



GROWING TOGETHER FOR
HEALTH AND HAPPINESS

FREEDOM TO BE CAMP EVALUATION REPORT 2025



Company no. 06337017
Charity no. 1122356

EXECUTIVE SUMMARY

Freedom to Be (F2B) Camp is an annual residential support camp for young people growing up with HIV in the UK and Ireland. It's delivered by Chiva.

F2B is a chance for young people to build connections with peers in an inclusive and welcoming space. They learn more about HIV during an action-packed week of workshops and activities including adventure sports, creative arts, yoga, and wellbeing sessions.

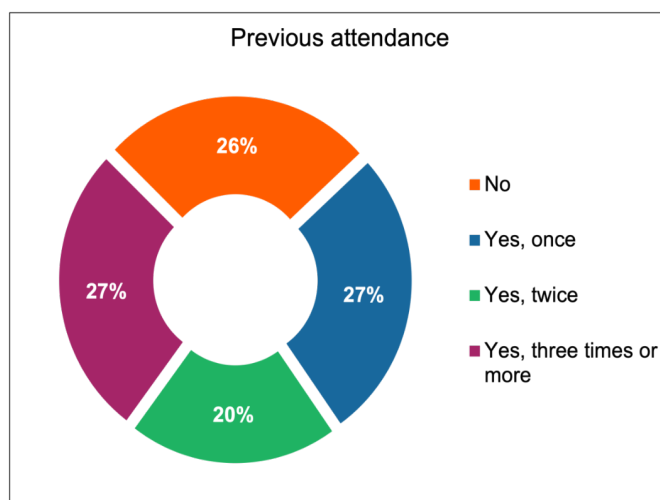
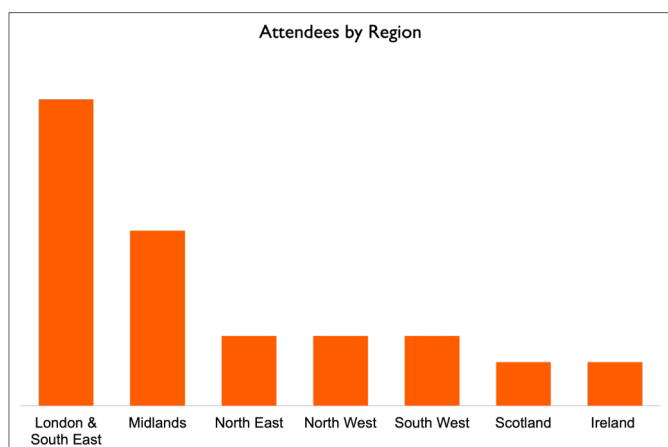
Chiva has been providing this annual event since 2010, and in 2025 delivered the 16th annual F2B camp.

This year's camp was themed 'The Digital Era'. This theme was chosen by the Chiva Youth Committee. Workshops and activities were linked to this theme, and team names were associated with key tech innovators.

ATTENDEE INFORMATION

F2B has a target age range of 11–17 years, but a small number of ten-year-olds were allowed to attend this year. These children had recently learned about their HIV and the support on offer was seen as particularly valuable for them at this time.

89 participants attended F2B in 2025, 44 girls and 45 boys. The group reflected a mix of new and returning participants. Chiva were pleased with the regional representation achieved at F2B this year.



CAMP DELIVERY TEAM

The team delivering camp includes:

- Chiva staff who attend all week supporting logistics, programme management, facilitating workshops and supervising and supporting the volunteer team
- a long-standing Chiva professional associate who attends and manages the camp during the week
- a team of trained volunteers consisting of Camp Leaders and Key Workers.

Camp Leaders are volunteers aged 18-25, who have grown up with HIV. Most Camp Leaders have previously been camp participants.

The Camp Leaders are supported by a dedicated supervisor from the staff team. Ahead of camp they attend a four-day residential training programme to ensure they are fully prepared and equipped to take on this peer support role.

Key Workers typically have more experience than Camp Leaders, either from their wider work or through previously undertaking a Camp Leader role.

Key Workers provide pastoral care, support behaviour management, and ensure campers are well supported through the week using a Key Work group system.

Key Workers also attend an overnight training course ahead of camp.

Many Key Workers live with HIV, and the Key Worker team collectively provides a range of professional skills, knowledge, and lived experience to provide effective support to the campers.

This year around half the Key Worker team attended camp when they were younger.

Chiva aims for camp to have strong involvement of young people and young adults who have grown up with HIV. This offers powerful role modelling and peer leadership.

