

1. Cut the sheet out



2. Fold here and glue it back to back together



3. Fold in a zigzag along the dotted lines into wallet sized fact card



### Fact 6

HIV can be transmitted by body fluids like blood. You can get infected by having unprotected sex with an HIV infected person. Also the use of non-sterile syringes or razors puts you under the risk of an infection. It can also be passed from a mother to her baby.

It cannot be **transmitted** by shaking or holding hands, kissing or sneezing or by any kind of skin contact.

### Fact 7

You can protect yourself from an HIV infection by following the ABC rule: **A**bstinence, **B**ehavioural Change, **C**ondom Use. Unfortunately not every girl and young woman is in the position to demand the ABC rule from her partner. Organizations like the World Association of Girls Guides and Girl Scouts run programmes to empower girls to say "no" and speak up to protect themselves.

### Fact 8

According to UNAIDS, an estimated 38.6 million adults and children were living with HIV at the end of 2005. Every day over 6,000 **young people** between 15 and 24 years old are infected – that is one every six seconds. 25 million people have already died of AIDS and by 2050 it will be 280 million. 90 per cent of people living with HIV/AIDS live in the southern half of the world.

### Fact 9

World AIDS Day is held every year on December 1. The theme for **World AIDS Day** 2007 and 2008 is 'leadership'. The slogan is 'take the lead'. WAD was launched by the World Health Organization and the United Nations General Assembly in 1988. Since then, it has become one of the most successful 'international days' for raising awareness on a global issue.

### Fact 10

To find information on how to **take action** against HIV/AIDS, visit [www.waggsworld.org/en/issues/Globalactiondays](http://www.waggsworld.org/en/issues/Globalactiondays) and [www.worldaidscampaign.info](http://www.worldaidscampaign.info)



### Tell 10 girls 10 facts about HIV/AIDS

#### Fact 1

**AIDS** is short for 'Acquired Immune Deficiency Syndrome'. **HIV** means 'Human Immuno Deficiency Virus'.

#### Fact 2

HIV is the virus that can cause AIDS by progressively destroying the body's ability to fight infections and certain cancers. If the immune system of somebody living with HIV is so broken down that serious infections occur, it is called AIDS. AIDS is not a disease but a **syndrome**, a 'compound of diseases' which are caused by the damage to the immune system.

#### Fact 3

Last year was the 25th anniversary of the identification of 'AIDS' although evidence suggests the existence of earlier cases. The **source** of the virus is unknown but scientists suspect that a subspecies of chimpanzees native to west equatorial Africa is the original source of the virus.

#### Fact 4

There is no cure or vaccine found yet. Researchers are working on it and they need constant funding to proceed. There is medication to treat AIDS. An estimated 250,000 to 350,000 deaths have been avoided due to expanded access to **treatment**, but at the moment only AIDS sufferers in rich countries can be sure of getting this medication. These drugs reach only one in five AIDS sufferers.

#### Fact 5

The highest risk group is young women aged between 15 and 24. **Young women** are especially vulnerable because in many countries their rights are neglected or denied, they are unfairly treated and because of other social, cultural and economic factors. Young women need to be protected, empowered and equipped with decision-making and leadership skills to reduce their risk of HIV infection.