



Lead by example.

Make a difference.

Join your power with others' to SUPPORT the prevention of violence against women and HIV.

Leaders like you—
police officers, teachers,
 health care providers,
religious and cultural leaders,
 government officials & others—

play a significant role in preventing violence against women and its connection to HIV/AIDS. You are role models within the community. Your beliefs and behaviors affect those of others. You can strengthen the prevention of violence against women and HIV by providing support to women, men and activists. In providing support, you will demonstrate the importance of reaching out to others as we confront the dual pandemics of violence and HIV/AIDS.

Why provide support?

Violence against women and HIV/AIDS lead to stigma, so it takes people like you to stand up, speak out and reach out to those most affected.

Who needs support?

Women living with violence and/or HIV/AIDS usually live with stigma, shame and isolation. They need the support of others to regain their sense of power.

Men trying to create equal power in their relationships also live with stigma, particularly from those who think men should control their partners. By supporting these men, you can help them maintain their commitment to non-violence.

Activists speaking out about violence and HIV/AIDS also live with stigma, since the ideas they represent are not yet the community norms. By standing in solidarity with them and being an activist yourself, you can support and strengthen efforts toward safer and happier homes and communities!

Everyone everywhere needs support

You can provide support in your personal life, by reaching out to family, friends and neighbors. You can provide support in your work life, to your colleagues, clients and community members.

Ideas you can do right now

to provide support in your community:

- Seek out the **support YOU need** to become more informed and active in preventing violence against women and HIV.
- Support women you know who are experiencing violence. **Listen** to them and **believe** them. Tell them they have a right to live a violence-free life. Tell them that **the violence is not their fault.**
- Create a **list of services** that help women experiencing violence and possible HIV infection. Include post-exposure prophylaxis (**PEP**) providers, **VCT** clinics, **counseling** services and **NGOs** involved in women's issues. If your community has no formal services for protecting women from violence, support women in seeking help from trusted **relatives or friends.**
- **Support** women living with HIV or AIDS. Ask them about their safety.
- Seek out men who are **choosing to balance power** in their relationships and create **happier, healthier homes.** Encourage and support each other.
- Create **support networks** for men choosing non-violence. Encourage them to **make positive changes** in their relationships and in sharing their experiences with others.
- Support activists who are working to prevent violence against women and HIV/AIDS. **Share ideas** of how you could **work together to promote nonviolence** in your workplace and community.
- Support those advocating for more **local services** serving women experiencing violence and/or HIV/AIDS.
- **Seek out** organizations, leaders or groups who need support addressing the **connection between violence against women and HIV/AIDS.** Get involved!