

# T ips for disclosure...from the horse's mouth

Last November Pozhet held an event where people with HIV and their partners got together for a talk by HALC (HIV Legal Centre).

The day included a great discussion about disclosing to new partners, friends and family. Here are some of the ideas people shared...

- Don't assume you know how they will react

maybe they won't understand...  
or maybe they will

- Think of the best place to disclose

Should I tell him at the mall?  
Or maybe in the park  
where it's quiet?

- Give them Reassurance

It's ok I'm healthy. The medications work well  
You won't get it, we can prevent that

- **Rejection can be difficult**

Maybe I should have some support in place

someone to talk to afterwards

Am I feeling strong enough?

Am I also prepared to be accepted?

- **Give them information**

Here's a booklet about HIV.

Here's Pozhet's number,

they can help with any questions you have.

Here's a link with up to date information

- **Give them someone to talk to**

Uncle Leo knows.

You can talk to him about it if you want

- **Let them know it's important not to tell others**

I need to know I can trust you.

I don't want other people knowing

- **Stereotypes lead to prejudice**

How much is my own fear?

How prejudiced is this person in general?

Are they a nice person?

Do they care about me?

- **They may lean on you for support**

I didn't realise I'd have to counsel them!

I gave them Pozhet's number

- **HIV can be associated with taboo subjects like sex & drugs. This could be uncomfortable for some people**

I don't have to justify my past

but I do think about how I would respond

to awkward questions

- **Do your homework – understand the science behind HIV and Treatments, how HIV is transmitted, and know what risk you actually pose to them**

I make sure my knowledge about HIV is up to date.

This gives me confidence when I tell someone