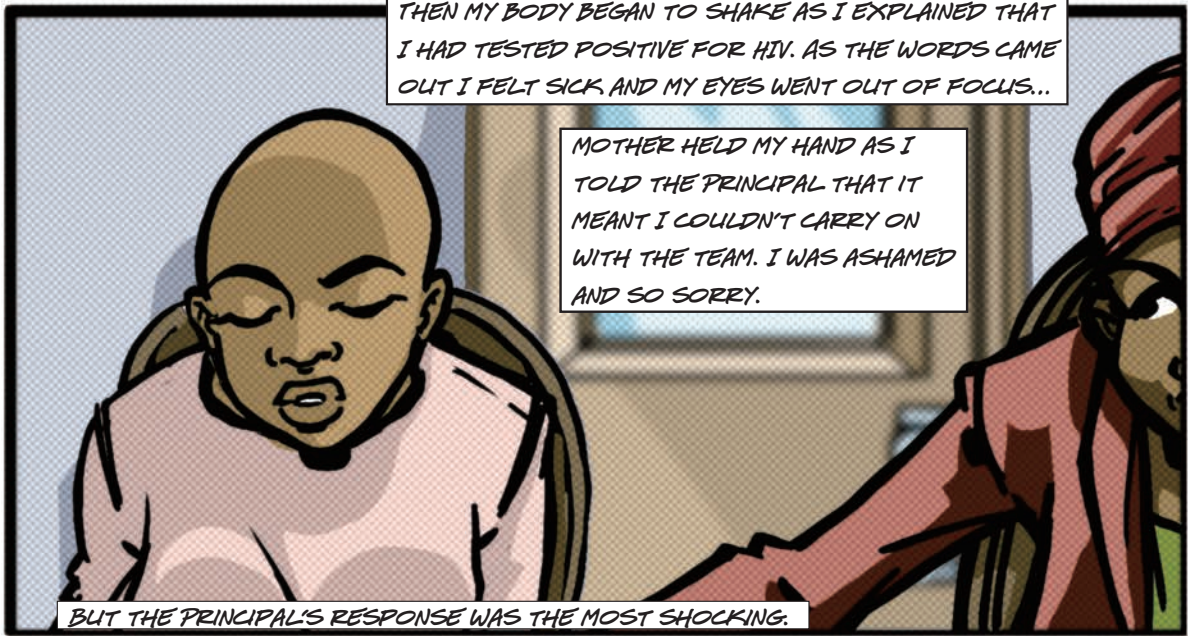
THEN I STARTED TO SPEAK.

I THANKED HIM FOR EVERYTHING, FOR THE
OPPORTUNITY TO FOLLOW MY DREAM, AND
MY FATHER'S DREAM FOR ME.



I COULD NEVER REPAY HIM FOR
EVERYTHING I HAD LEARNED OR
EXPERIENCED.

IT WAS SO MUCH!



THEN MY BODY BEGAN TO SHAKE AS I EXPLAINED THAT I HAD TESTED POSITIVE FOR HIV. AS THE WORDS CAME OUT I FELT SICK AND MY EYES WENT OUT OF FOCUS...

MOTHER HELD MY HAND AS I TOLD THE PRINCIPAL THAT IT MEANT I COULDN'T CARRY ON WITH THE TEAM. I WAS ASHAMED AND SO SORRY.

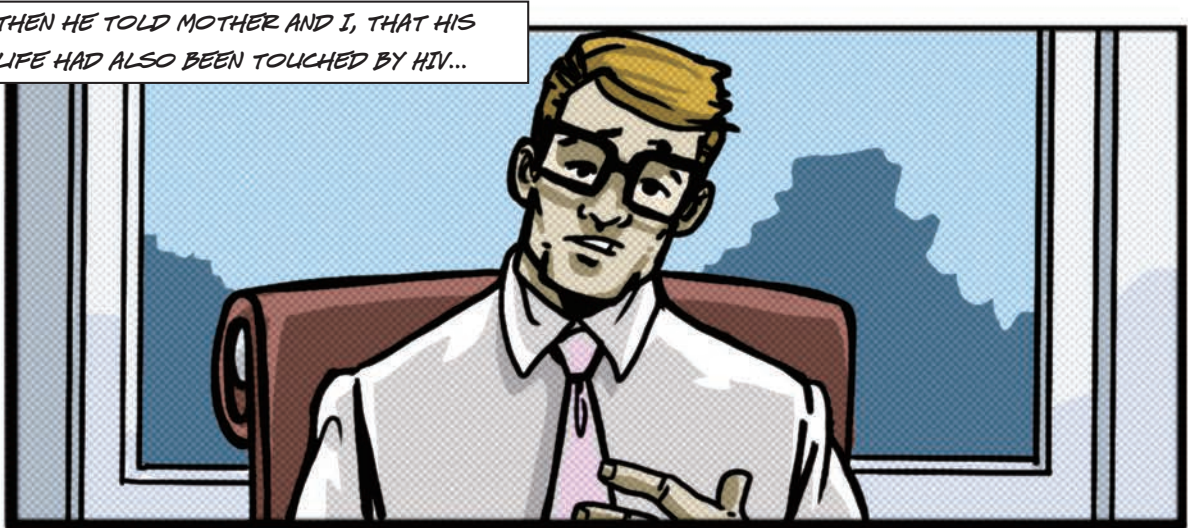
BUT THE PRINCIPAL'S RESPONSE WAS THE MOST SHOCKING.



THERE WAS NOTHING TO STOP YOU CARRYING ON!" HE SAID.

AS HE CONTINUED TO SPEAK, I THOUGHT I MUST HAVE BEEN IN A DREAM. HE SAID MY PLACE ON THE TEAM WAS SECURE...

IF I WANTED IT?



