



10 Ways to Be an HIV Advocate

There are many things you can do to help end HIV.

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GET EDUCATED

Getting educated about HIV is often the first step toward advocacy. Knowing how the virus is transmitted and how it can be treated can help you make better decisions about your own care and well-being. It will also empower you to help others more effectively.

KNOW YOUR RIGHTS

The rights of people living with HIV are protected under a wide array of laws that extend to housing, medical care, public facilities, education, transportation and more. Understanding these laws can help stop those who may discriminate against people living with HIV.

VOLUNTEER

Consider assisting HIV organizations by volunteering once a week or once a month—whatever works for you. You can help out in many different ways. Examples include providing administrative assistance or doing community outreach.

BE A MENTOR

Consider joining a support group or becoming a one-on-one mentor for others living with HIV. Helping people who are newly diagnosed navigate the health care system, secure housing or obtain other supportive services can help them live longer, healthier lives.

RAISE MONEY

Donating to HIV-related causes is also a form of -advocacy. Plus, it's tax-deductible and may take only minutes of your time. Strapped for cash? Help raise money in grassroots ways. For example, participate in an AIDS Walk or organize a bake sale or other fundraising event.

TALK ABOUT HIV

Discussing HIV with your family, friends and other people in your social circle isn't just a good way to find support—it's also a way to put a face to the epidemic and educate your loved ones about living with HIV today. You can also post about HIV and AIDS on social media.

SHOP—AND GIVE BACK

There are many opportunities to fight HIV through your fashion and other purchases. Buying merchandise from HIV organizations—local, national or global—supports their cause and can also bring awareness to the epidemic and help end stigma.

SPEAK OUT

Standing up against injustice is as important as ever, and joining a network of people living with HIV is an effective way to do so. Such groups can help focus your HIV advocacy and link you to powerful people in your community, which will give your words more weight.

PROMOTE HIV TESTING

If you know your HIV status, you are better able to protect your health and the health of your sex partners. If you're HIV negative, get tested regularly. If you're living with HIV, talk to your friends about why getting tested is so important.

SHARE YOUR STORY

Sharing your HIV status, whatever it is, isn't always easy, but doing so helps normalize HIV, which in turn combats stigma. Whether or not you're living with HIV, we're all fighting the virus together.

Go to [POZ.com/Advocacy](https://www.poz.com/Advocacy) for more information.

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