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acts smart
prevent AIDS
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Why Youth need to know about AIDS?

- AIDS is an infectious disease caused by a virus called HIV. It cannot be cured BUT it can be PREVENTED.

- AIDS is capable of destroying youthful life.

- Youth will LOOSE their friends and peers as well as their enjoying youthful life.

- AIDS does not only threaten your life but also the lives of your friends and peers.

- AIDS causes misery and death at an early age.
You will definitely do not want to lose your friends and your enjoying youthful life

Therefore....

- Avoid high risks behaviours such as having sex outside marriage and
- Do not get involve with DRUGS. Say NO to this high risk behaviour.
High risk behaviours that expose Youth to AIDS

SEX OUTSIDE MARRIAGE

Outside marriage sexual relations with someone whose health status is unknown can expose youth to HIV infection.

Feelings and the urge to have partners are part of the youth growing process and it is normal.

However this feeling and urge will have to be handled smartly so that it will not destroy the future of the youth.

Do not expose yourself to pornographic materials, intoxicated drinks, do not hang around and spend your time doing nothing but wasting time ("lepak"), do not expose yourself to stimulant pills and do not visit entertainment outlets.
Taking Drugs

Do not get involve with drugs. This behaviour could cause youth to be infected by HIV.

- Trying out something new and searching for identity is something common among youth. Please do not be influenced or tempted by invitations and persuasions.

- Please act wise and firm in making decisions for not smoking and taking DRUGS.
Youth should strengthen their self-esteem in order to avoid AIDS

- Practice good values
  - Get yourself closer to religion.
  - Respect your elders.
  - Assist friends that are in need.
  - Carry out your responsibility as an excellent youth.

- Choose friends with good moral character.

- Spend your time with useful activities: Sports, Clubs and Societies, Welfare activities.

- Share your feelings with family members, teachers and friends.

- Upgrade your knowledge on HIV/AIDS and spread the information that you know about HIV/AIDS to friends for common benefit.

- LOVE YOURSELF.
Are you a youth that gets involved in high risks behaviour?

Please be informed that youth whom are involved with high risks behaviour has the possibility of being infected by HIV but they can still look healthy.

If you are involved in high risks behaviour or if you have any doubts about it, please visit a health clinic or a nearby hospital for counseling services.

All information during your counseling session is CONFIDENTIAL.
Facts and reality

- Based on Science, HIV does not spread through partners' interactions such as hugging and touching. BUT in reality, religion and society prevents such actions as it could lead YOUTH to sex outside marriage.

- In Science, it is also mentioned that HIV could spread through sharing of drug injection needles.

- Drugs usage, in one way or the other, directly could not spread HIV. BUT in reality it is the cause of which youth lost their considerations and it could possibly cause more serious addiction to the extent of sharing drug injection needles and outside marriage sexual relation.

- Religion too, strictly prohibits the use of any intoxicants as it could cause the user to be drunk or hallucinated.
Address

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