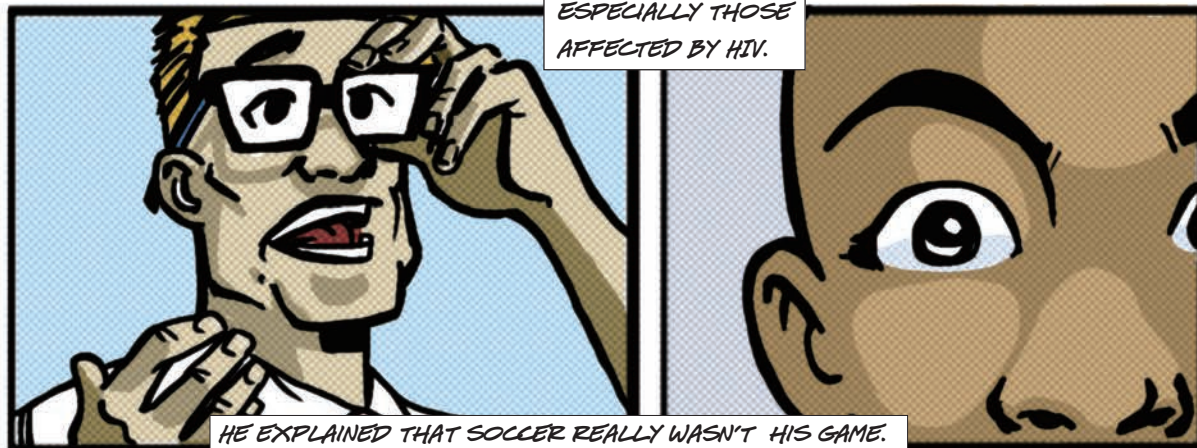
THEN HE TOLD MOTHER AND I, THAT HIS LIFE HAD ALSO BEEN TOUCHED BY HIV...

TIME SEEMED TO STOP AS THESE WORDS FLOATED IN THE AIR BETWEEN US.

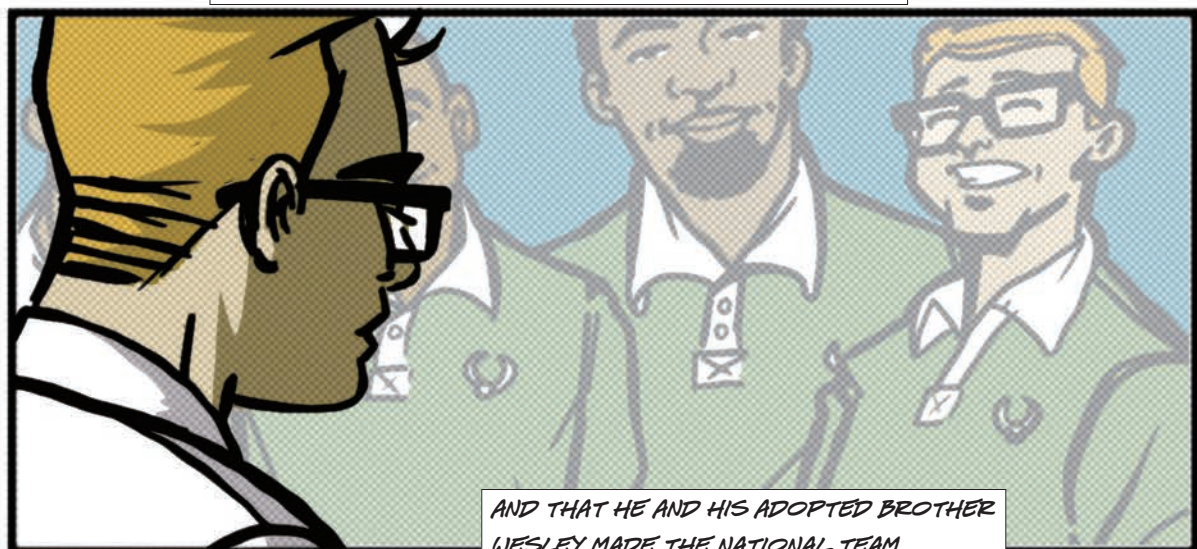


HE CONTINUED TO TALK ABOUT THE MISSION OF THE ACADEMY, AND HOW IT WAS CREATED OUT OF A DESIRE TO HELP YOUNG PEOPLE FROM ALL WALKS OF LIFE.

ESPECIALLY THOSE AFFECTED BY HIV.

