

Ant, living with HIV  
for 15 years



WORLD AIDS DAY

**ROCK**  
**THE RIBBON**

1 DECEMBER 2022

“I Rock the Ribbon to  
commemorate, to  
celebrate and to show  
there’s more to do”.

**HIV has changed — have you?**

Ant Babajee



**Ant Babajee**

22 November 2012 near London

Allowed on timeline

Here goes with the most difficult Facebook post I've written. Here I am with my photo in an exhibition of portraits of 30 HIV+ people.

Tag photo Add location Edit

Like · Comment · Stop Notifications · Share · Edit

and 91 others like this.

1 share

I am proud of you hun. Hug 😊  
22 November 2012 at 22:07 · Unlike · 1

Bravo Anthony  
22 November 2012 at 22:07 · Unlike · 1

Looking good 😊 x  
22 November 2012 at 22:08 · Unlike · 1





POWERED BY  
**NATIONAL  
AIDS  
TRUST**



**NATIONAL  
AIDS  
TRUST**

Securing rights  
Stopping HIV



# What is HIV?

**HIV** is a virus that attacks the body's immune system.

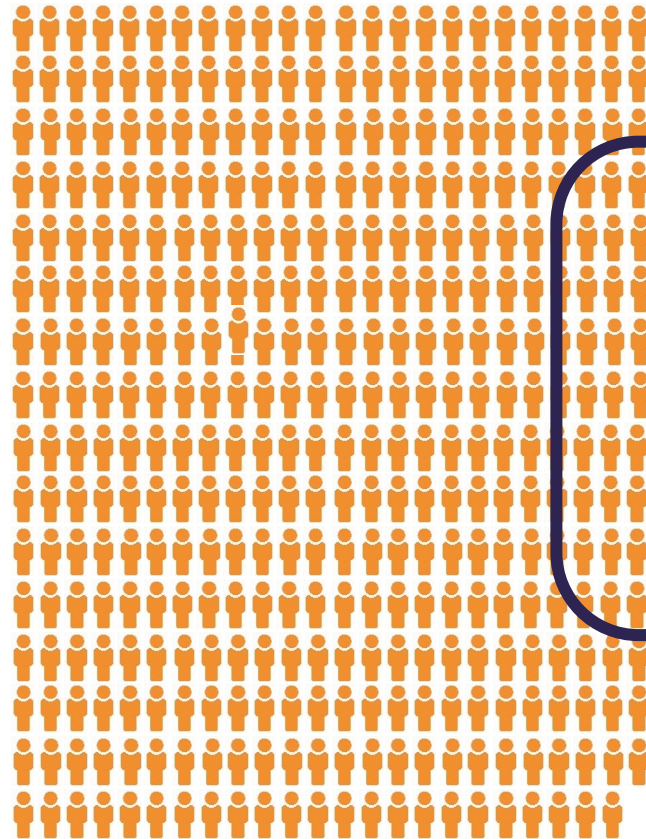
It stands for **H**uman **I**mmunodeficiency **V**irus.

