

# HIV & GBV Prevention for **Gay & Bisexual Men**

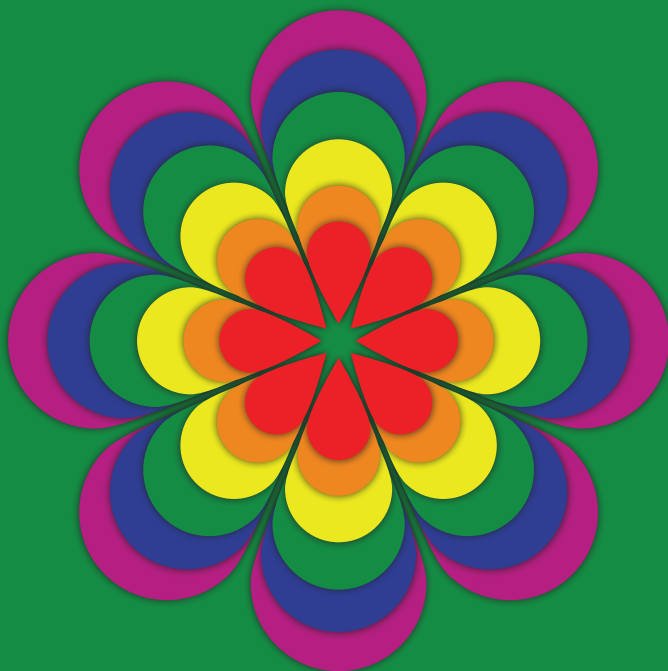
**HIV & Gender-Based  
Violence Prevention  
for LGBTI People**

*Advocating a  
Rights-Based  
Prevention  
Approach!*



**SAHAIDS**

Southern Africa  
HIV and AIDS Information  
Dissemination Service



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# 1. Introduction

## 1.1 Who is this booklet for?

This booklet is for men who want to explore their sexuality...

If you are man who loves other men and if you are interested in finding out more, or if you are a man who loves women, but likes to pursue sexual relations with other men, you will find this information very interesting! Information about HIV and gender based violence is still applicable to you, and you need to be equipped with the correct information on how to protect yourself and your partners and how to demand your rights to information and prevention services in your community – whatever your sexual identity and practices!

This booklet is also for service providers, NGOs and CBOs and anyone working around HIV prevention and prevention of gender-based violence. The more you know about gay and bisexual and trans men, the better you are able to design programmes and services that best meet their needs. Gay and bisexual men have the right to correct information and quality services whatever their sexual identity and practices!

This booklet is a celebration of the lives of all gay and bisexual men in Africa and the around the world. It is especially dedicated to those who had to pay with their lives - because of whom they loved or identified as!

## 1.2 Different concepts – what does it all mean?

### **AIDS**

Acquired Immune Deficiency Syndrome, a disease in which there is a severe loss of the body's cellular immunity, greatly lowering a person's resistance to infection and malignancy. The cause is a virus (the human immunodeficiency virus, or HIV), which is transmitted in blood and in sexual fluids.

### **Androgyny**

Not having clear masculine or feminine physical characteristics or appearance.

### **Asexual**

Lack of (interest in and desire for sex) sexual attraction.

### **Bisexual**

A sexual orientation and identity. Bisexual people have an attraction to people of the same and opposite sex on various levels (emotionally, physically, intellectually, spiritually, and sexually). Not necessarily at the same time and not necessarily an equal amount of attraction.

### **Cisgender**

People whose gender identity matches their sex at birth. The Latin prefix *cis* stands for 'on the same side,' while the prefix *trans* stands for 'on the opposite side.' This term has a more positive connotation than 'normal' or 'non-transgender.'

## **Coming out**

A term describing the complex process where an individual realises they are not heterosexual and the process of resolving related conflicts due to heteronormativity (where heterosexuality is being internalised and viewed as the norm). Coming out is a process of how one wants to be identified.

## **Condom-compatible lubricants**

Water and silicon-based lubrications which do not increase the risk of a condom tearing.

## **Dental dams**

A latex sheath (square) that serves as a barrier of protection against the transmission of sexually transmitted infections (STIs) during oral sex e.g. rimming (anal licking).

## **Discrimination**

The unjust or prejudicial treatment of different categories of people on the grounds of race, age, sex, sexual orientation, gender and gender identity and presentation.