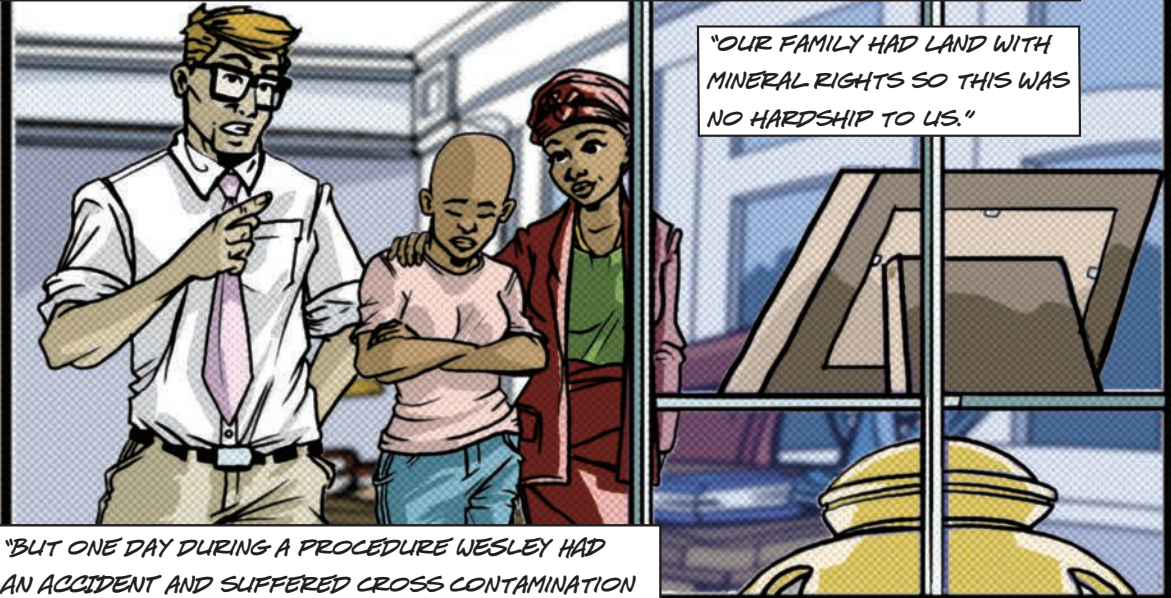


HE EXPLAINED THAT SOCCER REALLY WASN'T HIS GAME. IN NAMIBIA WHERE HE GREW UP HE PLAYED RUGBY,



AND THAT HE AND HIS ADOPTED BROTHER WESLEY MADE THE NATIONAL TEAM.

"MY BROTHER," HE SAID, "HAD GONE TO CAPETOWN SOUTH AFRICA ON A CHURCH MISSION. HE WAS TRAINING TO BE A SURGEON AND THERE WAS A REAL NEED FOR GOOD DOCTORS SO HE VOLUNTEERED."

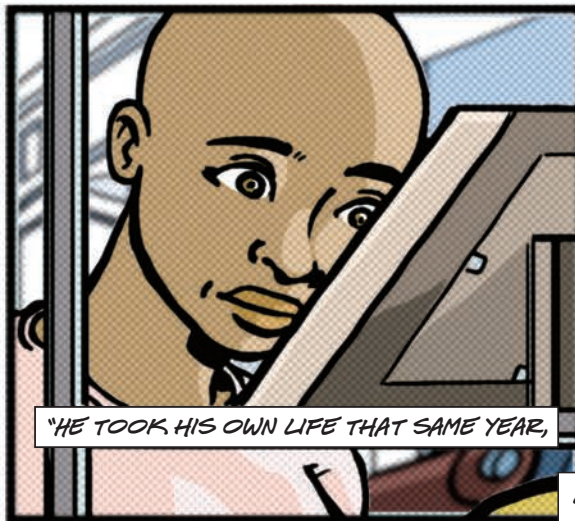


"OUR FAMILY HAD LAND WITH MINERAL RIGHTS SO THIS WAS NO HARDSHIP TO US."

"BUT ONE DAY DURING A PROCEDURE WESLEY HAD AN ACCIDENT AND SUFFERED CROSS CONTAMINATION FROM A CUT DUE TO FAULTY SURGICAL EQUIPMENT."



HE RETURNED HOME BELIEVING HE HAD LOST HIS CAREER, HIS PASSION FOR SPORT, AND BECAME WITHDRAWN AND DEPRESSED."



"HE TOOK HIS OWN LIFE THAT SAME YEAR,



AND I PROMISED MYSELF THAT I WOULD NEVER SEE ANOTHER FAMILY GO THROUGH A LOSS LIKE THAT."

"THE ACADEMY WAS SET UP IN HIS NAME, FOR TALENTED YOUNG PEOPLE JUST LIKE YOU" -

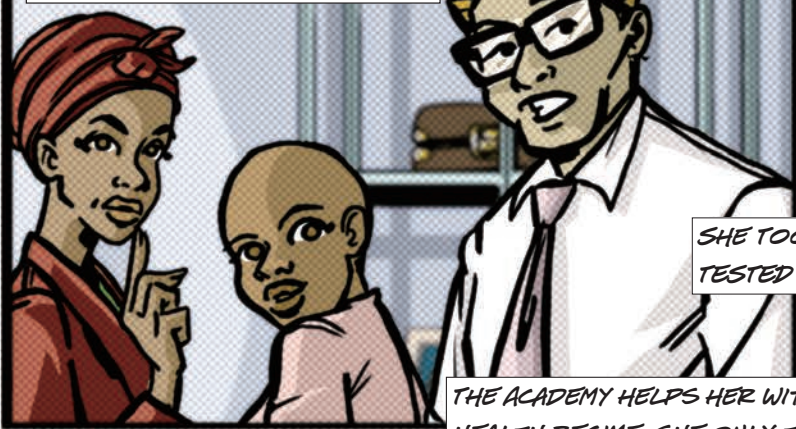


BUT THEN WE WERE INTERRUPTED.



IT WAS MY TEAMMATE PATIENCE.

APPARENTLY THE PRINCIPAL HAD INVITED HER TO MEET WITH US.



SHE TOO HAD TESTED POSITIVE.



THE ACADEMY HELPS HER WITH HER MEDICINE AND A STRICT HEALTH REGIME, SHE ONLY TELLS THOSE SHE IS CLOSE TO

AND SHE CAN STILL PLAY ON THE SQUAD!



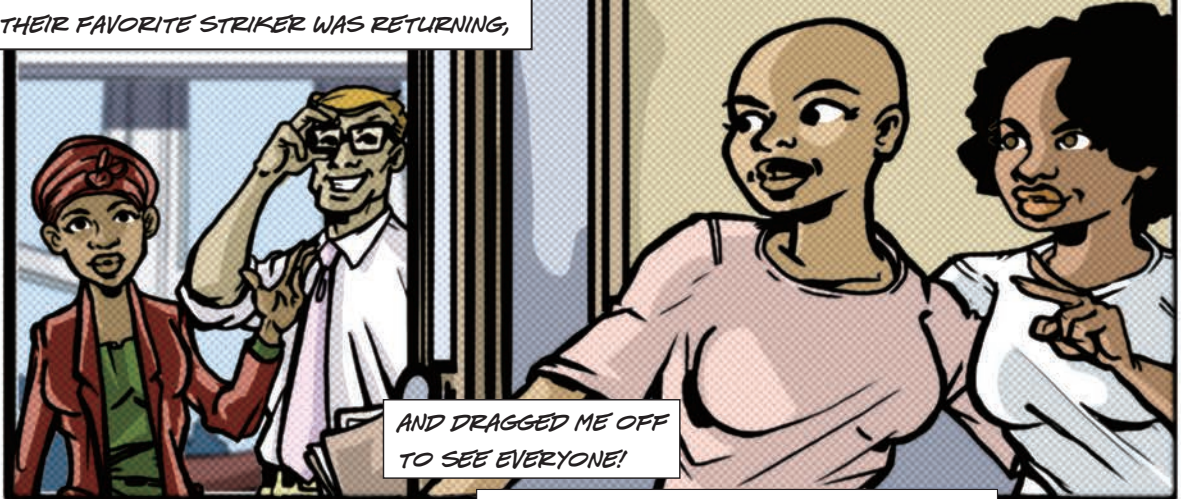
I COULDN'T BELIEVE IT!



