

# TEN TOP TIPS FOR TELLING YOUR CHILD YOU LIVE WITH HIV

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# Ten Top Tips for Telling your child

## **Salamander Trust**

[www.salamandertrust.net](http://www.salamandertrust.net)

Small, young with a global reach

### **Aims:**

- Protect, Promote & Enhance the health and rights of people particularly, but not exclusively marginalised as a result of their Gender, HIV status or Sexual & Reproductive health

### **Through:**

- Training, Global Advocacy & Research





# Ten Top Tips for Telling your child

## **What to consider**

Why; How; Where; When; What age; Be prepared!





# Ten Top Tips for Telling your child

## Tip \* 1

Prepare them from an early age  
(*Give information in small chunks*)





# Ten Top Tips for Telling your child

## Tip \* 2

Choose a time and place  
(*No distractions*)





# Ten Top Tips for Telling your child

## Tip \* 3

Decide who you want to be around when you tell them





# Ten Top Tips for Telling your child

## Tip \* 4

Be prepared with basic information & facts  
(*transmission; how treatment works to keep you well for many years*)





# Ten Top Tips for Telling your child

## Tip \* 5

Reassure them that you are likely to be around to  
nag them for many years!  
*(Tell them when you are well)*





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## Tip \* 6

Don't make it a big deal

Use phrases like:

*“I have a virus which makes my immune system weak, so I can't fight off illness as easily as other people”*

*“Medication makes my immune system strong”*

*“HIV doesn't stop me doing everyday stuff. We can swim, go to the park, ride our bicycles.”*





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## Tip \* 7

Explain why it is important not to tell other people about it.

*Why it is not a secret, just sensitive information that should be kept within the family as some people may not be understanding.*





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## Tip \* 8

Give them the opportunity to ask questions. (Give honest answers!)

*Talk about and clarify any concerns they may have*

*Check from time to time that they understand*

*Be prepared to be asked random questions after the event*





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## Tip \* 9

Tell them about other people In the family who know about your status; or others they can go and talk to.

*Important as they may have questions but not feel comfortable talking to/discussing with you.*





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## Tip \* 10

Link them in to support organisations

CHIVA

<http://www.chiva.org.uk/>

Body and Soul

<http://www.bodyandsoulcharity.org/>

Positively UK

<http://positivelyuk.org/>

Positive Parenting & Children <http://ppclondon.org.uk/>

Your HIV Clinic

Other professionals can help too





# Ten Top Tips for Telling your child

## The Power of Peer Support

A great way to prepare yourself

*Sharing experiences; tactics; reactions & coping mechanisms*

**Enables**

*Informed Decision on **how** and **when** to tell*





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## QUESTIONS?



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