

All adolescents should be started  
on ART before they become  
sexually active

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Need to fit in with peers

Decisional capacity

Risk taking behaviour

Preoccupation with self image



Autonomy & independence

Need to fit in with peers

Decisional capacity

**Stigma**

**Secrecy**

**Discrimination**

**Criminalisation**

Risk taking behaviour

Preoccupation with  
self image



Autonomy &  
independence

# Being a teenager.....

- Be responsible
- Think for yourself
- Growing up
- Having fun
- More freedom
- Being independent
- Start work
- Lots of things change
- I'm always right



# Adolescents and sex

- Adolescents with chronic conditions more likely to engage risky behaviour<sup>1</sup>
  - Sex, UPSI, legal/illegal substances



- >half of 16 yr olds have had sex
- Young women may not feel empowered to negotiate condom use
- When a young man is aroused is the first thing on his mind a condom?

1. Health risk behavior in adolescents with chronic conditions. Pediatrics 2008

# TasP

- Treatment as prevention
- Test and treat
- HPTN052\*:
  - 96% reduction in transmission of HIV
  - early ART had a clinical benefit for both HIV-1–infected persons and their uninfected sexual partners.
- PARTNER study
- No PEPSE for vaginal UPSI

\* **Cohen MS**, Chen YQ, McCauley M *et al.* Prevention of HIV-1 infection with early antiretroviral therapy. *N Engl J Med* 2011; **365**: 493–505.

# Will ART encourage UPSI?

- Concerns ART would result in behavioural disinhibition or HIV risk compensation.
- Experience and research in Africa and other resource-constrained settings has NOT found that the availability of ART results in disinhibition or risk compensation.
- Benefits of TasP, combined with earlier knowledge of status → reduce HIV risk behaviours

# The opposition may argue

- Adherence issues
  - Coordinated MDT transitional care services
  - Careful follow up into adult life
- Side effects
  - Longterm side effects much better now compared with current CHIPS data
  - Weighed against the clinical benefit
- ART promotes UPSI
  - No evidence of this in research



- Consequence of no ART: how long do you wait for?
- Attenuation of HPV
- Brain protection

- Start ART before adolescence so it is normal routine... well before 16
- Disclosure of diagnosis prior to ART
- Support support support...inc at home
- Remove the fear of onward transmission