I DIDN'T NEED TO GIVE UP MY DREAM!

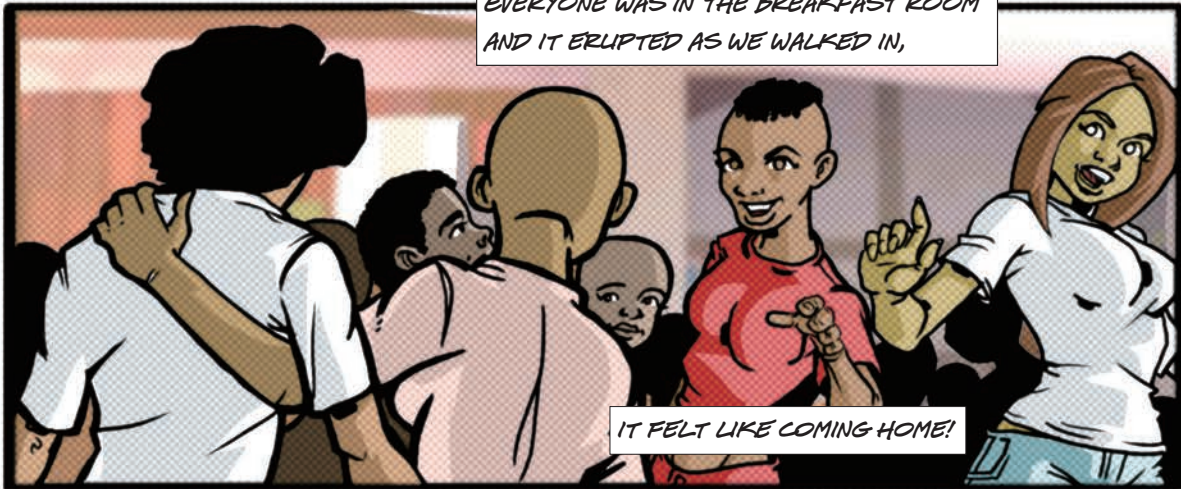
THE PRINCIPAL AND MY MOTHER TALKED OVER THE DETAILS, MAKING SURE SHE KNEW WHAT WAS GOING TO BE EXPECTED OF ME, AND THE IMPORTANCE OF FAMILY SUPPORT.

PATIENCE GRABBED ME, EXPLAINING THAT EVERYONE WAS RELIEVED TO HEAR THAT THEIR FAVORITE STRIKER WAS RETURNING,



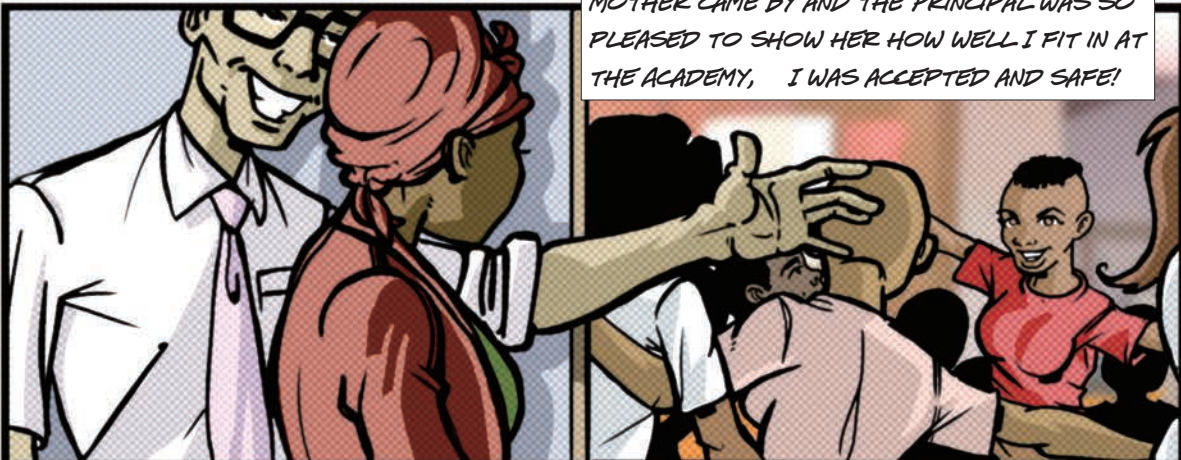
AND DRAGGED ME OFF TO SEE EVERYONE!

COULDN'T BELIEVE THE WELCOME I HAD. EVERYONE WAS IN THE BREAKFAST ROOM AND IT ERUPTED AS WE WALKED IN,



IT FELT LIKE COMING HOME!

MOTHER CAME BY AND THE PRINCIPAL WAS SO PLEASED TO SHOW HER HOW WELL I FIT IN AT THE ACADEMY, I WAS ACCEPTED AND SAFE!