## **Female condom (femidom or woman's condom)**

A device that is used during sexual intercourse (worn inside the woman's vagina) as a barrier contraceptive and to reduce the risk of sexually transmitted infections.

## **FTM/Trans man**

A transman, or female-to-male, starts his life with a female body, but his gender identity is male. Always use male pronouns in reference.

## **Gay**

A male same sexual identity and orientation. Attraction between two males on various levels (emotionally, physically, intellectually, spiritually, and sexually).

## **Gender**

Socially constructed characteristics assigned that may vary according to the times and the society or group one belongs to, and which are learned or assigned to women and men. It is a broader concept than the mere biological differences between men and women, and includes masculine and feminine traits. More power is afforded to males.

## **Gender-based violence**

GBV encompasses various forms of violence directed at women, because they are women, and men, because they are men, depending on the expectations of each in a given community. For LGBTI people the violence is directed towards them because of their challenging notions of sexuality, gender identity and presentation.

## **Gender dysphoria**

The medical diagnosis for someone who experiences a disconnection between their assigned and preferred gender. Some transgender people disagree with the categorisation of gender dysphoria as a medical condition because it relies on an understanding of what “normal” gender is.

## **Gender equality**

A social order in which women and men share the same opportunities and the same constraints on full participation in both the economic and domestic realms.

## Gender identity

Refers to a person's persistent and consistent sense of being male, female or androgynous. An internalised representation of gender roles and an awareness from infancy which is reinforced during adolescence.

## Genderqueer

An umbrella term for gender identities other than man and woman that are outside of the gender binary (male and female) and heteronormativity. Genderqueer people may think of themselves as both man and woman (bigender), neither man nor woman (agender), moving between genders (genderfluid), and/or third gendered.

## Gender role

Socially constructed or learned behaviors that condition activities, tasks, and responsibilities viewed within a given society as "masculine" or "feminine"

## Hegemonic masculinity

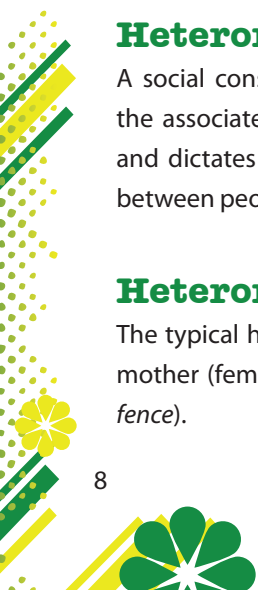
This is the 'normative' ideal of masculinity to which men are supposed to aim. It is not necessarily the most prevalent form of expression, but rather the most socially endorsed. It is supported by the heteronormative model.

## Heteronormative

A social construct that views all human beings as either male or female with the associated behaviour and gender roles assigned, both in sex and gender, and dictates that sexual and romantic thoughts and relations are normal only between people of opposite sexes and all other behavior is viewed as "abnormal".

## Heteronormative model

The typical heteronormative family consisting of a father (male bodied person), mother (female bodied person) and offspring (+ *a dog and cat and white picket fence*).



## **Heterosexual/Straight**

Attraction between two people of the opposite sex on various levels (emotionally, physically, intellectually, spiritually, and sexually) where the sex of the attracted person is the key to the attraction.

## **Homophobia**

Irrational fear of homosexual feelings, thoughts, behaviours, or people and an undervaluing of homosexual identities resulting in prejudice, discrimination and bias against homosexual individuals.

## **Homo-prejudice**

Prejudice against people of diverse sexual identities.

## **Homosexual**

Attraction between two people of the same sex on various levels (emotionally, physically, intellectually, spiritually, and sexually) where the sex of the attracted person is the key to the attraction.

## **Human rights**

The basic rights and freedoms that all people are entitled to regardless of nationality, sex, age, gender, health status, sexual orientation, nationality or ethnic origin, race, religion, language amongst others.

## **HIV Human Immunodeficiency Virus**

A retrovirus that causes AIDS by infecting helper T cells of the immune system. The most common serotype, HIV-1, is distributed worldwide, while HIV-2 is primarily confined to West Africa. It is one of many sexually transmitted infections.

## **HIV prevention**

Various ways of preventing HIV transmission, e.g. new technologies, condom and lubrication use, abstinence, PEP (Post exposure prophylaxis), PREP (Pre exposure prophylaxis) etc.

