

Stories & experiences



Sharing stories and hearing other people's experiences is a great way to understand what HIV, sex and stigma means to people today.

The stories on our site are submitted and gathered from people all over the world. We want more people to feel able to talk about HIV and share their experiences. Speaking up, even if it's just starting a conversation with friends and family, can change the way people think about HIV and make you feel less alone.

Explore the videos, blogs and podcasts below to hear more.



Talking HIV

Conversations between friends, sharing their experiences of being affected by HIV.

Stories for Change

Stories of stigma, activism and sexual health, developed in collaboration with citizen journalists from Southern Africa.

Personal Stories

In our personal stories hub, you will find a collection of real-life stories about HIV, sexual health and sex.

If you have your own story to tell, you can share it with us [here](#) and we'll do our best to publish it. The personal stories on our site are all anonymised.