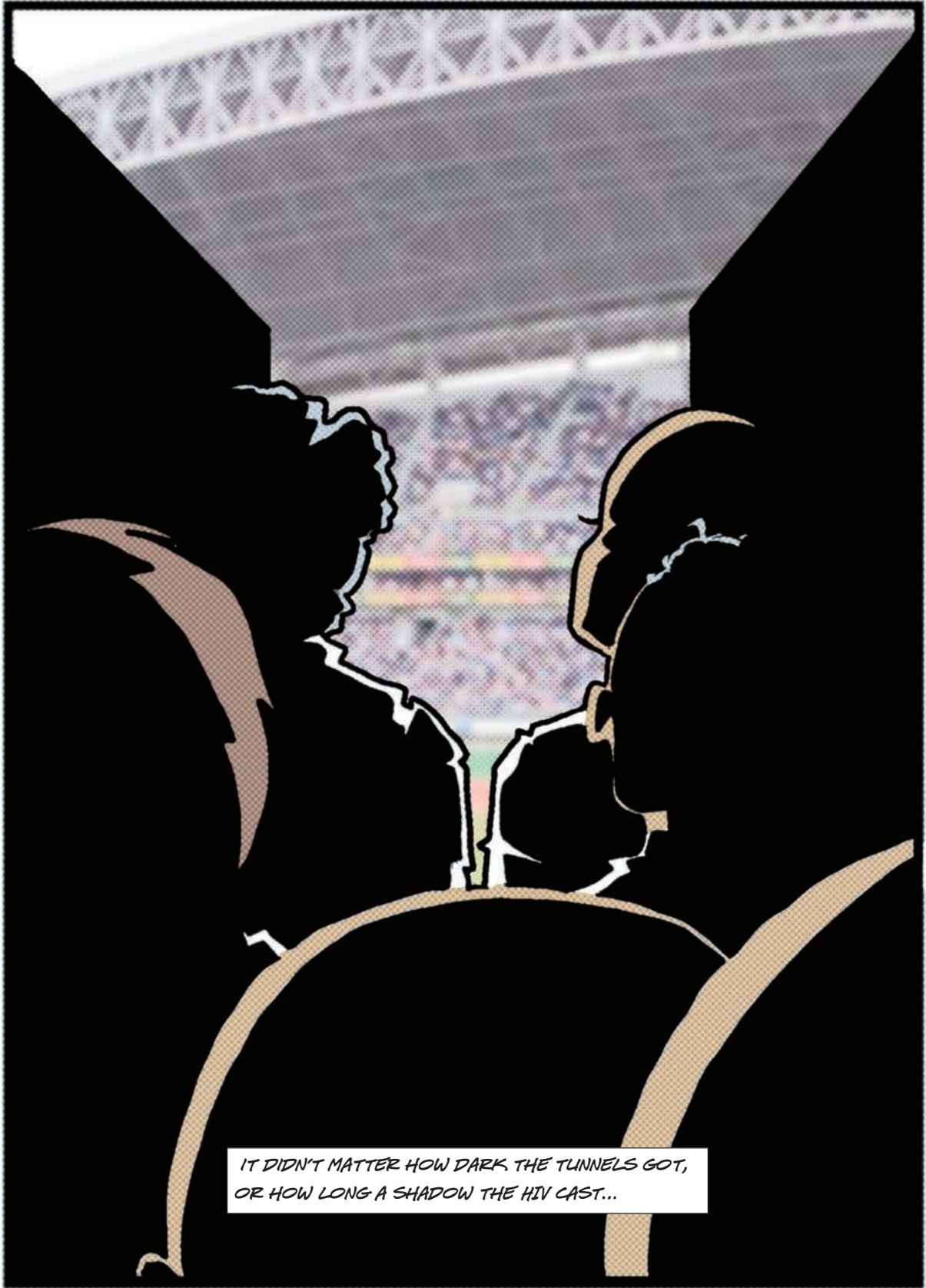
IT DIDN'T TAKE LONG TO GET BACK INTO THE SWING OF THINGS.



I NOW HAD PATIENCE AT MY SIDE HELPING ME TO ADJUST AND BE RESPONSIBLE WITH KEEPING UP WITH MY MEDICINE AND DIET.



WITH HER NEXT TO ME AND THE TEAM BEHIND ME



*IT DIDN'T MATTER HOW DARK THE TUNNELS GOT,
OR HOW LONG A SHADOW THE HIV CAST...*

WE WOULD EMERGE INTO THE LIGHT
LIKE THE SHINING STARS WE WERE
DESTINED TO BE. AND NOTHING WAS
GOING TO STOP US.



NO MATTER WHAT, THIS WAS OUR TIME!



Hey you! Now that you know my story

I'd like to tell you a few more things about my experiences living with a HIV status, and few of the things that helped me feel happy... & made me feel stronger... I hope these things might help you too!

First let me get something out of the way. There's something that you should know and should always bear in mind:

IT'S NOT YOUR FAULT.

