National Native HIV/AIDS Awareness Day
ACTIVITY SHEET

American Indians Alaska Natives Native Hawaiians

How can you recognize National Native HIV/AIDS Awareness Day?

The National Native HIV/AIDS Awareness Day challenges Native people to create a greater awareness of HIV/AIDS in our communities, and think creatively about how they 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, web sites, or in local newspapers.
- 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.

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 departments, 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 represents HIV awareness.

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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.
- If you're comfortable, share your experience of getting tested 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.

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, or to order materials to support your events.

Asian & Pacific Islander Wellness Center
730 Polk Street, 4th Floor
San Francisco, CA 94109
(415) 292-3400
www.apiwellness.org

CA7AE: HIV/AIDS Prevention Project
357 Aylesworth Hall, SE
Fort Collins, CO 80523
(800) 642-0273
www.happ.colostate.edu

Great Plain Tribal Chairman's Health Board
1770 Rand Road
Rapid City, SD 57702
(605) 721-1922
www.aatchb.org

Inter Tribal Council of Arizona (ITCA)
2214 North Central Avenue, Ste 100
Phoenix, AZ 85004
(602) 258-ITCA
www.itcaonline.com

National Native American AIDS Prevention Center (NNAAPC)
720 South Colorado Blvd., Ste 650-S
Denver, CO 80246
(720) 382-2244
www.nnaapc.org