

The Commission received messages presented by MGLSD through its implementing arm – AIC.

These are HIV Messages from 12 cultural Institutions namely;

Acholi, Buganda, Bunyoro, Inzu Yabamasaba, Rwenzururu, Karamoja, Busoga, Teso, Lugbara, Lango, and Tieng Adhola.

These messages are prepared and are to be disseminated in local languages; they are translated in English to ease the committee work.

Acholi

1. Talk with your children about the behaviours which can lead them to contracting HIV.
2. Children are the future generation. Protect them from acquiring HIV.
3. Not all that glitters is gold. Get tested for HIV (before) sexual intercourse.
4. If you must inherit her or him, go together for an HIV test to remove the doubt.
5. Let us help PWD with information and services related to HIV in the best way they can understand.
6. Take youths to school and Keep them at school to delay early marriages, early pregnancy and reduce risks of HIV. Taking youth to school and ensuring that they learn life skills protects them from early marriages, early pregnancies and reduces risks of HIV(make this a statement instead a suggested message)
7. If you really love her, put your love to the test. Take an HIV Test (together) to remove any doubts.
8. Message uses a cultural saying emphasizing that if one kept on collecting fire woods, they may carry a log full of ants. If you are to keep collecting firewood, test each wood and yourself. If negative stay negative and if positive, seek for treatment
9. After testing and knowing your status, stop the greed, be faithful to each other to reduce the risk of HIV

Buganda

1. Be contented and stick to your spouse to reduce the risk of HIV, after testing and knowing your status, hold onto what you have.
2. For a happy and prosperous family, go for HIV Test as a couple and stick to one sexual partner.

3. Marriage is Buganda's foundation and should be protected from HIV
4. Be contented with your sexual partner.
5. You're the future of Buganda. Get an HIV test, if you are negative stay away from HIV and if you are HIV positive, seek for treatment
6. Avoid behaviors that will increase your risk to HIV.
7. Do not have sex before marriage to reduce the risk of HIV.
8. Patience pays.

Bunyoro

1. Having many sexual partners puts you at risk of HIV.
2. Alcohol impairs your judgment and exposes you to the risk of HIV. Is alcohol worth your life?
3. Wait until you are biologically, emotionally and legally ready for sexual intercourse to have sex. Good things come to those who are patient, abstain until you are married.
4. Youth protect yourselves from HIV because you are the future leaders of Bunyoro.
5. Unity is strength. Banyoro, let us work together to fight HIV
6. If you are to marry a widow or a widower, seek mutual agreement and test for HIV together.
7. Empango is a very prestigious ceremony for Bunyoro Kitara. Celebrate like custom dictates. Avoid acts of promiscuity and protect yourselves from HIV.
8. Parents, let us be exemplary to our children. Avoid actions that can put our children at the risk of acquiring HIV.
9. Bunyoro treasures you, protect yourselves from HIV.
10. Parents, let us talk with our children about sex and sexuality.

Busoga

1. If you must have sex, always use a condom correctly and consistently to reduce risk of HIV.
2. If you MUST take her on, take an HIV test first to reduce risk of HIV.(both take HIV Test)
3. Stick to one sexual partner to reduce the risk of HIV infection. Get an HIV test, if you are negative stay away from HIV and if you are HIV positive, seek for treatment

4. Go to the hospital for an HIV test and establish your status, if you are negative stay away from HIV and if you are HIV positive, seek for treatment.
5. A fly that does not listen to advice follows the corpse into the grave. Go for an HIV test and establish your status, if you are negative stay away from HIV and if you are HIV positive, seek for treatment.
6. Busoga needs you alive. Avoid tradional practices that will increase your risk to HIV.
7. Fore warn, fore arm. Go and establish your HIV status, if you are negative, avoid behaviors that may expose you to HIV and if you are positive, seek medical treatment.
8. Busoga is proud of you when alive. Celebrate responsibly and avoid behaviors that may put you and your spouse at risk of HIV.

Inzu ya masaaba

1. "Fore told is fore armed" Go test for HIV before sexual intercourse, if you are negative stay away from HIV and if you are HIV positive, seek for treatment
2. "Better safe than sorry" If you can't abstain ensure the condom is on before sex. Use condoms correctly and consistently.
3. If you are to inherit a widow, ensure you both test for HIV. If you are negative stay negative and if you are HIV positive, seek for treatment
4. "Pride comes before a fall". Bamasaaba youths, abstain from sex until you are biologically, emotionally and legally ready for sexual intercourse.
5. Go test for HIV before sexual intercourse, if you are negative be faithful to your sexual partner. If you are HIV positive, seek for treatment .Umukuuka loves you "Life is wealth"
6. "Prevention is better than cure" use one 'inyembe' on one candidate.
7. Ensure to use safe separate blades when practicing "khusala tsisale" to prevent HIV transmission.
8. Use other alternatives to cleanse, don't engage in sexual intercourse! "Prevention is better than cure"

Karamoja

1. Secure a healthy future for your community by testing for HIV, if you are negative stay away from HIV and if you are HIV positive, seek for treatment.