**AIDS** stands for **A**cquired **I**mmune **D**eficiency **S**yndrome, the most advanced stage of HIV infection.

**HIV is not the same as AIDS.**

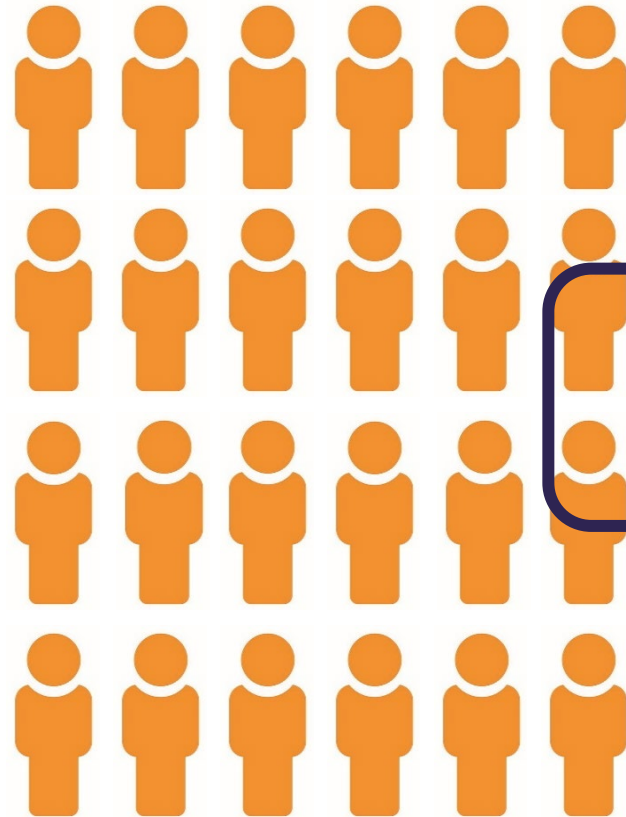
**AIDS only develops if HIV is left untreated.**

