

SPEAK OUT



**Let's Talk! For Our Relationships,
Health, and Community**



WATCH. DISCUSS. SHARE.
speakout.greaterthan.org

WE 
AIDS



DISCUSSION GUIDE

Speak Out

"Speak Out: Let's Talk! For Our Relationships, Health, and Community" is a 30-minute video from Greater Than AIDS to foster and support discussions about HIV/AIDS. Presented in three chapters, this intimate and candid conversation explores issues around HIV that gay and bisexual men face but don't always talk about enough, and provides tips for staying healthy regardless of status.

As you watch the video, use this guide to facilitate conversations about HIV. It can be used with support groups, LGBTQ youth gatherings, chapter meetings, watch parties with friends, and other events.



To watch the program online, as well as access additional resources including individual videos of the cast, customizable promotional materials, public service messages, and more, **visit speakout.greaterthan.org**.

We Need To Talk

Let's be real. Gay men are not talking about HIV nearly enough. And how do we know that? Because we are the only risk group experiencing a rise in new infections. As it is, men who have sex with men — that's the clinical term for gay men — are two thirds of all new infections and more than half of all people living with HIV in the U.S. today.

A survey from the Kaiser Family Foundation confirms that gay and bisexual men aren't talking much, if at all, about HIV and related issues, even with those closest to them. Not with sexual partners, friends, family or even their doctors.

We have more tools to prevent and treat HIV than ever before. PrEP—short for pre-exposure prophylaxis— is a once daily pill to prevent HIV. Along with condoms, PrEP provides another highly effective option to prevent HIV. For those living with HIV, we now know that ongoing antiretroviral (ARV) treatment not only improves health and extends life but also significantly reduces the risk of passing the virus to partners by as much as 96 percent. Together we are Greater Than AIDS!

"Speak Out: Let's Talk! For Our Relationships, Health, and Community" explores these topics and more.



Speak Out is a campaign of Greater Than AIDS to engage the LGBTQ community in confronting the silence and stigma surrounding HIV/AIDS. The cross-platform campaign encourages more open communication in relationships, with health care providers, and with the community at large. Greater Than AIDS provides informational and outreach materials to support community efforts. Interested in partnering with Greater Than AIDS? Visit greaterthan.org.

#SpeakOutHIV
📺 📱 📺 📱

Getting Ready

Allow at least 1 ½ hours to screen and discuss the video. The video is divided into three main chapters, each addressing a different theme: relationships, health, and community. Select a group facilitator to lead the discussion and use the enclosed questions with your group following each section.

Create an open forum where everyone feels safe and comfortable sharing their opinions, free of judgment. **You might also consider inviting someone from a local AIDS organization to serve as an expert resource to answer questions.**

During the program, **encourage the participants to add their voice to the conversation using #SpeakOutHIV** on social media. Discuss the different ways they can create and share their own #SpeakOutHIV message on YouTube, Facebook, Twitter, Instagram, and other social network sites. Ask them what they think the impact of seeing #SpeakOutHIV could have on their friends and family members who aren't a part of the conversation.



Intro: A Second Coming Out

Timecode: 0:00 - 4:01



Chapter One: For Our Relationships

Timecode: 4:02 - 15:14

- Protection
- Getting Tested Together
- Disclosure
- Timing



Chapter Two: For Our Health

Timecode: 15:15 - 23:22

- Testing
- Getting into Care
- Pre-exposure Prophylaxis
- Post-exposure Prophylaxis
- Treatment as Prevention
- Living Well with HIV



Chapter Three: For Our Community

Timecode: 23:23 - 30:58

- Stigma
- Labels
- Opening Up

Extras

- Profile: Angel
- Profile: Daniel
- Profile: Jai
- Profile: Melvin
- Profile: Mikey
- Profile: Nat
- Profile: Ocie

Meet The Guys

Meet the real men of the Speak Out campaign—some living with HIV, some not—who come together to talk about how HIV affects their lives. Refer back to this page to help you know who is who.



Intro: A Second Coming Out

Timecode: 0:00 - 4:01

In the introduction to “Speak Out: Let’s Talk! For Our Relationships, Health, and Community” the guys talk about the parallels between coming out as gay, and coming out as HIV positive, an experience some refer to as a “second coming out.” The video also previews more topics that will be discussed in the three chapters, including disclosure, testing, stigma, and community support. Play the video and use the questions below to get started.

► Questions for Discussion

1. Jai says, “If coming out as HIV positive is parallel to coming out as gay man, then I can completely understand because I hid my sexuality from myself and the whole world for so long and I felt so alone.”
 - Do you agree with Jai? Do you think these experiences of coming out are similar?
2. A theme in the video is “Let’s bring HIV out of the closet.” What do you think that means? How can we do that?



