



ME, MYSELF & HIV Discussion Guide

Once you have watched the show, discuss key issues covered by using these guide questions.

Contracting HIV

In *Me, Myself and HIV* Angelikah talks about how she contracted HIV through having unprotected sex, which now accounts for 80% of all HIV transmission. Angelikah also claims that everyone puts themselves at risk at some point in their life and that she was just unlucky.

What does the above statement make you feel about your own sexual behaviour?

How sure are you of your HIV status?

How do you think you would react if, like Angelikah, you found out you were HIV +?

Love Life and Dating

When Slim meets Carol, now his girlfriend, he worries about whether or not she will accept him because of his HIV + status. When he reveals his status to her she tells him, "HIV may have someone's body but it doesn't have your heart," and agrees to date him, the couple have continued dating since the show was shot and judging by their blogs, seem to be really happy together.

To what extent do you agree with Carol statement and decision? How do you feel you would react if you were in Carol's position?

Revealing and Discussing Your Status

Angelikah seems to feel completely comfortable talking openly about her status whether with her friends, her boyfriend, classmates, or her local tattoo artist.

She feels she has nothing to hide and that she is a normal twenty-five year old girl so discussing her status is only natural. While Slim has been more reserved about his status in the past, throughout the show he discloses his status to Carol, Zambian rapper Slap Dee and through his single which was played live on the radio.

When putting yourself in Slim or Angelikah's position, how comfortable do you feel you would feel disclosing your status?

Who do you think you would confide in first and why?

Do you feel you would be more likely to keep it on the down low? Or be open about it?

Getting Tested

Angelikah contracted HIV after having unprotected sex. She decided to get tested because she felt she was at risk. We all go through stressful times as well as times where we may not have been the most responsible with practicing safe sex.

Think back over some of your previous sexual relationships - do you feel that you have ever put yourself at risk? How sure are you about your HIV status?

When was the last time you took a HIV test?

Testing Positive

Although Slim and Angelikah are both able to lead relatively normal lives while HIV+, they both have to stick to a rather rigid routine when taking their medication which prevents the virus from spreading.

They both have to make mandatory visits to the doctor every three months and they must take their medication every single day for their rest of their lives.

If you were to contract HIV tomorrow, what specific aspects of your life do you feel would be most affected?

How do you think you would overcome this?

Living Positive

While it is not always easy, both Angelikah and Slim are living very positive lives while still living with HIV. Slim is on his way to accomplishing his big dreams of becoming an R&B artist while pursuing his DJ career on the side, Carol accepted him for who he was and started dating him. While after finding out that she was HIV+, Angelikah turned her life around. Although HIV changed her life forever, she so memorably points out that "HIV saved my life".

To what extent do you feel stories like this remove the stigma that is attached to HIV?

In what way do you feel stories such as Slim's and Angelikah's have an impact on your view of HIV?

Do you think you would be more likely to get tested for HIV if you knew that you would still be able to live a relatively normal and positive life with HIV.