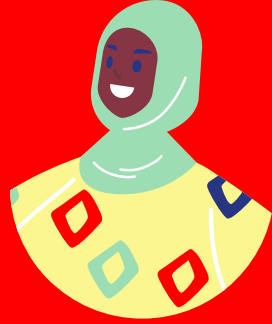


# SELF-CARE TOOLKIT ON SRHR AND HIV for Young People



# Colophon

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Last but not least, a major shout-out to our youthful and incredible consultants and authors of this toolkit, who are passionate about promoting self-care and its impact on young people as agents of change in their homes and communities. Irene Ogeta, Nyasha Phanisa Sithole, and Tinashe Rufurwadzo brought along their professional and personal expertise in developing this toolkit, infusing so much awesomeness into this work! And we cannot forget our graphic design agency, De Handlangers, who made it look super cool!



Let us talk about this super cool toolkit!

You know what is totally relevant right now? Self-care! Especially during the COVID-19 pandemic, when health systems were under so much pressure. But guess what? Young people like us stepped up and took charge of our Sexual and Reproductive Health (SRH) and HIV self-care.

## WONDERING HOW WE DEVELOPED THIS AWESOME TOOLKIT?

### Get ready for the inside scoop!

We made this awesome toolkit through virtual meetings with amazing young minds who shared their ideas on SRH and HIV self-care. We interviewed nine stakeholders from the You(th) Care consortium and 22 adolescents and young people in all their diversity. Experts provided valuable insights, and surveys gathered opinions from young people like you. We did our analysis work to make sure it is the best guide ever!

## WHO IS IT FOR?

This toolkit is totally for you and your peers. It is not just for reading, but for increasing your knowledge and understanding of SRHR and HIV self-care. Peer supporters and young people like you can use it to build your expertise.

**But wait! There is more!** Youth-led organizations and You(th) Care partners in Kenya, Tanzania, and Zambia can also use it to train young people, the community, and others, like organisations, community advocates and caregivers beyond these three countries.

## ABOUT YOU(TH) CARE

The You(th) Care project (2022-2025) is funded by Aidsfonds and implemented by nine consortium partners; Aidsfonds, ARASA, Ambassador for Youth and Adolescent Reproductive Health Programme (AYARHEP), Children's Dignity Forum (CDF), Copper Rose Zambia (CRZ), Network for Adolescent and Youth of Africa (NAYA), The National Network of Young People Living with HIV and AIDS in Tanzania (NYP+), Paediatric AIDS Treatment for Africa (PATA), and Global Network of Young People Living with HIV (Y+ Global). The project's focus is on promoting SRHR and HIV self-care for adolescents in Kenya, Tanzania and Zambia. It aims to empower young people, improve access to SRHR services, and advocate for policy changes to enhance SRHR.



### OBJECTIVES OF THE TOOLKIT

It is all about empowering all Young People involved in You(th) Care and beyond, partners at regional, national, and local levels to:

- **Increase their understanding of self-care** and its principles, coping strategies, and rights-based responses. It is all about protecting our rights to bodily autonomy and integrity, and tackling the key SRHR challenges we face in Kenya, Tanzania, Zambia, and the East and South African regions.
- **Equip self-care champions like you** with the resources and know-how to be super effective advocates! Let us rock it and make sure self-care is included in the health system.

## USING THE TOOLKIT

The self-care toolkit is your ultimate superpower on self-care matters! You can use it individually to learn all about Sexual Reproductive Health Rights (SRHR) and HIV self-care or use it as a training manual for epic group sessions. You can also tell your folks how awesome the toolkit is and why they should consider using it! Each section is a blast and takes around 45 to 60 minutes.

Before we dive into the section, let us get prepped and pumped! Here is what we have got in store for you:

- **Scenarios** that you can also role play and will take you on a journey through real-life situations where you can practice those decision-making skills like a pro.
- **Discussion** prompts that will spark open conversations and create a safe space for you to share your thoughts and concerns with fellow awesome young people.

## WHAT IS SELF-CARE?

The World Health Organization's defines self-care as "the ability of individuals, families, and communities to promote their own health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker. It recognizes individuals as active agents in managing their own health care in areas including health promotion, disease prevention and control, self-medication; providing care to dependent persons; and rehabilitation, including palliative care. It does not replace the health care system, but instead provides additional choices and options for healthcare."

Self-care is all about YOU! It is a cool way to take charge of your health and well-being. From making smart choices to embracing self-love, self-care empowers you to be the boss of your life. It is like having a superhero cape for your body and mind!



# CHAPTER 1

## Introduction SRHR and HIV self-care key concepts



### OBJECTIVE

At the end of the chapter, young people will be able to understand the concept of self-care in the context of SRH and HIV. Additionally, they will be able to outline the importance of SRHR and HIV self-care.



*Hey there,  
awesome young  
people!*

Welcome to Self-Care 101, your toolkit for taking charge of your SRHR and HIV prevention and treatment. In this informative guide, we will explore the fundamentals of self-care, equip you with cool tools, and empower you to make informed decisions. Let us dive in and rock our well-being together!

### PRINCIPLES OF PRACTICING SELF-CARE

- **Autonomy:** It is all about YOUR choices! You have the right to decide what is best for your SRH and HIV care based on your beliefs and background.
- **Inclusivity:** No one gets left behind! Self-care is for everyone, regardless of who they are. Let us support each other on this journey!
- **Knowledge and information:** Knowledge is power! The more you know about SRH and HIV, the better decisions you can make. Let us get informed!
- **Empowerment:** You have the power! We will give you the skills and confidence to take charge of your SRH and HIV care like a boss.
- **Collaboration:** We are in this together! Let us team up with policy makers, healthcare providers, our peers, and support networks to make self-care even better.
- **Holistic approach:** It is not just about the body. We will take care of our mental and social well-being too. Let us be our best selves.
- **Accessibility:** Self-care for all! We will make sure everyone can access the resources and support they need, no matter what. Let us break down barriers.

## SRH AND HIV SELF-CARE NOW!

These are targeted strategies that give YOU the power to take control of your health and wellbeing. They help you make smart decisions about your SRH, prevent and manage HIV, and meet other health needs. It is all about education, resources, healthy habits, and support systems that have your back! It is all about empowering YOU to be active in safeguarding your sexual health and managing HIV related risks.

Why is self-care getting so much love lately? It is all about empowering! You get to make informed choices about your health and wellbeing! Plus, it tackles barriers to accessing healthcare, keeps things private, and works together with existing healthcare systems. It is all about using technology and flexibility to meet YOUR needs and improve your health! So, let us rock self-care and shine like the superstars we are. Your health, your choices, and your awesomeness!

## WHAT IS SRH & HIV SELF-CARE?

Sexual and Reproductive Health and HIV self-care is all about your physical, emotional, and social well-being concerning sexuality, relationships, and reproductive choices.

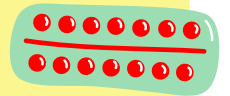
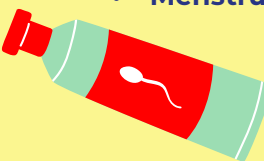
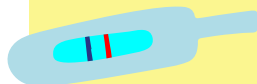
Importance of SRH and HIV self-care for young people's health and well-being:

- **Taking care of your sexual health is empowering!** Understanding your body, negotiating for safer sex, and making informed decisions keep you safe and confident in your relationships.
- **Self-care is your secret weapon for a healthy and happy life.** Embrace it, and you will be glowing inside and out!
- **Your mental well-being matters!** Self-care helps you manage stress, build resilience, and take care of your thoughts and feelings. It is like a mental workout for your happiness!
- **Self-care keeps you fit and fabulous!** Eating healthy, staying active, and getting enough rest is the perfect recipe for you to stay healthy and for your body to stay strong and energized.



