The background of the top half of the cover features vibrant, abstract patterns in shades of yellow, orange, and red. Overlaid on these patterns are black silhouettes of young people in various dynamic poses, such as jumping and running. In the lower part of this section, there is a row of smaller, semi-transparent silhouettes of a diverse group of young people standing together.

A young person's  
guide to their  
**RIGHTS,**  
**SEXUALITY AND**  
**LIVING WITH HIV**

# HEALTHY, HAPPY AND HOT

*access=life*

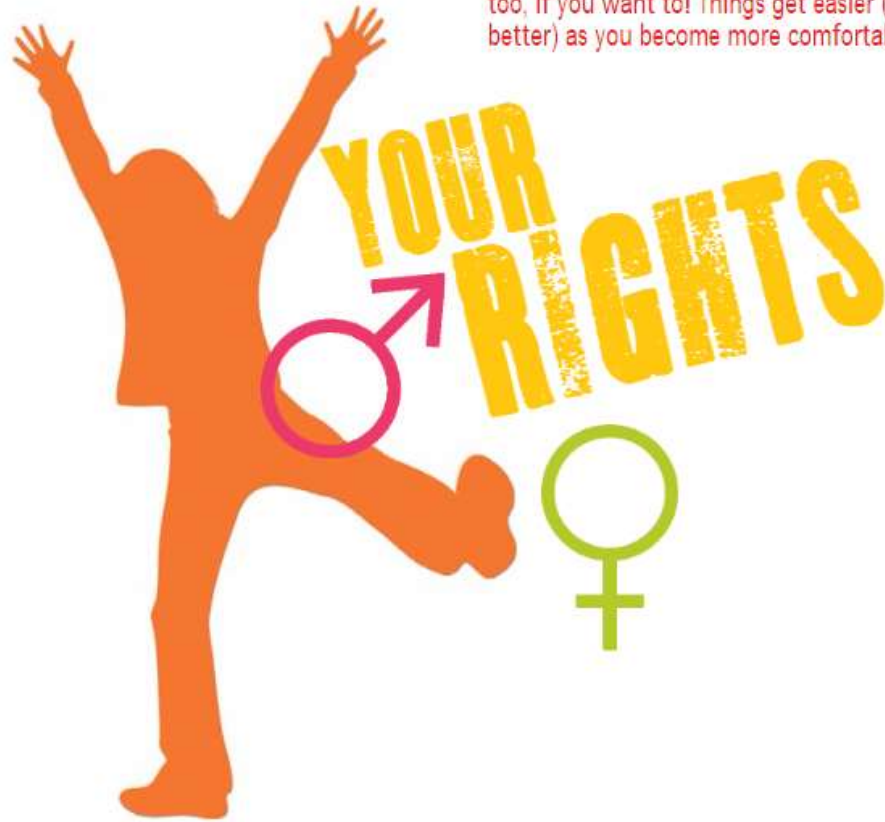
**SEXUAL AND REPRODUCTIVE  
RIGHTS**

are recognized around the world as

**HUMAN RIGHTS.**

Every person living with HIV is entitled to these rights and they are necessary for the development and well-being of all people and the societies in which they live.

Young people living with HIV may feel that sex is just not an option, but don't worry — many young people living with HIV live healthy, fun, happy and sexually fulfilling lives. You can too, if you want to! Things get easier (and sex can get even better) as you become more comfortable with your status.



This guide is here to support your sexual pleasure and health, and to help you develop strong intimate relationships. It explores how your human rights and sexual well-being are related and suggests strategies to help you make decisions about dating, relationships, sex and parenthood. It explores the rights of young people living with HIV to:

- express and enjoy their sexuality (*page 3*)
- decide if, when, and how to disclose their HIV status (*page 5*)
- experience sexual pleasure (*page 7*)
- take care of their sexual health (*page 9*)
- practise safer sex (*page 11*)
- choose if, when, how many, and with whom to have children (*page 13*)
- access support and services that respect their dignity, autonomy, privacy and well-being (*page 15*)



## This guide is for:

- young people who are living with HIV or who have a partner who is living with HIV
- young people who have recently been diagnosed with HIV as well as those who have been living with HIV for a while or since birth
- young people living with HIV who are married, in a relationship with one or more partners, as well as those who are single, dating, or just want to have sex
- young people living with HIV who are just starting to think about dating and sex as well as those who have more experience
- all young people living with HIV: men, women, transgender people and those who are figuring out their gender identity
- young people living with HIV who are interested in dating and having sex with people of the same sex or opposite sex, as well as those who are exploring and questioning their sexual orientation

**NO MATTER WHO YOU ARE, THIS GUIDE IS FOR...**



## Remember

Sexual and reproductive rights are recognized around the world as human rights. **Sexual rights** relate to a person's sexuality, sexual orientation, gender identity and sexual health. **Reproductive rights** relate to a person's fertility, reproduction and reproductive health. There is some overlap between the two concepts. Every person living with HIV is entitled to these rights and they are necessary for the development and well-being of all people and the societies in which they live.



**YOU!**