

ОНИ ПОЯВЯТСЯ НАДЕЮСЬ

есть список хэштегов, чтобы каждый раз не писать?

#hiv #hivpositive #hivtesting #hivtest #hivaids #aids #aidsawareness #socialissue #socialissues #globalissues #globalissue #international #internationalproject #savingtheworld #helpingtheworld #betterfuture #brightfuture #teens #timetoact #sexeducation #HIV #AIDS #aidslifecycle #вич #вичнеприговор #вичинфекция #спид #motivation #motivatedmindset #motivation #motivatedkids #motivatedteens #motovational

профиль:

- группы риска

Anyone can come across HIV, often due to circumstances beyond his / her control. However, according to the NHS, the following groups of people are at risk: People with a current or previous partner with HIV, people who are from an area with high HIV rates, people who inject drugs and share equipment, people with a history of sexually transmitted infections, hepatitis B or hepatitis C, people who have had multiple sexual partners, people who have been raped, people who have received a blood transfusion, transplant or other risk-prone procedures in countries which do not have strong screening for HIV, healthcare workers who could accidentally prick themselves with an infected needle, babies with mothers who have untreated HIV – before or during birth or by breastfeeding. Luckily, there are many effective ways to reduce the risk of HIV infection, including: using a condom for sex, post-exposure prophylaxis (PEP), pre-exposure prophylaxis (PrEP), treatment for HIV to reduce the viral load to undetectable, if you use drugs, never sharing needles or other injecting equipment, including syringes, spoons and swabs. After all, you can always speak to your local sexual health clinic or a GP for further advice about the best way to reduce your risk.

- сифилис

Syphilis is a bacterial infection that's usually caught by having sex (oral, anal or vaginal) with someone who's infected. It can also be transmitted by sharing sex toys, injecting yourself with drugs if you share needles with somebody who's infected, or through blood transfusions. Pregnant women with syphilis can pass the infection to their unborn baby. It is critical to keep in mind that syphilis cannot be spread by using the same toilet, clothing, cutlery or bathroom as an infected person.

The symptoms of syphilis are not always obvious and may eventually disappear, but you'll usually remain infected unless you get treated. Some people with syphilis have no symptoms at all. Symptoms that usually appear can include: small, painless sores or ulcers that typically appear on the penis, vagina, or around the anus, but can occur in other places such as the mouth, a blotchy red rash that often affects the palms of the hands or soles of the feet, small skin growths (similar to genital warts) that may develop on the vulva in women or around the bottom (anus) in both men and women, white patches in the mouth, tiredness, headaches, joint pains, a high temperature (fever) and swollen glands in your neck, groin or armpits.

If it's left untreated for years, syphilis can spread to the brain or other parts of the body and cause serious long-term problems.

If you suspect that you might be infected with syphilis, you must not delay the testing. Syphilis might not show any symptoms at first, however, it will not go away by itself.

Also, the medicines used to treat syphilis are only available on prescription – you cannot buy them yourself, so, without a test you might contribute to the spread of the disease.

For more detailed information please visit the NHS webpage.

- гепатит с

Hepatitis C is a virus that can infect the liver. If left untreated, it can sometimes cause serious and potentially life-threatening damage to the liver over many years.

(Hepatitis C is a major cause of liver cancer.) But with modern treatments, it's usually possible to cure the infection, and most people with it will have a normal life expectancy. It's estimated around 215,000 people in the UK have hepatitis C. Also, it is estimated that about a half of people who inject drugs have Hepatitis C.

You can get this infection by sharing unsterilised needles – particularly needles used to inject recreational drugs, sharing razors or toothbrushes. The disease can be transferred from a pregnant woman to her unborn baby. Sometimes the disease is spread through unprotected sex – although this is very rare, because to transmit it requires contact with blood.

Hepatitis C often does not have any noticeable symptoms until the liver has been significantly damaged. This means many people have the infection without realising it. When symptoms do occur, they can be mistaken for another condition.