Chapter One: For Our Relationships

Timecode: 4:02 - 15:14

HIV shouldn't stand in the way of love. **In chapter one**, the guys talk about HIV and sexual and romantic relationships. With all we know today, and all the tools available, it is possible to have a safe and healthy sexual relationship between someone who is living with HIV and someone who is not. We just need to know our status and discuss the ways we can protect each other. Your sexual health is your own responsibility, so it is important to consider topics such as when to get tested and when and how is the best time to disclose your status. Remember, everyone has a status to disclose.

► Questions for Discussion

1. Jai says, "We don't have that conversation enough—about sex—to talk about HIV."
 - What do you think? Do you agree? And if so, why do we have such a hard time talking about sex and safe sex specifically?
 - How soon do you think that the topic of HIV should be brought up when you meet someone new?
 - How can we make it easier to talk about safe sex with a partner?
2. Angel points out, "It's a two way street. You can't be holding someone accountable to know their status and not be holding yourself accountable."
 - What do you think Angel is saying here?
 - Asking someone if they know their status seems like it has become like checking a box. How do we have more meaningful conversations and seriously know the answers to those questions?
3. Nat suggests that when starting a new relationship "...go get tested with them. It's a great way to begin a relationship."
 - What are your thoughts on getting tested with your partner at the beginning of a relationship?
 - What safer sex practices would you be comfortable with if you both tested negative?
 - What about if one person tested positive?
4. Mikey recounts disclosing his HIV status to his boyfriend. "I was scared to disclose it to him. You are scared of that rejection."
 - When is the right time to disclose one's HIV status?
 - What would be your preferred way to disclose your status?
 - How would you like someone who is living with HIV disclose their status to you?
 - How do we get more comfortable in our relationships to talk about HIV?



Chapter Two: For Our Health

Timecode: 15:15 - 23:22

In chapter two, the guys talk about health and HIV. It all starts with knowing your status. For those who are living with HIV, accessing treatment and staying in care can keep a person in good health and greatly reduce the risk of transmitting HIV to other partners. For those who are not living with HIV, getting tested allows a person to access the safer sex methods that work for them in order to stay negative.

► Questions for Discussion

1. The guys talk about finding the right doctor, one that you can trust and confide in.
 - Is it important that your doctor know that you are gay?
 - What conversations are important to have with your doctor?
 - What are some things that people may be nervous to talk with their doctor about? How do you get over that?
2. Daniel says, “I try to [test] twice a year, and also if I’ve had a scare.” The U.S. Centers for Disease Control and Prevention (CDC) recommends that all Americans be tested for HIV as part of routine health care, and for gay and bisexual men, as often as every six months.
 - As gay men, how often do we need to be getting tested?
 - What are some ways that you and your friends could encourage each other to get tested more frequently?
3. As someone with HIV, Nat talks about taking control of HIV by knowing “what questions to ask.”
 - What are the questions that should be asked if you are living with HIV? Or if you are not living with HIV?
 - Do you know where to get a free HIV test?
 - Do you know what other HIV/AIDS resources are available in your area?
4. Jai talks about “a whole huge toolbox of preventing HIV.”
 - What’s Jai talking about here?
 - How much do you know about PrEP? What else do you need to know?
5. Ocie talks about how treatment “lowers the chances of me passing HIV to my partner or anybody else.”
 - Do you think people are aware that treatment can be used as prevention?
 - Does this change the way you think about having a sexual or romantic relationship with someone who is living with HIV?



Chapter Three: For Our Community

Timecode: 23:23 - 30:58

In chapter three, the guys talk about the role community plays in ending HIV. HIV isn't an individual disease, it's a community disease. The group discusses how labels and misinformation fuel the stigma and how we can empower one another to take actions to end HIV.

► Questions for Discussion

1. Mikey says, "I really do believe that stigma is still around."
 - Do you agree? How does stigma around HIV present itself?
 - After all of this time, why do you think HIV remains an issue around which there is still such shame and discrimination?
2. Angel reflects, "I felt separated from the community when I got my diagnosis."
 - Within the gay community, do you think we separate one another by status?
 - What are some ways that you can help create an environment in which people in your community are comfortable opening up and talking more about HIV, or disclosing their status?
3. The guys discuss terms like "clean" and "DDF" (drug and disease free).
 - Have you ever used or heard others using these terms?
 - In what ways do you think these terms contribute to stigma and even HIV infection?
 - Do you think that stigma can be harmful to your health? How?
4. David shares that we all need a "go-to" person in our lives to have honest and open conversations around topics like HIV.
 - Who are some of the people in your life who you could talk about HIV with?
 - What makes you comfortable around them?
 - Are there people in your life who you wouldn't feel comfortable knowing your HIV status if you were positive? Why?
5. Nat says, "HIV is not just an individual disease, it's a community disease, and it's going to take the entire community to eradicate it."
 - What does Nat mean by this statement?
 - Given the impact of HIV on gay men, do you agree that HIV is a gay disease?
 - How do we bring the community together on this issue? Both those living with HIV and those who are not?

SPEAKOUT[®]
speakout.greaterthan.org



WEAIDS[®]