

**AL Youth HIV/AIDS Awareness Day**

**April 10**



**Resource Guide**

## **What is AL Youth HIV/AIDS Awareness Day?**

AL Youth HIV & AIDS Awareness Day (AYHAAD), annually on April 10th, is a day to educate the public about the impact of HIV and AIDS on young people. The day also highlights the HIV prevention, treatment, and care campaigns of young people in the U.S. Today's young people are the first generation who have never known a world without HIV and AIDS. The CDC reports that in 2019, youth aged 13 to 24 made up 21% of new HIV diagnoses in the United States (US) and dependent areas. CDC data from that same year reports, for every 100 people with HIV ages 13-24, 56 knew their HIV reports. Additionally, young people living with HIV are the least likely of any age group to be retained in care and have a suppressed viral load. Addressing the impact of HIV on young people requires they have access to affirming, culturally competent, and medically accurate resources, and tools.

## **What Can We Do?**

### **Planning For AL Youth HIV/AIDS Awareness Day**

AL Youth HIV & AIDS Awareness Day (AYHAAD), annually on April 10th, is a day to educate the public about the impact of HIV and AIDS on young people. The day also highlights the HIV prevention, treatment, and care campaigns of young people in the U.S. This awareness day encourages those under age 25 to speak out about HIV/AIDS. AL Youth HIV/AIDS Awareness Day can be observed in many ways. To help coordinate events in our school and community, refer to the following checklist.

- 1. RESEARCH HIV/AIDS STATISTICS.** Visit the Alabama Department of Public Health's web site at [www.adph.org](http://www.adph.org). Click on A-Z at the top of the page. Next, click on AIDS. Click on statistics.
- 2. DEVELOP PARTNERSHIPS.** Establish or join into partnerships with individuals and organizations interested in planning AYHAAD activities in your community. These might include your school, AIDS advocacy groups, places of worship, clinics, or the HIV/AIDS Prevention Coordinator for the public health area in which your school is located.
- 3. TARGET AN AUDIENCE.** Define your goals and decide which audiences you want to reach (for example, high school students, middle school students, families, members of a particular faith community).
- 4. SELECT AN ACTIVITY.** Choose an activity or program that will appeal to your target audience and one that will achieve your objectives. (See "Motivate and Educate" for ideas.)
- 5. SOLICITE AL Youth HIV/AIDS Awareness Day PROCLAMATION.** Contact the mayor and ask to be placed on the April agenda to declare April 10 AYHAAD in your community. If your school plans an assembly, invite the mayor to read and present the proclamation in front of the student body.
- 6. COMPLETE AN ACTION PLAN.** Complete an Action Plan form. Make a schedule, establish goals, and assign responsibilities.
- 7. SEEK FUNDING.** Plan fundraising events or seek donations to fund your project.

8. **INVITE PARTICIPATION.** Invite members of your community, especially members of your school board, elected officials, and targeted groups.
9. **PUBLICIZE YOUR EVENT.** Make signs to be placed around your school. Use your schools' announcement sheet, school newspaper, public address system, and the media to get the word out. Follow up with phone calls and press releases. (See sample press release.)
10. **FILL OUT OUR “EVENT FOLLOW-UP REPORT”.** You can help us by filling out the follow-up report so that we can track the effectiveness and reach of our efforts to promote HIV/AIDS awareness through the FOCUS PROGRAM.

## Motivate and Educate

The ideas listed below are examples of activities implemented in schools and communities across the state for AL Youth HIV/AIDS Awareness Day (AYHAAD). As other students are doing, use your creativity to inform your peers about the AIDS epidemic.

- Coordinate with your principal the announcements of HIV/AIDS facts and statistics each day the week leading up to AYHAAD. Obtain facts and statistics for public service announcements at <http://www.adph.org> and <http://www.cdc.gov> and air over the school's public address system or cable TV program.
- Distribute red ribbons and information about HIV/AIDS at an exhibit set up in the school. Send electronic ribbons through social media outlets.
- Invite a young adult with HIV, or a person who works with HIV-positive individuals, as a guest speaker. Contact your Alabama Department of Public Health's area HIV Prevention Coordinator for assistance.
- Create a special HIV/AIDS writing assignment for April 10 (or any day): essay, poem, book report, brochure, poster, or research report.
- Distribute information on HIV testing and prevention. Inform students of testing procedures, sites, and cost. Create and show videos in which teens go through the testing procedure.
- Create tabletop displays with AYHAAD messages and place them in the cafeterias and other key locations in your school.
- Write an article or letter to the editor of the school paper and local newspaper; include statistics about the prevalence of HIV/AIDS in your school or community. Include what your school is doing for AYHAAD.
- Set aside class time for a special lesson or speaker on HIV/AIDS. Encourage teachers to use cross-curriculum to incorporate HIV/AIDS materials into courses.
- Plan an event to raise money and make a donation to a local/state AIDS program.
- Start a peer education program where students can educate others about risky behaviors.
- Schedule a time on your local government's agenda to request the AYHAAD proclamation be adopted (See " Sample Proclamation").
- Make a long-term commitment to develop and support HIV prevention education in the context of comprehensive school health education.
- Prepare a current events bulletin board for students to fill with newspaper articles about HIV/AIDS.
- Post information about your AYHAAD activities on your blogs, Facebook, Twitter, Instagram, and other social media outlets.
- Promote the Youth HIV/AIDS Bill of Rights.

