

STEPS TO SUCCESS



**ADVICE FROM THE
CHIVA YOUTH COMMITTEE
FOR PROFESSIONALS
WORKING WITH YOUNG PEOPLE**

www.chiva.org.uk



GROWING TOGETHER FOR
HEALTH AND HAPPINESS



COMMUNICATION

01

COMMUNICATION IS KEY

Try different communication methods, such as phone calls, zoom, message etc to find what works best for us.



02

KEEP YOUR WORD

If you tell us something is going to change or happen by a certain date, make sure you stick to that or explain what's changed.

03

MY TIME IS PRECIOUS

Book appointments at times that work for us and our households. If possible co-ordinate these appointments so we are not waiting for hours between appointments.



HOLISTIC CARE

04

WE ARE NOT PATIENTS WE ARE WHOLE PEOPLE

Think about our mental health as well as our physical health, it's not just about being undetectable.

05

ACTIONS SPEAK LOUDER THAN WORDS

Have a genuine interest in us and what we are doing. If you don't it's hard to share when we are struggling.

06

HOW ELSE CAN YOU HELP?

We want to know what services are available to us. Can we see a nutritionist? Can you refer me for help with my asthma?





MORE THAN A STAT



07

KEEP IT REAL

Don't treat me like a child. I have my own identity and I'm not an extension of my parents/carers.

08

MY HEALTH IS MY FUTURE

Support needs to work for me so I can manage my health in the future.

Are you using the Chiva PREM yet to get regular feedback from young people on their experience of attending clinic?

More info at:

[Chiva.org.uk/prems](https://chiva.org.uk/prems)

FIRST HAND EXPERIENCES FROM CYC...

“When student nurses have joined my appointment, I am always asked if that's ok in front of them which makes it really hard to say no. Instead, **ask for permission** for students to join the appointment without the student being there or before we go in.”



“When I visit my doctor I know at the end of each appointment they will give me time to speak to them without my parent there which **gives me a space** to ask questions I don't feel comfortable asking in front of my mum.”



“I was told my meds would be changing in my next appointment, but in the end they didn't and it was three more appointments before I got the new meds. I wasn't given any information so I didn't know what was happening.”



“Every-time I speak to my nurse she asks how I am and remembers details about things I am doing. This makes me really feel like **she cares** and that I can tell her when I am struggling.”



OUR ADVICE FOR YOUNG PEOPLE



Our advice to young people is not to be scared and accept all the help you get offered. Chiva is for everyone. Chiva helps you find out who you are and accepts you for who you are.

WHAT SUPPORT DOES CHIVA OFFER?

- **One-to-one**
direct support
- **F2B summer camp**
for 11–17-year-olds
- **Opportunities for 13–17-year-olds**
to join the Chiva Youth Committee (CYC)
- **Opportunities for 18–25-year-olds**
to join the CYC+
- **Art Is Key project**
for 17–25-year-olds
- **Blueprint programme**
for 18–25-year-olds
- **Local group**
day trips
- **Family Events**

HIV. HIV. HIV.
DON'T LET THAT STOP YOU
FROM BECOMING WHO YOU
WANT TO BE.