# Globally, how many people are living with HIV?



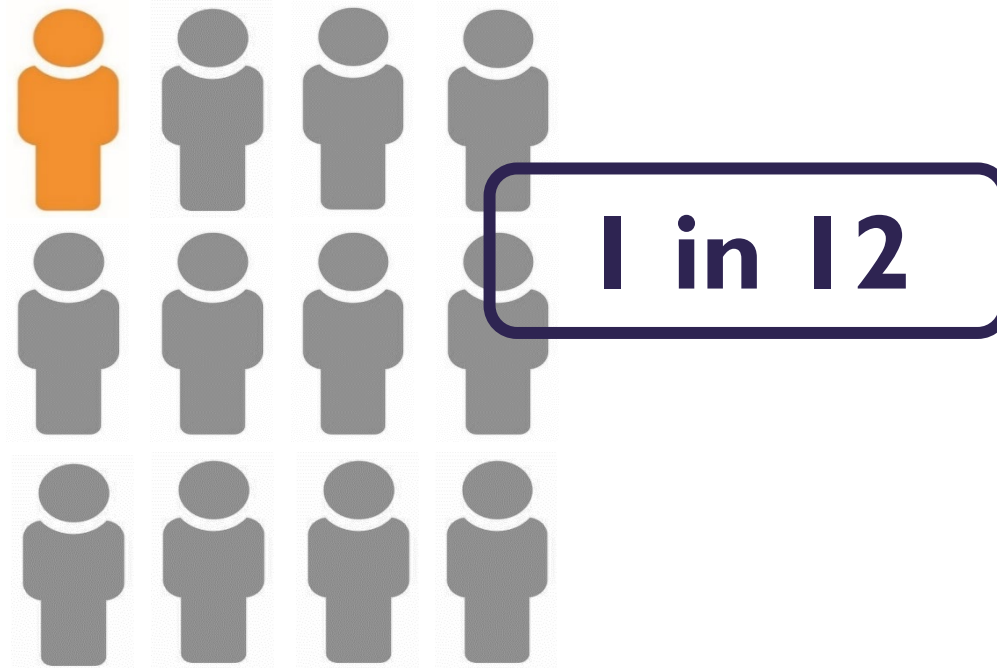
**37.7  
million**

# How many people in the UK are living with HIV?



**105,200**

**Of everyone living with HIV in the UK, how many don't know?**





# HIV VS AIDS CHEAT SHEET

A FEW COMMON LANGUAGE MISTAKES REGARDING HIV

**AVOID**

**SAY**

**“AIDS”**  
(WHEN REFERRING TO HIV)

**“HIV”**  
(WHEN REFERRING TO HIV)

**“DIED OF/FROM AIDS”**

**“DIED OF/FROM AN AIDS-RELATED ILLNESS”**

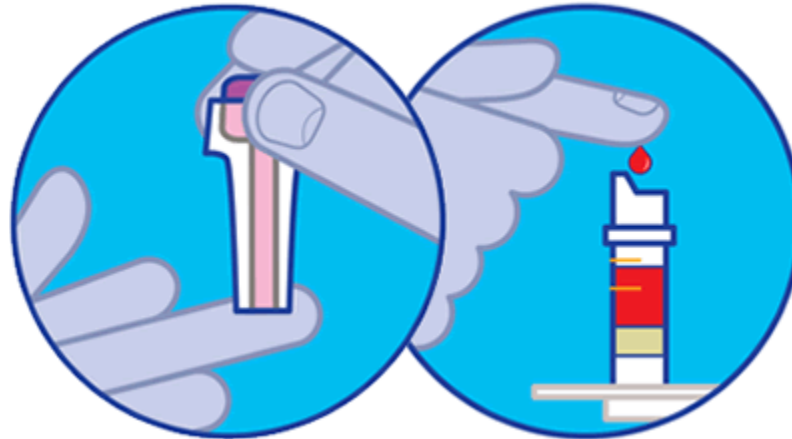
**“AIDS PATIENT”**  
**“HIV PATIENT”**  
**“SUFFERING FROM HIV”**  
OR **“AIDS VICTIM”**

**“PERSON LIVING WITH HIV”**

**BREAK THE BAD LANGUAGE HABIT AND THINK BEFORE YOU SPEAK.  
WITH YOUR HELP WE CAN END HIV STIGMA.**

THE **STIGMA** PROJECT

# Getting tested for HIV



Visit [shl.uk](http://shl.uk) or [tht.org.uk](http://tht.org.uk) to order a test kit

LeaSuwanna,  
living with HIV  
for 19 years



WORLD AIDS DAY

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1 DECEMBER 2022

“I Rock the Ribbon because  
with effective treatment,  
I’m undetectable and can’t  
pass the virus on”.

Wear a red ribbon to show your  
support for people living with HIV  
[worldaidsday.org](http://worldaidsday.org)

Created by





*I am now*  
**HIV  
UNDETECTABLE**

# 90-90-90 – but what about those left behind?



**I CAN'T  
PASS ON HIV.**  
People on effective HIV  
treatment cannot pass  
on the virus.

Get the facts  
**StartsWithMe.org.uk**

**IT STARTS WITH ME**  
**terrence HIGGINS TRUST**  
HIV PREVENTION ENGLAND

© 2015 Terrence Higgins Trust. All rights reserved. HIV PREVENTION ENGLAND. Charity Number: 1070290. Company Registration: 72816. Registered in England.



I test for:  
**Me. Him. Us.** I test for HIV  
because it  
looks after  
both of us.

Testing is easy and confidential:  
find out how and where you can  
get tested at [www.mehimus.org.uk](http://www.mehimus.org.uk)

All gay and bisexual men should test for HIV at least once a year. Sexually active gay and bisexual men should consider getting tested more often, for example, every 3 to 6 months. Early diagnosis of HIV enables better treatment for you and reduces the risk of transmitting the infection to others.  
Charity Number: 1070290 / Company Number: 72816 © 2015 2016. The Health Equality and Rights Organisation. Photograph by Steve Taylor.

**GMFA**  
Gay Men's Fertility Association

**HERO**  
Health Equality and  
Rights Organisation

WORLD AIDS DAY

**ROCK**  
**THE RIBBON**

1 DECEMBER 2022

Jay, living with HIV  
for 3 years



“I Rock the Ribbon  
because I want  
everyone to have  
access to PrEP, the  
HIV prevention drug”.

Wear a red ribbon to show your  
support for people living with HIV  
[worldaidsday.org](http://worldaidsday.org)

Created by

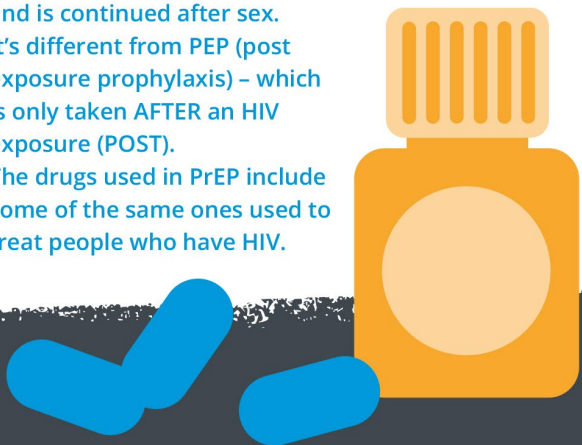


## There is a new HIV prevention option available.

- PrEP stands for pre exposure prophylaxis.
- Not everyone can or will want to use PrEP.
- But it's important we all know about it – including people with HIV.
- PrEP is becoming increasingly available and used around the world.

