

SWEAT Cue Cards

- 1 How can I take charge of my life?
- 2 What are my rights?
- 3 How can I be more professional?
- 4 How can I stay safer?
- 5 What can I say to the police?
- 6 What is HIV?
- 7 How can I make a client use a condom?
- 8 Why do I love my female condom?
- 9 When am I at risk for HIV and other STIs?
- 10 Do I know my status?
- 11 Do I want to test for HIV?
- 12 When should I take PrEP?
- 13 When should I take PEP?
- 14 Why go on ART?
- 15 Am I ready for treatment?
- 16 How do I have a healthy lifestyle?
- 17 Am I being adherent?
- 18 Why should I continue with my TB treatment?
- 19 Could I have an STI?
- 20 Why get a papsmear?
- 21 What about menstruation?
- 22 How can I prevent pregnancy?
- 23 What are the facts about abortion?
- 24 Am I being abused?

1 How can I take charge of my life?



Decide that I am the one to take decisions about my life.

Decide to care about myself.

Talk about my life with people I trust.

Get good information to help me make decisions.

Get referrals.

Peer educators can listen and keep things confidential.

Peer educators can give me information using these cue cards.

Peer educators can link me to services.

2 What are my rights?



Selling sex is not wrong.

But selling and trying to sell sex is still a criminal offence in South Africa.

As a person I am not a criminal offence. I am a human being.

I have the right to dignity and respect no matter what is going on.

I have the right to access treatment.

No one has the right to insult or harass me.

If I am abused or assaulted I can go to the police station like any other person and lay charges.

If the police harass or abuse me I can report them to their station commander, SWEAT, the Independent Complaints Directorate or the Human Rights Commission.

3 How can I be more professional?

I join Sisonke.

- Sisonke is a movement by and for sex workers standing together for my rights.
- Sisonke stands for the decriminalisation of sex work.
- Sisonke says sex work is work just like any other work.



I conduct my business in a professional way.

- I am an expert on safer sex.
- I agree on a price up front.
- I keep the space clean.
- I cooperate with the police.
- I avoid schools.
- I have a right to say **"NO"** to clients.



4 How can I stay safer?



I work with other sex workers.

I tell them where I am going.

I stay in contact with someone while I am with a client.

I turn down clients who seem dangerous.

I trust my instincts.

I leave if I feel uncomfortable.

I leave if clients are rude or their body language is off.

I think through the different situations I work in and how I can be safer.

I don't work when I'm high or drunk.

I take a photograph of my client's car and registration and send it to a friend.

I carry pepper spray or a whistle.

5 What can I say to the police?



If police come:

"If you don't arrest me - you have to let me go."

If arrested:



- Ask to see police badge.
- I only have to give my name and address.
- I have the right to silence.
- I have the right to legal advice before I say anything.
- I have the right to respect.

- Explain why.
- Tell me my rights.
- Phone call.
- Medication.
- Food and blanket.



No right to search me.

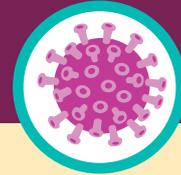


No right to violence.



Cooperate with the police.

6 What is HIV?



HIV is a virus that is spread through semen, blood and other body fluids.

HIV cannot be killed. Once I have it, it will stay in my blood stream and weaken my immune system.

Over time, if not treated, the HIV virus multiplies in my body and I get sick and weak.

The only way to know if I have HIV is to have an HIV test. This will give me my HIV status.

7 How can I make a client use a condom?

I choose to use a condom every time I have sex.

I negotiate use of a condom before I start business.



CONDOMS PROTECT US FROM HIV AND STIs.

Client says YES.

- Put condom on.
- Guide penis into vagina, anus or mouth.
- Use lubricant.
 - Makes things comfortable.
 - Stops condom from breaking.

Client says NO / can't come with condom.

- Get to know my client.
- Persuade my client.
- Have confidence in my experience.
 - "There is no hurry I have plenty of time."
 - "I've got magic hands."

Client still says NO / offers more money.

- Don't be tempted by more money.
- Discuss safe sex.
- Deceive client if it feels safe.
- Use a female condom.

Client refuses to use a condom.

- No condom. No sex.
- Find another client.

8 Why do I love my female condom?



Convenient protection:

- Can use up to 4 hours before sex.
- Can use just before sex.
- Good for vaginal, oral or anal sex.
- Can use if menstruating.
- Won't cause thrush.
- Gives me the power to protect myself.

Don't use a female and male condom at the same time.

Men and transgender people can also use a female condom.