Many volunteers return year after year, the annual event also being a significant feature of their own HIV journey as they grow older, with the opportunity for community connection and support.



YOUNG PEOPLE'S WIRE SCULPTURES CREATED AT CAMP

PROGRAMME

The Chiva staff team develops the camp programme to include a mix of structured interactive HIV-themed workshops and outward bounds activities.

HIV workshops are led by Chiva staff, volunteers, and external facilitators. The Chiva Youth Committee are involved to shape this programme and contribute ideas. Outward bounds activities are led by activity coaches based at the camp venue.

All young people take part in the core activities.

There are also evening activities with multiple options for young people to choose from. These include yoga, wellbeing and pampering sessions, sports, a bake-off competition, and the opportunity for informal socialising and playing games.

Each day features a whole group morning briefing and early evening gathering. This is also where important achievements from individual participants are recognised through the 'Star of the Day' award.

Volunteers may nominate a camper as 'Star of the Day' for a specific achievement or to reward particular effort.

'TED Talk' style presentations are included in the evening gathering where campers hear from their older peers volunteering at camp.

There is a focus on sharing key experiences, such as their journey as an HIV activist or becoming more open about their HIV status with friends and partners.

"THIS CAMP CHANGED HOW I SEE HIV FROM FEAR AND SHAME TO STRENGTH AND PRIDE. I FOUND COMMUNITY CONFIDENCE AND HOPE" - young person's comment on what camp meant to them

Further whole-group events are provided to bring a sense of community to the camp experience, including:

- a whole-group mini-Olympics on arrival day
- a sharing evening from creative and arts-based sessions
- a party on the last night
- a closing ceremony to mark the end of camp and enable personal reflections to be shared among participants.

EVALUATION

A range of evaluation methods are employed at camp to provide quantitative and qualitative data.

Demographic and attendance data allow an accurate understanding of who has come to camp and how many times people have attended previously. Their knowledge, understanding, and feelings around HIV are assessed through questionnaires* at the start and end of camp.

The end-of-camp questionnaires have open text questions so campers can describe their experiences and learning in their own words, as well as how they feel camp could be improved.

Qualitative data is captured throughout the week from workshop evaluations and observations from the team. It's also collected from peer-to-peer interviews at the end of camp in which campers are interviewed by members of the Chiva Youth Committee about their experience of attending.

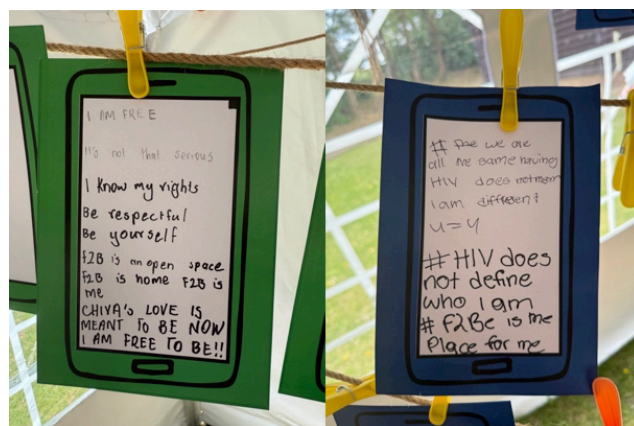
The overall camp evaluation is focussed on the following key aims and objectives:

- To enhance HIV knowledge and understanding.
- To reduce social isolation and develop peer networks among those growing up with HIV.
- To enhance confidence, self-esteem and aspirations for the future.

In addition to camp participant evaluation data, Chiva also provided parent/carers and volunteers the opportunity to provide feedback anonymously via questionnaires which they were invited to complete after camp.

Health care professionals who had referred young people to camp were also consulted for any feedback on any changes following their attendance.

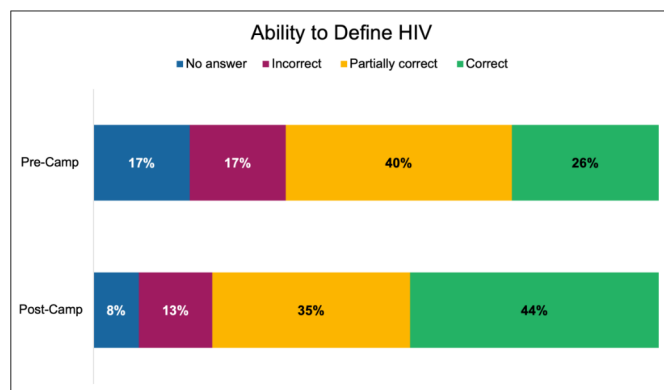
*See Appendix A for participant questionnaires.