## PrEP is a pill that can stop the person taking it from getting HIV.

- It's started **BEFORE** sex (PRE) and is continued after sex.
- It's different from PEP (post exposure prophylaxis) – which is only taken **AFTER** an HIV exposure (POST).
- The drugs used in PrEP include some of the same ones used to treat people who have HIV.

An illustration of five diverse people standing together. From left to right: a man with a mustache in a black t-shirt, a man with glasses in a blue hoodie, a man with a beard in a yellow and orange striped shirt, a woman in a blue t-shirt, and a woman in a blue hijab and black top. They are standing on a dark, textured ground.

# KNOW ABOUT PrEP

(Pre Exposure Prophylaxis)

# PREVENT HIV

UK EDITION

## PrEP only prevents HIV. Condoms prevent other STIs.

- PrEP only prevents HIV and not other STIs or pregnancy.
- Condoms can help prevent some other STIs. Other forms of contraception (like the pill) are needed to prevent pregnancy.
- Research shows that people who do not already use condoms consistently are the most likely people to be interested in PrEP.
- Regular STI testing will be important to help diagnose and treat STIs.



Visit [prepster.info](https://prepster.info) for more information



**“We were seeing people who we knew were at risk”**

Clip from *The People vs The NHS: Who Gets the Drugs?*, BBC Two, 2018



**DO YOU RELY ON A PARTNER TO USE  
A CONDOM FOR HIV PREVENTION?**

**PrEP might be for you.**

**[PREPSTER.INFO/PREP4WOMEN](https://prepster.info/prep4women)**

**Sisters are doin' it  
for themselves**



Becky, living with HIV  
for 7 years



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“I Rock the Ribbon to  
help fight HIV stigma”.

Wear a red ribbon to show your  
support for people living with HIV  
[worldaidsday.org](http://worldaidsday.org)

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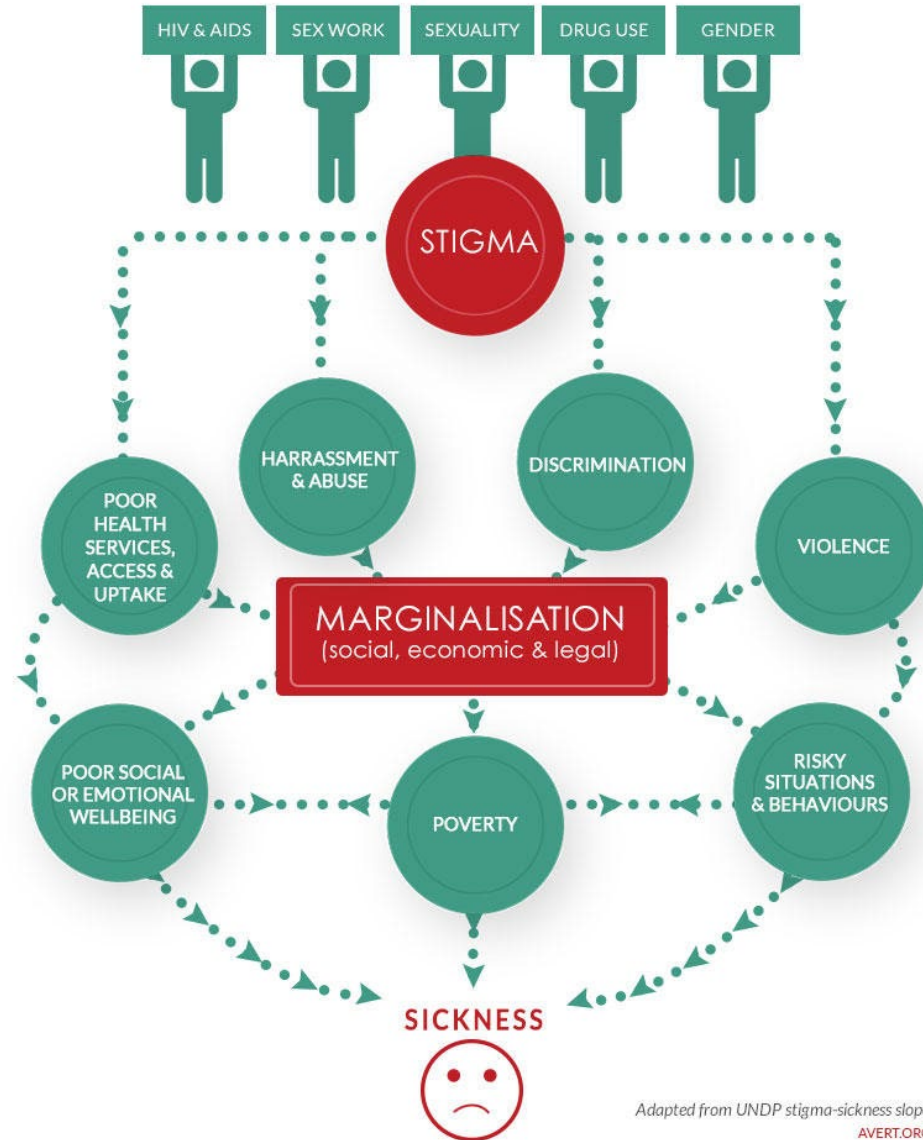