Helps my clients:

- If they don't want a male condom.
- If they can't hold an erection well.
- Make them finish fast.
- If I use a few hours before sex, the latex gets soft so it feels just like a vagina.

9 When am I at risk for HIV and other STIs?

RISKY SEX 

- My boyfriend won't use a condom.
- My clients refuse to use a condom.
- I sometimes forget to use a condom.

RISKY LIFE 

- I drink a lot of alcohol (more than 12 drinks p/w.)
- I take drugs.
- I inject drugs.
- I don't eat well.

Being abused

- I am forced to have sex.
- I am scared of being hurt if I insist on using a condom.
- I can't keep my things safe.

Feeling bad

- I feel like no one cares about me.
- I don't care about myself.
- I feel like dying.
- I don't have feelings, I just feel numb.
- There is no one to talk to about things.

10 Do I know my status ?

Yes

I do not need to disclose my status.

If HIV negative, test regularly.

If HIV positive, get treatment and support.

No

Consider testing for HIV.

Do I want to test for HIV?

CARD

11

Why go on ART?

CARD

14

Am I ready for treatment?

CARD

15

11 Do I want to test for HIV



An HIV test will give me my HIV status. An HIV test is voluntary. It is up to me to decide to test or not.

YES

NO

WHAT SHOULD I KNOW?

- Tests are free.
- Tests are confidential.
- Quick results in 20 mins.

- I will get counselling and support.
- I will be screened for STIs and TB.
- I will know my status.
- I do not need to disclose my status to anyone.
- When I know my status I can decide what protection, treatment and care are best for me.

- Think about taking the test another time.
- Keep using condoms to protect myself and others against HIV.
- Consider consequences of not testing. If I am positive, the longer I wait to test, the longer I wait for treatment.

IF POSITIVE



Condoms



ART

IF NEGATIVE



Condoms



PEP/PrEP

12 When should I take PrEP?

- I'm HIV negative.
- It is a risky time for me.
- I'm worried I might get exposed to HIV.

- My boyfriend won't use a condom.
- My clients refuse to use a condom.
- I sometimes forget to use a condom.



What's involved in taking PrEP?

- Find a clinic where it is available.
- Test for HIV.
- If negative start PrEP.
- Take PrEP 3 days before and every day I am at risk.
- Test regularly for HIV.
- I can stop taking PrEP a month after I am no longer at risk of getting HIV.



What is PrEP?

PrEP is Pre-Exposure Prophylaxis against HIV. PrEP is a pill I take every day to reduce the chance of getting HIV. PrEP should not be used to treat HIV if I am already positive.

13 When should I take PEP?

- I'm HIV negative.
- As an emergency response within 72 hours of having unprotected vaginal, anal or oral sex.
- I'm worried I was exposed to HIV in the last 72 hours.

What's involved in taking PEP?

- Test for HIV.
- If negative start PEP.
- Finish my PEP course, 28 days every day.
- Test again for HIV.
- Test again in 3 months for HIV.



What is PEP?

PEP is Post Exposure Prophylaxis against HIV. It is to protect against exposure to HIV in the last 3 days. I have the right to take PEP any time I think I need it. If I am HIV negative and know I will be regularly exposed to HIV I should use PrEP.

14 Why go on ART?



ART IS THE ONLY TREATMENT FOR HIV SO FAR.

- ART** = Anti retroviral treatment. = Taking pills every day for the rest of my life.
- ART** stops the virus multiplying. = Low viral load.
- ART** cannot kill the virus.
- Keep taking pills every day for the rest of my life.
- Viral suppression.
↓
→ I stay well and strong.
- I reduce the chance of passing HIV to my baby or sexual partners.

15 Am I ready for treatment?



I have support in my life.



*There are people who want to see me well.
There are people willing to support me.*

I do something regular every day.



*I brush my teeth every day.
I make myself pretty every day.
I feed my child every day.
I eat at least 1 full cup of food every day.*

I can keep things safe.



*I lock my house.
I don't lose my phone.
I don't lose my keys.*

I have come to accept I am HIV positive.



*There are people I can talk to. Even though there is stigma, I am comfortable with my HIV status.
I know that my HIV status does not hurt others and that I can protect the people I love.*

I want to take care of myself and feel well.



*I want to stop HIV multiplying in my body and making me sick.
I want to live a long and healthy life.*

16 How do I have a healthy lifestyle?



1 I take time to relax and enjoy life.

I do something different from what I usually do.

2 I eat healthy food.

I avoid food with sugar, salt and that has been fried in oil.

