

**Things you can do about HIV and AIDS; advertisement by The AIDS Network of Edmonton Society. Colour lithograph.**

**Contributors**

AIDS Network of Edmonton Society.

**Publication/Creation**

Alberta (Ross Armstrong Office, #201, 11456 Jasper Avenue, Edmonton, Alberta, T5K 0M1 : AIDS Network of Edmonton Society, [between 1900 and 1999]

**Persistent URL**

<https://wellcomecollection.org/works/bnkz65f5>

**License and attribution**

You have permission to make copies of this work under a Creative Commons, Attribution, Non-commercial license.

Non-commercial use includes private study, academic research, teaching, and other activities that are not primarily intended for, or directed towards, commercial advantage or private monetary compensation. See the Legal Code for further information.

Image source should be attributed as specified in the full catalogue record. If no source is given the image should be attributed to Wellcome Collection.

**wellcome  
collection**

Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# Things

# You

# Can Do About HIV and AIDS

Canadian Youth are at risk for HIV infection.

Each one of us can help. Stop the spread of HIV and help each other learn all the facts about AIDS.

Approximately one quarter of adults living with HIV or AIDS in Canada may have been infected as teenagers.

## ask questions!

Realize that when you decide to become sexually active, you are at risk for HIV/AIDS and other sexually transmitted infections (STD). Also realize that you can make healthy choices like practising safer sex to reduce that risk.

Encourage your teachers to recognize that AIDS is a topic that needs attention - write about the issue in English or Social, do a play about it in Drama, work on an AIDS Awareness theme in your Art class.

Take part in the Candlelight Walk at City Hall to remember those who have died of AIDS in Edmonton.

If your parents are single and dating, talk to them about safer sex and abstinence - encourage them to make healthy choices.

Talk to your Pastor, Rabbi, Imam, Priest, Minister or faith leader for counselling about HIV issues, safer sex, or abstinence.

Care enough about yourself to stay healthy; spend some time thinking about how important you are, that you have the right to make choices that are good for you, and the right to information about sexual health.

Talk about HIV and AIDS with your friends. Care about them enough to share what you know with them, and help them find answers to questions they have.

Wear a red ribbon to show your support for those living with HIV and AIDS, to remember those who have died of AIDS, and to show that you are committed to helping prevent the spread of HIV.

Set up a donation jar in your classroom or at work. Donate the money to a local HIV/AIDS organization.

Remember there is no such thing as "safe" sex, but using a condom properly every time you have sex can make sexual activity much safer.

Encourage the owner of your favorite hangout (restaurant, coffee shop, arcade) to install condom machines in the washrooms.

Talk to friends who inject steroids about the risk of HIV infection through sharing needles.

Call your MLA or MP and tell them that HIV/AIDS is an issue that matters for young people, that funding for sexuality education is important. They need to hear from you.

Educate your parents about HIV/AIDS.

Encourage your class, school, club, or church to get a speaker from AIDS Network, Feather of Hope, Positive Women, or Living Positive to give a talk. You can hear a person who is living with HIV or AIDS tell their story, or just get some good information about HIV/AIDS.

Think about the health benefits of safer sex and abstinence. Make a commitment to stay healthy. Talk to your friends about abstinence and safer sex.

Think about what sex means to you.

Learn about other sexually transmitted diseases.

If you think you may have put yourself at risk for HIV infection (by sharing needles, syringes, or other drug equipment, or by having unprotected sex), get an HIV antibody test.

Borrow some videos from the AIDS Network, make some popcorn, and have a few friends over.

Write down everything you don't know about HIV and AIDS, then call the AIDS and STD Information Line (1-800-772-2437) to get some answers.

Get some friends together and do the AIDS Walk for Life. Give your team a funky name, then come out and have a good time. If your school is entering a team, join it. Enjoy a day in Rundle Park that includes free breakfast and a foot massage.

Talk to younger brothers and sisters about HIV/AIDS. Make sure they are getting the correct information.

Realize that when you decide to become sexually active, you are at risk for HIV/AIDS and other sexually transmitted infections (STD). Also realize that you can make healthy choices like practising safer sex to reduce that risk.

Watch for AIDS documentaries on T.V. during AIDS Awareness Week. They are a good source of up to date information.

## talk about it!

## break the silence!

You can get more information on HIV and AIDS by contacting:

**AIDS Network of Edmonton Society**  
#201, 11486 Jasper Avenue  
Edmonton, Alberta  
Phone: 488-5748

**STD Clinic**  
3rd Floor, 10108-109 Street  
Edmonton, Alberta  
Phone: 487-2834

**Planned Parenthood**  
#50, 9912-106 Street  
Edmonton, Alberta  
Phone: 483-3737

**Birth Control Center**  
Edmonton Board of Health  
#200, 10056 Jasper Avenue  
Edmonton, Alberta  
Phone: 488-5880

© AIDS Network of Edmonton Society