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AIDS  
TRUST**

Securing rights  
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# HOW STIGMA LEADS TO SICKNESS

Many of the people most vulnerable to HIV face stigma, prejudice and discrimination in their daily lives. This pushes them to the margins of society, where poverty and fear make accessing healthcare and HIV services difficult.



Adapted from UNDP stigma-sickness slope  
AVERT.ORG

# WHAT CAN WE DO ABOUT STIGMA ?

An effective response to the HIV epidemic must tackle the root causes of stigma and ensure services are inclusive and accessible.

## PROTECT



- Anti-discrimination laws
  - Decriminalisation
  - Challenging violence

## INCLUDE



- Key populations in healthcare service design and implementation
- Stigma and discrimination reduction as a goal in national strategies

## EMPOWER



- To understand rights
- To act on violations

## EDUCATE



- To address fears
- To change attitudes

**ADVOCATE FOR ACTION!**

**THINGS**

**NOT**

**TO SAY**

**TO SOMEONE WHO IS**

**HIV POSITIVE**

**BBC**



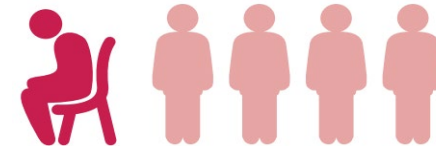
# Living with HIV and stigma

Imagine you have been diagnosed with a long-term health condition, but you are nervous that people might treat you differently when they find out, even though you can live a long, healthy life...



**1 in 8**

said they had never told anyone about their HIV status other than healthcare professionals



**1 in 5**

people needed help with loneliness and isolation in the past year

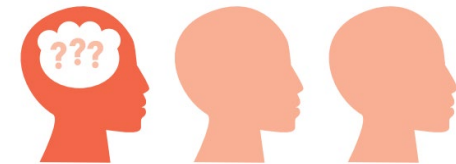
# Living with HIV and stigma

Even when you step into healthcare settings to receive the treatment you need, you find you are treated differently



**1 in 10**

had actually been denied or refused a health treatment or procedure that they needed



**1 in 3**

worried that they would be treated differently to other patients

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Joe Lycett,  
HIV ally



“I Rock the Ribbon for a better quality of life for people living with HIV”.

