



A WOMAN'S GUIDE: WORKBOOK



Chapter 1: Power to Inspire

1. Does language really matter? (*what we say to each other*)

Yes No

Why do you say that?

2. Saying things like a person with HIV or a person with a disability, which acknowledges the person before their diagnosis or situation is called “p_rs_n f_rst” language.

3. We sometimes feel _____ after a conversation, because of the things some of the people who care about us say.

Explain and share your experience:

4. What can we do to help others realize that language matters and help them communicate better?

Chapter 2: Sharing One's HIV Status

Who Needs to Know?

1. A strong support system is important, what are three (3) benefits of having a support system?

i. _____
ii. _____
iii. _____

2. You have the right to choose when and with whom you share your HIV status.

a. Who do you think would need to know your HIV status?

b. Who from the list below would you choose to tell?

Select all that apply.

<input type="checkbox"/> My partner/babyfather	<input type="checkbox"/> Mother	<input type="checkbox"/> Father
<input type="checkbox"/> Sister	<input type="checkbox"/> Brother	<input type="checkbox"/> Cousin
<input type="checkbox"/> All family members	<input type="checkbox"/> My employer	<input type="checkbox"/> Only my doctor
<input type="checkbox"/> My doctor and other health care workers at the treatment site		
<input type="checkbox"/> No one	<input type="checkbox"/> Other: _____	

3. When should children know about your HIV status or their own HIV status?

<input type="checkbox"/> Never! They will tell others and cause the family to be discriminated against
<input type="checkbox"/> Share age-appropriate information as soon as they are old enough to understand
<input type="checkbox"/> Only when they reach the age of consent or adulthood
<input type="checkbox"/> Other: _____

b. Explain your answer

4. Based on what you have read in the **How to use Research Guide**, when is it ok for someone else to share your HIV status? **Explain your selected response:**

- Never! Sharing one's status is a personal choice that only the person living with HIV should make after careful consideration of who to tell and when to tell.
- Only if the person wants to protect someone else that they care about and wants them to be safe.
- Only if they are telling your family member or partner.
- Only if the person they are telling is confidential.

5. Mary-Jane has been diagnosed with HIV. She has not told anyone, but someone at the clinic told her that it is important to have a strong support system. She is considering sharing her status with her partner, but she is afraid. She knows you have been receiving mentorship so she comes to you for help. Help her to decide using the five (5) Ws. **Fill in the blank spaces below:**

- i. _____ do you need to tell?
- ii. _____ do you want to share and what are you expecting to gain from sharing?
- iii. _____ should you share?
- iv. _____ is the best place to have this conversation?
- v. _____ are you sharing the information?

Chapter 3: Gender-based and Intimate Partner Violence (IPV)

1. The root cause of intimate partner violence is usually the **U**_____ **B**_____ of **P**_____ in relationships.
2. Slapping, hitting, kicking, shoving, boxing, name calling, belittling, controlling, manipulating, limiting access to money or food, limiting communication with others are forms of **I**_____ **P**_____ **V**_____.
3. From what you have read, list three (3) ways that IPV can affect women:
 - i. _____
 - ii. _____
 - iii. _____
4. Lilly's boyfriend tells her not to work or further her education, he will take care of her. He gives her money to care for the house and children. He demands that she only goes on the road with him and if she has to go without him, she must always tell him where she is going and with whom. He searches her phone, tells her which of her friends or family members she can speak with and who can visit the house. He gets very angry if she does not obey these rules. He tells her he does these things because he loves her very much and wants to keep her safe. He also tells her that some of her family members and friends are jealous and are trying to destroy their relationship, so it's best not to keep in touch with them. Lilly feels alone but does not want to upset her boyfriend, so she follows the rules.
 - a. Is Lilly experiencing IPV?
 Yes No
 - b. Why did you select that answer?

5. Name two(2) agencies a woman can contact if she needs help with IPV?
 - i. _____
 - ii. _____

Chapter 4: Sexual and Reproductive Health, Family Planning and Rights

1. Who has the right to control a woman's body and her sex life?
 The woman The woman's partner The woman's doctor
2. Select the category of women who have a right to access sexual and reproductive health information and services.
 All women and girls regardless of their age, race, class, HIV, or other health status
 Only women who are HIV negative
 Only adult women under the age of 65
 Only women who can afford private health care
3. **Respect** for women's sexual and reproductive health and rights, **protection** from violence and abuse, **access to social justice** and **protective laws** are some of the needs identified by women living with HIV as necessary if they are to achieve and maintain their **S_____ R_____ H_____ and human R_____.**
4. From the list below, choose all that apply. All women, including women with HIV, have a right to:
 control her own body
 negotiate safe sex
 decide whether she will have children, if she does decide to have children - how many will she have and how far apart they will be
 choose the most optimal contraceptive methods
 a safe and satisfying sex life
5. Lisa is a young woman who has been living with HIV for four (4) years. She tells you that she just started dating someone but some of her family members who suspect her HIV status are warning her against dating because she is HIV positive. They tell her that people with HIV should not have sex or have children. What encouragement would you give to Lisa based on what you know about sexual reproductive health and rights of women living with HIV?