## **Internalised homophobia**

When a homosexual individual internalises (make it their own) the shame and hatred projected onto gays and lesbians by a homophobic society.

## **Intersex**

Born with ambiguous genitalia, or sex organs that are not clearly distinguished as female or male.

## **Lesbian**

A female sexual identity and orientation which is an attraction between two females on various levels (emotionally, physically, intellectually, spiritually, and sexually).

## **MTF/Trans woman**

A transwoman, or male-to-female, starts her life with a male body, but her gender identity is female. Always use female pronouns in reference.

## **MSM**

Men having sex with men. These men can have any sexual orientation. An MSM can be hetero-, bi- or homosexual or trans. This term is more technical and is not necessarily an identity.

## **Patriarchy**

A system of society or government in which the father or eldest male is head of the family and descent is traced through the male line. The wives / females are viewed as dependant. Roles assigned to men are considered superior and valued above females' roles. Patriarchy forms the basis for discrimination against minorities like LGBTI people.

## **Serodiscordant couples**

Refers to an intimate couple where one partner is HIV positive and the other HIV negative.

## **Service providers**

In this handbook, service providers refer to anyone who could come into contact with sexual minorities accessing services for prevention, treatment and care. This could include nurses, doctors, and counsellors providing voluntary counselling and testing (VCT) and/or HIV counselling and testing (HCT) or supportive services. It also includes the management staff responsible for designing and monitoring these services. It could also include those who provide an indirect service, e.g. secretary, whom the LGBTI client will have contact with.

## **Sex**

A biological construct of a human being. "*What's in the pants?*" Male genitals - penis, testes, testosterone and genetic make-up and females – breasts, vagina, estrogen, progesterone and genetic make-up.

## **Sexuality**

How people experience and express themselves as sexual beings, within the concepts of biological sex, gender identity and presentation, attractions and practices. Culture and religion have a huge impact on how individuals see themselves as sexual beings, especially within relations of power.

## **Sexual fluidity**

Sexuality varying across time and situation, particularly for women. Fluidity offers a more inclusive definition than the more limiting conventional labels we have become accustomed to using to define sexual identity. Sexual fluidity quite simply means situation-dependent flexibility in women's sexual responsiveness. This flexibility makes it possible for some women to experience desires for either men or women under certain circumstances, regardless of their overall sexual orientation. In other words, though women—like men—appear to be born with distinct sexual orientations, these orientations do not provide the last word on their sexual attractions and experiences.

## **Sexual identity**

The overall sexual self identity which includes how the person identifies as male, female, masculine, feminine, or some combination, and the person's sexual orientation.

## **Sexual minority**

A group whose sexual identity, orientation or practices differ from the majority of the surrounding society.

## **Sexual orientation**

Attraction between any two people on various levels (emotionally, physically, intellectually, spiritually, and sexually). Attraction to the other person's sex and or gender presentation is the point of departure.

## **Sexual practices**

All behaviour that creates sexual pleasure, practiced by one or more than one person, individually, or together.

## **Stigma**

This is when a certain individual, with certain characteristics, e.g. HIV positive individual or trans woman, is rejected by their community or society because of that characteristic which might be considered as “abnormal”. These individuals’ lives might be at risk, possibly being threatened and abused.

## **Transgender**

An umbrella term which is often used to describe a wide range of identities and experiences, including transsexuals, FTMs, MTFs, transvestites, cross-dressers, drag queens and kings, two-spirits, gender-queers, and many more.

## **Transphobia**

The irrational fear of, and/or hostility towards people who are transgender or who otherwise transgress traditional gender norms. The most direct victims of transphobia are people who are transsexual. Because our culture is often very transphobic, transgender people can often have internalised transphobia and experience feelings of insignificance and self-prejudice.

## **Transsexual**

A transgender person in the process of seeking or undergoing some form of medical treatment to bring their body and gender identity into closer alignment. Not all transgender people undergo reassignment surgery.

## **Transitioning**

The process of changing one’s gender presentation to align with one’s internal sense of one’s gender. For transgender people this may sometimes include sexual reassignment surgery, but not always.

## Transvestite

An individual who dresses in the clothing of the opposite sex for a variety of reasons and who has no desire to change or modify their body.