Wear a red ribbon to show your support for people living with HIV  
[worldaidsday.org](http://worldaidsday.org)

Created by





# What can you do?

 **#RockTheRibbon**

 Challenge HIV stigma

 Treat people living with HIV with respect

 Donate to National AIDS Trust or an HIV support charity of your choice

# Key takeaways

- 🎗️ HIV is the virus that attacks the body's immune system, and AIDS is the advanced illness – they're not the same.
- 🎗️ With effective medication, people living with HIV can't pass on the virus (U=U) and can live as long as anyone else.
- 🎗️ PrEP is almost 100% effective at preventing HIV.
- 🎗️ Stigma can make life extremely difficult for people with HIV.
- 🎗️ Be an ally – wear a red ribbon, talk about how much HIV changed, and treat people living with HIV with compassion and respect.

IGNORANCE = FEAR



©K.Haring 89

SILENCE = DEATH ▲ FIGHT AIDS ACT UP

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for 15 years



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Twitter and LinkedIn  
**@anthonybabajee**

# Educate yourself: drama series about HIV in the 80s and 90s

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**A BRITISH PERSPECTIVE:  
IT'S A SIN**



**AN AMERICAN PERSPECTIVE:  
POSE**





The List

**"A sprawling, thrilling portrait of Parisian AIDS activists in the early 1990s"**

Guy Lodge, Variety



**"Tragic, urgent and full of cinematic life"**

Peter Bradshaw, The Guardian

**"Downright stunning"**

Richard Lawson, Vanity Fair



GRAND PRIX  
FESTIVAL DE CANNES



A film by  
Robin Campillo

# 120 BPM

[ BEATS PER MINUTE ]

ACURZON RELEASE



On funded by the  
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PRODUCTION: ...  
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COSTUME DESIGNER: ...  
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DIRECTED BY: ...

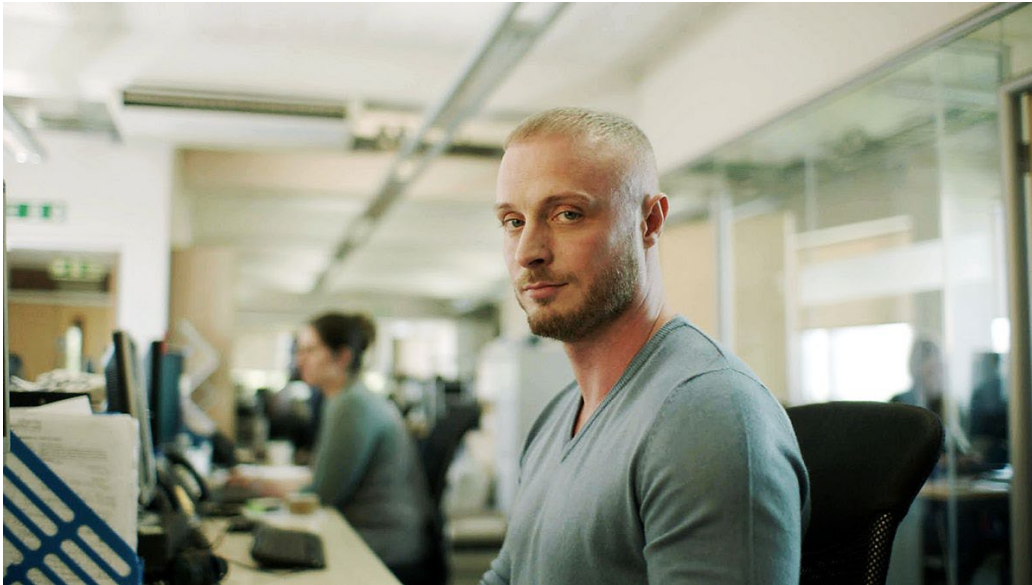


[curzon.com/120bpm](http://curzon.com/120bpm)

# Educate yourself: recent documentaries about HIV today

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**THE PEOPLE VS THE NHS:  
WHO GETS THE DRUGS?**