### Examples of SRH and HIV Self-care

- HIV self-testing
- Pregnancy self-tests
- Oral contraceptives
- Injectable contraceptives, e.g. Sayana Press
- Oral and Injectable PrEP for HIV Prevention
- Oral PEP
- Vaginal Ring for HIV prevention, e.g. Dapivirine ring
- Condoms
- Using pills for self-abortion
- Digitally supported information, and counseling for HIV self-testing
- Emergency contraception
- STI self-screening
- Lubricants
- Menstrual Hygiene pack





## ACTIVITY

- Do you know of any other SRH and HIV self-care interventions missing on the list? Do add them.
- Based on the above-identified SRH and HIV self-care services, in your community or area where are you likely to access them from?

## Key Points to Remember

- Self-care is not selfish; it is essential to prioritize the management of your health.
- Engaging with peers and the community is vital for collective well-being.
- Seek reliable information and support to make informed decisions.
- Self-care doesn't replace the mainstream healthcare system but complements it.





# CHAPTER 2

## Understanding the relationship between SRH and HIV



### OBJECTIVE

At the end of the chapter, young people should have a clear understanding of the linkages between SRH and HIV and why these connections are crucial in the context of self-care.

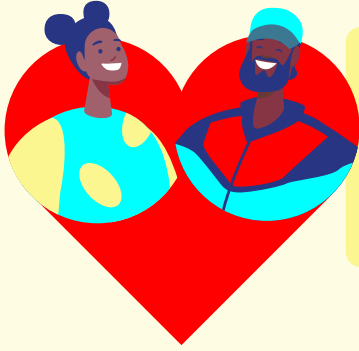
### DEFINITIONS

**HIV:** Human Immunodeficiency Virus is a virus that weakens the body's immune system, making it harder to fight infections and diseases.

**Sexual and Reproductive Health (SRH):** SRHR is all about your well-being concerning sexuality, relationships, and reproductive choices, including access to information and services.



# Story Time!



In a village, Amara (18 years) and Tonde (19 years) fell in love. As their relationship blossomed, they began exploring intimacy without protection

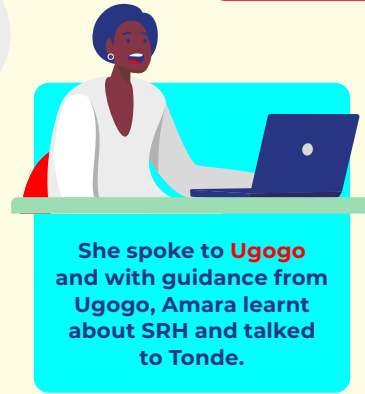


Amara worried about pregnancy...

Tonde worried too, as he did not want to be a father yet...

but they never considered the risks of STIs, including HIV.

At some point, Amara missed her monthly period and panicked that she was pregnant. Amara was shy to talk about this to Tonde, her best friends and even her teacher at school.



She spoke to Ugogo and with guidance from Ugogo, Amara learnt about SRH and talked to Tonde.



They made responsible choices, embracing awareness, and love.



## QUESTIONS FOR DISCUSSION

1. Was it okay for Amara and Tonde to be worried about pregnancy only?
2. What SRHR and HIV information do you think Amara and Tonde did not have and who was supposed to have shared all this information with them?
3. What role could the community (peers, friends, teachers, family etc.) around Amara and Tonde play to support them in managing their sexual health, and relationship?
4. What are some effective ways to educate and engage young people about the intersections of SRHR and HIV, considering the cultural and social context of their communities?

## Key Points to Remember

- Understanding the relationship between HIV and SRHR empowers you to make informed decisions about your health.
- Seek support and share knowledge with friends to build a strong network of advocates.
- Your voice matters in promoting access to HIV and SRH services for all young people.

# CHAPTER 3

## Sexual and Reproductive Health Rights Self-Care



### OBJECTIVE

At the end of the chapter, young people should be able to describe and contextualize SRHR self-care. They should also be able to identify various SRHR self-care practices.

Let us define  
SRHR self-care



### ACTIVITY

- Brainstorm as an individual or a group about SRHR services and commodities you know.
- Determine if you can self-administer each of the identified services.
- Explore SRHR self-care interventions existing in your country or community, like HIV self-testing, oral and injectable contraceptives, HPV sampling, adhering to HIV medications, pregnancy testing, taking PrEP and PEP, etc.
- Discuss why these are considered self-care interventions.



## DEFINING SRHR SELF-CARE

While there is a clear definition according to the World Health Organization of what is meant by self care-narrowing it down to SRHR, we have a working definition collectively curated from young people consulted in the development of the toolkit.

“SRHR self-care refers to strategies that allow individuals to take control of their own sexual and reproductive health needs. These strategies allow individuals to make informed choices and decisions regarding their sexual and reproductive health needs and to do so free from discrimination, coercion and violence. It is all about your physical, mental, and social well-being concerning sexuality, relationships, and reproductive choices. This allows individuals to achieve bodily autonomy and integrity”



## UNDERSTANDING SRHR SELF-CARE

SRHR self-care can be categorized into three major components of practice:

- **Self-management**
- **Self-testing**
- **Self-awareness**

## Let us talk about self-management moves

Have you ever heard of **self-medication or treatment?** It is when you take drugs, herbs, or home remedies without talking to a healthcare professional first. For example, using home remedies for menstrual health.

Next up, **self-examination!** It is all about checking your own body for signs of illness or disease. Like doing breast self-examination to stay on top of things!

Then we have **self-injection**, where you give yourself medication through a shot. Think of self-injectables such as Sayana Press contraceptives. Refer to: [How to Introduce and Scale Up Sayana Press \(DMPA-SC in Uniject\): Practical Guidance from PATH Based on Lessons Learned](#) for more information on Sayana Press.

And finally, **self-administration!** It is like self-injection, but you can use other ways to take medication too. Like self-administering self-abortion pills. For more information on self-administered abortion, read: [WHO recommendations on self-care interventions and Understanding abortion](#)

Remember, self-care is all about being informed and making the best choices for YOU!



## Let us dive into the world of self-testing

First up, we have **self-sampling!** You get a kit, collect your own samples, and send them to a lab. They test it and share the results with you. Like getting tested for the Human Papillomavirus, which can cause cervical cancer in women.

Next, **self-screening or self-testing.** You use diagnostic tools to check for health conditions you can treat at home or with a healthcare provider. Think HIV self-tests or testing for pregnancy.

Then we have **self-diagnosis.** It is like being a health detective. You figure out medical conditions for yourself. For example, using a mental health screening tool and realizing you might be dealing with depression.

Next on the list is **self-collection.** You collect a sample to diagnose medical conditions. You can do it alone or with help from a healthcare provider.

Lastly, **self-monitoring.** You keep an eye on your health with cool equipment. Like tracking your weight, blood pressure, blood glucose level, and lung function. It is handy for monitoring your menstrual cycle or managing medication side effects.

