

Do you know your AB-CDEFG's?



A~ Abstain from sex
B~ Be faithful to one partner
C~ Condoms should be used
D~ Delay sex (worth the wait)
E~ Early treatment of STI's
F~ Femidom
G~ Get tested!



Have you been tested for HIV?

* Testing is confidential, easy, quick, and inexpensive, and knowing your HIV status is always better than not knowing it! Go to your local hospital or clinic today and take this step towards responsible healthcare for you and your loved ones.

Important Numbers

MOE Khomas Region Office (062)
230393

HIV and AIDS Management Unit
(HAMU) Office
(061)2706120

And one more number...

Approximately 22% of Namibians are suffering from HIV.



Supporting Women and Girls to Acquire Education for Development.

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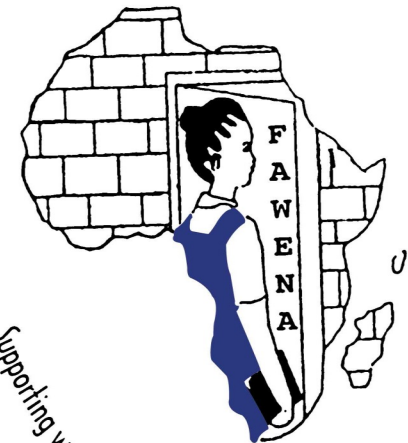
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Congratulations

You have received a scholarship from
FAWENA!



Supporting women and girls to acquire Education for Development



Congratulations on receiving your FAWENA scholarship!

FAWENA is very pleased to be part of your continuing education. As you are thinking of your new school term, and getting excited about all the good experiences it will bring you, we want to provide you with some meaningful words about a serious subject: HIV infection and AIDS. The relationship between young women and girls and HIV and AIDS is increasingly important in the struggle against widening infection. Did you know:

*40 million people are currently infected with HIV across the world.

*6 thousand people die from AIDS in the southern Africa region every day.

*Since 1996, the number one cause of death in Namibia has been HIV and AIDS.

*67% of newly infected individuals in the developing world (including Namibia) are young people (15-24 years old)

*64% of young people (15-24 years old) in developing countries living with HIV or AIDS are young women and girls.

*Females are twice as likely as men to contract HIV from a single act of unprotected sex.

*In parts of southern Africa, six times as many girls and young women are infected with HIV than the number of boys and young men who are infected.

Young women and girls do not have higher HIV infection because they are weak or inferior to men and boys. Females are more susceptible to infection because of their natural physical features. And many women and girls are vulnerable to HIV because of high risk behavior of others. These are difficult truths. Did you also know that **education of young girls reduces their vulnerability to HIV infection?**

This is an important truth. Here are a few more facts:

*Going to school is protective, and education is one of the key defenses against the spread of HIV and the impact of AIDS.

*In many countries with high HIV infection rates, girls' enrollment in school has decreased in the past decade, since girls are the first to be pulled out of school to care for a sick relative or to look after younger siblings.

*Young women and girls have taken on a major share of the burden of HIV and AIDS-related care, such as staying home to care for sick parents or siblings.

Due to this facts, HIV and AIDS is threatening the participation by girls in basic education, **yet going to school is one of the key defenses against the spread of HIV.**

How can going to school protect you?

Going to school reduces you vulnerability to HIV infection by providing you with health and life skills education. Getting reliable information about HIV prevention at school helps you avoid HIV infection. Girls who stay in school benefit from delayed sexual relations, more knowledge about safe sex and condom use, and a better understanding about HIV testing. And in school, it is possible to gain the confidence necessary to make you own decisions about sex and determine your own future.

Going to school gives you a productive, healthy environment each day, where you can build strengths and form habits that will benefit you at many levels: healthy self-esteem, problem-solving skills, good decision-making, self-awareness, independence, and communication skills. In addition to learning subjects, girls and women develop life skills in school that help lead to success, good life choice and better health and happiness. More years in school lead to better protection from HIV infection. For all of these good reasons.....

Stay in school!