

HIV & GBV Prevention for **Lesbian & Bisexual Women**

TOOLKIT

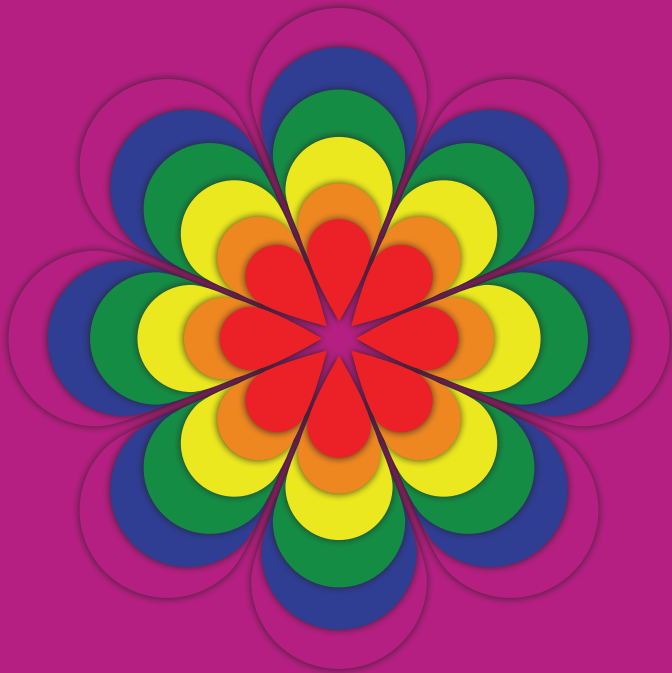
**HIV & Gender-Based
Violence Prevention
for LGBTI People:**

*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 women who want to explore their sexuality...

If you are a woman loving other women and interested in finding out more, or a woman who loves men, but who would like to pursue sexual relations with other women, you will find this information very interesting. HIV and gender-based violence are still applicable to you, and you need to be equipped with the correct information on how to protect yourself and your partners. This booklet will give you information that will help you in ensuring that you exercise your rights to relevant information and HIV and gender based violence prevention services in your community – whatever your sexual identity and practices!

This booklet is also useful for service providers and staff of NGOs and CBOs and anyone who works around HIV and gender based violence prevention and mitigation. The more you know about the challenges and needs of lesbian and bisexual women, the better you are able to design your programmes and services to meet these needs. Lesbian and bisexual women 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 lesbian and bisexual women 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 resistance to infection and malignancy. The cause is a virus (the human immunodeficiency virus, or HIV) 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 or tribadism (where genitals rub directly against each other).

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 and 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 behaviours that condition activities, tasks, and responsibilities viewed within a given society as "masculine" or "feminine".

Hegemonic masculinity

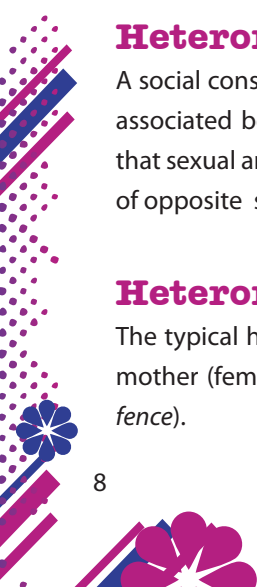
This is the 'normative' ideal of masculinity to which men are supposed to aim. It is not necessarily the most prevalent form of expression, but rather the most socially endorsed. It is supported by the heteronormative model.

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 that sexual and romantic thoughts and relations are normal only between people of opposite sexes and all other behaviour 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 who have sex with men. A sexual practice irrespective of sexual orientation or gender identity. 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 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 of 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 the 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, although 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 having sex with women. These women can have any sexual orientation. 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 women only open themselves up to their sexuality later on in life, for example 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 women. They will not necessarily be educated about their sexuality and the risks involved in certain sexual practices. Many bisexual women are uninformed about the risks involved in women to women sexual activities. Some even believe there is no risk involved at all.

Just a note...

Not all women 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!