2. Inheriting widows before testing for HIV is risky, they could be infected, you should both go for HIV test and if you are negative stay away from HIV and if you are HIV positive, seek for treatment.
3. It is safer to have one wife/husband to reduce on the risks of contracting HIV, stick to one partner
4. Do not share elokyet (the prong that extracts false teeth) with your friend to reduce on the risk of getting HIV
5. Much as art and tattoos are beautiful, each person should have their own needle and razorblade. delete
6. Sharing equipments is not caring; instead it increases the risk of infections. Stop sharing equipments
7. If you are a traditional healer who knows your work well but you are not sure about the condition, refer the patient to go to a health center
8. Caring for the patient means taking them to hospitals where they will access proper treatment and not taking them to traditional healers.

Lango

1. Sharing equipment's is not caring; instead it increases the risk of infections. Stop sharing equipment's. Stop sharing sharp instruments to stay safe from HIV.
2. Establishing your HIV status with your partner will enable you live a productive life. Go test for HIV before sexual intercourse, if you are negative stay away from HIV and if you are HIV positive, seek for treatment
3. Whoever is sexually active can catch HIV through sex. Use a condom Correctly and Consistently each time you have sex with each other.
4. Alcohol impairs your judgment and exposes you to the risk of HIV. Is alcohol worth your life?
5. Use condom correctly and consistently to reduce the risk of HIV.
9. You should both Test for HIV if you must inherit a widow to reduce risk of HIV. If you are negative stay away from HIV and if you are HIV positive, seek for treatment.
6. Stop stigma. Support Health and Dignity for PLHAs to enable them live a better life.
7. Avoid behaviors that increase the risk of HIV like staying out late at night.

Lugbara

1. As couple, go for HIV Test and if you are negative stay away from HIV and if you are HIV positive, seek for treatment and go for pre and post marital counseling for a happy and prosperous Family.
2. Desirable husbands get consent from their wife/wives and elders before marrying another. Both of you should go for HIV test and if you are negative stay away from HIV and if you are HIV positive, seek for treatment.
3. Test for HIV and stick to your official sexual partners to reduce the risk of HIV. If you are negative stay away from HIV and if you are HIV positive, seek for treatment.
4. Test together for HIV to remove doubt and plan for a happy and healthy life style.
5. Test for HIV and start treatment once you are found to be HIV positive.
6. Do not have sex before marriage. Wait until you are biologically, emotionally and legally ready for sexual intercourse.
7. If you are HIV positive, take your medication at the right time, in the right dose and in the right manner to enable you live a good and productive life.
8. Stay faithful to one sexual partner to reduce the risk of acquiring HIV. As above
9. TALK with your partners about HIV for a harmonious living.
10. Go for voluntary testing and counseling (VCT) together with your partner to reduce risk of HIV. If you are negative stay away from HIV and if you are HIV positive, seek for treatment.
11. If you must retain a widow, obtain consent from your wives and both of you must TAKE AN HIV TEST. If you are negative stay away from HIV and if you are HIV positive, seek for treatment.
12. Sex with many sexual partners increases ones risk to HIV. Make the right choice today.
13. If you are both HIV positive, Support each other to accesses HIV treatment at the right time.
14. Stay faithful to your sexual partner(s) to reduce risk of HIV, if you are negative stay away from HIV and if you are HIV positive, seek for treatment.

15. Always use condoms consistently and correctly to reduce the risk of HIV.

1. Circumcision is not immunity to HIV, use condoms correctly and consistently every time you have sex
2. Do not share circumcision knives to avoid HIV infection
3. Do not put your life at the risk of HIV infection. Do not rush to have sex before circumcision wound is healed.
4. *Parents talk with your children about sex and sexuality to avoid HIV*

Teso

1. Couples stay faithful and avoid risky sexual practices. Avoid risky multi sexual partnerships.
2. Parents prevent your children from reckless movements. Children become responsible and avoid the risks of contracting HIV/AIDS.
3. People in Teso reduce on drunkenness to avoid HIV
4. Men and women stay faithful to their spouses and stop running after other people's wives to avoid HIV infection

Tieng Adhola

1. Be open and come out. Test for HIV and if you are negative, stay negative and if you are positive seek medical treatment.
2. Let us avoid widow or widower inheritance without taking an HIV test. Both of you should Test for HIV and if you are negative, stay negative and if you are positive seek medical treatment.
3. All that glitters is not gold, do not let what seems attractive get you HIV, Test for HIV and if you are negative, stay negative and if you are positive seek medical treatment.
11. Everything has a time and a season. Do not be in a rush, wait until you are biologically, emotionally and legally ready for sexual intercourse to have sex.
12. Youth be conscious, avoid careless sex before marriage and prevent HIV. Wait until you are biologically, emotionally and legally ready for sexual intercourse to have sex.

Toro

1. Parents, we are the basic teachers- let us talk with our children about HIV/AIDS
2. "Prevention is better than cure" let us teach and guide our children now, we should not wait for tomorrow.

4. Know the HIV status of your partner before any sexual and marriage relationships. Both of you should Test for HIV and if you are negative, stay negative and if you are positive seek medical treatment.
3. The right to choose a spouse is a fundamental human right. To marry and be married is not duty but free will.
4. Test, know your status and commit to each other.

Add a message exposed children across all messages related to children and young people.

Testing must apply whenever there is a component of faithfulness