

## WHERE THE MONEY GOES

The money raised will go to Staying Alive Foundation and Action for AIDS to help raise awareness and educate the public on HIV/AIDS.

### STAY ALIVE FOUNDATION

#### SOUTH AFRICA

Bulelani Mvotoho is an aspiring film-maker in Cape Town, South Africa. He's leading a team who use film to document, educate, stimulate discussion and give HIV prevention and AIDS information to the youth in their townships.

#### AUSTRALIA

YEAH organise a student-led campaign ('Shades for AIDS') to raise AIDS awareness and promote HIV prevention education in Australian schools. Students throughout Australia wear sunglasses and provide peer education on HIV and AIDS, aiming to reduce rising HIV infection rates among youth.

#### UNITED KINGDOM

Body & Soul is a London-based service organisation working with over 400 young African immigrants and asylum seekers, 30% of whom are living with AIDS. Through workshops they pass on valuable information about HIV prevention, sexual health and life skills.

### ACTION FOR AIDS

To find out where you can get an anonymous HIV test or counselling services, please call Action for AIDS at 62540212 or 96600237. You can also e-mail [info@afa.org.sg](mailto:info@afa.org.sg) and visit their website at [www.afa.org.sg](http://www.afa.org.sg) for more information about AIDS.

## TO FIND OUT MORE

For more information on HIV and AIDS, and GET TALKING PREVENT HIV visit [www.moveyourlips.com](http://www.moveyourlips.com).

## TO APPLY FOR A GRANT

Contact the Staying Alive Foundation at [www.staying-alive.org](http://www.staying-alive.org) or email [foundation@staying-alive.org](mailto:foundation@staying-alive.org).

## HOW CAN YOU HELP

Just by reading this and understanding the facts about HIV and AIDS, you're taking a practical step to stay safe. By talking to your friends and family you're helping to spread the word, breaking down taboos and smashing ignorance.

You can also purchase the new limited edition Guarana Lip Butter to help raise awareness on HIV and AIDS. Proceeds from the sale of the limited edition Guarana Lip Butter (\$10.90) will help make a life-changing difference to someone at risk of HIV.

Containing guarana berry from the Amazon Basin in Brazil, the limited edition Lip Butter has a unique formula to restore moisture levels and protect delicate lips. Guarana berry is also renowned for its stimulating and energy-enhancing properties and natural antioxidant properties.

### MOVE YOUR LIPS - MAKE A DIFFERENCE

\*All money raised goes to Staying Alive Foundation, registered charity number 1103267 and Action for AIDS, registered charity number 1050.

**GET TALKING  
PREVENT HIV**



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

[www.staying-alive.org](http://www.staying-alive.org)

[www.afa.org.sg](http://www.afa.org.sg)

[www.thebodyshop.com.sg](http://www.thebodyshop.com.sg)



# TIME TO GET TALKING

Why? If more people talk about HIV and AIDS, more people will know how to protect themselves from infection, and more lives will be saved. Simple.

The money we raise goes to the Staying Alive Foundation\* and Action for AIDS. Staying Alive distributes funds to grassroots organisations around the world who spread the word about HIV and AIDS, breaking taboos and informing young people most at risk on how to stay safe and alive.

Action for AIDS provides educational programmes, HIV testing and counselling services to Singaporeans, as well as sponsoring medical treatment.

Now in its second year in Singapore, our HIV and AIDS campaign has raised more than \$54,000 which is making an invaluable difference both here and around the world.

# DID YOU KNOW?

Globally nearly 40 million people are living with HIV or AIDS.\*

**Last year over 5 million people were newly infected with HIV. About half were under 24 years old.**

Women are more susceptible to HIV than men.

**Once someone is infected with HIV, they're infected for life.**

HIV can be prevented.

# HIV AND AIDS

HIV (Human Immunodeficiency Virus) is a disease that attacks the body's immune system. Once infected with HIV, a person has it for life. Over time HIV can lead to AIDS (Acquired Immunodeficiency Syndrome). There is no cure for either.

You can't tell by looking at a person if they are infected. HIV is a slow acting virus, with most people looking and feeling well years after infection. Some don't even know they have it. But if a person has HIV, they can spread it.

HIV is spread through unprotected sex (intercourse without a condom), transfusions of unscreened blood, contaminated injection needles and from an infected woman to her child during pregnancy, childbirth and breastfeeding.

The most important thing to remember is that HIV is easily preventable.

# STAY SAFE

Don't be pressured into doing anything you don't want to do. You don't have to have sex, and it's not true, everyone else isn't doing it.

**If you don't have a condom, don't have sex.**

Discuss protection with your partner before you have sex.

**Learn the correct way to use a condom.**

Have a supply of condoms ready if you choose to have sex.

**Learn about how HIV is spread, what symptoms to look for, and where to go for help if you are worried.**

If you think you might have had unprotected sex, or might have an infection, then go to a sexual health clinic immediately. It's important, it's confidential, and it could save your life.



\*AIDS Epidemic Update Published UN Aids December 2006