Symptoms can include: flu-like symptoms, such as muscle aches and a high temperature (fever), feeling tired all the time, loss of appetite, tummy (abdominal) pain, feeling and being sick.

The only way to know for certain if these symptoms are caused by hepatitis C is to get tested.

For more information, please visit NHS and WHO websites.

- почему у девушек больше риск заразиться
- вич и беременность

HIV can be passed from a woman to her baby. This can happen during pregnancy, during labour and birth, through breastfeeding.

The risk of passing HIV is reduced if a woman is taking antiretroviral drugs during pregnancy, even if she doesn't need HIV treatment for her own health, if she is considering the choice between a caesarean or vaginal delivery with her doctor, and chooses bottle feeding her baby, rather than breastfeeding.

Advances in treatment mean that a vaginal delivery shouldn't increase the risk of passing HIV to your baby if both of the following apply: the HIV virus can't be detected in your blood (an undetectable viral load), your HIV is well managed. In some cases, doctors may recommend a planned caesarean section before going into labour to reduce the risk of passing on HIV. For example: if you're not taking antiretroviral drugs (combination therapy), if the HIV virus can be detected in your blood (a detectable viral load).

It is important to remember that some anti-HIV medicines can harm unborn babies, so your treatment plan will need to be reviewed. However, if you're taking HIV medication and you become pregnant, do not stop taking your medication without first speaking to your GP. Another reason to contact your local HIV clinic is to discuss additional medicines that may be needed to prevent your baby getting HIV.

After your baby's born, they'll be given HIV medication, usually for 4 weeks, to stop them developing HIV. Your baby will be tested for HIV within 48 hours of birth. They'll usually be tested again at 6 and 12 weeks. A final test is also needed when your baby is 18 months old.

For more information please visit the NHS website.

- ВИЧ И КОВИД 19

We know that COVID-19 is a serious disease that is set to hit the countries with the highest burden of HIV very soon. Everyone, including people living with HIV, should take the recommended precautions to reduce exposure to COVID-19: regular and thorough hand washing with soap and water or alcohol-based hand rub, maintain at least 1 metre distance between yourself and anyone who is coughing or sneezing, avoid touching your eyes, nose and mouth, make sure that you, and the people around you, follow good respiratory hygiene—cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and dispose of the used tissue immediately, stay home if you feel unwell, if you have a fever, cough and difficulty breathing, seek medical attention and call in advance, follow the directions of your local health authority. Apart from general recommendations, all people living with HIV should reach out to their health-care providers to ensure that they have adequate stocks of essential medicines.

As in the general population, older people living with HIV or people living with HIV with heart or lung problems may be at a higher risk of becoming infected with the virus and of suffering more serious symptoms. Thus, if you belong to any of those categories, please, be as careful as you possibly can.

Stay safe!

For more information please visit UNAIDS and WHO websites.

- care services (groups)

After conducting several interviews with HIV-diagnosed people, we discovered that psychological support is critical when one finds out about their status. Sometimes it is not easy to talk to relatives, friends, or partners about the diagnosis. That is the reason why our team believes sharing names of HIV support groups is important.

According to a website verywellhealth those organisations are the best:

Best Overall: POZ Community Forum

Best for Women: The Well Project

Best for African American Gay Men: THRIVE SS

Best Facebook Group: Poz Place

Best Peer-to-Peer Support: TherapyTribe HIV/AIDS Tribe

Best for Teens and Young Adults: Positive Peers

Best HIV Support App: myHIVteam

But if you do not feel comfortable working with those, please, do not hesitate to DM us. We are always there to listen to your story and support you.

