

# NATIONAL NATIVE HIV/AIDS AWARENESS DAY

## WHAT CAN YOU DO TO RECOGNIZE NNHAAD

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*The National Native HIV/AIDS Awareness Day challenges Native people to create a greater awareness of HIV/AIDS in our communities. Think creatively how you can affect change in your community.*

#### PROTECT YOURSELF

- Get tested for HIV! It's important to know your status in order to protect yourself and those you care about.
- Talk privately with your health care provider about your HIV risks.
- Learn about HIV risks associated with unprotected sex, drugs, and alcohol.
- Wear a condom when having sex and use clean syringes when injecting!
- Talk to your partner about HIV.

#### EDUCATE OTHERS & FIGHT STIGMA

- Contact your local HIV/AIDS service organization or state/local/tribal health department for HIV/AIDS prevention information.
- Organize a meeting with friends, neighbors, or other concerned community members to discuss drug and health issues in your community – together, people can make things happen!
- Post fact sheets about HIV/AIDS on bulletin boards, in local newspapers and web sites.
- Pass out HIV/AIDS information at health fairs, pow wows, meetings and events. Put up HIV/AIDS education and motivational posters.
- Don't allow your friends to spread misinformation about HIV/AIDS or use derogatory language; fight it with the truth and compassion.

#### MOBILIZE YOUR COMMUNITY

- Host an educational session in a local community center or school. Talk openly and honestly about HIV/AIDS prevention, while being sensitive to the people who are present.
- Talk to your community or spiritual leaders to gain their support for HIV/AIDS prevention and ask them to consider talking about HIV throughout the community.
- Hold a town hall meeting to discuss your community's risk for HIV.
- Disseminate copies of the National HIV/AIDS Strategy and facilitate discussions about how your community feels about this policy.
- Host a luncheon with community members to discuss HIV, STIs and other issues affecting the health and wellbeing of your community. It's a great way to get ideas, guidance, and support.
- Partner with your local AIDS service organization to hold an awareness day event that is Native specific. Examples of some past events include: health fairs, pow wows, sunrise ceremonies, memorials, honorings, art contests, sport tournaments, and motorcycle rides.
- Write an editorial or article for the local newspaper on the state of HIV and HIV stigma in your community.
- Write a blog post about HIV in your community and invite others to comment.



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### SUPPORT PREVENTION EFFORTS

- Volunteer at a local HIV/AIDS organization.
- Host a fundraising effort for a local AIDS service organization or program.
- Donate food, equipment, and materials to a local HIV program or agency.
- Encourage local health department, clinics, and service organizations to offer HIV testing.
- Tour a prevention facility as part of an organized group or activity.
- Wear a red ribbon for the day and tell everybody that it represent HIV awareness.

### BE A FRIEND

- Help someone living with HIV/AIDS by being a friend.
- Volunteer to prepare meals, clean house, or do some repairs for a friend living with HIV/AIDS who may not be able to perform these tasks.
- Encourage a friend to get tested for HIV.
- Share your experiences getting in HIV test with a friend

### IN YOUR TRIBE

- Call for a Tribal, Village or Island Resolution or Proclamation to commemorate National Native HIV/AIDS Awareness Day. Acknowledge Resolution #SAC-06-002 that passed through the National Congress of American Indians 2006 Annual Session.

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#### How can you get help to organize an Awareness Day activity?

Contact any of the following agencies for help with brainstorming and organizing events for your community.

#### **Asian & Pacific Islander Wellness Center**

730 Polk Street, 4th Floor  
San Francisco, CA 94109  
(415) 292-3420  
<http://www.apiwellness.org>

#### **Commitment to Action for 7<sup>th</sup>-Generation Awareness & Education (CA7AE): HIV/AIDS Prevention Program**

357 Aylesworth Hall, SE  
Fort Collins, CO 80523-1790  
(800) 642-0273  
<http://www.happ.colostate.edu>

#### **Great Plains Tribal Chairmen's Health Board (GPTCHB)**

1770 Rand Road, Bldg #2  
Rapid City, SD 57702  
(605) 721-1922  
<http://aatchb.org>

#### **Inter Tribal Council of Arizona, Inc. (ITCA)**

2214 North Central Avenue, Suite 100  
Phoenix, AZ 85004  
(602) 258-ITCA (4822)  
<http://www.itcaonline.com>

#### **National Native American AIDS Prevention Center (NNAAPC)**

720 S. Colorado Blvd., Suite 650-S  
Denver, CO 80246  
(720) 382-2244  
<http://www.nnaapc.org>