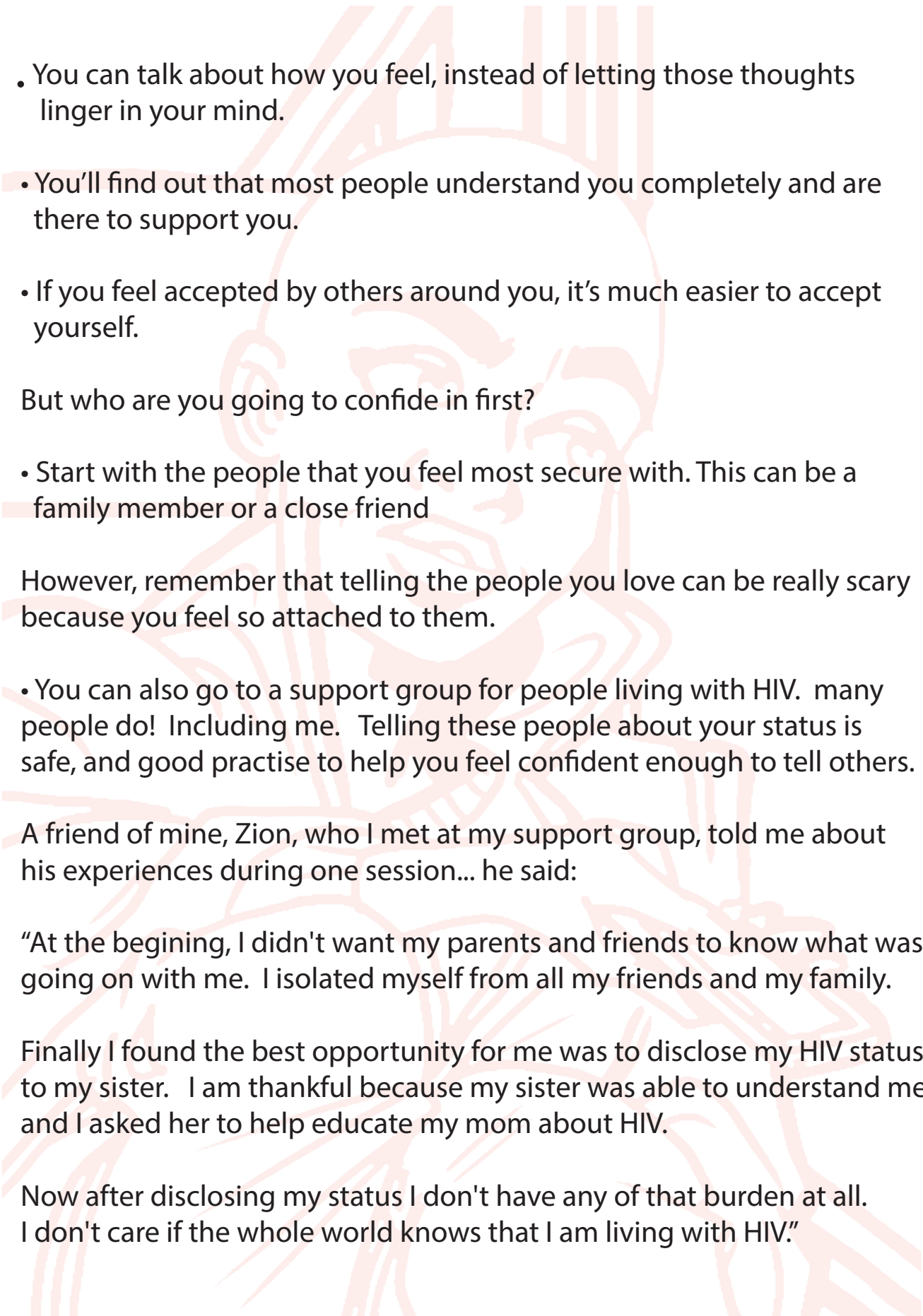
You never have to be ashamed, or feel any less than anybody else, you don't ever have to accept anyone ever telling you otherwise. No matter who you are, where you live, or who you love.

You have the right and the power to live a happy life without fear.

Remember that!

Before I told others about my status, I felt ashamed... I feared that people would bully me or banish me from the group... I was afraid that the people I love would turn their back on me.

But keeping it a secret doesn't help. A lot of people do everything they can to hide their secret from others. Sometimes ending up isolated from their community. its important to know that telling your status to the people you trust can be really helpful.

- 
- You can talk about how you feel, instead of letting those thoughts linger in your mind.
 - You'll find out that most people understand you completely and are there to support you.
 - If you feel accepted by others around you, it's much easier to accept yourself.

But who are you going to confide in first?

- Start with the people that you feel most secure with. This can be a family member or a close friend

However, remember that telling the people you love can be really scary because you feel so attached to them.

- You can also go to a support group for people living with HIV. many people do! Including me. Telling these people about your status is safe, and good practise to help you feel confident enough to tell others.

A friend of mine, Zion, who I met at my support group, told me about his experiences during one session... he said:

"At the begining, I didn't want my parents and friends to know what was going on with me. I isolated myself from all my friends and my family.

Finally I found the best opportunity for me was to disclose my HIV status to my sister. I am thankful because my sister was able to understand me and I asked her to help educate my mom about HIV.

Now after disclosing my status I don't have any of that burden at all. I don't care if the whole world knows that I am living with HIV."



So how do you prepare for a talk like this ?

What if they say this?

What if they do that?

- The most important thing is that, it's up to you!

Wait until you are comfortable emotionally before you share it with anyone else.

- It can be helpful to consider what kind of reaction you might expect from someone you are thinking about telling.

Do you think they will be calm and supportive?

Are they likely to get upset and worried for you?

Is there a chance they could be angry, or even violent?

- Be prepared for their questions.

They may be personal and even intimidating, but you could be their only form of education about HIV.

They may not know about how HIV is passed on, or the facts about HIV treatment.

They may assume that you don't have long to live, or that you won't be able to have relationships or have a family.

If you can help them to understand the facts about HIV, they are less likely to react negatively.

Remember to be sensitive and patient when sharing your status. You never know for sure how the other person will react.

If possible it might be helpful for someone to be with you when you share your status.

While it is important to consider the negative reactions some people sadly do experience, it's also important to remember that some people have positive experiences sharing their HIV status.

Being able to be open and honest with someone about your status and your feelings can be really powerful. It can make you feel closer to them, and they may offer you emotional and practical support when you need it.

So... when is the right time and place to tell someone?

- Think about a time and place where you can both be relaxed and feel safe. You'll want to have plenty of time together, so you can talk about it uninterrupted and without rushing.
- Talking about a sensitive topic is always easier when you are doing an activity, for example while walking, riding your bike, or even cooking.

Another thing for you to consider is how you open the Conversation, as an example you can always start the conversation with:

"Hey, do you mind me sharing something personal with you?"

- You can refer to something you have learned in school, or even talked about with friends, like:

"you know what our teacher told us today? that was actually about me, and I have been wanting to share this with you, but I didn't know how... " But hey, now I have finally shared it".