(все картинки в канве, нужен только текст)

сториз:

- ☐ свой мини интерактивный сериал про вич с выбором (про можно ли пить из трубочки, трогать кровь если вы все поранились, обниматься, незащищенный секс уже не первый раз, использовать шприц из герметичного пакета в косметологии)
- ☒ ~~опыты с тестом~~
- ☐ результаты опроса

Что нужно опубликовать на муншоте:

- краткий ввод кто мы что мы

Hi! The creators of this Moonshot are Yaroslava Zarpina, Aglaia Dubina, Milena Stepanova, Sofia Mebuke and Maria Nikishina. We are a group of motivated and hard-working teens, studying on the International Baccalaureate programme. Throughout our educational process, we have been told a lot about various global issues but realized that not all of them are discussed. Some important topics are simply tabooed in Russian schools. For instance, one of our friends from Letovo school has prepared a class on sex education, however, it was cancelled by the school administration shortly before the beginning. This situation inspired us to take action: to learn and to teach.

All the UN sustainable development goals are crucial for global future well-being. To be specific, we want to focus on good health and well-being, quality education, reduced inequalities, and partnerships for the goals. In our project called #Aide_AIDS, we are uniting those and working on the issues of inaccessible sex education, unawareness of HIV/AIDS spread, discrimination to affected people, and high prices of medicaments and testing. All these lead to HIV becoming a taboo topic in modern society, especially in Russia.

We believe that we have the opportunity to make a big step towards solving this crucial issue. The work that we have carried out already proves our claim.

- что мы уже сделали:

☒ —сайт

☒ —кюре

☒ —инстаграм

☒ —исследование (школа в оxfordе и школа в россияи)

☒ —взяли интервью у двух вич-инфицированных, живущих в разных странах

☒ —искали тесты сами

☒ —Three people from our team have received a Red Cross certificate: How is it connected to this Moonshot? Well, as we found out, there are misconceptions in Russia about every disease, so the best we can do to bring a positive impact to our society is to always be ready to help. Now we know how to help people, how to save lives in real life, without using any technology to change a life quality.

