



GETTING TESTED FOR HIV

You can have a free HIV test at any government hospital or clinic. Some DREAMS partners also offer free testing.

Private companies and pharmacies provide testing and HIV self-testing kits at a low cost. If you test HIV positive using a self-testing kit, you will need to go to your nearest clinic or hospital, where they will confirm your test results, provide counselling, and start you on treatment.



GETTING SUPPORT IF YOU HAVE HIV

If you have HIV, talk to somebody you trust who can help you feel loved and accepted.

If you are taking ARVs, it is useful to have somebody to encourage you to take your treatment correctly. Many clinics and communities have support groups, where people get together to share experiences and encourage each other.



FIND SAFE SPACES

The DREAMS programme offers girls-only, safe meeting spaces where you can come together with other young women to talk about your needs and plan for a healthy, safer environment and your own future.



EMPOWER YOURSELF TO REACH YOUR DREAMS

The DREAMS programme can introduce you to mentors who can help you with schoolwork, getting an ID book, and completing school. Finishing school is an important step to you becoming independent.

Project partners share information about bursaries and enrolling for further studies, so you can plan a future career for yourself.

They also offer basic financial literacy skills, as well as information on entrepreneurship and other work opportunities.

Being financially independent allows you to make decisions for yourself and set your own goals for life.



EMPOWER YOUR FAMILY TO BE STRONGER

The DREAMS programme offers workshops and support to parents and caregivers so that they can better understand and support young people.

If you are a parent yourself, DREAMS programmes can help you understand what being a parent means and where you can get advice and help caring for your child.



EMPOWER YOURSELF AGAINST VIOLENCE

Many girls and young women are threatened with violence or have experienced violence from strangers, family members or their boyfriends or spouses. This might be sexual assault, rape, physical violence, or emotional and psychological abuse. These actions are against the law and can be reported at your local police station.

If you need medical help, you can go to your local clinic or to a Thuthuzela Care Centre for assessment and treatment.

The DREAMS programme offers counselling and advice on how to free yourself from these situations, and information on safe shelters.

They also offer gender-based awareness programmes that encourage men and women to talk together about relationships and preventing violence. Some also offer self-defense classes.



THE DREAMS PROGRAMME CAN PROVIDE USEFUL INFORMATION AND HELP YOU FIND THE SERVICES THAT YOU NEED.

HIV treatment and support

Sexual and reproductive health services

Gender-based violence counselling

Academic support and access to education

Access to livelihood skills and opportunities

Financial literacy

Entrepreneurial training

Girls-only safe places to meet



Know Yourself, Know Your Strength



Life can be an exciting adventure that also comes with challenges that you need to be prepared for.

We live in a world where we often face struggles at school, in romantic relationships, with our families, with our health and with our decisions about the future.

You can take action today to make sure you are better able to cope with these challenges.

The DREAMS project aims for an AIDS-free future for girls and women. You can get involved in programmes to be part of this future.

Attending Woza Asibonisane! workshops is the first step to finding information that can help you make decisions that are right for you. This can help you to create a healthy future for yourself, your family and your community.

The Woza Asibonisane! Stepping Stones workshops provide a space to talk about relationships, gender roles and families. These sessions also link you to services and support related to HIV and gender-based violence.

The workshops are a gateway to other DREAMS programmes and opportunities.



EMPOWER YOURSELF BY TALKING ABOUT SEX

Knowledge is power. The more you know about sex, the better you can take care of your own health.

Before you decide to have sex for the first time, or if you have already had sex, you should know how to keep yourself safe and healthy.

If you are thinking about having sex, talk to your partner about what this means. Have a conversation about your feelings, and the other relationships or partners you have both had.

Talk about protecting yourself and your partner from HIV and other sexually transmitted infections, about using condoms, and about preventing pregnancy.



EMPOWER YOURSELF BY TALKING ABOUT PREGNANCY

Deciding when and if to get pregnant is your choice. You can avoid pregnancy by using condoms or another type of contraceptive.

Contraception is freely available at all government clinics. Different types include the pill, the injection, the IUD and the implant. These work in different ways in your body.

Condoms prevent HIV and pregnancy. All other contraceptives can prevent pregnancy, but they do not protect you from HIV. Speak to your nurse or doctor about what might work best for you.



PREVENTING PREGNANCY IN CASE OF EMERGENCY

If you have had unprotected sex, if a condom bursts, or if your contraception fails, you can get emergency contraception (the morning-after pill) from your clinic or a pharmacy within 72 hours (3 days) of having sex.



EMPOWER YOURSELF BY TALKING ABOUT HIV

The most common way that HIV is passed on from one person to another is through sex. To prevent passing getting or passing on HIV, use a condom correctly every time you have sex.

Talk to your nurse or doctor about PrEP, which involves taking medicine to prevent getting HIV if you are in a risky relationship and not using condoms.



PREVENTING HIV IN CASE OF EMERGENCY

If you have had unprotected sex, if a condom has burst, or if you have been raped, you can get emergency treatment from your clinic or hospital to prevent you from getting HIV. This treatment must be started within 72 hours (3 days) of the emergency.

GETTING ADVICE AND SUPPORT TO HELP YOU COPE

If you are struggling and want to talk about your problems, you can reach out to organisations or support groups in your community. You can also get help from these organisations:

TYPE OF HELP	NAME OF ORGANISATION	CONTACT DETAILS
Information about HIV	AIDS Helpline	0800 012 322
Child abuse	Childline	0800 055 555
Depression and anxiety	SADAG	0800 456 789
Suicide emergency	SADAG	0800 567 567
Relationship problems	LifeLine FAMSA	0861 322 322 011 975 7106
Gender and relationships	CCI Stepping Stones workshop partners	012 366 9300
Gender-based violence	GBV Command Centre GBV counselling line	0800 428 428 0800 150 150
Violence prevention and support	NACOSA empower programme	021 552 0804
Sexual and reproductive health	WITS RHI	011 358 5300
Skills training	FHI 360	012 762 4000
Safe spaces for girls	FHI 360	012 762 4000
Grants and social support	SASSA	0800 60 10 11
Substance abuse problems	Department of Social Development	0800 12 13 14 sms 32312
Parenting and family programmes	FHI 360 PACT HIVSA Mother-to-mothers NACOSA	012 762 4000 012 754 1440 011 494 1900 021 466 9160 021 552 0804

ASK ABOUT THE DREAMS PROGRAMME FOR GIRLS AND YOUNG WOMEN IN YOUR AREA, AND HOW TO GET THE HELP YOU NEED.