## Let us boost our self-awareness

First up, **self-help.** It is all about spotting potential problems early and stopping them in their tracks! Like creating a plan to monitor your mental health.

Next, **self-education.** Get the right information and knowledge on health issues that interest you. Read journal articles or watch cool videos about SRHR and HIV online. Knowledge is power!

Now, let us talk about **self-regulation.** You can actively enhance your health and improve your medical conditions. It is like learning behaviors or skills to stay healthy, especially for young people living with HIV.

Then we have **self-efficacy.** It is all about believing in yourself and feeling confident in your abilities. When you are empowered with SRHR information, you can confidently negotiate safer sex, and reduce the risks of HIV, unintended pregnancies, and STIs.

Lastly, **self-determination.** It is about making choices and managing your own life. This includes achieving bodily autonomy and integrity. Like choosing to abstain from sex if it feels right for you. It is your life, your choice.



# LET US DEEP DIVE INTO SRHR SELF-CARE COMPONENTS!

## Regular Testing and Monitoring



### GROUP ACTIVITY

- Brainstorm why it is crucial for young people to regularly test and monitor our bodies for medical conditions, like HIV.
- Give an example of tests young people can do and how often. For HIV testing, self-tests can be done every 3 months if at risk, or every 6 months with safer sex.
- Discuss the support available for accessing testing kits or samples after testing.



### INDIVIDUAL ACTIVITY

Think about a time you accessed testing or monitoring services, and answer these questions:

- What service did you seek?
- Did you do it on your own or get assistance? If assisted, by whom?
- What were the benefits of testing or monitoring for you? Do you still do it regularly?
- Which self-care components did you practice when accessing Testing and Monitoring services?

## Key Points to Remember

- Regular self-testing, sampling, and monitoring are essential for good health and well-being.
- It helps prevent diseases, like HIV and self-testing for safer sex decisions.
- It aids in seeking SRHR services, such as pregnancy testing to choose contraception.



# CHAPTER 4

## HIV self-care



### OBJECTIVE

At the end of the chapter, young people should be able to describe and contextualize HIV self-care. Additionally, they should be able to identify various HIV self-care practices.

### WHAT IS HIV SELF-CARE?

- Historically, HIV self-care is also known as HIV self-management.
- It helps individuals manage their health and stick to their treatment plans through counseling and accessible information.

HIV self-care has three key components that anyone can practice at any time: Diagnose, Treat, and Prevent. Check out the table below for more details on each component, an example of HIV self-care practice, and its importance!

COMPONENT	HIV SELF-CARE INTERVENTION	IMPORTANCE
Diagnose	<ul style="list-style-type: none"> <li>• HIV self-tests.</li> </ul>	<ul style="list-style-type: none"> <li>• Entry point to HIV care, whether one is HIV negative or positive.</li> </ul>
Treat	<ul style="list-style-type: none"> <li>• Self-monitoring for side effects of ART and the treatment plan, e.g., knowing when to go for viral load tests.</li> <li>• Self-education on adherence to treatment.</li> <li>• Self-efficacy to believe in one's ability to adhere, control, and create a stigma-free environment.</li> <li>• Self-administration of HIV medication.</li> </ul>	<ul style="list-style-type: none"> <li>• Suppress viral load: Keeping the amount of HIV in the body very low.</li> <li>• Boost immune system: Helping the body's defense system stay strong.</li> <li>• Prevent HIV-related problems: Reducing the chances of severe illness or disability due to HIV.</li> <li>• Improve Quality of Life: Increasing the overall well-being and lifespan.</li> </ul>
Prevent	<ul style="list-style-type: none"> <li>• Educate yourself on various ways to prevent HIV.</li> <li>• Empower yourself to identify and negotiate the use of HIV prevention methods, like condoms, oral and injectable PrEP, PEP, U=U<sup>***</sup>, dapivirine ring.</li> <li>• Make your own choices in a relationship, including negotiating abstinence if that is what you decide.</li> </ul>	<ul style="list-style-type: none"> <li>• Prevent HIV transmission</li> </ul>

\*\*\* When a person living with HIV has achieved and maintains an undetectable viral load through antiretroviral treatment, they cannot transmit HIV to their partner. This is popularly known as undetectable = untransmittable.

# IMPORTANCE OF HIV SELF-CARE IN YOUNG PEOPLE LIVING WITH HIV

## Story Time!



Meet Maya, a young superhero living with HIV! Maya's journey taught her the importance of self-care, especially when it comes to adhering to her HIV treatment



Maya is a vibrant, creative young person who loves art and sports. She's also living with HIV, but she doesn't let it define her. Maya knows that with the right self-care, she can lead a fantastic life!



**MAYA FACES SOME CHALLENGES WITH HER HIV TREATMENT.** Sometimes, she forgets to take her medication regularly, or she feels overwhelmed by school and life. These challenges impact her health and well-being.

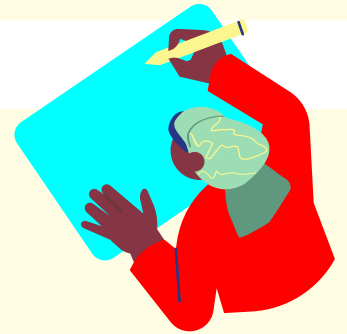


One day, Maya learned about self-care in a support group. She discovers that self-care includes taking her HIV medication as prescribed, managing stress, and seeking support when needed.



It's like finding a magic key to better health!

Maya opens up to her close friends about living with HIV. They become her support squad, always there to remind her to take her medication and cheer her on. Maya realizes that self-care is even more powerful when shared with others.



Maya uses her creativity to make taking her medication fun! She creates a colorful chart to track her doses and sets reminders on her phone. Self-care becomes an exciting adventure, not a burden.

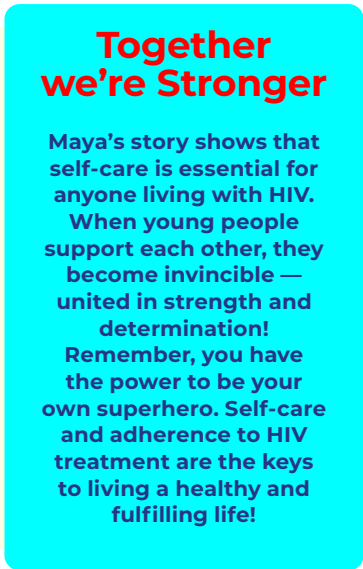


With her newfound self-care routine, Maya's health improves, and her viral load becomes undetectable! She feels more energized and confident, like a real superhero!

Maya's self-care journey inspires others living with HIV. She starts an online group where young people share their self-care tips and stories, creating a supportive community.



Maya now faces life's challenges with courage and resilience. Self-care has taught her that she has the power to conquer anything that comes her way!



## Together we're Stronger

Maya's story shows that self-care is essential for anyone living with HIV. When young people support each other, they become invincible — united in strength and determination! Remember, you have the power to be your own superhero. Self-care and adherence to HIV treatment are the keys to living a healthy and fulfilling life!



# IMPORTANCE OF HIV SELF-CARE FOR YOUNG PEOPLE'S HEALTH

## Increased knowledge

- HIV self-care empowers young people to acquire SRHR and HIV knowledge through self-education and online platforms.
- Young people living with HIV can decide when and from whom they want to receive SRHR and HIV information through self-care practices.
- HIV self-care helps young people living with HIV identify needed commodities and advocate for missing resources.