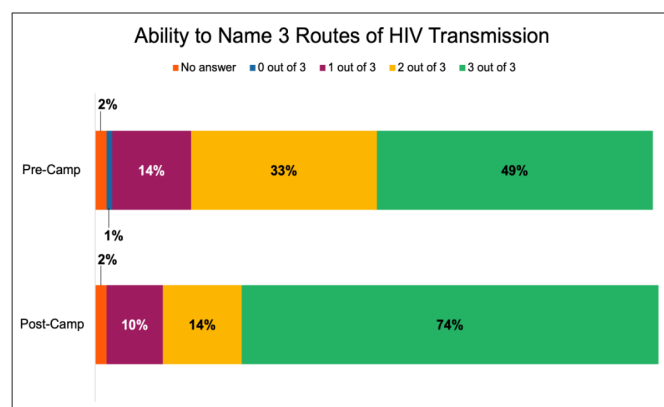
YOUNG PEOPLE'S REFLECTIONS SHARED IN THE CAMP CLOSING CEREMONY

IMPACT OF ATTENDING ON HIV KNOWLEDGE

The graph below provides the findings from the pre- and post-camp questionnaires about attendees ability to correctly define HIV.



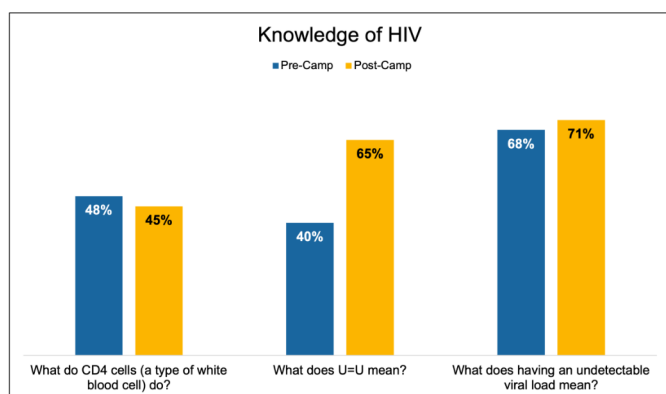
Below is a graph illustrating attendees ability to identify three routes of HIV transmission.



A number of measures are included in the questionnaire to measure changes in HIV-related knowledge more rigorously, including questions which require young people to write their own answers.

With these we saw some mixed changes in knowledge (graph below). To understand this, we require further insight into how information is processed at camp and how attendees learning is supported.

However, we saw notable increases in understanding what U=U means.



The young people were asked to identify specific questions about HIV before they came to camp. Responses were few, but included: 'What CD4 is', 'How does technology affect you?', 'How has the medicines helped over the past years', 'On average how fast would it take for HIV to turn into AIDS?'

Gaining knowledge was clearly one of the main reasons that people came to camp.

Post-camp responses regularly mentioned appreciation of their new or updated HIV knowledge.

Typical comments in response to the question 'What have you learnt about yourself at F2B?' included 'learning how HIV can affect different themes', 'further my knowledge on HIV and learn how to correctly educate other people', and 'more understanding of what HIV is and how it's like living with it'.

When asked the three things they liked most about F2B Camp, the HIV workshops had the second highest number of mentions.

The effectiveness of the HIV educational content is demonstrated by the key aspects that stuck in young people's minds, including 'learnt about self', 'as long as you take meds you can have sex normally', 'the injection', and 'that I'm not the only person that forgets to take meds and it's harmful for teens to forget'.

Individuals specifically mentioned valuing the workshop about different HIV medicine, with comments including 'learning different ways social media can influence understanding on HIV', 'the sexual health workshop', and 'new stuff about HIV'. There were also many generic comments about the values of 'learning things'.

"A LOT – I LEARNT A LOT OF DIFFERENT THINGS ON HIV" - young person's comment on what they learnt at camp

Another person suggested improvements, saying that 'making the information a lot more fun to understand...would be good. I feel like there's a lot of writing involved. I think there needs to be more movement in the workshops'.

This was reinforced by people who commented on workshop activities they most enjoyed, such as, 'My favourite activity was when we were meant to have a visual representation of your viral load being lower if you take your meds'.

Just one individual said that they knew everything about HIV already and felt no different at the end of Camp.



IMPACT ON CONFIDENCE SELF-ESTEEM AND ASPIRATIONS FOR THE FUTURE

Only five people said they were comfortable talking about HIV before camp started.

When asked 'If you are not comfortable talking about your HIV with other people can you tell us why?' a number of attendees responded 'don't know' or 'not sure'.