## **HIV/AIDS FACTS AND STATISTICS**

(Sample Announcements for School's Public Address System and social media)

### **MONDAY:**

This year AL Youth HIV/AIDS Awareness Day focuses on the importance of reaching youth with vital messages about HIV/AIDS. Today begins \_\_\_\_\_ High School's AIDS Awareness Week. Young people are rapidly becoming infected with HIV. HIV is the virus which causes AIDS. The use of alcohol and other drugs may contribute to risky behaviors that can lead to HIV infection among young people. HIV IS PREVENTABLE!

### **TUESDAY:**

1 in 5 new HIV diagnoses occurs in young people ages 13-24. This AL Youth HIV & AIDS Awareness Day, learn why investing in youth health and education is critical to ending HIV. HIV IS PREVENTABLE!

### **WEDNESDAY:**

The Alabama population is experiencing a shift in the age distribution of newly diagnosed HIV infections as adolescents and young adults age 15-29 years are now the most affected age. HIV IS PREVENTABLE!

### **THURSDAY:**

HIV is an incurable disease spread mainly by unprotected sex or by sharing needles with someone who has the virus. Postpone sex and do not share needles. Abstinence is the only 100% effective way to prevent HIV. HIV IS PREVENTABLE!

### **FRIDAY:**

HIV infection and AIDS continues to be a major health concern-with currently 14,158 people living with HIV in Alabama and more than 1.7 cumulative cases worldwide in 2020. As we conclude AIDS Awareness Week at \_\_\_\_\_ High School, do not forget.....HIV IS PREVENTABLE

## **AL Youth HIV/AIDS Awareness Day PROCLAMATION**

WHEREAS: HIV infection and AIDS continues to be a major health concern – with currently 18,774 reported cases in Alabama.

WHEREAS: The global epidemic of HIV infection and AIDS requires a worldwide effort to increase communication, education, and united action to stop the spread of HIV and AIDS; and

WHEREAS: ***The Focus Program***, and other HIV/AIDS Education and Prevention organizations, observes December 1st of each year as **AYHAAD** to celebrate the progress made in the battle against the epidemic – and brings into focus the remaining challenges; and

WHEREAS: World AIDS Day provides an opportunity to focus local, state, national, and worldwide attention on HIV and AIDS, and to disseminate information on how to prevent the spread of HIV; and

WHEREAS: In recognition of the fact that the fight against HIV and AIDS will be won by scientific research and by breaking down barriers to effective HIV prevention; and

WHEREAS: As part of this year's World AIDS Day observance, people are encouraged to ensure that policies and programs exist to protect the rights of the people, to be informed and educated about the risk of HIV infection, and to deliver care for those infected and affected.

NOW, THEREFORE, I, \_\_\_\_\_, Mayor/Superintendent/Principal of \_\_\_\_\_, do hereby claim, April 10, \_\_\_\_\_, as:

### ***AL Youth HIV/AIDS Awareness Day***

in the City/Town of \_\_\_\_\_

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the City of \_\_\_\_\_ to be affixed on this \_\_\_\_\_ of \_\_\_\_\_, 20\_\_\_\_\_.  
  

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\_\_\_\_\_  
MAYOR/Superintendent/Principal

## Online Resources for Youth

- ❖ Advocates for Youth
  - <https://www.advocatesforyouth.org/issue/hiv/>
- ❖ Healthy Teen Network
  - <https://www.healthyteennetwork.org/>
- ❖ The Center for Disease Control and Prevention
  - <https://www.cdc.gov/hiv/group/age/youth/index.html>
- ❖ Office of Adolescent Health (OAH), U.S. Department of Health & Human Services
  - <https://opa.hhs.gov/adolescent-health?adolescent-health-topics/reproductive-health/index.html>
- ❖ Youth Risk Behavior Surveillance System (YRBSS)
  - <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>
- ❖ National Resource Center for HIV/AIDS Prevention Among Adolescents
  - <https://youth.gov/feature-article/national-resource-center-hivaids-prevention-among-adolescents>

## Alabama Resources

### **FOCUS**

Statewide  
256-453-4245  
[www.thefocusprogram.com](http://www.thefocusprogram.com)

### **Alabama AIDS Hotline**

Statewide 800-228-0469

### **Montgomery AIDS Outreach**

Montgomery 334-280-3349  
<http://www.maoi.org>

### **AIDS Action Coalition/Thrive Alabama**

Statewide  
<http://www.thrivealabama.org/>

### **Birmingham AIDS Outreach**

Birmingham  
(205) 322-4197  
<http://www.birminghamaidsoutreach.org/>

### **AIDS Outreach of East Alabama Medical Center**

East Alabama  
334-887-5244

### **South Alabama Cares**

South Alabama  
<http://www.masshelps.org/>

### **AIDS Alabama**

Statewide  
<http://www.aidsalabama.org/>

### **Adolescent Health Center**

Birmingham 205-939-9231

### **West Alabama AIDS Outreach**

West Alabama  
205-759-8470  
<http://www.waao.info>