• Also its very important that If there are others who already know about your status, (in your support group for example) that you are clear that its important, that it is you who decides when where and with who, you are going to disclose your status

Then there are people that find out about your status without you deliberately telling them. Maybe someone you confided in gossiped, or maybe you told someone who didn't react as kindly as you would have hoped, and they deliberately told others.

I often got afraid that someone would see me... that I would be exposed at a health facility, or while accessing an ART clinic. But not anymore.

When people somehow know about my status, or worse, try to bully me with it. There are a few things that I keep in mind.

- Never blame yourself.

If people say or do negative things, they are the ones who are wrong.

- Don't let it be a reason to isolate yourself from any group. You have the right and the power to join, no matter who knows it, no matter their attitude.

- Talk about your feelings with the people you trust, friends, family or people from the support group.

- If people say or do negative things, it is often out of insecurity or a lack of knowledge.

Talk to them about it. Tell them the facts and don't make room for myths and misinformation.

- If they don't stop, talk to some confidant at your (boarding) school, your football club or anyone in your community whose responsibility it is to address and deal with discrimination.

Keep this book.

If anyone makes you feel like you're worth less than other people, read it again, and know that they're wrong!

And nothing can stop you reaching for the stars.



DETAILS OF HEALTH FACILITIES

(Facility, Contact Person, Contact Number, GVH and Opening Times)

Mangochi

Sr. Martha

Chancy Chayekha +265998983300 / +266882033875

Chigweje

07:30 – 16:30

Namwera Rural Hospital

Charles Kazingizi 26599722005

Namwera

07:30 – 16:30

Chiponde

Bridget Sabola 265881831094

Chiponde

07:30 – 16:30

Jalasi

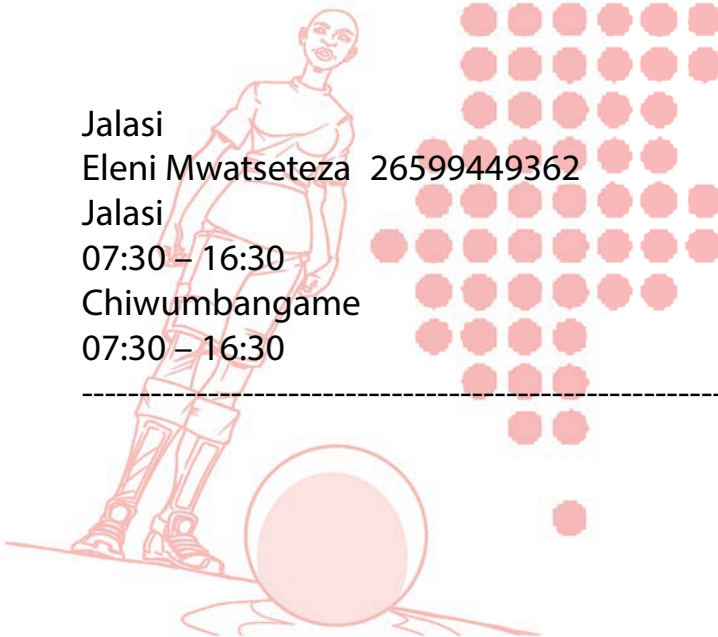
Eleni Mwatseteza 26599449362

Jalasi

07:30 – 16:30

Chiwumbangame

07:30 – 16:30



DETAILS OF HEALTH FACILITIES

(Facility / Contact Person / Contact Number / GVH and Opening Times)

Chikwawa
Ngabu
Seventh Day Adventist
Mercy Makina 265888534613
Malemia
07:30 – 16:30

Dolo Health Centre
Wilson Mzonda 265993720050
Nduna
07:30 – 16:30

Ngabu Rural Hospital
Stanly Phombo 265884347573
Malemia 2
07:30 – 16:30

Nkumaniza Health Centre
Meleka Chimwaza 26599551360
Nkumaniza
07:30 – 16:30

Chipwayira Health Centre
Gerald Munthali 265881968687
Chipwayira
07:30 – 16:30

Names of Community Health Volunteers for Thandizo

Joseph S	Chiutula	0995 443 974
Barton	Siadi	0999 082 269
Nelly	Kenewil	0993 632 288
Magiliti	Isumali	0995 816 878
Eliza	Banda	0882 399 767
Eles	Alaton	0996 284 815
Silveria	Chagwayapa	0999 669 474
Rose	Robert	0995 427 666
Evenes	Hauya	0994 370 981
Milward	Wyson Wahila	0884 390 193
Grace	Wasi	0995 227 536
Jausa	Mtewa	0992 722 265
Beatrice	Mupunga	0995 482 907
Stanley	Nsiyamphanye	0884 508 039
Maxwell	Khisimisi	0999 123 087
George	Mpondadeya	0999 578 409
Josiasi	Chikopa	0999 578 890
Lawrence	Kamanula	0887 246 517
Manasoni	Tihale	0998 150 593
Tchalosi	Kuphakasa	0990 886 584
Gango	Nanzeze	0883 414 338
Matiason	Mpongu	0992 866 664
Dozo	Kapitikitsa	0888 502 268
Jim	Chikwasha	0887 360 597
Nastasia	Jackson	0995 251 630
Donata	Tuzu	0980 947 906
Stanford	Alumando	0996 334 249
Christopher	Malao	- - -
Cecelia	Kajuta	0999 753 861
Lucia	Damiano	0888 832 304
Ellen	Fulukia	0882 504 734
Josephine	Phauira	0886 244 133
Margret	Steven	0888 145 990
Joyce	Windolosi	0887 389 599
Neckie	Bostoman	0883 692 026
Fred	Bobo	0889 938 260
Joseph	Sululu	0884 371 178
Callings	Bangle	0882 710 891