However, others shared reasons including:

'IF YOU TELL SOMEONE AND FALL OUT LATER, THEY CAN USE IT AGAINST YOU'

'THEY MIGHT JUDGE OR ASK UNCOMFORTABLE QUESTIONS'

'I FEEL LIKE I WON'T BE UNDERSTOOD'

Comparing this with comments after Camp, a striking difference emerges, demonstrating enhanced confidence and self-esteem:

'THERE IS LEGAL PROTECTION FOR PEOPLE WHO LIVE WITH HIV'

'I REALISED THAT NOT ONLY ME IS SUFFERING FROM THE SAME THING, THERE ARE MANY PEOPLE GOING THROUGH IT'

'PEOPLE DO CARE ABOUT PEOPLE WITH HIV'

Many young people reported feeling more confident about their abilities and having more positive HIV-related feelings after Camp. They used the term 'confident' liberally in analysing their own post-camp feelings:

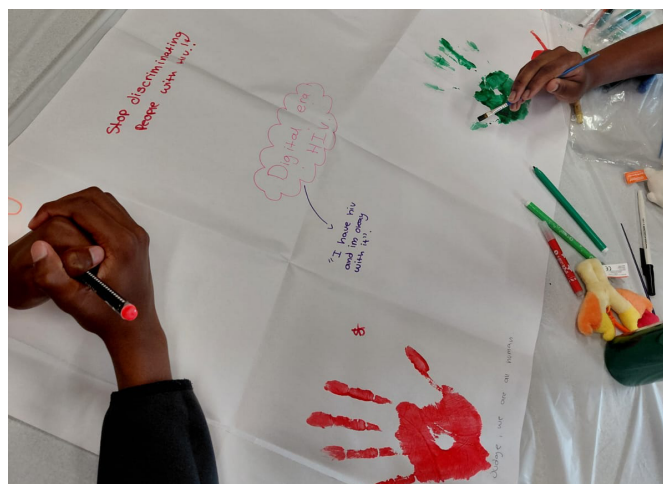
'I CAN STILL HAVE FRIENDSHIPS, I HAVE BECOME MORE CONFIDENT AND COMFORTABLE'

'F2B HAS MEANT A LOT TO ME HELPING ME GAIN MY CONFIDENCE BACK'

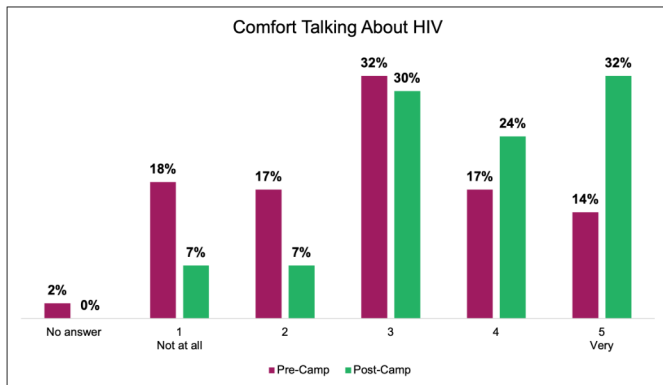
The other main areas mentioned were improved confidence in people skills and the benefits of being amongst peers also living with HIV:

'I CAN OPEN UP ABOUT HIV'

'THAT I CAN MAKE FRIENDS'



The graph below illustrates the reported changes in feeling comfortable talking about HIV.



Self-esteem can also be raised when young people find out new things about themselves more generally.

F2B does seem to have aided some interesting self-discovery:

- 'That I am very talkative'
- 'I'm very outgoing and funny'
- 'I can stay calm'
- 'That I am able to contribute my opinion and be heard in a safe space'
- 'I am more sociable than I thought'
- 'Patience, that I am very creative'
- 'That I like parties'
- 'That I can do good things if I focus'
- 'I like to be challenged'
- 'I shouldn't involve myself in stupid stuff'
- 'That I can be the best of myself if I put my mind to it. I learnt I am a poet'
- 'That I'm a quiet person but in this Camp I've been talking a lot and that I sleep a lot, because at home I don't really sleep much because I'm always on my phone'

Sixteen people said they hadn't learned anything about themselves or didn't know what they might have learned, yet they all valued the time making/renewing friendships.

A number of people made comments about

feeling more positive about the future after camp, associated with:

- Increased freedom: 'I can be free-er', 'it's ok to be free and live life', 'I can be free with the right people'
- Increased motivation: 'I am nice', 'you wouldn't know you're good at something if you don't try', 'that even if I don't want to do something it can still turn out to be fun'
- Appreciation of rights: 'I have rights', 'I have learnt that I can have any job without being discriminated'

Regarding attendees ongoing engagement with F2B, and the possibility of taking on volunteer roles when they're older, the questionnaires yielded few responses. This suggests the need for a specific question about this in the future.

