



What is WAIT?

WAIT is a group of teens who volunteer their talents to teach about HIV/AIDS and to create positive solutions. They are all ages 13 to 19, and have decided to take the most important step to preventing HIV by becoming abstinent.

WAIT activities:

- *Educational slide shows on HIV/AIDS*
- *Speakers with personal experience of HIV and AIDS*
- *Artistic and creative performances*
- *Peer Educator Training*
- *Fundraising*
- *Educational Travel to other states and nations*
- *Partnering with NGOs to bring medical supplies, goods and information to other populations*



WAIT is a project of the Washington AIDS International Foundation, a 501 C 3 tax-exempt nonprofit educational foundation. To contact WAIT, call 202-745-0111 or visit the website: www.waifaction.org



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Change the World!



WAIT!

Washington AIDS International Teens

Start a Revolution!

Every revolution starts with one person. Here are some ways you can start a personal revolution against the AIDS epidemic today!



- 1) Learn about HIV and AIDS.
- 2) Get tested: It's free and it's confidential. Know your status!
- 3) Be a friend to someone who is infected.
- 4) Take the leap: Become abstinent, so you won't be infected, and you won't infect others.
- 5) Share the facts with friends
- 6) Organize an AIDS awareness day for your school, church or youth group.
- 7) Use your talents: write a song, news article or rap, paint a picture, take a photo.
- 8) Raise money for those affected by this illness, whether at home or abroad.
- 9) Donate blood (if HIV-negative.)

- 10) Write letters to local, national and international leaders about the plague.
- 11) Practice universal precautions in daily life: don't share sharp implements such as razors, toothbrushes, manicure implements, earrings, needles, etc.
- 12) Never use drugs.
- 13) Limit alcohol to family occasions, not parties and dates.
- 14) Create your safety net: ask friends to remind you of risks.
- 15) Get involved in public policy.
- 16) Create positive solutions. Light a candle, don't curse the dark.
- 17) Avoid tattoos or piercing unless sterile, disposable equipment is used, you see them open the package in front of you.



Half of new infections each year are among teens



Use your talents to reach others.

- 18) Use gloves if treating any open wound or possible blood contact.
- 19) Never agree to participate in any activity which puts you or others at risk.
- 20) Realize that HIV is contagious immediately, but may not test positive for 6 months. Be honest with yourself and others.
- 21) Think about a career which could help prevent, treat, or resolve the aftereffects of the HIV/AIDS pandemic.
- 22) Be proactive. Every person can change the world.

Remember: HIV stops with me!