☒ —ютуб

☒ —рассказали обществу про фонд

☒ —показ интерактивного сериала

☒ —попытались связаться с экспертом

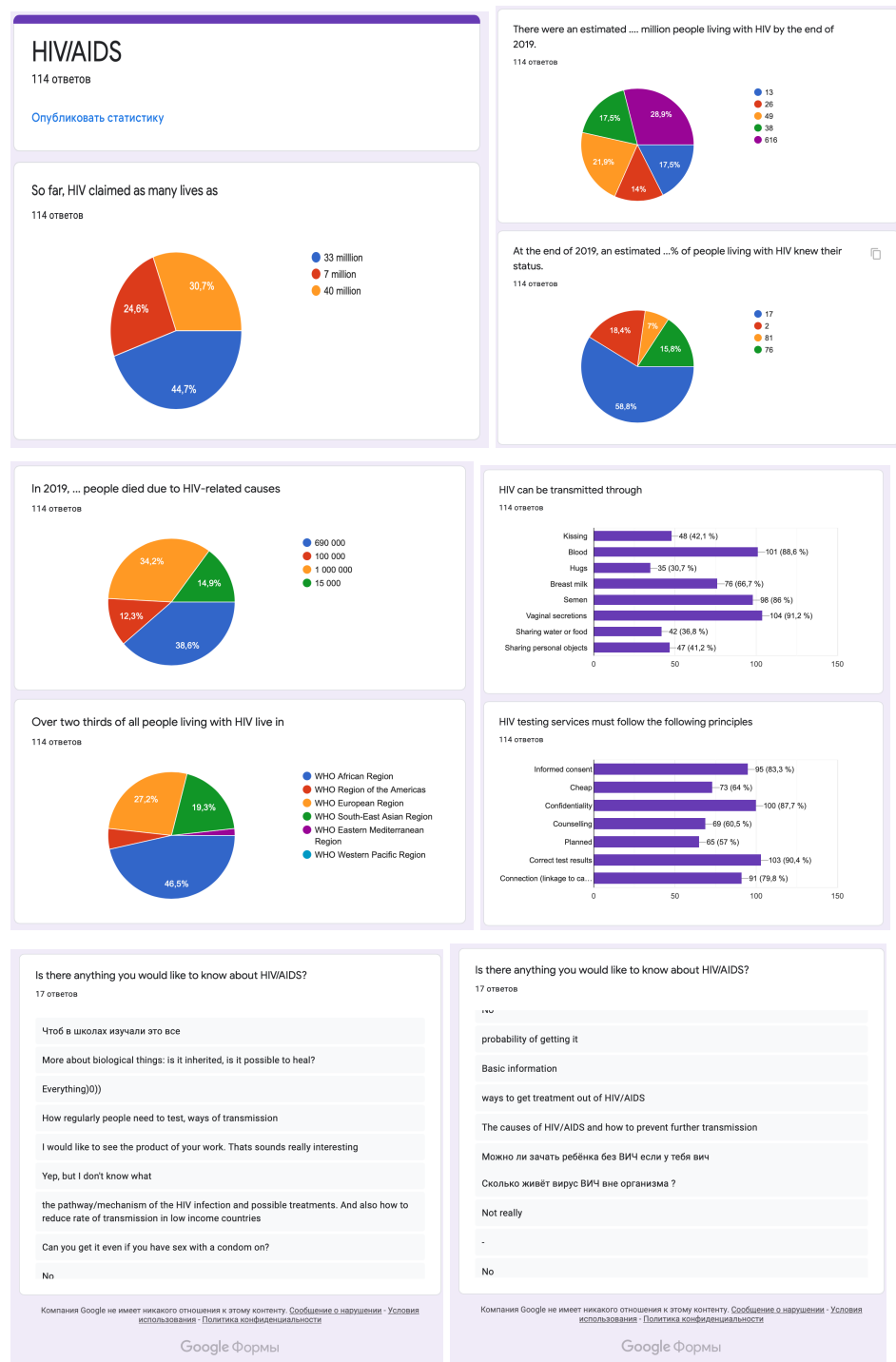
We have had only 21 days to develop our idea, organize the process and take action, but we have worked incredibly hard. As a result, we have created a beguiling Instagram page @aide_aids (you can take a look using this link: https://www.instagram.com/aide_aids/). There we post relevant information about HIV disease, encourage people to follow our example and get tested since it is the only way to find out the HIV status. In this short time, we have managed to write more than 20 posts, gain more than 100 followers, and reach more than 2500 people in total, according to Instagram's statistics.

We also interviewed HIV-positive people from Russia and Belarus (@girl_pozhiv and @hiv_girl) and raised awareness of their stories. Interview with @girl_pozhiv is available in our Instagram highlighted stories, and the other one is presented in a document here:

Apart from developing our Instagram page, we have decided to interact with the local community. We have shown Interactive series about HIV 'It's complicated' (Все сложно: <https://takiedela.ru/vseslozhno/#/>) and a film about HIV by Yury Dud (<https://youtu.be/GTRAEpIIgZo>) to students from our school. We also had a question-answer session to help people receive the desired knowledge on the topic discussed.



Moreover, to test people's understanding of the disease, we conducted an online survey, in which 114 students have participated. Most of them were either from Letovo school (Russia, Moscow) or from St Clare's school (UK, Oxford). Here are the results:



As presented by the results, there were 86 mistakes made in the question about the way HIV can be spread. No surprise, HIV-positive people get discriminated against simply because their fellow citizens are unaware of transmission ways and consequently suspect the worst.

In order to make the educational process easier, we are currently working on a 'Sex Education' course on 'Stepik' as our platform. It is free of charge since the issue is crucial for everyone to know about it. We did not publish it yet but are planning on doing so as soon as the last part is finished. Video

Three people from our team have received a Red Cross first medical aid certificate. How is it connected to this project? As we found out, there are misconceptions in Russia about multiple diseases - even our tutor had been erroneously speaking of HIV and AIDS during the course. The best we can do to bring a positive impact to our society is to be able to help in any situation. Now we know how to save lives in real life without using any additional medications or devices. Evidence