One camper said they wanted to become a Camp Leader.

People said they valued 'The camp leaders' attitudes towards young people', and 'team captains were a good idea - keep doing it'.



IMPACT ON SOCIAL CONNECTIONS, EMOTIONAL GROWTH AND SUPPORT

New people and friendships were described as the most important aspect of Camp in fifty comments responding to the 'best things about Camp' question.

Friendships and meeting new people were the overwhelming reasons stated for returning to camp.

'I've gained really good friends that make me laugh'

'I learned that family doesn't have to be blood'

'I felt I belong here'

Most of the qualitative comments from those who had been to camp previously were about friendships, such as reuniting with old friends. Three people mentioned the importance of having and making memories.

Fun and enjoyment were important reasons for returning too.

There is strong evidence that well-developed socio-emotional skills increase the likelihood of achieving positive later life outcomes for young people.

We use the validated Youth Engagement Survey (YES) to ask participants at the end of Camp to rate how they felt in relation to feelings of enjoyment, inclusion, attention, and having a voice while participating.

Higher mental engagement is linked with growth in socio-emotional skills, whereas lack of mental engagement can prevent socio-emotional skill growth or lead to high levels of skills 'falling back'.

The YES scores tend to reflect closely the quality of provision. These scores can be used to assess how well staff understand the socio-emotional skills of the young people participating, and to adjust their practices to meet young people where they are.

Young people can score between 5 (maximum) and 0 (minimum).

Results from this year show very high engagement amongst our participants, suggesting a high likelihood of socio-emotional skill growth through the intervention.

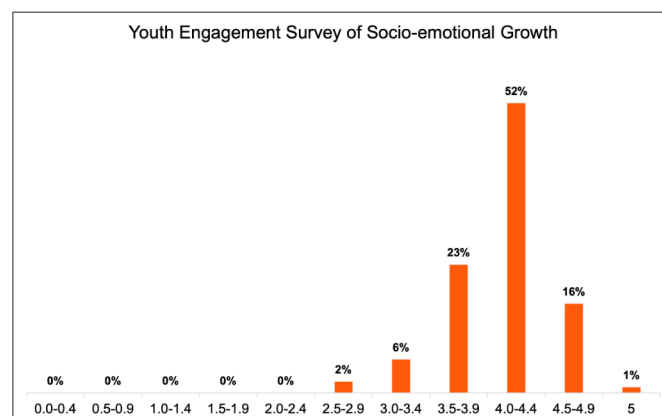
In total, 69% of participants scored at least 4 out of 5. No participants scored less than 2.5.

'MY FAVOURITE ACTIVITY IN THE WORKSHOP WAS LIKE SINGING ALL TOGETHER ... HOW WE COULD, LIKE, SING ON TUNE ALL TOGETHER AT THE SAME' - young person's comment on their favourite activity at camp

The family ethos of Camp was appreciated, with expressions of gratitude for 'communicating with other people', 'helping each other', and 'kindness'.

While F2B centres HIV knowledge, understanding, and peer connections, we also seek a broader positive impact on young people's socio-emotional skills.

These include taking responsibility, developing empathy, teamwork, and emotion management.



ACTIVITIES

A fairly equal proportion of participants requested more activities and more free time, suggesting the camp was pitched about right in terms of contact time overall.

More sports were requested by many, with suggestions of rounders, basketball, and swimming. Participants also wanted a continuation of ball sports, canoeing, archery, climbing, and zip line.

Feedback on activities and outward bounds provision at the venue was positive. However, several participants indicated a preference for ensuite bathrooms. Shared bathrooms were one of the features least favoured by participants.

FEEDBACK FROM VOLUNTEERS

Overall, the volunteers reported a very positive experience of this year's camp. The camp was judged safe, well organised, and it met expectations.

Things judged to have worked well included teamwork, support, supervision, briefings, night and morning rotas, house meetings, and chaperoning.

'YOU COULD SEE THE DEDICATION OF CHIVA STAFF AND THE SHEER AMOUNT OF ORGANISATION AND PLANNING THAT WENT INTO F2B' - volunteer's comment on their time at camp

Other positives included queuing for mealtimes, medication checks, an improved timetable, the campfire, the inclusion of an ice cream van, and the travel arrangements

A lot is asked of the volunteers, and they all recognised and rose to the commitment.