## Increased acceptance

- HIV is a chronic condition, and self-care helps young people living with HIV accept and manage their feelings and HIV status.

## Increased ability to self-regulate

- HIV self-care empowers young people living with HIV to make decisions on disclosure and sexual health and cope with stigma.
- Self-regulation helps manage emotions related to disclosure, stigma, and treatment.

## Improved adherence and undetectable viral load

- Taking ART daily and integrating it with routines ensures good health and U=U achievement. Effective treatment with an undetectable viral load prevents HIV transmission.

## Increased community support and collective care

- Young people living with HIV need communication with peers, caregivers, and healthcare providers for extended support.
- Self-care involves knowing how to communicate for additional support from healthcare settings.

## Increased Self-Determination

- Young people living with HIV practicing self-care are likely to be more self-determined, setting personal goals for the future.
- Through self-management and self-care, young people living with HIV can lead healthier and empowered lives, achieving their dreams and reducing the impact of HIV on their well-being.

*Curious to begin an HIV self-care journey?*

**These resources below may help!**

[CDC steps to Care Workbook](#)

[UNICEF Adolescents living with HIV: Developing and Strengthening Care and Support Service](#)



# HIV SELF-CARE FOR YOUNG PEOPLE AT RISK OF ACQUIRING HIV IS ALSO KNOWN AS HIV PREVENTION SELF-CARE

HIV prevention includes rights-based, evidence-based, and community-based programs promoting the use of biomedical, behavioral, and structural interventions to reduce the risk of acquiring HIV.

## EXAMPLES OF HIV PREVENTION SELF-CARE FOR YOUNG PEOPLE

**Bio-medical** HIV self-testing allows young people to regularly test themselves, adopt low-risk sexual behaviors, and maintain good sexual health to continue preventing HIV.

Oral PrEP, the Dapivirine vaginal ring, injectable Cabotegravir and condoms are all HIV prevention methods. They are not all available yet in each context, but ideally they are offered as part of a comprehensive prevention package, allowing young people to choose the product of their preference.

**Behavioral** Knowledge is Power! HIV self-education empowers young people to understand their risks, HIV prevention needs, and where to access the necessary HIV prevention commodities.

HIV self-regulation refers to one's ability to manage their lifestyle and behavior. For example, young people who use and inject drugs can make informed decisions to control the use of syringes, reducing the risk of HIV transmission.



### Key Point to Remember

Among the broad range of HIV prevention interventions, it is crucial to identify those that are related to self-care. These are interventions that young people can initiate on their own, with or without the help of a health professional.

# CHAPTER 5

## Physical self-care



### OBJECTIVE

At the end of the chapter, young people should have recognized the significance of taking care for overall well-being and reducing burn-out risks through taking care of their bodies.



What am I currently doing for my physical self-care?

### WHAT IS PHYSICAL SELF-CARE?

Physical self-care is all about how you live, breathe, move, and the activities you do to promote a healthy lifestyle. It is like fueling up your superpowers with a balanced diet and exercise!

### IMPORTANCE OF PHYSICAL SELF-CARE IN SRH AND HIV

SRH is not just about the absence of disease; it is about your complete well-being. Taking care of your body is crucial to fully enjoying your reproductive health.

### PAUSE AND REFLECT

There are many cool ways to practice physical self-care and lead a healthy life:

#### Healthy Eating and Nutrition

Eating balanced meals can prevent diseases and malnutrition, giving your superpowers a boost.

#### Exercise and Fitness

Get active and unleash your superhero potential! Exercise strengthens your immune system, boosts your mood, and reduces the risk of health issues like hypertension, diabetes, and other cardiovascular diseases. Let us beat those villains.

## REFLECTIVE QUESTIONS

- What am I currently doing to promote healthy eating and nutrition?
- What exercise and fitness activities am I currently doing?



## Tips to Get Your Body Moving This Week

- Choose a few days to spend at least 30 minutes exercising, like running, dancing, or doing yoga.
- Set a time and place (or write it in your calendar) for your exercise routine. It is like scheduling a superhero mission.
- Find activities you enjoy or want to try. Remember, it is about having fun and feeling awesome!

Get ready to unleash your superpowers and feel incredible after some action-packed exercise! You have got this!



# CHAPTER 6

## Mental Health Self-Care, SRHR and HIV



### OBJECTIVE

By the end of the chapter, young people will have gained an understanding of how mental health is connected to SRHR and HIV.

### WHAT IS MENTAL HEALTH SELF-CARE?

Mental health self-care is like giving your mind some love. It is about taking care of your mental well-being while dealing with HIV and SRHR. This includes counseling, support groups, and getting the right resources to stay strong and confident.

### IMPORTANCE OF MENTAL HEALTH IN SRHR AND HIV SELF-CARE

- Coping with psychological distress and fighting HIV-related stigma is easier with Mental Health Self-Care.
- Mental Health support empowers you to make positive decisions, and it helps break the barriers that might stop you from seeking HIV testing or SRHR services.

**Note:** If you need support, reach out to a healthcare professional or a trusted organization. You are never alone!

### IDENTIFYING TRIGGERS FOR MENTAL HEALTH CHALLENGES

The following may cause mental health issues related to SRHR and HIV:

- Stigma and discrimination can really affect your mental well-being.
- Fear of judgment or isolation because of your sexual orientation, gender identity, or HIV status can lead to stress and anxiety.
- Peer pressure and societal expectations can create internal conflicts and stress.
- Lack of knowledge about SRHR and HIV prevention might leave you confused and worried.

## UNDERSTANDING MENTAL WELL-BEING

Taking care of your emotional well-being is super important! Here are some cool tools for self-diagnosis and self-care:

- **Journaling:** Write down your thoughts and feelings to understand yourself better and identify patterns and triggers.
- **Meditation and mindfulness apps:** Relax your mind with guided meditations and breathing exercises. Find your inner calm.
- **Mood trackers:** Use apps to track your moods and emotions, uncovering what affects your mental well-being.
- **Online self-assessment tests:** Take reputable tests to check your emotional state and identify areas that need attention. <https://positivepsychology.com/assessment-tools/>
- **Seeking professional help:** Remember, these tools are helpful, but it's okay to seek guidance from a mental health professional.



### ACTIVITY

**Emotional self-care self-diagnosis tool.**  
Rate how well you are doing in each activity:

- I rarely do this - I do not do this well.
- I sometimes do this - I am average at doing this.
- I do this often - I do this very well.
- I would like to do this more often - I would like to become better at this.

## STRESS MANAGEMENT TECHNIQUES

Understanding what stresses you out, can help you unlock your inner peace! Try these techniques:

- **Deep breathing:** Take slow, deep breaths to relax. Inhale through your nose, hold and exhale through your mouth.
- **Physical activity:** Supercharge your mood with exercise! Dancing, walking, or yoga are great stressbusters.
- **Mindfulness and meditation:** Be present in the moment without judgment. Meditate to calm your mind and reduce stress.
- **Social support:** Talk to trusted friends or family about your stress. They will lend a listening ear.
- **Time management:** Prioritize tasks and break them down to manage stress levels.
- **Eat healthy:** Fuel up with fruits, veggies, and whole grains for a boost!
- **Sleep:** Get enough rest to recharge your power.
- **Relaxation:** Practice exercises to reduce stress, like guided imagery or progressive muscle relaxation.
- **Express yourself:** Laugh and express emotions through art, writing, or talking to loved ones.
- **Seek support:** Remember, you are not alone. Reach out for help when you need it. Superheroes need a support team!