3 I exercise regularly and get proper sleep.

I know that brisk walking keeps me fit and I regularly sleep 8 hours a night.

4 I drink sensibly or do not drink alcohol.

*I sip slowly after eating food.
If I'm drunk I could forget to take my pills.*

5 I stop smoking and/or taking drugs.

I avoid becoming out of control.

6 I get regular screening at the clinic.

I screen for vital signs, HIV, STIs, TB and HPV.

7 I look for support when I need it.

I join a support group and talk with people that I trust.

17 Am I being adherent?

Yes

I have my pills.

My pills are part of my daily routine.

My viral load is low.

I feel strong and well.

It's unlikely I will pass on the virus.

No

I run out of pills.

I miss my appointments.

My viral load could increase.

I could get sick.

I could pass on the virus to others.



18 Why should I continue with my TB treatment?

I continue with my **TB** treatment because **TB** can be cured.

TB treatment may not work unless it's completed.

I might feel well but if I stop treatment, I may get sick again.



If I don't finish my TB treatment.

I could spread **TB** to others.

I make the **TB** stronger so treatment won't work anymore.

I may get drug resistant **TB**.

Drug resistant **TB** cannot always be treated or cured and can cause death.

It can be tough and sometimes painful to complete my treatment, so I need to get support.

19 Could I have an STI?

If I've had sex without a condom, I could have a sexually transmitted infection (STI).



Symptoms

- Pain in my tummy.
- Itching vagina/penis.
- Bad smell/liquid from vagina/penis.
- Pain/burning when passing urine.
- Wanting to urinate often.
- Sores, rashes, blisters or warts on or around vagina, penis or anus.
- Headaches, fever.
- Feeling well without symptoms.



What to do

- Get treatment as soon as possible.
- Most STIs are easily cured.
- Keep going with my treatment until the course is finalised.
- Tell my sexual partner so that they get treated too.
- Medicine from the market or a traditional healer may not treat the infection and may cause problems.
- Do not douche. This could make the infection worse.

20 Why get a papsmear?

To prevent cervical cancer caused by HPV.

With early treatment I can be cured of cervical cancer.

If not treated cervical cancer could be deadly.

Get a **papsmear** once a year.

Check for **HPV.**

What is HPV?

- Human papilloma virus.
- Sexually transmitted infection.
- No symptoms.
- Very common.

21 What about menstruation?



Keep working?

NO | TAKE A BREAK

- Give blow jobs or hand jobs.

YES | KEEP WORKING

- Use a condom.
- Don't hide with cotton wool, cloths or tampons.

There are different kinds of vaginal bleeding:

1. Menstruation - regular or irregular (go to clinic if irregular).
2. Heavy "breakthrough" bleeding - maybe when I first start with pill, injection, implant or IUD.
3. Abnormal bleeding - could be sign of infection (go to clinic).

22 How can I prevent pregnancy?



Contraceptives + Condom = Dual Protection

OPTIONS FOR CONTRACEPTIVES:

- The Pill** - Take every day.
- The Injection** - Lasts a few months.
- The Implant** - Lasts a few years (tiny rods inserted in upper arm).
- The IUD** - Lasts more than 5 years (a tiny device inserted in my womb).
- Sterilization** - this is permanent (must be 100% sure I don't want children).
- Emergency Contraceptive Pill** - "Morning after pill" for emergencies only. (Must be as soon as possible after unprotected sex (5 days is the latest).)

- It takes time for my body to get used to side effects.*
- I am patient. The side effects will go away after a few months.*
- If I miss or stop taking my contraceptives, I could get pregnant.*

23 What are the facts about abortion?



If I am pregnant, I have the right to choose. I make my choice as early as possible.



Have an abortion



A safe abortion must be with a trained provider.



Up to 12 weeks take some special tablets for a few days.



After 12 weeks it can also be done but I might need to go to a hospital and it might cost more.



Continue the pregnancy



Go for Antenatal Care (ANC).



Test for HIV.



If positive go on ART to protect the baby.



If I am not able to care for a baby, I consider adoption or foster care.



Don't do it myself.



Don't do it the cheapest way.



Don't wait .

24 Am I being abused?

I am often threatened.

I get hit or hurt in other ways.

I am forced to have sex.

I am put down and made to feel bad.

My money is taken from me.

I am controlled about where I go, or what I do, or who I see.

I feel unsafe at home.

If I ticked one of these boxes, I need to realise I am being abused and I am at risk. I need to take back my power, tell someone and get help.