

onelove
talk • respect • protect

Break the sex network!



I have one girlfriend and she is good in bed! I don't want my wife to know about her.



I have two boyfriends. I know they have other girlfriends. Even my husband has girlfriends.



I have a boyfriend. I don't see more than one man at a time.



What does having more than one sexual partner at the same time mean?

Having more than one sexual partner means being in a sexual relationship with more than one person at the same time. Your sexual partners could also be in sexual relationships with other people at the same time that they are seeing you. This means that all of you are in a **sexual network**.

Why is having more than one sexual partner risky?

When you are first infected with HIV, the virus grows fast inside of you. You have high viral loads. This means that there is a lot of HIV in your blood and sex fluids. If you have unsafe sex, HIV can be passed on easily.

When you have more than one sexual partner at a time, you become part of a **sexual network**. If anyone in this sexual network is infected, HIV can be passed quickly on to everyone in the network.

“ HIV is transmitted easily in the first 3 weeks after a person has been infected. ”



EUROPEAN UNION



Koninkrijk der Nederlanden

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Low condom use



If you have more than one sexual partner at the same time, you start to trust them. After a while, you might stop using condoms.

“ **Not everyone knows their status.** When you do not know your HIV status and do not use condoms, you could get HIV, or give it to your partner. ”

HIV is transmitted easily in the first 3 weeks after a person has been infected. You cannot tell if you have been infected in these 3 weeks. HIV can be transmitted easily because there is lots of the virus in the blood.

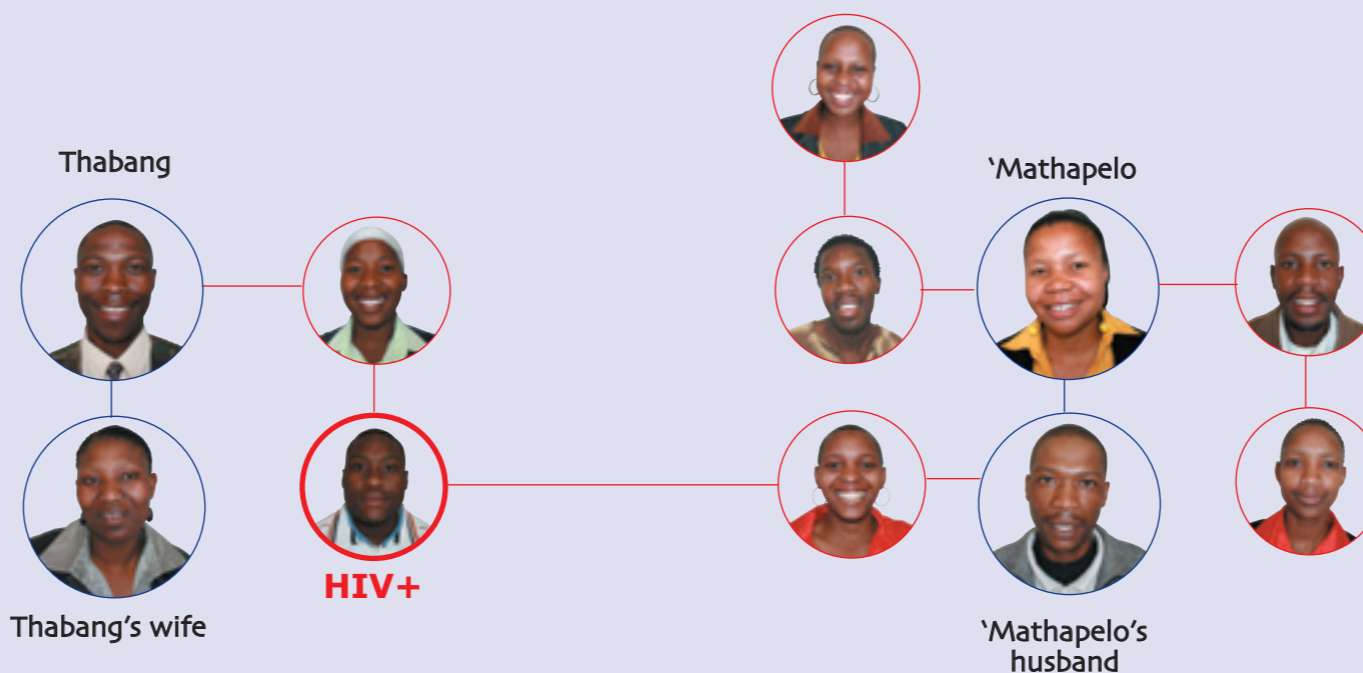
If you are part of a sexual network, you could get HIV from any of the people that you have a sexual relationship with. Those people could get HIV from any of the people they have a sexual relationship with.