## BUILDING YOUR RESILIENCE AND COPING STRATEGIES

Building up your SRH and HIV resilience is like having an extra shield of strength. Check out these cool strategies to level up your well-being:

- **Educational workshops:** interactive workshops where you will talk about everything from contraception to healthy relationships and HIV prevention. Share your thoughts, ask questions, and learn some practical coping strategies.
- **Peer support groups:** create safe spaces where you can meet your peers facing similar challenges. Connect, share experiences, and support each other on this amazing journey.
- **Online platforms:** join user-friendly digital platforms where you can find reliable info, ask questions anonymously, and connect with experts and mentors. Get ready for interactive quizzes, cool videos, and exciting forums to learn and grow.
- **Artistic expression:** write, make music, create art, or perform drama to express your thoughts and feelings. This artistic outlet helps you explore emotions, build resilience, and tackle sexual health and HIV challenges head-on.
- **Skill-building activities:** equip yourself with super skills like assertiveness, communication, decision-making, and critical thinking. These skills are essential to make wise choices about your SRH and handle tough situations like a pro!
- **Identifying places of support:** You don't have to face it alone. Here are some places where you can find incredible support:
  - **Local youth centers:** Check out awesome youth centers in your community. They are all about creating a safe space for young people like you. You will find resources, support groups, and counseling services related to SRHR and HIV.
  - **Civil Society Organizations:** There are amazing organizations that focus on supporting youth with SRHR and HIV. They offer counseling, education, and even peer

support groups. Look for ones that match your needs in your area or online!

- **Schools and universities:** Your educational institutions got your back. Many have health centers or counseling services tailored to young superheroes. Don't hesitate to reach out for SRHR and HIV support.
- **Online platforms and resources:** Time to explore the virtual world! Online platforms and resources are packed with support and information about youth SRHR and HIV. Check out websites, forums, and online communities for peer support and counseling services.

Remember, you are never alone in this journey. Reach out to these amazing places for support, guidance, and strength.



### Key Points to Remember

- Approach this topic with empathy and a commitment to supporting young people's well-being.
- Taking care of your mental well-being is a lifelong journey; be patient and kind to yourself.
- Self-care is unique to each person; find what works best for you.
- Experiment with stress management techniques and seek support when needed.
- Be sensitive and culturally aware when discussing these topics to empower informed decisions.
- Reach out to trained professionals for accurate and trustworthy information and support.

# CHAPTER 7

## Collective SRHR and HIV care



### OBJECTIVE

By the end of the chapter, young people will have gained an understanding on the concept of collective care in the context of SRHR and HIV.



### Case Study

#### EXPERIENCE OF ENGAGING IN A SUPPORT GROUP

Meet Sarah, a 18-year-old living with HIV, feeling overwhelmed and isolated. She joined an SRHR and HIV support group for young people, where she found a safe space to discuss her feelings and fears. The facilitator provided information, dispelling misconceptions. Sarah connected with peers, forming a supportive network. Together, they encouraged adherence to HIV treatment and safer sex practices. The group boosted her confidence and resilience, empowering her to make informed decisions about her sexual health and future. Through collective care, Sarah found a sense of belonging and community, showing how support groups play a crucial role in promoting well-being for young people living with HIV.



### REFLECTIVE QUESTIONS

1. What challenges did the young person face in managing their health?
2. How did engaging in a support group help them?
3. What have your experiences been like in peer support groups?
4. Who forms support groups, where, and why are they important?

### WHAT IS COLLECTIVE CARE?

Collective care means looking after each other as a group, creating a community of care and support, an extension of self-care. In SRHR and HIV interventions, collective care has proven effective, as shown in the case study.



## CREATING COLLECTIVE CARE SPACES - PEER SUPPORT AND NETWORKS



### ACTIVITY

**Creating an SRHR and HIV peer support group:**

- **Partnering** - identify potential partners, like NGOs providing SRHR and HIV self-care services in your area.
- **Define your purpose** - Set clear goals for the support group to improve collective care and support self-care, along with ground rules.
- **Define participants and mobilization strategies.**
- **Facilitation** - Decide on a facilitator's role, either one person or rotating roles, ensuring a safe space.
- **Structure of meetings** - Determine meeting frequency, timing, and duration.
- **Logistics** - Plan for refreshments, transportation, and any required materials.

## ENGAGING WITH COMMUNITIES

Involving communities in SRHR interventions empowers collective care. Reflect on a young person's experience using SRHR and HIV self-care at home, including challenges faced and the community's role in either improving or worsening them.

### Case Study

#### STORY OF ALEX

Meet Alex, an 18-year-old who decided to use PrEP as part of his SRHR and HIV self-care routine. At first, he faced challenges with privacy and stigma in his community. Some family members questioned his decision, believing it encouraged promiscuity. However, his close friends and a supportive counselor at a youth center encouraged him to stay resilient. They educated others about PrEP's importance, dispelling myths. As the community began to understand, Alex found more acceptance and support. His friends even reminded him to take his daily pill. With the community's positive shift, Alex's self-care journey became easier, empowering him to take control of his sexual health.

## ENGAGING HEALTHCARE PROVIDERS

Healthcare providers play a vital role in promoting collective care for improved self-care. Collaborating with them:

- **Improves communication**, addressing myths, misconceptions, and stigma around SRHR and HIV services.
- **Saves time** by providing accurate information, and ensuring better access to health interventions.
- **Enhances access** to youth friendly SRHR and HIV services.



### REFLECTING ON THE CASE STUDY

1. Identify the type of SRHR and HIV self-care used.
2. Describe the challenges faced by the young person and their sources.
3. Analyze the community's role in exacerbating or alleviating the challenges.
4. Imagine an ideal scenario for safe access and use of SRHR and HIV self-care interventions and propose improvements.



## Key Points to Remember

- When creating a peer support group, there is no one-size-fits-all approach. The most important thing is to ensure the group is safe and respectful for all participants.
- Encourage open discussions and provide practical coping strategies in peer support groups to support SRHR and HIV self-care.
- Healthcare providers play a vital role in promoting collective care for improved self-care, offering correct information, and improving access to SRHR and HIV services.
- Involving communities in SRHR interventions for young people can create a whole system of collective care, supporting their journey towards better self-care.
- Young people need empathy, understanding, and support in their mental well-being journey, and self-compassion is essential in taking care of their mental health.

# CHAPTER 8

## Advocating for self-care inclusion



### OBJECTIVES

By the end of the chapter, young people will be able to develop youth-led SRH and HIV self-care advocacy strategies.

### WHAT IS ADVOCACY?

Advocacy means speaking up for important issues like SRHR and HIV through awareness campaigns, policy influence, and community engagement. It empowers young individuals and organizations to shape policies, fight discrimination, and ensure access to comprehensive healthcare. Advocacy can break taboos, create acceptance, and promote inclusivity for better SRHR and HIV services.

### UNDERSTANDING THE IMPORTANCE OF ADVOCATING FOR SELF-CARE

Advocating for SRHR and HIV self-care is essential because it:

- Fights harmful norms and stigma.
- Gives young people ownership of their health.
- Encourages open communication and healthier relationships.