Chapter 5: Promoting Good Maternal and Child Health

1. Which woman has a right to good maternal health and well-being?

Every woman

Women who are HIV negative only

Most women

Only women over the age 18

2. The reproductive journey begins at:

Conception

Preconception

During pregnancy

At childbirth

3. According to The World Health Organization (WHO) tubal ligation (tie-off) is the only contraceptive option available to women living with HIV.

True

False

4. Name two (2) places where a woman can get family planning information in Jamaica.

i. _____

ii. _____

5. You and your friend Shelly are at the family planning clinic. Shelly points out a young girl who appears to be about 16 years old and an older woman who seems to be in her late 50's. Shelly is annoyed that they are there wasting time and holding up the line when they couldn't possibly need to talk to anyone about family planning. Explain to Shelly why women of all ages need reproductive health checks.

Chapter 6: Safe Pregnancy, Safe Delivery, Healthy Baby

1. Name 3 things a woman with HIV should consider before deciding to get pregnant:
 - i. _____
 - ii. _____
 - iii. _____
2. Women living with HIV have a right to have children if they choose to do so.
 True False
3. If a woman living with HIV wants to ensure the best outcome for her and her baby's health, what should she do? **Select all that apply:**
 Avoid the clinic and treatment team as much as possible, just go to the hospital when it is time to give birth.
 Seek antenatal care as soon as she knows she is pregnant.
 Keep taking her ARVs as prescribed.
 Keep using condoms while pregnant to prevent the transmission of STIs.
4. Kerry just had her 3rd baby. The nurse tells her that it is in her best interest to prevent another pregnancy. She suggests that Kerry gets a tubal ligation (tie-off).
What are Kerry's options?
 Do what the nurse says, she knows what's best.
 Ask to talk with the family planning nurse to find out what are all the options available to her, then make her own decision based on what she feels is best for her.
 Tell the nurse that she is in control of her own life and she's not ready to make a decision about birth control now.
 Other: _____
5. What options does a woman living with HIV have for feeding her baby?

Chapter 7: Promoting Safer and Satisfying Sex

1. Women living with HIV still have a right to a safe and satisfying sex life.

Yes No

Please explain the reason for your answer.

2. Dual protection means using a contraceptive method such as the pill, IUD or injection along with a condom. Why would you need a condom if you are already on contraceptives?

3. The term U=U stands for u_____ equals u_____. It means that a person living with HIV can significantly reduce the risk of transmitting HIV to their partner if there are less than 20 copies of HIV in a milliliter of their blood.

4. Using Pre-Exposure Prophylaxis (PrEP) helps prevent HIV infection prior to exposure
Who should consider using PrEP? **Select all that apply:**

Anyone who feels like it.
 Persons who are not diagnosed with HIV but have a partner who is HIV+.
 Persons who are not diagnosed with HIV but are unsure of their partner's status.
 Persons who are HIV+.
 All the above

5. Maggie, Betty, and Peggy are discussing safer sex in their support group. Betty says, every woman should take control of her sex life and make sure she is on a contraceptive method and use a condom every time she has sex. Maggie says that she and her partner are both HIV positive, and she is on the contraceptive injection, so they do not need to use condoms. Peggy says her partner is on PrEP so she does not need to worry about using condoms. Who is right and why?

Chapter 8: Responding to Pandemic Readiness

1. Being prepared before a disaster can help women living with HIV to:
 - i. _____
 - ii. _____
 - iii. _____
2. Persons living with HIV have a right to dignity, privacy, and respectful treatment even during disasters.

True False
3. If a woman's ARVs are lost or damaged during a disaster, what should she do? **Select all that apply:**
 - Stop treatment until the disaster is over
 - Contact the nearest health centre, clinic psychosocial team, or health worker in a shelter
 - Borrow medication from a friend
4. Emergency preparedness involves protecting both your physical and mental health. Which of the following are recommended strategies for managing stress and trauma after a disaster? **(Select all that apply):**
 - Call the MOHW Mental Health and Suicide Prevention Hotline if you feel unable to cope.
 - Isolate yourself from friends and family until you feel better.
 - Practice simple grounding techniques like mindful breathing and prioritizing rest.
 - Only focus on physical safety; emotional strain is less important after a crisis.

5. Andrea is living with HIV and has been displaced to a shelter after a hurricane. She is worried that others will find out her HIV status if they see her taking medication. She also feels anxious and has not been sleeping well.

- a. Name two (2) actions Andrea can take to protect her confidentiality in the shelter:

- b. Name one (1) source of support Andrea can reach out to for her emotional well-being:

NOTES

