



Together, We Have Power

Advocacy for people living with and at risk for HIV remains essential.

February 16, 2026 By Jennifer Morton

Advocacy for people living with and at risk for HIV remains essential. Decisions made at the local, state and national levels directly affect access to HIV prevention, treatment, education and care. Advocacy isn't limited to marches or policy meetings; both large and small actions can help end the epidemic. Advocacy can happen during everyday conversations and in online spaces, classrooms and communities.

The efforts of individuals who speak up, share knowledge, challenge stigma or support inclusive policies add up. Collectively, they help protect hard-won progress and move us closer to stopping HIV.

Here are 10 ways you can make a difference:

1. Educate yourself about HIV via reliable sources so you can share accurate information with others.

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2. Talk about HIV with friends, family and your community to normalize the topic and reduce fear and stigma.

3. Spread HIV awareness messages on social media and in your community.

4. Encourage HIV testing and prevention in a kind and supportive manner.

5. Volunteer with local or online organizations that promote HIV education or care.

6. Participate in awareness events, like walks, campaigns or other initiatives.

7. Support HIV organizations through donations or fundraising efforts.

8. Promote policies, programs and funding to end the HIV epidemic.

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9. Join a network of people living with HIV to help focus your advocacy and link to others in your community.

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10. Amplify the voices of people affected by HIV when they choose to share their stories.

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[Click here](#) to download a printable copy of this advocacy poster.