In order to get our own experience, we visited local pharmacies, trying to find express HIV tests. Unfortunately, in most cases, the attempts were failed. Maria, who lives in the countryside, has been walking for more than an hour through the field to the nearest pharmacy, however, she got caught in the rain and didn't reach her destination. Sofia had to visit 10 pharmacies, but still, unfortunately, she didn't get a test. Luckily, all pharmacists treated her normally. However, Aglaia, Milena and Yaroslava were not always treated well. Some pharmacists gave looks and offered pregnancy or drug tests with a slightly rude intonation. Yaroslava got yelled at by the pharmacist for simply asking about the test. More about our little adventures one can find on our Instagram page. evidence

With issues such as HIV, it is necessary not only to raise awareness but also to raise funds, since many people are not provided with antiretroviral therapy. Thus, we have emailed UNAIDS and shared their fund in our profile bio. evidence

We have also contacted a famous Russian professor, Egor Bazykin, who is currently working with the HIV virus. Unfortunately, he responded that he could not make the appointment due to being too overloaded. However, we are still hoping to work with him a bit later. evidence.

Talking about experts, we were also lucky enough to have a mentoring session with Nick Diliberto. We are very grateful for the explanation he gave us: "Gaining an audience is a long-term play". That has made us feel more confident about what we are doing. evidence

Our last actions we want to share are our YouTube channel and our website.

- краткий обзор что мы хотим сделать:

- ☒ озвучить видео в курсе
- ☒ продолжать вести образовательный инстаграм
- ☒ опросить больше людей, рассмотреть проблему с юридической стороны
- ☒ постараться повлиять на введение международного стандарта антиретровирусной терапии
- ☒ добиться чтобы все больные получали ее сразу на постоянной основе и без задержек

- ☒ тесты в аптеку
- ☒ больше точек тестирования
- ☒ включить секс-эд в образование хотя бы в формате факультативов

As you can see, there are many things we have done already. However, there is much left. To make a bigger impact, we want to improve our course by changing a format from presentations to voiced and animated or live videos. We would like to continue developing our Instagram page as well, reaching out to more and more people.

We also want to speak to as many people as possible in order to get a wider outlook on the problem. We are going to interview sexologists, psychologists, lawyers, and scientists.

Judging from our own experience, it is challenging to find an express HIV test even in Moscow, the capital of an enormous country. It is also complicated to get tested since there are only three places sponsored by the state where one can find out their HIV status in our city.

As suggested in an interview by an HIV-positive woman, there are some issues with the supply of antiretroviral therapy - the delivery isn't continuous and medications are changed. Working on this, we believe it would be great to create an international standard of medications that will be provided by the state for HIV-positive people. It is critical for everyone's safety that every HIV-positive one does get treatment. The disease spread will be reduced if there are quality medicaments and deliveries without any delays.

In order for everyone to be aware of their status, we think it's vital to make more places where one can get tested and make sure there are more pharmacies, where express tests are available.

Since our survey showed how unaware our peers are of the HIV transmission ways, we believe it would be great to find a compromise with educational institutions and organize sex education classes in every school, at least as an accessible extracurricular subject.

We hope to make all of these changes by gaining support on social networks, and then getting incredible numbers of signatures on petitions. We are hoping to explore the situation in different countries in more detail, and, if required, make changes there too. However, it is important to start taking action in our own country now. Judging from this example, we will know how to change the world. Thus, we should currently think globally and act locally.

Pitch

1 minute

things to include:

- ☐ team name

- ☐ what are we working on (PAPHOS, WOW EFFECT)
- ☐ what we did/are doing - можно кто-то скажет что мы уже сделали много, а на заднем фоне будут вещи которые мы сделали с небольшими комментариями, я могу в канве скреативить
- ☐ plans
- ☐ why is it important
- ☐ what do we want people to do: vote for us, follow us, visit our website and youtube channel, support that fond and #BEAPIRATE

Hi! We are Sex Education, HIV/AIDS team in a #beapirate challenge. We are conducting studies, spreading awareness and taking action in order to eliminate HIV/AIDS forever.