### EXPLORING ADVOCACY STRATEGIES

Strategies for advocating self-care in healthcare settings include:

- **Raising awareness and education campaigns:** Educate healthcare professionals about youth SRHR and HIV self-care.
- **Collaborating:** Partner with youth-led organizations for a bigger impact.
- **Policy advocacy:** Engage policymakers to prioritize youth SRHR and HIV self-care.
- **Promote youth-friendly spaces:** Create comfortable environments in healthcare settings.
- **Mobilizing youth voices** through social media.
- **Organizing creative community events** e.g. music galas.

*Remember, creativity and persistence are key to advocating for change!*

Do you know of any other strategies? Do add them too!



## Let's explore advocacy channels!



### REFLECTION QUESTIONS

1. Have you ever advocated for something?
2. If so, what channel or approach did you use to implement the advocacy campaign?

**Below are some channels we can use - please do add more!**

- **Social Media:** Share information, stories, and hashtags.
- **Blogging/Vlogging:** Create content on SRHR and HIV.
- **Collaborating:** Partner with organizations and campaigns.
- **Workshops/Webinars:** Educate and engage people.

### LET'S EXPLORE BARRIERS TO EFFECTIVE ADVOCACY ON INCLUSION OF SRH AND HIV SELF-CARE IN POLICIES

Self-care is not a new concept in healthcare. However the increased attention to SRH and HIV self-care is new. This has raised challenges for young people and collaborators when it comes to advocacy. Some of the challenges include:

- **Negative attitudes** of health care providers as they feel self-care will replace their roles as healthcare providers.
- **Restrictive age of consent laws/policies** on access to SRH and HIV services by young people.

The barriers are so many. Can you add more based on your experiences?



### ACTIVITY

**Lets create an advocacy plan using the steps below**

1. Think about the aspect of self-care you want to collectively advocate for.
2. Determine your stakeholders who are the people who can change your issue, who are the people who are likely to oppose and who are the people who can support you.
3. What strategy would you like to use to implement your advocacy plan?

**TIP: Choose a method that best suits the population you intend to reach with your advocacy messages on self-care.**

4. What channels will you use?

**TIP: Consider the most effective ways to spread awareness and empower others to prioritize self-care.**

5. What is your timeline?
6. How will you know if you have been successful or not?

**TIP: Set a clear goal and objectives for your advocacy plan.**

## COMMUNITY-CENTERED SELF-CARE ADVOCACY

Advocating for self-care is not just about you, it is about your whole community too! Here is why community-centered self-care advocacy is super important:

- **Community well-being:** When everyone in the community practices self-care, it creates a culture of wellness and support, making everyone feel better!
- **Education and awareness:** We need to spread the word about self-care to everyone in the community. Workshops, events, and sharing information can help people learn about self-care.
- **Inclusivity:** Self-care should be for everyone in the community, no matter who they are.
- **Collaborative approach:** Teamwork makes the dream work! We can achieve more when we work together with organizations, healthcare providers, and community leaders.
- **Resource sharing:** Everyone should have access to the resources they need for self-care. This means mental health services, support groups, and more!
- **Peer support:** Supporting each other is a big part of self-care. Peer support groups can be a great way to share experiences and help each other out.

## POLICIES TO SUPPORT SELF-CARE - ENSURING YOUR RIGHTS AND WELL-BEING!

Did you know that policies play a big role in making sure you get the care and support you need? Check out these few ways on the role of policies in self-care:

- **Speak Up safely:** National, regional, and international policies should make sure that you can report any unfair treatment or rights violations without fear. If you face discrimination or your privacy is violated, you should be able to seek help and justice!
- **Equal access to justice:** Self-care should be fair and equal for everyone. Programs should make sure that you have access to justice if you use self-care methods. Your safety, privacy, and choices matter!
- **Health workers have your back:** If you face any issues, health workers should be there to support you. They can help you report violations to the police and make sure you get the help you need. Different communities might need different types of support, and that is okay!
- **Policies shape your care:** The rules and policies set by the government can impact your healthcare. It is essential to push for good policies in place to create a safe and inclusive environment for you and others.
- **Breaking barriers:** Some unfair laws can stop you from accessing self-care. For example, age of consent law, laws against same-sex relationships can be a huge barrier. We need to address these issues to ensure everyone gets the care they deserve!
- **Improving access:** Countries should keep an eye on their laws and policies and make sure self-care is available and easy to access for everyone. No one should be left out!

### Example of policies on self-care:

[Nigeria Self-care guidelines summary](#)

[Kenya Self-care guidelines](#)

# CHAPTER 9

## Holistic well-being



### OBJECTIVE

By the end of this chapter, young people will have a clear understanding that holistic well-being encompasses various aspects of young people's health and care. They will recognize its relevance to different health topics, including SRHR, HIV, and mental health.

Here it is all about taking care of yourself in every way possible! We're talking about your physical, psychological, emotional, and spiritual health - the whole package! It's super important, especially when it comes to stuff like SRHR, HIV, and mental health. Let us learn how to rate ourselves using a cool self-care assessment tool.



Rate yourself, using the numerical scale below, to rate every point:

**5 = Frequently,**  
**4 = Occasionally,**  
**3 = Sometimes,**  
**2 = Never,**  
**1 = It never even occurred to me.**

### How often do you do the following activities?

- Physical self-care: Do you eat regularly and healthily? Do some exercises, walking, and take care of your medical needs like a champion. Rate yourself from 1 to 5!
- Psychological self-care: Ever take time for self-reflection or write in a journal? Reduce stress and be curious about life. Let us rate those good vibes!
- Emotional self-care: Spending time with awesome people, laughing, and being proud of yourself are all part of emotional self-care. Do not forget to rate!
- Spiritual self-care: Time for prayer, meditation, and feeling inspired is essential for your spiritual side. Rate how much you connect with yourself spiritually.

Now that we have rated ourselves, let us create our personalized self-care plan!

Here's how:

- Look at your habits: Observe what you are already doing to cope with life's ups and downs. Write down the good and not-so-good stuff.
- Identify your needs: List all your physical, mental, emotional, and professional needs. Do not leave any area of well-being behind.
- Write down your practices: Choose activities that make you happy, energized, and at peace. Let us plan to do them daily or occasionally!
- Fit them into your schedule: Make time for self-care by starting with the most important activities and gradually adding more. Slow and steady wins the race.
- Remove barriers: Say goodbye to those negative habits that don't serve you. Let us make room for all the awesome self-care practices.

To stick to your self-care plan, keep it simple, and choose activities you love. Be kind to yourself, and remember, you can always start fresh!

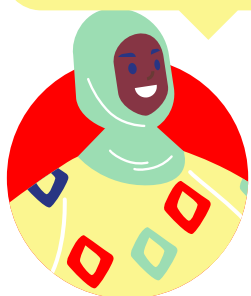


## BALANCING SELF-CARE WITH OTHER PRIORITIES

Balancing self-care with other stuff in life can be a bit of a challenge, but fear not, we have got some cool guidelines to help you out:

- **Define your priorities:** Figure out what is most important to you - your commitments and responsibilities. Knowing this will help you know where to put your energy.
- **Schedule self-care time:** Treat self-care like a boss! Set specific times in your calendar for activities that boost your energy and well-being, like meditation or hobbies.
- **Prioritize self-care daily:** Even small self-care practices are a big deal. Take short breaks, breathe deeply, or sip on a yummy cup of tea throughout the day.
- **Delegate and ask for help:** Do not hesitate to ask for a helping hand. Get friends, family, or colleagues to assist you when needed.
- **Set boundaries:** Guard your self-care time like a superhero! Establish clear boundaries to protect it.
- **Practice self-compassion:** Be your own best friend forever! Show yourself some kindness and remember that we all have ups and downs.

