

We are looking for individuals / groups to **Champion HIV testing** in the lead up to this year's World AIDS Day.

We ask for a short 10 – 20 second clip which can be filmed on a phone to tweet in the weeks leading up to World AIDS Day.

Why?

-  To champion HIV testing
-  To champion awareness raising
-  Champion the HIV activist

From these tweets we are wanting to:

-  Normalise HIV testing
-  Encourage people to know their HIV status
-  Be aware of where to sign post someone to have a HIV test

The filmed message can then be tweeted with the hashtag #HIVChampions #WADmerseyside @sahirhouse in the lead up World AIDS Day.

### Instructions:

Make sure the champion is wearing a **RED RIBBON**.

1. Say your name
2. Say your role - mother, nurse, builder, brother, manager, doctor, ticket collector.....
3. Say where you are from – village, borough, county, country....
4. **“I am championing HIV testing because ...”**(you can say your own or choose from statements below):
  -  To know my HIV status makes sense
  -  Knowing my status lets me do something about it
  -  Knowing my HIV status means I am in control of my health
  -  Knowing my HIV status gives me choices
  -  Because it shows support for those who choose to test
  -  Because information equals power
5. **‘For more information visit the Sahir House website’**
6. End with **‘I know my HIV status, do you?’**

## Example

*Hello*

*My name is Serena Cavanagh*

*I am the Health Promotion Lead for Sahir House, Merseyside*

*I am championing HIV testing because knowing my HIV status means I am in control of my health*

*For more information, visit the Sahir House website*

*I know my HIV status*

*Do you?*

What next?

Get tweeting!!

#HIVChampions

#WADmerseyside

@sahirhouse

If you don't have a social media platform then please [wetansfer](#) your video clip to [serena@sahir.uk.com](mailto:serena@sahir.uk.com)

If you need any more information, please contact:

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