One volunteer commented; 'I thoroughly enjoyed it despite the lack of sleep and being

on the go for 18 hours a day! I didn't know how much it would wipe me out afterwards, but it was worth it and I'll be back again!' Looking to the future, another said; 'Can't wait for 2026!'

Only one person felt negatively about respect for volunteers.

'IT WAS AN AMAZING EXPERIENCE TO SEE SO MANY YOUNG PEOPLE ENJOYING THEMSELVES AND BEING FREE' - volunteer's comment on their time at camp

With so many young people living in unusually close quarters, it's always possible moods and personalities will clash. A few volunteers recognised such tensions on one occasion. One suggested it would be useful to develop 'a briefing about what to do if there is a fight. I hadn't heard it personally but there were rumours of tensions brewing'.

'More male members on site' were suggested, but overall, most agreed the response was good. One volunteer wrote, 'I appreciate how the team deescalated the fight situation'.

Several volunteers asked for a better way of feeding back after an incident, so that everyone could be clear how to move forward. Communication was mentioned, with an emergency alarm system and walkie talkies suggested.

The venue was the only element that received an equal proportion of positive and neutral (but not negative) responses. Increased outdoor space was a common request.

On the wish list for future camps was a dedicated room for staff, more food for the young people, water and cups in communal accommodation areas, medals or rewards for winning games, and a possible 'policy on dress code' to promote inclusivity and communication.

FEEDBACK FROM PARENTS AND CARERS

Parents and carers were all asked for detailed feedback on every element of camp, including pre-camp information, preparation, registration, and staff communication.

Every response on all elements was 'agree' or 'strongly agree', indicating a resoundingly positive view from parents and carers (with one exception noted below). Travel plans were considered very good and easy to understand, both for outgoing and incoming trips.

Camp was judged a positive experience for parents, carers, and their young people, and everyone said they would recommend it to others. One said: 'He always has a wonderful time knowing he is going to be in a safe space with other children of his status', and another stated, 'He had a beautiful experience'.

The confidence instilled in the young people was judged most important of all; 'My son was very excited, and I could see his self-confidence and self-love building up massively every time he goes to the trip. He has learnt a lot of things I was not going to be able to teach him alone as a parent. Am so grateful'.

One parent expressed concerns around participant behaviour, linked to the altercation mentioned in the volunteer feedback. This has been dealt with by the staff team as a special case and the suggestions for mitigating such incidents will be included in future camp protocol.

FEEDBACK FROM HEALTHCARE PROFESSIONALS

Healthcare professionals who had referred young people to camp were also asked for their reflections on any noticeable changes in their patients following their attendance. These quotes share some of this feedback.

'They report better confidence in themselves and the ones that were encouraged to attend were grateful as they had such an amazing time'.

'They are on a high after camp. The relief of being surrounded by other young people with HIV was palpable'.

'A little more confident, a little chattier and more relaxed. Immediately asked if they could attend camp again next year!'

When asked to illustrate how camp can supplement the support provided by health care teams, they emphasised the HIV education support; 'The information is taken in because they are totally immersed by the information and support. It's like they've heard it for the first time (which of course they haven't!)'

Healthcare professionals also shared feedback from parents who had described the impacts on their child attending camp; 'They really love it. One mum reported that when her young boy returned, he sobbed with the relief of having met friends at the camp'.

RECOMMENDATIONS FOR FUTURE CAMPS

The following suggestions were given as potential ways to improve camp for both participants, staff, and volunteers in the future, funding and practicality permitting.

WORKSHOPS

- Ensure there is no repetition across sessions.
- Deliver content in new fun ways.
- Add in more tasks that involve alternatives to writing, particularly encouraging movement.
- More work to understand and evaluate changes in HIV knowledge and how information is processed by young people camp.

VOLUNTEERING

- Add a short session with young people about their own potential future involvement in camp.

- Explain the roles of Camp Leaders and Key Workers to help encourage more young people to consider future involvement.
- Add a question to the questionnaire evaluating young people's feelings about this future involvement.

ACTIVITIES

- A broader range of sports to add to those already offered.
- Medals or rewards for the winning team in games may appeal.

VENUE

- Increased outdoor space.
- A grass football pitch.
- A dedicated room space for volunteers and staff.
- Personal bathrooms in rooms.
- Increased drinking water stations.
- More food in general.
- Snacks in between mealtimes.

CHALLENGING BEHAVIOUR:

- A policy on dealing with, and de-escalating, any challenging behaviour.
- Establish clear communication protocols.
- Consider the gender balance of staff, recruiting additional male staff if possible.