2. How do I know...?

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

Realising you are in love with or attracted to another woman 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 lesbian relationships are often talked about in a negative way. All these new thoughts and feelings might confuse you a bit. Some women gets comfortable with whom they are quite easily, others might take a while. Don't worry, you are not alone – this booklet will guide you...

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

- Initially you feel a bit more anxious than usual
- Feeling different from others or dating many guys trying to prove you are not attracted to other women
- Asking yourself a whole lot of questions
- Finding out more, getting interested, getting a book on the topic or surfing the Internet
- Wondering what others might say about you
- Getting to a point where you start to accept yourself
- You might decide to “come out” or tell someone who you trust
- Start living a life as a lesbian or bisexual woman

Sometimes people ask:

Can lesbian and gay people be cured?

This question suggests that lesbian and gay people are sick or pathologized, which is untrue. As from 1973, being lesbian, gay or bisexual is no longer described as an “illness” by the medical profession. Unfortunately, some uninformed parents still send their gay sons or lesbian daughters to professionals to be “cured”. If being lesbian or 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 lesbian women want to be men?

Some people think a woman for example, must be or should be a man to love another woman. This comes from the thinking that only men and women can be together. If one thinks like this then it seems logical that a woman who loves another woman must wish to change her sex. But this is not true.

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

Just a note...

Not all lesbian women look, act or dress the same – some might be masculine (butch) and others might be feminine (femme). Lesbian and bisexual women 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 lesbian woman. It is a lifelong process and not a once-off event. A lot of lesbian women 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. 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 choose to tell a close friend first.

- 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.



4. Being me – responsibly!

Protecting myself from HIV

Because there is a lot of mystery around lesbian women and their sexuality, woman to woman sex it is not often talked about. Often, many people think that no 'real' sex happens between women, because there is no 'real' penis involved. The assumption then is that there is no risk of HIV transmission. This unfortunately is not true. Although the risk of HIV transmission between two women is relatively low, risk is risk. Also, we cannot assume that lesbian women do not have sex with men for various reasons. Some lesbian women share sex toys and engage in high risk lesbian sexual activities like the scissor position, tribadism or shaffing.

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 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, especially 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 the use of enough water-based lubrication during penile-anal sex
- Use condoms and a water-based lube correctly and consistently when sharing sex toys, a new condom for each partner every time you share the vibrator or dildo



- Avoid the use of any oil-based lubricants, e.g. 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) especially when the receiving partner is menstruating and anilingus (anal rimming or licking). Alternatively, use a flavoured condom cut along the side or non-microwavable cling wrap that is kept in place with water-based lubrication
- Use dental dams or latex sheets correctly and consistently when two vaginas rub directly against each other (in the case of tribadism and / or scissor sex). 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 fingering. Alternatively, use a condom over your finger(s)
- Use non-powdered latex gloves for fisting or fingering
- Avoid an exchange of HIV containing fluids, for example blood, vaginal fluids, semen and possible HIV containing fluid, pre-ejaculation
- Ensure screening for HIV and other STIs every six months



Dental dam



Finger cot



Water based lubricant

Protecting myself from violence

Intimate partner violence / domestic violence

Domestic violence in the lesbian community is a serious issue. Ironically, the rates of domestic violence in lesbian relationships do not differ from those of domestic violence directed at heterosexual women. This is only anecdotal evidence, since empirical research in this area in the African context is very limited. Domestic violence is, sadly, very underreported. What we know is that lesbian woman 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 her relationship.

Lebo's family is busy planning her wedding with Frank. She does not know how to tell them that she is in love with another young woman. She's scared and therefore got married anyway. She refused to wear dresses and "act like a grown up wife", while he accused her of being a man-woman often. After a year of conflict and abuse in the relationship, she left Frank, emotionally and physically bruised, and ran away with their 12 month old baby to stay with her aunt in another village. Unfortunately, Frank and his family found her, took her back to their village and locked her up. They found out about her same sex attractions. Night after night she was raped by her husband, and sometimes by his male friends.