## WSW

Women who have sex with women. A sexual practice irrespective of sexual orientation or gender identity. A WSW can be hetero-, bi- or homosexual. This term is more technical and is not necessarily an identity.

### A bit more about bisexuality

Because bisexuality is so misunderstood and stigmatised, many bisexual individuals might find it very difficult to openly talk about their sexuality.

Commonly, some people believe that bisexuality does not exist, either because of a heterosexist view (the view that there is only one sexual orientation, namely heterosexuality) or a monosexist view which believes that people are either exclusively heterosexual or homosexual, or closeted (not yet out as homosexual), or just experimenting sexually, or not equally attracted to both sexes.

Many bisexual men only open themselves up to their sexuality later on in life e.g. when they are married. Unfortunately, very few will make contact with LGBTI organisations to get appropriate sexual health information, even though they will start experimenting sexually with men.

They will not necessarily be educated about their sexuality and the HIV risks involved in certain sexual practices. Many bisexual men are uninformed about the risks involved in men to men sexual activities. Many wrongly believe that some risky sexual practices are safe e.g. unprotected oral sex.

### Just a Note...

A sexual orientation is about whom you love and feel attracted to, on various levels, over a period of time. It is whom you will build a life with, if you're allowed to. On the other hand, MSM is just about having sex - not about an identity, but a practice.

## 2. How do I know...?

You see him in the gym - your heart skips a beat – he says “hi!” – you want to know more about him – you ask for his number - your everyday worries are replaced by the feeling of butterflies in your stomach – you invite him for coffee – and the rest might be history...

Realising you are in love with or attracted to another man can be both exciting and scary. The butterfly feelings could soon be replaced by feelings of guilt and shame.

Most of us grow up in an environment where straight people and their relationships take preference, and gay relationships are often talked about in a negative way. All these new thoughts and feelings might confuse you a bit. Some men get comfortable with their own sexual identity and orientation quite easily, others might take a while. Don't worry, you are not alone – this booklet will give you some information which can help guide you...

In coming to terms with who you are (coming out to the self), you might go through a process:

- Initially, feel a bit more anxious than usual
- Feel different than others
- Ask yourself a whole lot of questions
- Find out more, get interested, get a book on the topic or surf the Internet
- Wonder what others might say about you
- Get to a point where you start to accept yourself
- You might decide to “come out” or tell someone you trust
- Start living a life as a gay or bisexual man

### **Just a note...**

Not everyone will go through this exact process in this exact way. Every person's coming out process should be respected – it takes a lot of guts to come out, both to the self and others!



## Sometimes people ask:

### Can gay people be cured?

This question suggests that gay people are sick, which is untrue. As from 1973 being lesbian, gay or bisexual is no longer described as an “illness” or pathologized by the medical profession. Unfortunately, some uninformed parents still send their gay sons to professionals to be “cured”. If being gay was accepted by everyone, no one would feel the need to “cure” it.

So, your feelings are normal – you are who you are – you don’t have to try to change or fix anything!

### Do gay men want to be women?

The heteronormative notion suggests that a man must be or should be a “woman” to love another man. If one thinks like this then it seems logical that a man who loves another man must wish to change his sex. But this is not true.

There is a big difference between being a gay man and wanting to be a woman. A man can love another man and still look like a man, dress like a man, and talk like a man.

For gay men, traditional male and female roles often need to be abandoned to survive/live. Some gay men need to learn how to cook and clean, as there is no wife to depend on to get these things done. The heteronormative outlook on life, yes even by gays and lesbians, forces people to do certain tasks traditionally seen as those of the “wife” or “husband”, but societal perceptions of gender roles are changing, and more and more individuals are doing what they like in life, no matter ‘what other people say’ or ‘what’s in their pants’.

#### **Just a note...**

Not all gay men look, act or dress the same – some might be masculine (butch) and others might be feminine (femme). Gay and bisexual men come from all walks of life...

# 3. Should I Tell?

Coming out is a deeply personal experience. It is to acknowledge to yourself and others that you are a gay or bisexual man. It is a lifelong process and not a once-off event. A lot of gay men come out in their late teens, although there is no specific age for coming out. Also, some people never come out, because it is too dangerous or for other reasons. Coming out is a process, it happens over time and more than once.

