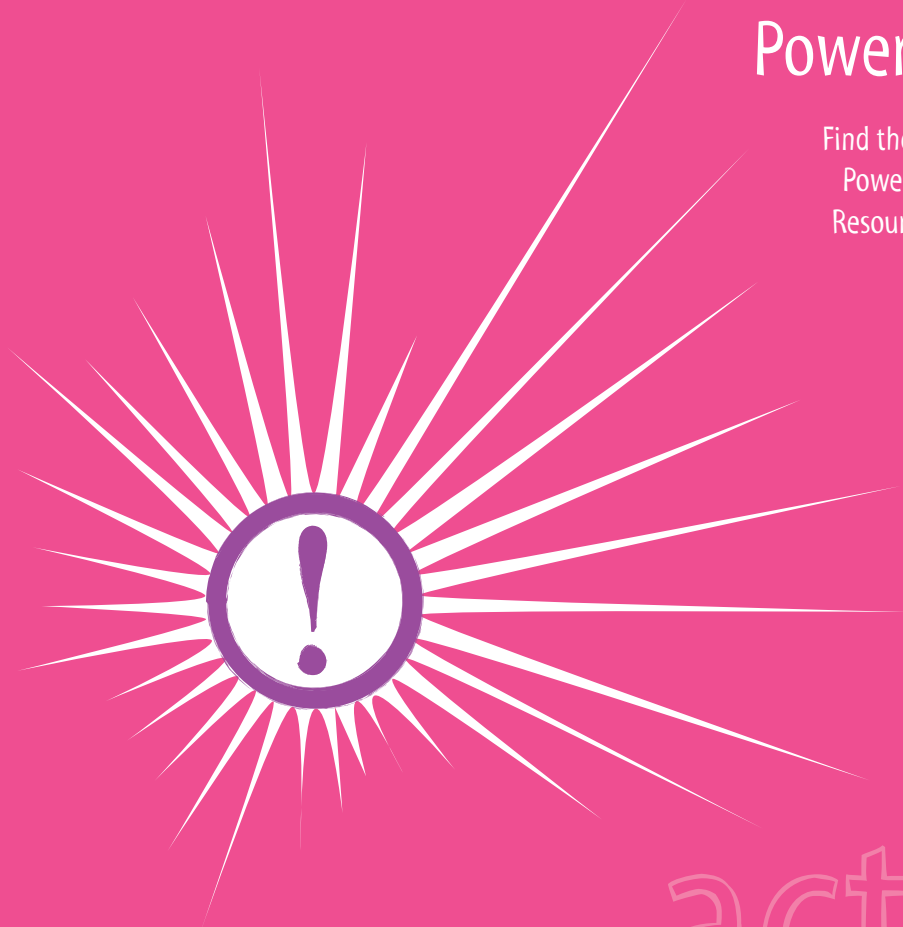


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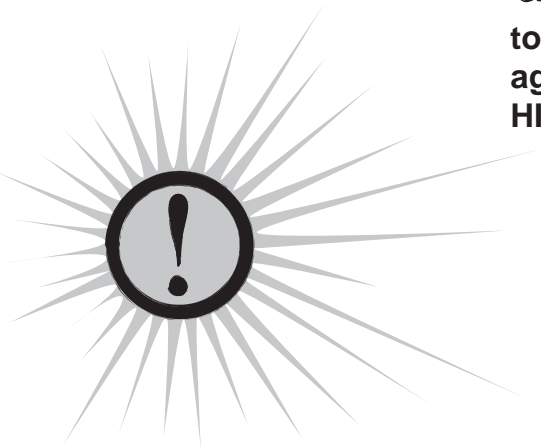
Find the full color, electronic versions of the PowerPoint Presentations on the Digital Resources DVD, Communication Materials.



action

Take action

**to prevent violence
against women and
HIV infection.**



Violence against Women and HIV/AIDS two big problems:

- **At least one in every three women around the world have been beaten, abused or coerced into sex during their lifetime.¹**
- **In sub-Saharan Africa, almost 61 percent of HIV positive adults are female.²**

1 Heise L., Ellsberg M. and Gottenmoeller M. (1999). Ending Violence Against Women. Population Reports, Series L, No. 11, Baltimore, Johns Hopkins University School of Public Health, Populations Information Program, 1.

2 UNAIDS, Joint United Nations Program on HIV/AIDS (2007). AIDS Epidemic Update, Geneva. Retrieved on November 30, 2007 from http://data.unaids.org/pub/EPISlides/2007/2007_epiupdate_en.pdf

- **A study in South Africa found that women who had violent or controlling partners had an HIV infection rate 50 percent higher than that of other women, and that abusive men were more likely to be infected than non-abusive men.³**

3 Dunkle K., Jewkes R., Brown H., Gray G., McIntyre J., and Harlow S. (2004). Gender-Based Violence, Relationship Power, and Risk of HIV Infection in Women Attending Antenatal Clinics in South Africa. The Lancet, 363, 1415-1421.

An Even Bigger Problem ...

INACTION

- **We know women experiencing violence.
Yet we stay quiet.**
- **We know men using violence.
Yet we ignore it.**
- **We see the effects of violence.
Yet we turn away.**

We wait ...

**for someone
for something
somewhere
somehow
to change.**

We must stop waiting—and start DOING

- **Any big change happens because of hundreds of little changes.**
- **Small actions that we think are too small to mean much...**

They mean everything

Believe in the possible

- **Small actions make a big change.**
- **Change starts with us, with you.**
- **The choices you make every day, and every moment, matter.**

Have courage

- **Show your courage.**
- **Bring your courage to others.**
- **Change is challenging, but it is possible.**

Balancing power in relationships can
prevent violence against women and HIV

Top Ten Ways to Take Action

- 1. Start with yourself. Commit to never using violence in your relationship.**
- 2. Think about how you balance power in your relationship. Have the courage to be an equal.**
- 3. Talk with your partner, your family, your friends about the benefits of balancing power in relationships.**
- 4. Be a role model in your words and action. Demonstrate your belief that women and men are equally valuable.**
- 5. Stop tolerating violence against women. Get organized. Prevent. Respond.**

Top Ten Ways to Take Action

6. Challenge men who are using their power over girls and women. Talk to them. Don't ignore it.

7. Organize events in your community or workplace to spread the word that violence against women is not acceptable.

8. Create spaces for people to talk to each other about power, violence and HIV/AIDS.

9. Advocate for positive change in policies, procedures, budgeting or services to support violence and HIV prevention.

10. Celebrate non-violence and positive change!

Take action.

It's up to us!

NOW!

SASA!

What will you do to take action?

What can *you* do **TODAY?**