Break the sex network!

“ In Lesotho, 1 in every 5 people is HIV positive. ”

How HIV can spread in a sex network

Look at the sex networks below. How many people could get HIV?
The answer is at the bottom of the page.



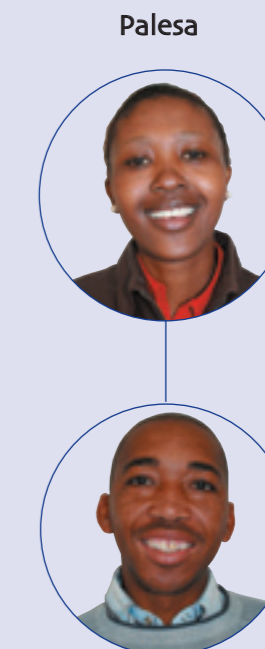
Thabang has two sexual partners. He does not always use condoms. He could get HIV from any one of his partners. His wife trusts him. When they have sex, they do not use condoms.

Do you think that Thabang's wife knows that she could get HIV from her husband? Why?

'Mathapelo has more than one partner. She uses condoms with her partners, but she doesn't use condoms with her husband.

'Mathapelo sometimes uses condoms. Is she still at risk? Why? Why not?

onelove



Palesa only has one sexual partner at a time. This is **onelove**. She thinks that her partner is faithful to her, but they still use condoms. They have decided to get tested together.

Do you think Palesa and her boyfriend are at risk of getting HIV or infecting others? Why?

Why do people have many sexual partners at the same time?

These are some of the reasons why people have many sexual partners:

- Men and women say they do not feel loved at home. **Talk to your partner about love.**

- Some people say when they are drunk, they have sex with different people. **Always drink responsibly.**
- Some people say they have more than one partner because their grandparents had many partners. **There was no HIV then.**

- Some people say sex with one partner is boring. **Talk to your partner openly about sex and your needs.**
- Some people say they find it hard not to have sex when they are far away from their partners. **Use a condom.**

- Some people say their partners do not give them money and gifts. **Talk about your financial needs to your partner.**

Talk to your partner, family and friends about how to break the sex network.

Break the sex network!

What you can do to keep safe

Talk

- Talk about your sexual feelings and needs. Think of ways to improve your sex life.
- Talk about other needs, such as comfort and money. With **onelove**, you can help each other get over these problems.
- If you are HIV-positive, tell your partner and have safe sex.
- If you are both HIV-positive, talk about what that means to you. You must still use condoms when you have sex.
- Talk about how important it is to be committed to each other.

Protect

Know your status

Test together for HIV before having sex. If you are HIV-negative after the first test, wait for three months and have another test. Then you will be sure of your status. If you have sex before the final test result, always use condoms.

Use condoms

You and your partner should always use condoms if:

- one or both of you have tested HIV-positive
- you do not know your partner's HIV status

Don't stop using condoms because you want your partner to trust you.

Reduce partners

- The less partners you have, the less risk you have of getting HIV.
- Having **onelove** means that your risk of getting HIV is even lower. You can then protect the people you love.

Respect

- Nobody should be forced into marrying people they do not love.
- Do not force your partner to have sex with you.

Your partner should be your **onelove**. **Talk** to each other. **Protect** each other. **Respect** each other.



onelove across Southern Africa

onelove is a regional campaign across Southern Africa. Talk to your partner, family and friends about how to break the sex network.