

# PrEP & PEP Talking Points for BPBR 2016

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## Add to Module 1, Activity D (Discussing HIV and AIDS), p. 42:

- **Talk to a doctor about PrEP (Pre-exposure prophylaxis).** If you are engaging in behaviors that are likely to put you at greater risk for HIV exposure (i.e. your partner is HIV positive, you and/or your partner use IV needles, have many sexual partners, or you don't know the sexual health status of partner), PrEP is an important preventative step to consider in order to reduce your risk of contracting HIV. *(Remember: Prepare with PrEP!)*
- **Talk to a doctor about PEP (post-exposure prophylaxis).** If you feel you may have been exposed to HIV, PEP can be used to reduce the risk of becoming HIV positive. Keep in mind, treatment must begin within 72 hours of the exposure. *(Remember: Post means AFTER.)*

## Add bold, italicized text to Module 3, Activity A (Acknowledging the Threat of HIV and AIDS), p. 62:

- “The ~~only~~ **best** way to protect yourself from HIV is to practice abstinence or safer sex. ***PrEp can protect you prior to an exposure, and PEP can reduce your risk of becoming HIV positive within 72 hours of an exposure.*** But acknowledging the threat of HIV and demanding abstinence or the use of latex condoms or barriers often creates stress in a relationship. Many people feel afraid to ask their partners to abstain or use condoms – they think it will drive them away, make them angry, or even make them violent. Many people deny that HIV infection is a personal or family issue. Until HIV affects them or someone they know, they often avoid taking responsibility for their decision and actions concerning sex and protecting themselves.”

## Add to “Main Points to Discuss” in Module 4, Activity B (Calling Koko), Caller 6:

- If you can get to a doctor within 72 hours of the potential HIV exposure, ask your doctor about PEP to reduce your risk of becoming HIV positive.

**\*\*\*Be sure to have additional materials available to hand out to youth with more detailed information. These talking points are intended to make students aware of other ways to protect themselves from HIV infection. It is also important that they know this medication must be prescribed by a doctor.**

**\*\*\*If working with a “high-risk” group (i.e. sex workers, homeless youth, IV drug users), you may want to consider talking further about these treatments, along with having available resources for more information and where they can go to talk to a doctor.**

## Additional Resources:

ETR Pamphlet (English): <http://pub.etr.org/ProductDetails.aspx?id=100000158&itemno=630>

ETR Pamphlet (Spanish): <http://pub.etr.org/ProductDetails.aspx?id=100000158&itemno=631>

ACT for Youth Resources: [http://www.actforyouth.net/sexual\\_health/behaviors/hiv.cfm](http://www.actforyouth.net/sexual_health/behaviors/hiv.cfm)