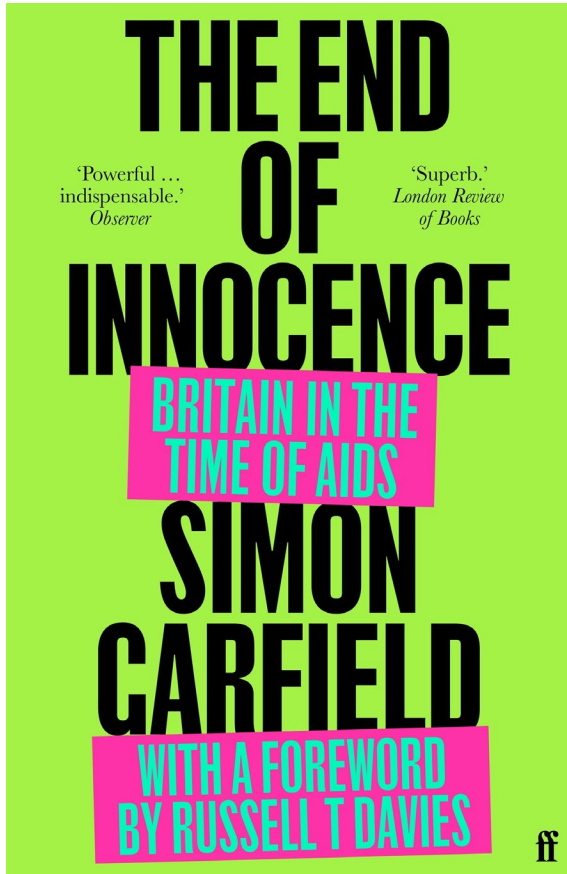


**GARETH THOMAS:  
HIV AND ME**



All of the above are available to watch in my [Box of Broadcasts playlist](#)

# Further reading



Over 20 Stories remembering the 40-year history of HIV

**LOVE, LOSS & LIFE**  
Real Stories from the AIDS Pandemic  
by Rupert Everett, Lord Fowler, Jane Anderson and many more

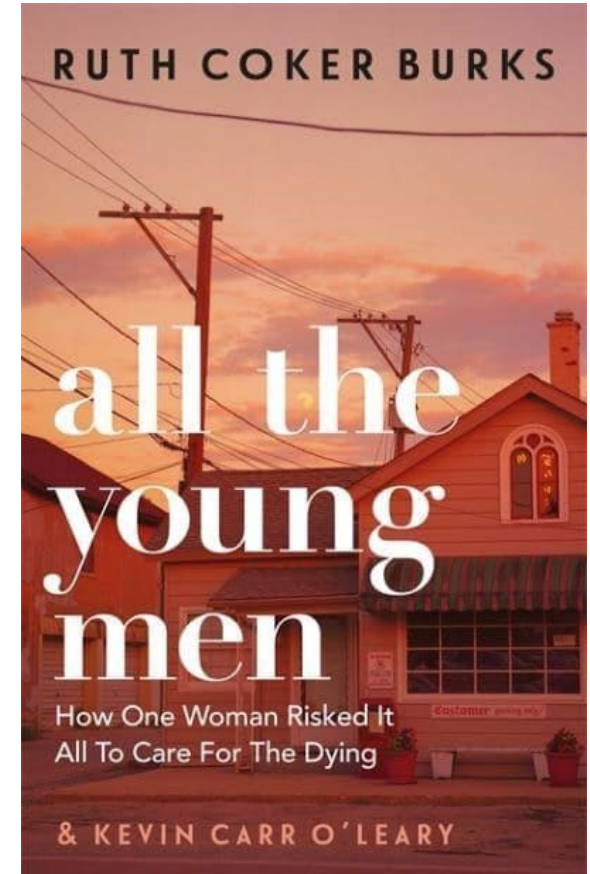
Truly remarkable

Beautifully thought provoking book... Highly recommended read

Available to buy now!

Order your copy through all good bookshops  
ISBN: 978-0-9566561-7-9  
Also available here: [www.nhst.org.uk/love-loss-life](http://www.nhst.org.uk/love-loss-life)  
@HIVStoryTrust

NATIONAL HIV STORY TRUST





# Further reading

