

# WHAT IS PrEP?

- PrEP is a new, safe, HIV prevention method for HIV-negative people who feel they might be at risk of getting HIV.
- PrEP means taking a pill every day and going for regular HIV testing, **NO EXCUSES!** PrEP should be used with other HIV prevention methods.
- But...** If you decide that you no longer wish to take PrEP, you can stop with the support of your healthcare provider. You do not have to take PrEP for the rest of your life.
- PrEP is a gift! Taking one pill a day, every day, gives over 90% prevention against HIV.

Connect to [www.myprep.co.za](http://www.myprep.co.za) to learn more about PrEP and do the quiz to find out if PrEP is right for you!



Scan the QR code to chat with us on WhatsApp and learn more about your health and HIV prevention choices!

@B Wise Health  
@MyPrEPSouthAfrica  
myprep.southafrica  
065 869 8031

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# Answer these 5 questions if you are thinking about having *sex*.

- 1. Do you know about consent?** Consent is when both you and your partner have said 'yes' to having sex or other sexual activities. You both need to agree on what you're comfortable with and what not. Consent can be withdrawn (taken away) at any moment by either you or your partner.
- 2. Are you feeling pressured to have sex?** You have the right to say 'no' to sex at any time without your partner getting angry. No one is allowed to pressure you to do anything you are not comfortable with.
- 3. Are you pressuring someone else to have sex with you?** Your hormones are raging, and you might think about sex all the time. There's nothing wrong with that, it is natural. But you only have the right to decide for yourself that you want sex and may never pressure someone else to have sex.
- 4. Is it legal for you and your partner to have sex?** In South Africa, it is illegal for someone 18 or older to have sex with someone younger than 16.
- 5. Do you know how to protect yourself?** Sex comes with responsibility, you need to know how to keep yourself and your partner safe from unplanned pregnancy, HIV and other STIs. Check out the B-Wise website for advice on condoms, contraceptives, PrEP, PEP and where to get it.

B-Wise has the info you need on all things mjolo, sex, consent, your body, and health.

You don't need data to check out the website.

[www.bwisehealth.com](http://www.bwisehealth.com)

B-Wise is here for you!