

# MTV SHUGA

D O W N S O U T H

DINEO AND KWANELE: "BRAAM DIARIES"





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AARGH!



**KWANELE**  
YOU'RE GONNA BE  
LATE FOR WORK  
AGAIN!



LET ME SEE MY  
GUEST OUT. GRAB A  
KOTA FOR THIS  
HANGOVER AND I'M  
THERE! NO NEED TO  
PANIC REG!

UNTIL  
YOU GET  
FIRED!



HEY ZWEL!  
SORRY I'M  
LATE MAN. HAD A  
SITUATION. YOU  
KNOW HOW  
IT IS...

NOT  
INTERESTED  
IN YOUR EXCUSES  
KWANELE. JUST  
GET TO  
WORK!



HELLO  
JESSICA! MY  
NAME IS KWANELE.  
COULD I INTEREST  
YOU IN A HOLIDAY  
TIMESHARE?



CONGRATULATIONS  
ON JOINING OUR HOLIDAY  
MAKER'S CLUB BONGANI!  
HAVE A FANTASTIC DAY!

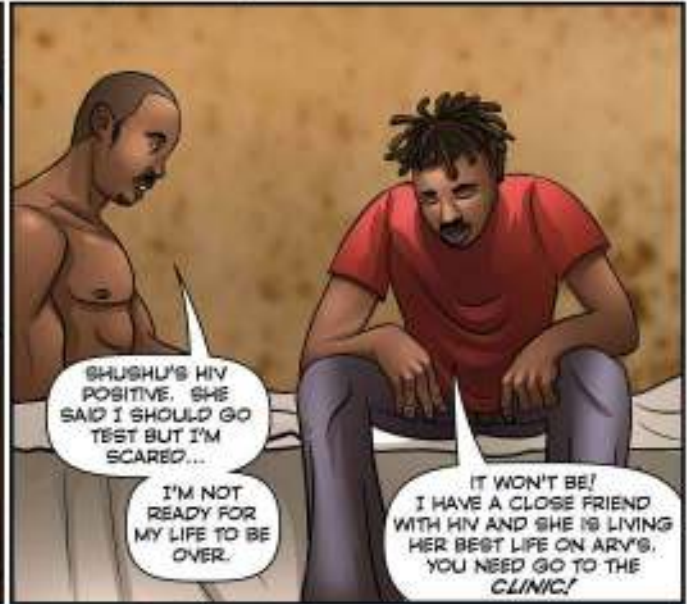


ANOTHER  
SALE!? I'VE HAD  
ZERO LUCK  
TODAY!

DONT WORRY!  
DRINKS ON ME  
TONIGHT!







BRAAM STREETS. LATER AFTERNOON.

I'M NOT SURE ABOUT THIS REG. MAYBE IT'S BETTER I DONT KNOW.

I KNOW YOU'RE SCARED BUT YOU HAVE TO BE BRAVE. KNOWLEDGE IS POWER.





**What is HIV self-screening?**  
HIV self-screening is a way of testing for HIV on your own, if you are aged over 15, without the need to go to a clinic or test with a nurse or doctor. Unlike some other HIV tests, self-screening doesn't require a blood sample. Instead, you rub a swab along your top and bottom gums which is then placed in the provided receptacle. You then wait 20 minutes to get your result. If you are aged under 18, you can take a self-screening test in private at a clinic. If the result is positive, you need to go to a clinic to retest with a medical professional. If you test positive again, the clinic will offer counselling and treatment. It is best to begin treatment as soon as possible. If your self-screening test is negative you do not need to do anything. But you should test again in three weeks' time if you had unprotected sex in the month leading up to your first self-screening test. This is because HIV has a three week window - so the HIV in your blood is undetectable for around three weeks after infection.





BRAAM CLINIC. THE NEXT MORNING.



**What are the symptoms of HIV?**

- There are three stages of HIV infection. The symptoms vary in type and severity from person-to-person and some people don't get any symptoms at all for years, but they can still pass on HIV. This is why HIV is often transmitted by people who don't know they have the virus.
- Stage 1 after initial infection can feel like flu - not everyone will experience this.
- Stage 2 may last for 10 years or more.
- Stage 3 is when a person's immune system is very badly damaged and can no longer fight off serious infections and illnesses.

