

ACTIVITY ALPHABET



ARE **YOU** HIV PREJUDICED? went public in 2003. To help you make the most of this awareness initiative, we've put together some simple, easy suggestions of things you can do to get more actively involved in the campaign:

ASK

Ask the question ARE **YOU** HIV PREJUDICED? Talk about the issue. Tell people what we are doing and why it is important to end ignorance and end prejudice. Inspire people to support the campaign.

EDUCATE

Ensure that schools and colleges include HIV education and discrimination in their curriculum and that they have policies and procedures in place for dealing with HIV discrimination.

EMAIL

Email is a quick and cheap way of communicating messages to a mass audience. Your address book is a valuable resource. Ask more people ARE **YOU** HIV PREJUDICED? Register your address with us and we will send you campaign updates. Why not add a link to www.areyouhivprejudiced.org in your signature.

POSTERS

Posters are a great way to help build recognition of the campaign and get the message into places where short-lived newspaper, television or radio adverts don't reach. Schools, community centres, church and village halls usually have a notice board and are good places to target a whole range of local people. Two larger versions of the press ads are available in this pack as A2 posters.

REMEMBER

It is important to remember that you can live, work, and socialise with someone who has HIV or AIDS without any risk of HIV infection.

SUPPORT

Support, acceptance and friendliness toward those living with HIV or AIDS can mean a tremendous amount. Families or partners of people with HIV or AIDS also appreciate support and understanding.

SURF

Our interactive website provides additional information and ways to stay involved in the campaign. NAT campaign materials are also available to download on line. Go to www.areyouhivprejudiced.org and bookmark this site.

TERMINOLOGY

Use correct HIV related and non-judgemental terms and suggested phrases in your publications and interviews to ensure the media get the correct message each and every time. Use suggested phrases in the NAT Media Guide to Terminology.

TAKE OUR HIV PREJUDICED TEST

This interactive 'test' on the website has been developed to dispel myths and misinformation about HIV. We know that ignorance is a key factor in discrimination and prejudice. Go to www.areyouhivprejudiced.org

TEXT

Ask the question on your mobile! Text all in your address book. Ask the recipient to text their address book and so on. Remember to refer them to www.areyouhivprejudiced.org

VOLUNTEER

Give your time. Many organisations are often looking for volunteers for various activities. Call the National AIDS Helpline for details of your local HIV organisation.

WEAR

Red ribbons demonstrate your support for people living with HIV. Wear your ribbon with pride and encourage others to wear a red ribbon in defiance of HIV prejudice.

WORK

Workplace policy on HIV/AIDS is a powerful instrument with which to combat discrimination and encourage solidarity through education and awareness raising.

WORKSHOP

Organise a workshop to explore issues surrounding discrimination and prejudice. Develop your own or use the NAT workshop guide.

WRITE

Write an article about ARE **YOU** HIV PREJUDICED? in your newsletter, staff journal or other local publication.

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