**Choosing to come out is a right, not a must!**

The most important part of the coming out process is accepting yourself for who you are. The interesting thing about self acceptance and self love is, the more you do it – the more others accept you! Here are some tips to assist you with self acceptance:

- Don't be too hard on yourself – acknowledge that this is a deeply personal journey with emotional highs and lows
- Read as much as you can about LGBTI people and their experiences
- If you feel overwhelmed, go talk to someone who has been through this experience before, or
- Talk to a professional who will accept and support you, e.g. someone at your local LGBTI organisation
- To keep your sexual orientation a secret from your loved ones might at first feel comforting, but living a secret life can also hurt in the long run.

When you have come to a point where you are ok with yourself and accept yourself for who you are, most of the time, you are ready to come out or tell others. Here are some tips to assist you with coming out to others:

- Only come out if you want to and feel safe to do so, if that is one of your determinants. Don't rush into it!
- When you have to tell someone for the first time, be sure that you can trust that person completely. You might start by telling a close friend.



- You don't have to tell everyone in your life at once.
- When you tell your parents, make sure that you are calm and collected, rather than coming out to them during a conflict situation.
- When coming out, be prepared that the response from the loved one or other person could vary. It might be a surprise. If it is your parents, they had dreams for and expectations for you, which they could feel are now shattered. Give them time to get used to the idea.
- Be prepared for the questioning that might follow. People often have very stereotyped views of lesbian, gay and bisexual people and their lives. If you have enough information, you can help to dispel some of these stereotypes.
- In addition, build a strong support system of people to be there for you for ongoing support or when coming out in certain situations does not turn out the way you expected.

# 4. Being Me - Responsibly!

## Protecting myself from HIV

If you are a man who has sex with other men, no matter what your sexual orientation, you should know the basic information about man to man sex. This will help you to make responsible decisions with regards to your sexual health.

Below find information and ways of making responsible decisions about having sex:

- Remember that HIV is not caused by sex – it is caused by a virus.
- HIV is spread through body fluids transferred from one partner to another during a sexual activities (see below);
- For infection to occur, two elements are needed – high risk body fluid and an entry point into the HIV negative partner’s bloodstream;
- Responsible sex is preventing risky body fluids from an HIV positive person making contact with a mucosal surface of an HIV negative person and entering their bloodstream;
- Such contact could include:
  - Semen, blood or vaginal fluid on any broken skin
  - Semen, blood or vaginal fluid in the eye
  - Semen, blood or vaginal fluid in the mouth, especially if the receptive partner has any oral lesions (cuts), sometimes not even known about
  - Semen or blood in the rectum
- Always negotiate for the use of protective barriers when you have sex with someone whose sexual history and HIV status you do not know for sure;
- Use condoms correctly and consistently when having penile-vaginal, penile-anal, oral-penile sex and ensure that you use enough water-based lubrication during penile-anal sex;
- Use condoms and a water-based lube correctly and consistently when sharing sex toys;
- Avoid the use of any oil-based lubricants, for example body or hand cream, vegetable oil, petroleum jelly, which when used with a condom could cause the condom to tear within seconds of use;



- Use dental dams or latex sheets correctly and consistently for cunnilingus (oral sex) and anilingus (anal rimming). Alternatively, use a flavoured condom cut along the side or non-microwavable cling wrap, that is kept in place with water-based lubrication;
- Use finger cots correctly and consistently for finger-fucking. Alternatively, use a condom over your finger(s);
- Use non-powdered latex gloves for fisting or finger-fucking;
- Avoiding an exchange of HIV containing fluids, e.g. blood, vaginal fluids, semen and possible HIV containing fluid, pre-ejaculation;
- Ensure screening for HIV and other STI's every six months



**Dental Dam**



**Finger Cot**



**Water based lubricant**

## Protecting myself from violence

### Intimate partner violence/domestic violence

Domestic violence in the gay community is a serious issue. Domestic violence is, sadly, very underreported. What we know, is that men in general and specifically gay men, often have difficulty acknowledging the abuse taking place in their relationships, both to themselves and others, especially when the abused is still closeted and not out and open about his identity and relationship. Blackmailing, extortions, beatings, threats, material withdrawals, possessiveness – these could all be possible forms of violence.