The earlier a person is diagnosed with HIV and starts treatment, the better their long-term health. (Avert.org)



Being HIV Positive means that the body's immune system is weakened. Therefore it is important to keep your body as healthy as possible by avoiding excessive drinking, drugs and by following a healthy diet. Drinking too much or leading an unhealthy lifestyle can also weaken your immune system meaning that any HIV treatment will not work as well as it should. Being healthy won't cure HIV, but it will help your body to be stronger.

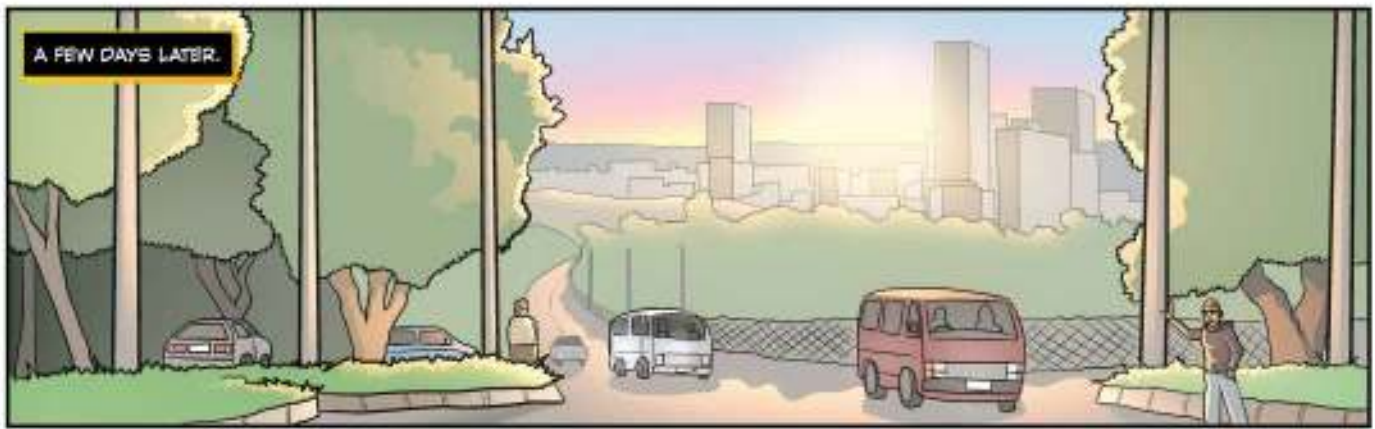
















**Who should take PrEP?**

PrEP should be used by a HIV negative person who thinks that they could be at risk of contracting HIV. Someone at risk of catching HIV might not be able to use condoms every time they have sex, or might have a sexual partner who is HIV positive.

You should not take PrEP if you are HIV Positive.

**Is PrEP a replacement for condoms?**

PrEP will reduce your chance of contracting HIV from a HIV Positive person by around 95%. However, it will not protect you from other STIs and pregnancy. Therefore condoms should still be used with PrEP if you might be at risk of contracting an STI or having an unintended pregnancy.







**What is consent?**

Consent is about communication. Feeling like you can't say no is never consent – it is both parties responsibility to check if the other person is comfortable every step of the way. You should not assume that a person consents just because they have consented in the past.

If you force someone to have sex without using contraception, you are putting both their and your own health at risk, and could damage the physical and mental health of your partner.

**What's the difference between emergency contraception and other contraceptives?**

Emergency contraceptives will prevent pregnancy if taken within 72 hours of intercourse. The sooner it is taken the more effective it is. Emergency contraceptives should not be used all the time as it affects a woman's menstrual cycle and can be less effective than longer term contraceptives if used repeatedly.

Other contraceptives, including IUDs, the pill, implants, injectables and patches, work for a longer time.

However, the copper IUD can be used as both an emergency contraceptive and a long-term contraceptive. It can be fitted up to 5 days after intercourse to prevent pregnancy and can remain in place to prevent any further risk.

No contraceptive will protect you from STIs apart from condoms, so it is important to always use a condom unless you are in a committed relationship with someone you trust.





If you have been affected by the topics discussed in this book  
send a **PLEASE CALL ME** to the Love Life contact centre  
on this number: **083 323 1023**

Find out more about PrEP: <https://myprep.co.za/>

Ask an Expert... FREE on Cell C, Vodacom, MTN: [bewisehealth.com](http://bewisehealth.com)

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