

TEN TOP TIPS FOR TELLING YOUR CHILD YOU LIVE WITH HIV

BHIVA – 13/11/15



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Salamander Trust

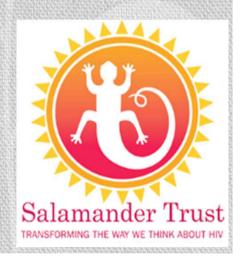
www.salamandertrust.net Small, young with a global reach

Aims:

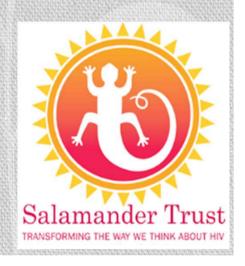
 Protect, Promote & Enhance the health and rights of people particularly, but not exclusively marginalised as a result of their Gender, HIV status or Sexual & Reproductive health

Through:

Training, Global Advocacy & Research

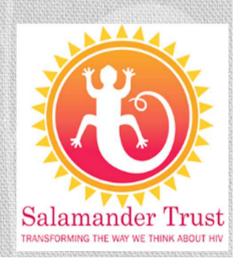


What to consider Why; How; Where; When; What age; Be prepared!



Tip * 1

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



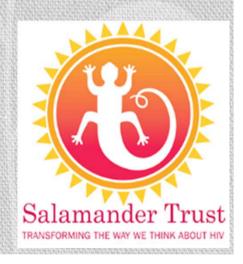
Tip * 2

Choose a time and place (No distractions)



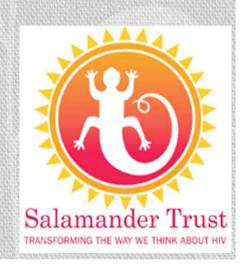
Tip * 3

Decide who you want to be around when you tell them



Tip * 4

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



Tip * 5

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



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."



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.



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



Tip * 9

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

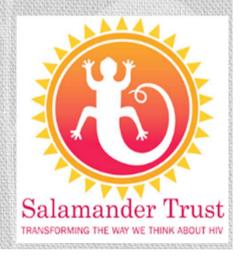
Important as they may have questions but not feel comfortable talking to/discussing with you.



Tip * 10

Link them in to support organisationsCHIVAhttp://www.chiva.org.uk/Body and Soulhttp://www.bodyandsoulcharity.org/Positively UKhttp://positivelyuk.org/Positive Parenting & Children http://ppclondon.org.uk/Your HIV Clinic

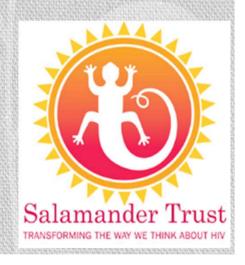
Other professionals can help too



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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