CONCLUSION

Overall, Chiva Freedom to Be Camp 2025 was judged a resounding success on all measures.

A range of young people across age groups and from a good balance of different regions attended, and camp remains popular with young people. Parents/carers were particularly enthusiastic about this year's camp, and healthcare staff had only positive feedback.

Overall, the pre-planning and infrastructure put in place to support every attendee, their parents/carers, and the volunteers at F2B 2025 was highly valued.

The evaluation tools employed to measure the impact of the camp were effective and valuable insights were gained. One particular area for evaluation development is exploring how HIV information is processed at camp and how that learning is supported going forward.

The learning points for future planning will be used to further improve camp, with the participation and involvement of young people.

This will include workshop development, increasing knowledge of volunteering amongst young people, further diversifying activities, exploring other venues, and updating policies.

Evaluation evidence suggested the Camp met all of its goals:

- To enhance HIV knowledge and understanding.
- To reduce social isolation among those growing up with HIV and develop peer networks.
- To enhance confidence, self-esteem and aspirations for the future.

Chiva staff are commended for their sensitivity, responsiveness, and exceptional support to young people. Their efforts are evident in the wide range of enthusiastic responses from the young people who attended this year.

Chiva would like to thank the Hollyhock Foundation, the funders of F2B camp in 2025.

APPENDIX A: QUESTIONNAIRES

CAMP 2025 QUIZ PART ONE

Write your first and last name initials (eg Adam Clark is AC) _____

Date of Birth (eg 27 Jan 2011) : _____

Please complete this short quiz about you and about HIV.
It will help Chiva understand what difference Camp makes to people at Camp.

Everyone's answers will be put together and we will see what people learnt at Camp. Your answers will be seen by the Chiva staff team. We will not tell other people what you wrote individually.

We may look at differences by age and gender and other things across the whole group, like how many times people have attended camp, and we may share that overall information with others like Doctors.

Please answer questions honestly and give your own views.
Do not worry about spelling or getting an answer right: we just want your views.

If any questions are unclear ask a Key Worker or Camp Leader for help.

1. Have you come to the Chiva F2B camp before?

NO YES, once YES, two YES, 3 times or more

2. **If you have** come to camp before, did you stay in touch with people you met here?

YES NO Not relevant (Haven't been to camp before)

3. **If you have** come to camp before, can you tell us what you hope to get out of returning to camp again?

4. What does HIV mean?

5. Name three ways HIV can be passed from one person to another person?

1. _____

2. _____

3. _____

6. What do **CD4 Cells (a type of white blood cell)** do?

7. What does **U = U** mean?

8. What does having an **undetectable viral load** mean?

True or False: Next to each statement circle whether the statement is TRUE or FALSE or you DON'T KNOW

9. HIV medicine helps make the HIV go to sleep and stops it from making copies of itself. This keeps the amount of HIV in your body low.	True	False	Don't Know
10. If you have a high viral load (amount of HIV measured in your blood tests) this means your medicine is working.	True	False	Don't Know
11. Having a very low or undetectable level of HIV virus in your body means that your immune system can stay strong.	True	False	Don't Know
12. If you have a very low number of CD4 cells (type of white blood cell) this means your medicine is working very well.	True	False	Don't Know
13. If you have a high amount of CD4 cells this means your immune system is strong, and you can fight off every day infections like colds.	True	False	Don't Know
14. There is legal protection for people who live with HIV to protect them against HIV related discrimination. (being treated differently to other people)	True	False	Don't Know

15. Do you talk about your HIV with your family/people you live with?

YES NO

16. Do you talk about your HIV with your friends (aside from friends at Chiva or other HIV support groups)?

YES NO

17. How comfortable do you feel talking about HIV?

1

2

3

4

5

(1 not comfortable at all)

(5 very comfortable)

18. If you are not comfortable talking about your HIV with other people can you tell us why?

19. Have you come to camp with any questions about HIV?

Thank you for completing our Quiz.

We will ask you more questions on the last day.

We will then look at differences between the answers for everyone from the start to the end of
Camp.

If you have any questions about our Quiz then ask your Key Worker or a member of staff.

CAMP 2025 QUIZ

PART TWO

Write your first and last name initials (eg Adam Clark is AC) _____

Date of Birth (eg 27 Jan 2011) : _____

Please complete this short quiz about you and about HIV.
It will help Chiva understand what difference Camp makes to people at Camp.

Everyone's answers will be put together and we will see what people learnt at Camp. Your answers will be seen by the Chiva staff team. We will not tell other people what you wrote individually.

