Afraid of HIV testing? #KnowTheScore

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Video of Afraid of HIV testing? #KnowTheScore

What would you say to a friend that was scared of taking an HIV test?

We asked you to tell us about your experiences testing for HIV, and how you felt in the period before and after you got your results.

Young people from across southern and eastern Africa sent us their videos via WhatsApp – we selected a few of them to put together in our new video: Afraid of HIV testing? #KnowTheScore ⚽

Their message to their peers is clear. Knowing your status gives you the freedom to live your life! Whether you test positive, or negative – it's always better to know.

Why test?

HIV treatment is now so effective that even with an HIV-positive diagnosis people go on to live a long, healthy life. However, you can only get treatment if you know your status, and you can only know your status if you test for HIV.

Sadly, fear and stigma stop people from getting tested – but it doesn’t have to be this way.

The anxiety of not knowing is what often creates the most stress in people’s lives. You might be putting yourself at risk of getting sick, or passing HIV on to others, if you are HIV-positive and unaware of your status. If you know, you get treatment, stay healthy and you won’t pass HIV on.

So why put it off? Live your life.

What can you do?

You’ve seen our video ... so now what can you do?

Spread the word about #KnowTheScore ⚽

We want as many young people as possible to know the facts about HIV so that they are not afraid to go and get tested. Help us get our message out by sharing these resources:

- Watch and share our #KnowTheScore ⚽ video on Facebook, Instagram or WhatsApp
- Read and share our HIV testing factsheet.
- Go get tested for HIV!
#KnowTheScore ⚽ is an Avert campaign loosely based on the theme of football, to get more young people testing for HIV in east and southern Africa. Last year, we targeted young men in the region - a group who tend not to test as much for HIV - via a video telling the story of a young footballer who is worried about the impact an HIV-positive result would have on his life. We show that, whatever the result, your life doesn’t have to change.

This year we are talking to both young women and young men, sharing the voices and experiences of peer educators working with Tackle Africa - who use the power and popularity of football to deliver sexual health education to young people on football pitches.

HELP US HELP OTHERS

Avert.org is helping to prevent the spread of HIV and improve sexual health by giving people trusted, up-to-date information.

We provide all this for FREE, but it takes time and money to keep Avert.org going.

Can you support us and protect our future?

Every contribution helps, no matter how small.

PLEASE DONATE NOW