

Who should know your status?

Your clinic team, and ideally your GP and dentist. Also your sexual partners if you have a condom accident. (see leaflet "accidents and IT")

Who might you also tell when you are ready?

Family members (if you were diagnosed as a child some may know already), close friends, sexual partners.

Who usually doesn't need to know unless you want them to?

School, college, friends and most forms of work.

TELLING AND IT

I want to tell you something important

With thanks to all the young people who worked on this leaflet and gave their time and advice

HIVNET
HIV In Young People Network

CHILDREN'S
chiva
HIV ASSOCIATION

Janssen

These leaflets are supported by Janssen

PHGB/HIV/0214/0007b Date of Preparation: February 2014



Why tell your status to family, friends, sexual partners?

- Less of a burden on yourself
- For support from the ones closest to you
- For sexual partners in case of a condom accident (see accidents and IT)

How do you tell someone your status?

- Ask your clinic team for help
- Talk to someone who has actually done it; a peer support worker, your mum or dad
- There are also workshops on how to disclose

Telling someone your status can be nerve wracking

Who can you trust with your status?

Many questions may pop up like;

- What will they think of me?
- Will they understand?
- Will they love me the same?
- Will they tell anyone else?

When to tell?

You need to find the right time, it's your decision and don't feel pressurised into telling anyone your status.