We may look at differences by age and gender and other things across the whole group, like how many times people have attended camp, and we may share that overall information with others like Doctors.

Please answer questions honestly and give your own views.
Do not worry about spelling or getting an answer right: we just want your views.

If any questions are unclear ask a Key Worker or Camp Leader for help.

Your time at camp:

1. What three things did you like the most about F2B Camp 2025?

1. _____
2. _____
3. _____

2. Is there anything you did not like about F2B Camp 2024?

3. Do you plan to keep in touch with other people you met at F2B this year?

YES UNSURE NO

4. How important was it for you to be around other young people at F2B who also have HIV?

1 2 3 4 5

(1 = not Important at all)

(5 = very important)

5. How important was it for you to be around other adults at F2B who also have HIV?

1 2 3 4 5

(1 = not Important at all)

(5 = very important)

6. How comfortable do you feel talking about HIV at the end of camp?

1 2 3 4 5

(1 = not Important at all)

(5 = very important)

7. Thinking about Camp, tick the box that best describes your experience:

	Never	Rarely	Sometimes	Often	Always
I felt accepted by adults and other group members.					
I felt excluded or disrespected by adults or other group members.					
I felt like the things we did and talked about were interesting.					
It was hard for me to concentrate.					
I enjoyed what I was doing.					
I disliked what I was doing.					
It felt challenging but not overwhelming.					
I felt stressed out by the things we did and talked about (or other things that were happening).					
I felt like my ideas and contributions were heard and respected.					
I felt like there were no opportunities to contribute or offer my opinions.					

HIV knowledge and understanding:

8. What does HIV mean?

9. Name three ways HIV can be passed from one person to another person?

1. _____
2. _____
3. _____

10. What do **CD4 Cells (a type of white blood cell)** do?

11. What does **U = U** mean?

12. What does having an **undetectable viral load** mean?

13. **True or False:** Next to each statement circle whether the statement is TRUE or FALSE or you DON'T KNOW

1. HIV medicine helps make the HIV go to sleep and stops it from making copies of itself. This keeps the amount of HIV in your body low.	True	False	Don't Know
2. If you have a high viral load (amount of HIV measured in your blood tests) this means your medicine is working.	True	False	Don't Know
3. Having a very low or undetectable level of HIV virus in your body means that your immune system can stay strong.	True	False	Don't Know
4. If you have a very low number of CD4 cells (type of white blood cell) this means your medicine is working very well.	True	False	Don't Know
5. If you have a high amount of CD4 cells this means your immune system is strong, and you can fight off every day infections like colds.	True	False	Don't Know
6. There is legal protection for people who live with HIV to protect them against HIV related discrimination. (being treated differently to other people)	True	False	Don't Know

14. What have you learnt about yourself at F2B 2024?

15. What should we start doing at camp in the future?

16. Please finish off the following: *For me, being at F2B has meant.....*

Thank you for filling in our Quiz
If you have any questions about our Quiz then ask your Key Worker or a member of staff.

APPENDIX B: EXAMPLES OF CREATIVE WORK BY YOUNG PEOPLE AT CAMP

Young people's poems from the poetry workshop - the theme of digital era was explored in the workshop and how online and offline lives share different aspects of self, young people also chose to reflect on how they felt being at camp.

.....

Once again
Freedom to be
A place where smile a seen
Wondering off, laughs are heard cracking down walls,
Walls are built by the bricks of fear and judgement.
Just one look around and my heart instantly breaks down,
It breaks down the pieces, pieces that marks stories of my life,
Stories I shall lay on the shoulders of whoever I gave on first.
New smiles, new laughs, new faces and hearts to open up to.
Perhaps fairy tales are real because
F2B is the place to be.

.....

I live my life in secret
My followers don't know much
I'd never post my status
Cuz the world is so messed up
My silence protects my mum
Myself and my mind
It's a shield

.....

In a world where I could be myself
No worries about negative preachers
Preying on insecurities
Robbing my insecurity
My position, my identity

.....

In this world they laugh, stare, judge
But, I want to live in a world where
I could be me, in a world where I would feel free
To by myself and feel free to express
My virus without people looking down
At me. They look at me like I'm invisible
Like I'm nothing important in this life
But I want to be free and I want to be accepted by everyone
Without Judging things about me being HIV positive.
I want a world where people would understand my situation and everything I'm going
through, but in the world
My confidence disappeared/vanished like it was never there
I'm used to people judging me, I'm surrounded by stares of stigma, they can't really
see me and my bigger picture
I am a girl trapped in a room surrounded by darkness.