Jabu grew up in a rural village in Zimbabwe. He always loved to tend more to women's tasks in and around his home, like cooking, cleaning and taking care of the children. At the age of 18 he realised he was in love with another young man. He did not think anything strange of it, but kept it a secret, because he knew the village headman would not approve and his life might be in danger. Little did he know that one of his uncles saw the two of them holding hands one evening. The man started blackmailing him, threatened him with informing the chief. He had to pay him \$10 every week, almost all of his weekly pay. If he did not pay up, the uncle promised that he would make sure to beat him up.

## Are you being abused?

Any relationship features tensions from time to time but if the following controlling behaviours happen repeatedly you should consider speaking to a counsellor to explore ways of turning your life around.

Is your partner, ex-partner, a family member or someone in your home:

- Hitting you?
- Swearing at you?
- Forcing you to have sex or perform sexual acts against your will?
- Threatening to harm or kill you, your children, family members or friends?
- Putting you down by insulting and embarrassing you?
- Judging, criticising or bullying you?
- Making you feel confused, angry and teary?
- Causing you to feel sad, worthless, and dissatisfied?
- Harassing, following and/or repeatedly intruding on your privacy?
- Withholding finances and manipulating you with money?
- Threatening to “out” you to others?
- Do you wish that you could become more assertive?
- 

**If you have said yes to one or more of the above, you are being abused.**

([www.womyn2womyn.co.za](http://www.womyn2womyn.co.za))

## Violence on the basis of sexual identity or gender presentation

No same sex loving men should be discriminated against or hurt in any way, especially for living an authentic life which is true to his identity. Unfortunately, many men experience various forms of discrimination and trauma directed towards them. A gay man's identity could put him at risk for various hate crimes directed at him, for instance sexual violence. The risk for rape is especially high for those men who dress and embrace their feminine side and who live openly as gay men.



Here are some tips to protect yourself and what to do in case of an emergency:

- Stay safe by never walking alone; rather walk in a group, especially at night. Try to avoid walking long distances
- When you visit a club, tavern or shebeen at night, ensure that you are not alone and that you are accompanied by a group of people whom you can trust. Never accept already open drinks, and never leave your drinks alone but instead ask someone who you trust to watch it for you if you have to leave it. Assess your vulnerability.
- Be aware of your environment and be more cautious when community members make hostile remarks towards you and try to get out of the situation as soon as possible.
- If you feel threatened in any way, report it to your local police and LGBTI or GBV organisation (for contact details at the end of this booklet).
- If you experienced any form of violation or discrimination, seek help immediately (you can call a friend) or at your local LGBTI organisation, they will assist you further, to help you be safe and to receive the necessary counselling and or support, especially if you don't feel comfortable reporting it to the police immediately.
- When you report any violation against you to the police, make sure there is someone with you to support you and ensure you get the service you deserve.
- Follow up on the progress of your case, even if you feel like you don't want to anymore.

### **A last note (but not the least..)**

Some gay and bisexual men might exchange sexual favours in order to survive, to have food to eat or for example to be able to buy airtime. Others might even do it, by choice, as a day job. If you are one of them, we want to remind you to take special care of yourself, since you may face double or even triple discrimination.

You might be at higher risk for HIV transmission and / or gender-based violence, especially if you are forced to keep it a secret, or if someone threatens to expose you.

You are not alone – even if it might feel like it! We encourage you to make use of the support organisations listed at the end of this booklet.

# 5. Where Can I Get Support and Resources?

Place	Name	Services	Contact
<b>Gay and Bisexual Men's Support Service Organisations</b>			
Pretoria, South Africa	OUT Wellbeing	LGBT Psychosocial Support, Health Services, Clinic, Research, Advocacy, Peer Education & Sensitisation Training	+27 (0)12 430 3272 Helpline 0860 688 688 (OUT OUT) info@out.org.za www.out.org.za 1081 Pretorius Str, Hatfield, Pretoria
Durban, Kwazulu-Natal, South Africa	Durban Lesbian & Gay Community & Health Centre	LGBT Psychosocial Support and Health Services, Advocacy & Sensitisation Training	+27 (0)31 301 1245 www.gaycentre.org.za info@gaycentre.org.za 320 West St Durban
Pietermaritzburg, Kwazulu-Natal, South Africa	Gay & Lesbian Network	LGBT Psychosocial Support, Health Services, Research, Advocacy & Sensitisation Training	+27 (0)33 342 6165 info@gaylesbiankzn.org anthonyw@tekomsa.net 185 Burger St Pietermaritzburg
Cape Town, South Africa	Triangle Project	LGBT Psychosocial Support, Health Services, Clinic, Research, Advocacy & Sensitisation Training	+27 (0)21 448 3812 Helpline: +27 21 712 6699 info@triangle.org.za www.triangle.org.za Unit 29, Waverley Business Park, Dane Street, Mowbray Cape Town
Soweto, Johannesburg, South Africa	Simon Nkoli Centre for Men's Health	Men's (MSM) Health Services & Peer Education	+27 11 989 9865 info@health4men.co.za www.health4men.co.za First Floor, New Nurses Home, Chris Hani Baragwanath Hospital, Soweto, Johannesburg