Now, let us talk about self-care  
being a lifelong journey!



- **Regular testing:** For people sexually active or at risk, get tested regularly for HIV. Early diagnosis and treatment are superheroes for your health.
- **Medication adherence:** If you are on ART for HIV, stick to the superhero plan. Take your medication exactly as your healthcare provider says.
- **Safe sex practices:** Super important! Use condoms like a pro and explore PrEP for added protection against HIV and other STIs.
- **Regular check-ups:** Health check-ups are your sidekicks! Get them regularly to monitor your overall health and address any concerns.
- **Emotional support:** Life can be a rollercoaster. Seek support from awesome groups, counseling, or trusted peeps to boost your emotional well-being.
- **Healthy lifestyle:** Boost your superpowers with a balanced diet, exercise, and enough sleep. It is key to feeling awesome!
- **Educate yourself:** Knowledge is power! Learn about HIV and SRHR from reliable sources and workshops.

## LASTLY, LET US TALK ABOUT SELF-CARE AND SPIRITUALITY!

- **Align with your values:** Stay true to your awesome self! Identify your values and make changes that match them.
- **Meditation magic:** Find your serenity. Meditate to improve focus, lower stress, and feel amazing.
- **Join a religious or cultural community:** Being part of a community can boost your mental health and overall happiness.



### TIME FOR AN ACTIVITY!

Get your family and friends involved in your spiritual journey by having open discussions about religion and spirituality. Do not be afraid to ask questions and seek answers online or by visiting local religious communities. Exploring different beliefs and practices will help you find the best path for building your own spiritual beliefs. Remember, it is a personal journey, and there is no right or wrong way to do it. Embrace the adventure and enjoy discovering what resonates with you the most!



# ANNEX 1

## Additional resources

Here are some reputable online resources and websites that focus on self-care for young people regarding Sexual and Reproductive Health and Rights (SRHR) and HIV:

### TO EXPLORE

- **Advocates for Youth** ([www.advocatesforyouth.org](http://www.advocatesforyouth.org)): This organization focuses on promoting young people's sexual and reproductive health and rights. Their website offers educational resources, fact sheets, and advocacy tools.
- **amfAR Youth Resources** ([www.amfar.org/youthresources](http://www.amfar.org/youthresources)): The Foundation for AIDS Research (amfAR) offers resources specifically aimed at young people regarding HIV prevention, treatment, and support.
- **Bedsider** ([www.bedsider.org](http://www.bedsider.org)): This website offers information about birth control methods, sexual health, and relationships. It includes interactive tools to help young people find the right birth control method for them.
- **CDC-Info on Adolescent Health** ([www.cdc.gov/healthyouth/index.htm](http://www.cdc.gov/healthyouth/index.htm)): The Centers for Disease Control and Prevention (CDC) provides information on various aspects of adolescent health, including sexual health, HIV prevention, and self-care tips.
- **Go Ask Alice!** ([www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)): A health Q&A website run by Columbia University's Health Services. It covers a wide range of topics, including sexual health and self-care for young people.
- **Love is Respect** ([www.loveisrespect.org](http://www.loveisrespect.org)): A website focused on promoting healthy relationships and preventing dating abuse. It offers resources and support for young people navigating relationships.
- **My PrEP Experience** ([www.myprepexperience.blogspot.com](http://www.myprepexperience.blogspot.com)): A blog that shares personal experiences and information about Pre-Exposure Prophylaxis (PrEP), a preventive HIV medication.
- **Planned Parenthood** ([www.plannedparenthood.org](http://www.plannedparenthood.org)): Planned Parenthood provides information on sexual health, birth control, STI testing, and other services. They have a section dedicated to resources for young people.
- **Scarleteen** ([www.scarleteen.com](http://www.scarleteen.com)): A comprehensive sex education and information website for young people. It covers various topics related to sexual health, relationships, and self-care.
- **Youth Tech Health** ([www.yth.org](http://www.yth.org)): YTH is a nonprofit organization that uses technology to improve the health and well-being of young people. Their website offers resources and tools on sexual health, including HIV prevention and care.

- **One2OneKenya** ([one2onekenya.org/](http://one2onekenya.org/)): The place for all young people in Kenya to get accurate information on their sexual and reproductive health.
- **Love Matters Africa:** [lovemattersafrica.com/love-relationships/](http://lovemattersafrica.com/love-relationships/)
- **Y+ Global webpage on self-care:** [www.yplusglobal.org/projects-self-care-young-people-taking-control](http://www.yplusglobal.org/projects-self-care-young-people-taking-control)

## TO LISTEN

- **Podcast on SRHR and HIV Self-care:** [www.youtube.com/watch?v=aHiRzfDviaY](http://www.youtube.com/watch?v=aHiRzfDviaY)
- **Young Voices; Y+ Global podcast:** [www.yplusglobal.org/young-voices-podcast](http://www.yplusglobal.org/young-voices-podcast)
- **Self-care for Youth by Young, a SCTG Podcast:** [www.psi.org/project/self-care/self-care-for-youth-by-youth/](http://www.psi.org/project/self-care/self-care-for-youth-by-youth/)
- **The WAVE Podcast paper II: Access to sexual and reproductive health and rights for women and girls living with HIV**
- **Young and Powerful with Choice for Youth, and Sexuality podcasts:** [www.choiceforyouth.org/news/podcast/?acceptCookies=64ca4b937b39a](http://www.choiceforyouth.org/news/podcast/?acceptCookies=64ca4b937b39a)
- **Y+ Global Selfcare podcasts:** [podtail.com/da/podcast/young-voices-the-y-global-podcast/championing-self-care-lessons-from-nigeria-and-uga/](http://podtail.com/da/podcast/young-voices-the-y-global-podcast/championing-self-care-lessons-from-nigeria-and-uga/)

## TO WATCH

- **WHO Self-care Interventions for Health:** [youtu.be/hwGPJDQNYoo](http://youtu.be/hwGPJDQNYoo)
- **What is Self-care: Mental Health Series:** [youtu.be/EguDLVf5x\\_U](http://youtu.be/EguDLVf5x_U)
- **Self-care:** [youtu.be/LY4i5CSn7AA](http://youtu.be/LY4i5CSn7AA)

*Well done for completing your journey through our self-care toolkit for young people on SRHR and HIV!*

You have now equipped yourself with essential knowledge, tools, and resources to navigate the path toward a healthier and happier life. Remember, self-care is not just a buzzword; it is a fundamental practice that empowers you to take control of your well-being. Embrace the power of self-awareness, self-compassion, and self-advocacy as you navigate the complexities of relationships, sexual health, and HIV prevention.



