

# National Native HIV/AIDS Awareness Day

## HIV/AIDS ACTIVITY SHEET

American Indians, Alaska Natives, and Native Hawaiians

### WHAT YOU CAN DO TO RECOGNIZE NATIONAL NATIVE HIV/AIDS AWARENESS DAY

*The National Native HIV/AIDS Awareness Day will challenge Native people to create a greater awareness of the risk for HIV/AIDS in our communities; to call for increased resources for testing and early detection; and to seek support for increasing our treatment and care options.*

#### 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 and drug/alcohol use.
- Contact your local HIV/AIDS service organization or state/local/tribal health department for HIV/AIDS prevention information.
- Wear a condom when having sex and use clean syringes when injecting!

#### EDUCATE OTHER & FIGHT STIGMA

- 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.
- 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

- Hold an educational session in a local community center or school. Talk openly and honestly about HIV/AIDS prevention and treatment, but be 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.
- Sponsor a luncheon with community members, or sub-groups, to discuss HIV, STDs and other issues affecting the health and well-being 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, basketball tournaments, and motorcycle rides.
- Write an editorial or article for the local newspaper on the state of HIV and HIV stigma in your community.

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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 HIV 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.

### 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.

### 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. Materials to support your events can be requested by contacting the agencies listed below.

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

National Native American AIDS Prevention Center (NNAAPC)  
720 South Colorado Boulevard, Suite 650-S  
Denver, CO 80246  
(720) 382-2244  
[www.nnaapc.org](http://www.nnaapc.org)

Inter Tribal Council of Arizona, Inc. (ITCA)  
[www.itcaonline.com](http://www.itcaonline.com)