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 to turn 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)

Violence on the basis of sexual identity or gender presentation

No lesbian or bisexual woman should be discriminated against or hurt in any way, especially for living an authentic life, true to her identity. Unfortunately many women experience various forms of discrimination and trauma directed towards them.

A lesbian woman's identity puts her at risk of various hate crimes directed at her, e.g. rape because of her sexual orientation or gender presentation, the bizarre and false notion that her identity can be "corrected" through sex with a man. The risk for rape is especially high for those women who dress and act masculine and who live openly as lesbian women.

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, 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 see later in 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, who 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 lesbian and bisexual women might exchange sexual favours in order to survive or for example 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.

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
Lesbian and Bisexual Women's Support Service Organisations			
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

Johannesburg, South Africa	Coalition for African Lesbians (CAL)	LBT Support, Research, Advocacy & Lobbying	+2711 918 2182 / 5507/6115 +2711 918 5609 +27-71-9183 515 http://www.cal.org.za info@cal.org.za 16 Jan Smuts Street Bardene, Boksburg East Rand 2001 South Africa
Johannesburg, South Africa	Forum for the Empowerment of Women (FEW)	LBT Support, Community Outreach, Advocacy & Lobbying	+27 11 333 0345/0458 info@few.org.za Office 401, 4th Floor House of Movement 123 Pritchard Street (corner Mooi Street) Johannesburg Gauteng 2000 P.O. Box 10204 Johannesburg 20001 South Africa
Johannesburg, South Africa	Behind the Mask (BTM)	Publishes a news website covering news about LGBTI people in Africa	011 403 5566 info@mask.org.za www.mask.org.za Office A06-11 1st Floor: Administration Building 1 Kotze Street Women's Gaol Constitution Hill Braamfontein PO Box 93843 Yeoville 2143
Johannesburg, South Africa	Gay and Lesbian Memory in Action (GALA)	Documenting and popularizing the lives and histories of LGBTI South Africans	27 11 717 4239 info@gala.co.za P.O. Box 31719 Braamfontein 2017 South Africa

Harare, Zimbabwe	GALZ (Gays & Lesbians of Zimbabwe)	LGBT Psychosocial Support, Health Services, Research, Peer Education, Advocacy & Sensitization 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 and 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
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
HIV Prevention Service and Information Organizations			

Pretoria, South Africa (Contact the Regional office for country offices in rest of Africa)	SAfAIDS	AIDS Information Distribution	+27 (0)12 361 0889 +27 (0)12 361 0889 reg@safaid.net 479 Sappers Contour Lynnwood Pretoria South Africa
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Gender-Based Violence Support Organisations

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
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Other Organizations, Information and Support

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.
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Cape Town, SA	ALN (Aids Legal Network)		+27 (0) 21 447 84 35 www.aln.org.za Suite 6F Waverley Business Park Dane Street Mowbray Cape Town 7700
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www.womyn2womyn.co.za

In depth information for all women loving women

Further reading on Lesbian and Bisexual Women's issues:

- Black Bull, Ancestors and Me: *My Life as a Lesbian Sangoma* Nkunzi Zandile Nkabinde
- *Feminism, the Family and the Politics of the Closet: Lesbian and Gay Displacement* by Cheshire Calhoun
- *Sometimes X, sometimes Y, always me*. Commissioned by the Joint Working Group
Download for free at <http://www.gala.co.za/pdf/Sometimes%20X%20Sometimes%20Y,%20Always%20Me.pdf#>
- *Sex Lives of the Famous Lesbians* by Nigel Cawthorne
- *Tommy Boys, Lesbian Men and Ancestral Wives: Female Same-Sex Practices in Africa* by Ruth Morgan and Saskia Wieringa
- *Unpacking Queer Politics: A Lesbian Feminist Perspective* by Sheila Jeffreys
- *Vintage Book of International Lesbian Fiction* by Naomi Holoch and Joan Nestle
- *Young, queer, and proud: Stories from South African lesbian and gay youth* by Joanne Bloch. Download at <http://www.gala.co.za/pdf/newsletter%209%202005.pdf#>

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