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**HIV/AIDS Prevention guideline:** [www.unfpa.org/sites/default/files/pub-pdf/hiv\\_guidance.pdf](http://www.unfpa.org/sites/default/files/pub-pdf/hiv_guidance.pdf)

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**Combination HIV Prevention:** [www.unaids.org/en/resources/documents/2010/20101006\\_JC2007\\_Combination\\_Prevention\\_paper](http://www.unaids.org/en/resources/documents/2010/20101006_JC2007_Combination_Prevention_paper)

**HIV Treatment, Care and Support for People Who Use Stimulants and Drugs:** [www.unodc.org/documents/hiv-aids/publications/People\\_who\\_use\\_drugs/19-04568\\_HIV\\_Prevention\\_Guide\\_ebook.pdf](http://www.unodc.org/documents/hiv-aids/publications/People_who_use_drugs/19-04568_HIV_Prevention_Guide_ebook.pdf)

**Emotional Wellness Toolkit:** [www.nih.gov/health-information/emotional-wellness-toolkit](http://www.nih.gov/health-information/emotional-wellness-toolkit)

**Self-care Check Up:** [positive.b-cdn.net/wp-content/uploads/Self-Care-Checkup.pdf](http://positive.b-cdn.net/wp-content/uploads/Self-Care-Checkup.pdf)

American Psychological Association (February 1, 2020). **Building your resilience.** Retrieved online from: [www.apa.org/topics/resilience?fbclid=IwAR05tZfPpGV\\_F3B\\_QDuSF73XE7sPqNmDHgsHGZLWRMoP\\_5l\\_zg6oTgMqMM](http://www.apa.org/topics/resilience?fbclid=IwAR05tZfPpGV_F3B_QDuSF73XE7sPqNmDHgsHGZLWRMoP_5l_zg6oTgMqMM)

**Steps adopted from The Well Project: Starting a Support Group:** [www.thewellproject.org/hiv-information/starting-support-group](http://www.thewellproject.org/hiv-information/starting-support-group)

**Advocacy Strategy Toolkit:** [www.unaids.org/sites/default/files/media\\_asset/advocacy\\_toolkit\\_en\\_0.pdf](http://www.unaids.org/sites/default/files/media_asset/advocacy_toolkit_en_0.pdf)

**National Guideline for Self-Care in Reproductive Health:** [drive.google.com/file/d/1jCIPG6V2woOc5Jm7rl-WGxyl\\_onT6d4Z/view](https://drive.google.com/file/d/1jCIPG6V2woOc5Jm7rl-WGxyl_onT6d4Z/view)

**Kenya Mental Health Policy (2015-2030):** [publications.universalhealth2030.org/uploads/Kenya-Mental-Health-Policy.pdf](http://publications.universalhealth2030.org/uploads/Kenya-Mental-Health-Policy.pdf)

**Spiritual self-care:** [www.mymentalhealth.guide/self-care/spiritual-self-care](http://www.mymentalhealth.guide/self-care/spiritual-self-care)

**Self Assessment tool: Self-Care:** [www3.paho.org/hq/index.php?option=com\\_docman&view=download&alias=49157-day-1-self-care-assessment&category\\_slug=training-violence-against-women-in-the-caribbean-jamaica-may-2019&Itemid=270&lang=en](http://www3.paho.org/hq/index.php?option=com_docman&view=download&alias=49157-day-1-self-care-assessment&category_slug=training-violence-against-women-in-the-caribbean-jamaica-may-2019&Itemid=270&lang=en)

## **LINKS TO IMPORTANT AND HELPFUL DOCUMENTS RELATE TO HIV/AIDS NUTRITION REQUIREMENT FOR PEOPLE LIVING WITH HIV INCLUDING YOUNG PEOPLE:**

- [apps.who.int/iris/bitstream/handle/10665/42853/9241591196.pdf](http://apps.who.int/iris/bitstream/handle/10665/42853/9241591196.pdf)
- [guidelines.health.go.ke:8000/media/kenya\\_kenya\\_guidelines\\_on\\_nutrition\\_and\\_hiv\\_and\\_aids.pdf](http://guidelines.health.go.ke:8000/media/kenya_kenya_guidelines_on_nutrition_and_hiv_and_aids.pdf)
- [hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-nutrition-and-food-safety](http://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-nutrition-and-food-safety)
- [hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-nutrition-and-food-safety](http://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-nutrition-and-food-safety)
- [www.cdc.gov/hiv/basics/livingwithhiv/healthy-living.html](http://www.cdc.gov/hiv/basics/livingwithhiv/healthy-living.html)

## **POSITIVE LIVING GUIDE:**

- [apps.who.int/iris/bitstream/handle/10665/43957/9789241597098\\_eng.pdf;jsessionid=CA7284F38D52C6F8CCFF2348DE4E2446?sequence=1](http://apps.who.int/iris/bitstream/handle/10665/43957/9789241597098_eng.pdf;jsessionid=CA7284F38D52C6F8CCFF2348DE4E2446?sequence=1)
- [pdf.usaid.gov/pdf\\_docs/PA00J9VQ.pdf](http://pdf.usaid.gov/pdf_docs/PA00J9VQ.pdf)
- [www.youthpower.org/oha-toolkit-positive-living](http://www.youthpower.org/oha-toolkit-positive-living)

## **HIV & AIDS:**

- [www.who.int/news-room/fact-sheets/detail/hiv-aids?gclid=CjwKCAjw\\_aemBhBLEiwAT98FMpyAgatwLg6Eotf6wADbmTFJ-QZxBhevkyiKg4Ihp1dgTJNSpdpHGxoCRzoQAvD\\_BwE](http://www.who.int/news-room/fact-sheets/detail/hiv-aids?gclid=CjwKCAjw_aemBhBLEiwAT98FMpyAgatwLg6Eotf6wADbmTFJ-QZxBhevkyiKg4Ihp1dgTJNSpdpHGxoCRzoQAvD_BwE)
- [www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/hiv/treatment](http://www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/hiv/treatment)

## **HIV SOURCE**

- [hivinfo.nih.gov/hiv-source](http://hivinfo.nih.gov/hiv-source)

## **POPULATION**

- [www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/populations](http://www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/populations)

## **TREATMENT AND CARE FOR PREGNANT AND LACTATING WOMEN AND GIRLS**

- [www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/populations/pregnant-and-lactating-women-and-girls](http://www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/populations/pregnant-and-lactating-women-and-girls)

## **GLOBAL HEALTH SECTOR STRATEGIES 2022 – 2030**

- [www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/strategies/global-health-sector-strategies](http://www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/strategies/global-health-sector-strategies)

# ABBREVIATIONS

<b>AIDS</b>	Acquired Immunodeficiency Syndrome
<b>ARASA</b>	AIDS and Rights Alliance for Southern Africa
<b>ART</b>	Antiretroviral Therapy
<b>CDC</b>	Center for Disease Control and Prevention
<b>HIV</b>	Human Immunodeficiency Virus
<b>HPV</b>	Human Papillomavirus
<b>LGBTIQA+</b>	Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual
<b>NGOs</b>	Non-governmental Organizations
<b>PEP</b>	Post Exposure Prophylaxis
<b>PrEP</b>	Pre-Exposure Prophylaxis
<b>SRHR</b>	Sexual Reproductive Health Rights
<b>STI</b>	Sexually Transmitted Infections
<b>UNFPA</b>	United Nations Population Fund
<b>UNICEF</b>	United Nations International Children's Fund
<b>U=U</b>	Undetectable = Untransmittable
<b>WHO</b>	World Health Organization
<b>Y+ Global</b>	Global Network of Young People Living with HIV