

# PrEP & HIV Resource Guide

a roadmap for talking to  
young people about  
sexual health

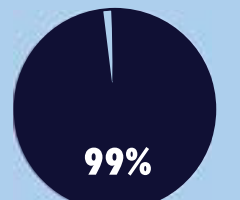


## PrEP Resource Guide:

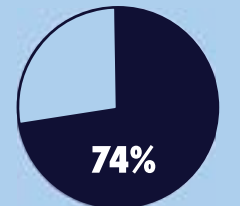
- PrEP (Pre-Exposure Prophylaxis) is a way to prevent HIV
- A pill that is taken once a day
- Does not prevent other STIs (Sexually Transmitted Infections), such as gonorrhea, chlamydia, and syphilis; continued use of condoms while on PrEP is recommended
- CDC guidelines require people on PrEP need take an HIV test every 3 months
- Has no known negative effect on gender affirming hormones for transgender individuals
- Not effective immediately. PrEP needs to be taken daily for at least 7 days before it is fully effective for receptive anal sex and 21 days for vaginal sex & penetrative anal sex

## Consistent Use of PrEP

(according to the CDC)



decrease in possibility of getting HIV from sex



decrease in possibility of getting HIV from sharing needles

## You can safely share



with someone who has HIV.

## HIV Resource Guide:

- HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immune Deficiency Syndrome)
- Spread through blood, semen, vaginal fluids, rectal secretions, and breast milk
- To help prevent HIV, use a condom during penetrative sex and take PrEP
- With appropriate prenatal care, people living with HIV can get pregnant without fear of transmitting HIV to their infant, however, HIV can be transmitted through breastmilk
- Medications cannot cure HIV, but they can help people manage their condition by keeping their viral load undetectable and their HIV un-transmittable to sexual partners. Most people living with HIV who take medications live long and healthy lives.
- The CDC recommends regular HIV care and STI screenings every 3-6 months for people living with HIV.



## TIPS FOR PARENTS AND SUPPORTIVE ADULTS

### KEEP IT SHORT & POSITIVE.

Goal: "I want to have this conversation again."

### MODEL CURIOSITY.

"I don't know, let's find out."

### USE MEDIA.

Make age/stage appropriate resources freely available. Find books & media that reflect diversity of families, cultures, race, ability.

### TEAMWORK IS KEY!

Remind young person of their team of safe & supportive adults. "If you're ever nervous to tell me something, or want another perspective, talk to \_\_\_\_."

### MODEL POSITIVE APPROACH TO BODIES & IDENTITIES.

Affirm a wide variety of body size, shape, abilities around young people. Avoid body shaming/ body critique. Leave room for your young person to share with you about their gender & sexual orientation. Find opportunities to speak positively about a range of genders & sexual orientations.

### MAINTAIN PRIVACY.

Privacy vs. Secrecy. Think carefully about who needs to know what for safety/ be transparent with young person about who is being included.

### WE ALL NEED PRACTICE.

We don't learn math once. The same applies to sexuality education topics!

## TESTING & PrEP ASSISTANCE

The Potocsnak Family Division of Adolescent and Young Adult Medicine  
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Call: 773.989.9400 ext. 269

**South Side:**  
Howard Brown Health 63rd Street  
641 W 63rd St. Chicago, IL 60621  
Call: 773.388.1600

**West Side:** CALOR  
3201 W North Ave, Chicago, IL 60647  
Call: 773.385.9080 ext. 227

## CONTACT US

**Resources & programming:**  
[www.luriechildrens.org/SexEdProgram](http://www.luriechildrens.org/SexEdProgram)

**Never Fear Talks video series:**  
[www.luriechildrens.org/NeverFearTalks](http://www.luriechildrens.org/NeverFearTalks)

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Children's Hospital of Chicago®  
The Potocsnak Family Division of Adolescent and Young Adult Medicine

Additional information can be found at  
[Clinicalinfo.HIV.gov](http://Clinicalinfo.HIV.gov)