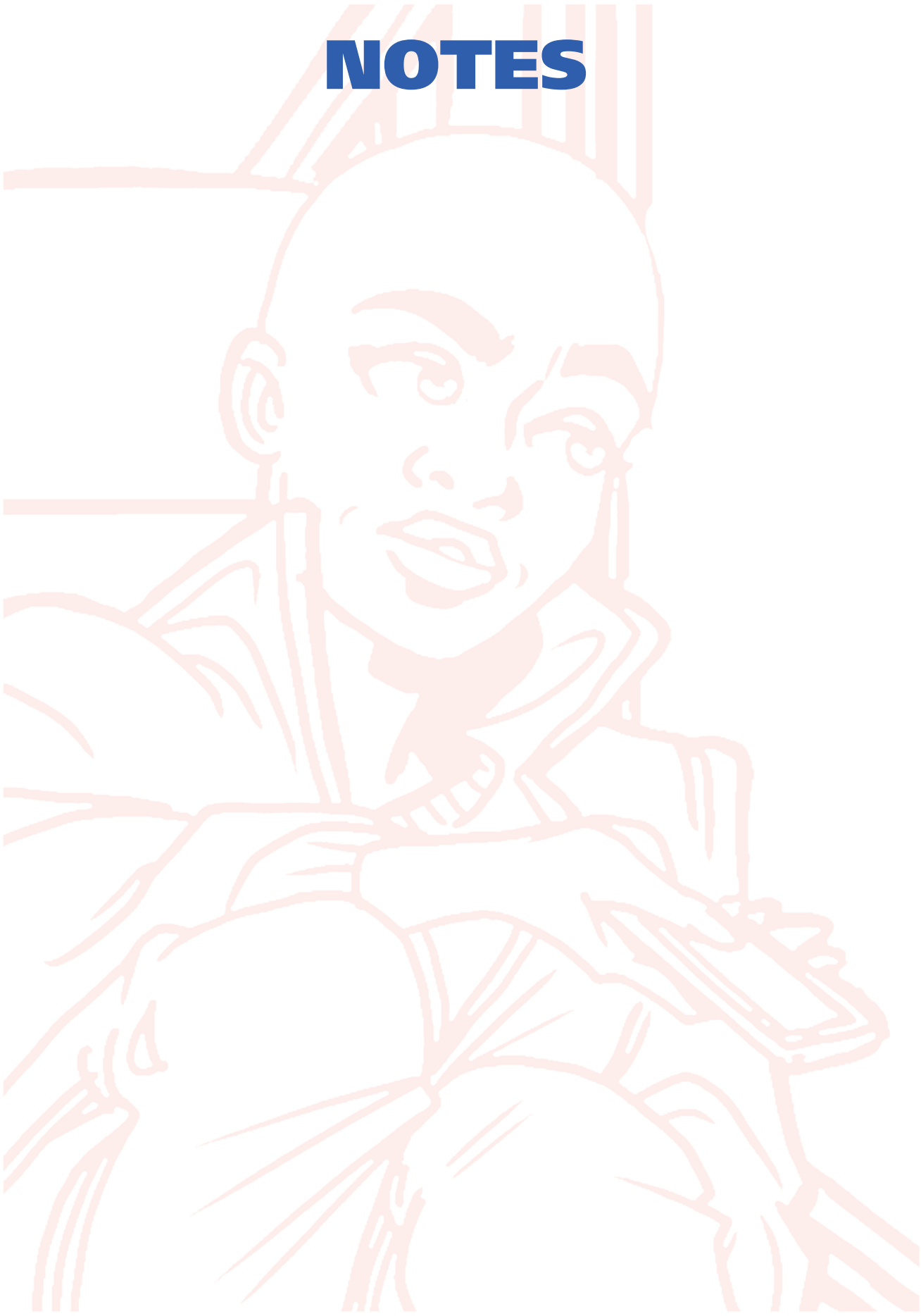
MANGOCHI DISTRICT

Chinati	Jinny Mklossa	888625478
Nkata	Imulani Idris	991408535
Mwawa	Shamimu Chikumbu	995816877
Chingwenya	William Musa	98833590
Chiponde	James Asani	995756088
Simba	Glades Clement	996254815
Lusangwisi	Yasidu White	882399767
Namawelenga	Tadala Issa	994370981
Timvane	Amina John	992313719
Malekano	Gift Matemba	999669474

CHIKWAWA DISTRICT

Tadala	Brenda Zambezi	883568347
Chamanga	Mathews Chingaipe	882033900
Tisamude	Maggie Musowa	886673306
Timvane 1	Martha Nyamithambo	881584488
Tisawasale	Nduzani Kaliba	882561257
Tiyanjane 1	Lekimani George	995337287
Nsenjere	Brian Juma	886255769
Chaonanjiwa	Christopher Betchi	994145783
Tiyanjane 2	Liston Frank	881258539
Mthandizi	Justin Goba	996526035
Chisomo	Jenifer Pensulo	84414173
Tithandizane 1	Alinafe Nkhula	881485964
Tiyesenawo	Meria Danken	999220246
Tithandizane 2	Aggrey Faison	993860184
Tiyamike	Aaron Alifinali	888917910
Yamikani	Emily Phalira	996963602
Timvane 2	Bay Kamcheka	999579890
Nkumaniza	Solomoni Shaviera	998150523
Dzenje	Chikaiko Kamwana	994382394
Mchacha	James Tandaude	992866664
Nduna	Chrissy Kamsikiu	991021829
Masanduko	Jambo Digare	881773027
Njovuyalema	Maureen Moses	883568347
Kutama	Andreyana Selemani	888742094

NOTES



TUWALE

RISING OUT FROM THE SHADOW OF HIV



While the book you hold is a work of fiction, and we can never hope to capture all of the raw emotions that accompany this condition,

We have attempted, within the limits of this story and its medium to respectfully show some of the issues that can face a person, but also, and more importantly, highlight the prospects of Hope & Strength that can be found within each of us, and with the right support.

We really hope that this story can bring you some inspiration...

to help you to shine when things look their darkest.

With grateful thanks to the Pipkin foundation

