‘Stories for Change’ is a series of real-life stories exploring HIV, stigma and sexual health, developed in collaboration with citizen journalists from Malawi, Zambia and Eswatini. Each episode features a first-person experience, from challenges in accessing healthcare services, homophobic and transphobic discrimination, to overcoming self-stigma and mental health issues by finding support from others.

Stigma and discrimination remain one of the key barriers to ending the global HIV epidemic. UNAIDS and the World Health Organization (WHO) both cite fear of stigma and discrimination as the main reason why people are reluctant to get tested, disclose their HIV status and take antiretroviral drugs (ARVs).

Aniz - ‘We have the right to access health services’
Alexa - ‘My friends embraced me and my sexuality’
Giselle - ‘Being trans in a place like Zambia is not easy’

Sean - ‘People bullied me because I was too feminine’
Adam - ‘It took me five years to start treatment’
Model C - ‘There is discrimination in healthcare facilities’
Partey – ‘We're making progress with people accessing services’