Place	Name	Services	Contact
Cape Town, South Africa	Ivan Toms Centre for Men's Health	Men's (MSM) Health Services, Peer Education & Sensitisation Training	+27 21 447 2844 +27 21 421 6127 info@health4men.co.za www.health4men.co.za Top Gate, Woodstock Hospital, Victoria Walk Road, Woodstock, Cape Town or 1st Floor Anatoli Building, 24 Napier St, De Waterkant, Cape Town
Harare, Zimbabwe	GALZ (Gays & Lesbians of Zimbabwe)	LGBT Psychosocial Support, Health Services, Research, Peer Education, Advocacy & Sensitisation Training	+263 (4) 741 736 info@galz.co.zw 35 Colenbrander Rd Milton Park, Harare
Gaborone, Botswana	LeGaBiBo (Lesbians, Gays & Bisexuals of Botswana)	LGBTI Support, Research, Advocacy & Lobbying	+267 393 2516 bonela@botsnet.bw www.legabibo.org.bw Botswana Network on Ethics, Law and HIV/AIDS (BONELA) Plot 50662, Medical Mews, Fairground Gaborone, Botswana
Windhoek, Namibia	Outright Namibia	LGBTI Advocacy, Lobbying, Evidence Based Interventions & Movement Building	+264 61 245556 +264 81 252 8259 +264 81 142 1514 info@outrightnamibia.org outrightnamibia@gmail.com www.outrightnamibia.org 49 Pasteur Street Windhoek West Windhoek - Namibia
Maseru, Lesotho	MATRIX NGO	LGBTI, MSM & WSW Support Group	+266 22324120 Matrix Support Group Christie House P.O. Box 1471 Maseru 100 Lesotho

Place	Name	Services	Contact
Tanzania	CCPS (Community Peer Support Services LGBTI in Tanzania)	LGBTI Rights Advocacy & Lobbying	cpss91@yahoo.com
Zambia	FOR Friends of Rainka	Advocacy, Information Dissemination, Legal Reform, Research and Direct service Provision	(+260) 09 77 989 240 lundumazoka@gmail.com
<b>HIV Prevention Service and Information Organisations</b>			
Pretoria, SA (Contact the Regional office for country offices in rest of Africa)	SAfAIDS	HIV and AIDS Information Distribution	+27 (0)12 361 0889 +27 (0)12 361 0889 reg@safaids.net 479 Sappers Contour Lynnwood Pretoria South Africa
<b>Gender-Based Violence Support Organisations</b>			
Johannesburg (Contact the Head Office for satellite offices in rest of Africa)	Genderlinks	Equal and effective participation of all citizens in terms of gender	+27 (0) 11 622 4732 www.genderlinks.org.za 9 Derrick Avenue, Cyrildene, Johannesburg, 2198, South Africa
<b>Other Organisations, Information and Support</b>			
Cape Town, SA	SWEAT	Sex worker Advocacy, Research, Outreach and Development	+27 (0) 21 448 7875 0800 60 60 60 www.sweat.org.za 19 Anson Street, Observatory 7925, Cape Town, South Africa.



Place	Name	Services	Contact
Cape Town, SA	ALN (Aids Legal Network)		+27 (0) 21 447 84 35 <a href="http://www.aln.org.za">www.aln.org.za</a> Suite 6F Waverley Business Park Dane Street Mowbray Cape Town 7700

[www.men2men.co.za](http://www.men2men.co.za)  
 In depth information for all men loving men





**SAfAIDS Regional Office:**

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