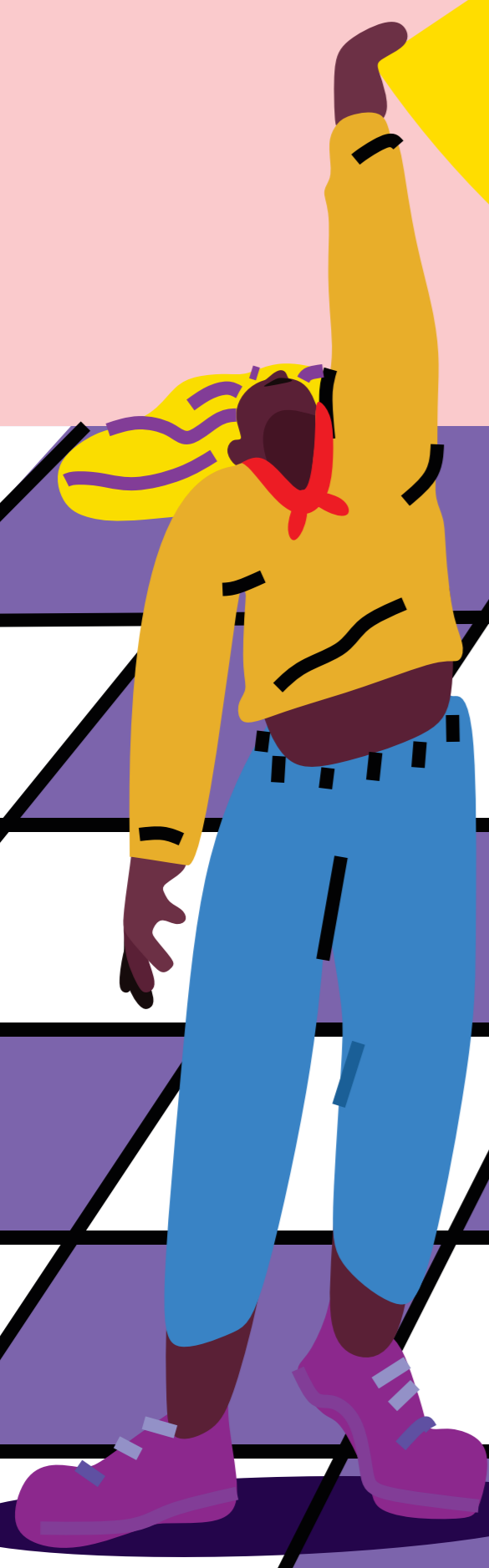


THRIVE

IN THE WORDS OF YOUNG PEOPLE LIVING WITH HIV



WRITTEN BY ZVANDIRI YOUTH

DESIGNED BY LOMEDY MHAKO

WE KNOW THAT ZVANDIRI HELPS YOUNG PEOPLE TO THRIVE.

WE'VE BEEN RESEARCHING WHY.

THEY TOLD US THIS ...

**A DAILY DOSE WILL HELP US SURVIVE
BUT SURVIVING IS NOT ALL I NEED,
WHAT I REALLY NEED
IS TO **THRIVE****

SO WHAT DOES THRIVE MEAN, FOR ME LIVING WITH HIV?



CONNECTEDNESS

**I NEED A DIFFERENT KIND OF TREATMENT
FOR THE LONELINESS, ISOLATION AND FEAR. A FRIEND TO
CONNECT WITH, WHO UNDERSTANDS ME AND CARES,**

**THAT'S WHERE I FEEL SAFE, THAT'S WHERE I BELONG.MY SMILE
IS HUGE. MY HEART IS FULL.**



SELF ACCEPTANCE

**THIS HELPS ME ACCEPT MYSELF,
KNOWING I CAN TRULY BE ME,
EXPRESSING MY TRUE COLOURS
WITH NOTHING TO HIDE.**

**AND I KNOW I CAN STILL SLAY,
I CAN SHINE AND BE HOT
I CAN STAND TALL,
HIV DOES NOT DEFINE ME OR MAKE ME SMALL.**



HOPE

**BEFORE I WAS LOST
BUT NOW I KNOW THERE IS LIFE
I KNOW NOW NOT TO LIMIT MYSELF
AS MY FUTURE IS BRIGHT**



SELF EFFICACY

**NOW I HAVE THE INFORMATION AND THE TRUTH
ABOUT MY HEALTH AND MY TREATMENT
THIS GIVES ME CONFIDENCE, A SETTLED MIND
AND THE KNOWLEDGE OF WHAT TO DO**

**THIS HELPS ME TO COPE
I CAN OVERCOME THE HARD STUFF BECAUSE
I AM BRAVE, STRONG, AND COURAGEOUS**



PURPOSE

**SHARING MY STORY AND SUPPORTING MY PEERS
GIVES ME PURPOSE, AND PRIDE**

**I'M A COUNSELLOR, A LEADER AND AN ADVOCATE FOR MY PEERS
GIVING BACK WHAT WAS ONCE GIVEN TO ME**

**I WANT MY STORY TO GIVE OTHERS PURPOSE
I NOW HAVE A FUTURE TO BUILD, PEOPLE TO HELP
I HAVE A FAMILY, MY OWN TRUE FAMILY**



FLOURISHING

**I LOOK BACK WHERE I'VE COME FROM
WHAT A JOURNEY IT'S BEEN
BUT THIS IS ME NOW, JUST AS I AM.
BEYOND THE PHYSICAL SUCCESS OF MY HIV TREATMENT
I AM AT PEACE
CONNECTED, CONFIDENT, WITH PURPOSE.
NOT JUST SURVIVING, BUT THRIVING**



Facebook: @Zvandiri

Instagram: @zvandiri_

LinkedIn: @Zvandiri

Website: www.zvandiri.org

X: @zvandiri