

# Preparing for the show

## Start here

There are many different ways to talk about disclosure, enough for multiple shows!  
For example:

- Advice on how to disclose.
- The benefits of disclosing.
- What to keep in mind and prepare yourself for when disclosing.
- Disclosure and the law.

Choose one angle.  
Refer to pg24-25

The benefits of disclosing your HIV positive status.

IPPF, 'What Do I Do If... Ideas for young women living with HIV':  
<http://ippf.org/resource/What-Do-I-Do-If-Ideas-young-women-living-HIV>

AIDSMEDS, 'To tell or not to tell': [www.aidsmeds.com/articles/Disclosure\\_4947.shtml](http://www.aidsmeds.com/articles/Disclosure_4947.shtml)

Open Society Foundation, 'A best practice guide to HIV disclosure':  
<http://osf.org.za/wp/wp-content/uploads/2012/09/A-best-practice-guide-to-HIV-disclosure1.pdf>

Use local resources: newspapers, community-based organisations, government officials, and peer educators.

Find out more.

1. The benefits of disclosure for you, as an HIV positive person.
2. The benefits of disclosure for other people struggling with sharing their status.
3. The benefits of disclosure for protecting friends, family and partners.

Decide on a few different ways to talk about the benefits of disclosing your HIV status.

Find people to speak to in your community.

1. A HIV positive person who has disclosed their status and benefited from the experience.
2. A partner or family member of a person who has disclosed their HIV status to them and how this has strengthened their relationship or created space for support and understanding.
3. A HIV/AIDS counsellor speaks about the benefits of disclosure.
4. A nurse or doctor speaks about the medical importance of disclosure.

Bring out multiple points of view.  Refer to pg25

Find different ways to talk about the topic and structure your show outline. Refer to pg36

Write your radio script and produce your formats. Refer to pg36-38

Beginning	Middle	End
Intro to the show	Intro on location	Intro interview
Intro audio profile		Interview:
Audio profile: A HIV positive person shares their personal experience of disclosing their status to family and the beneficial outcome.	On location: An on location of a session with an HIV/AIDS counsellor taking us through the clinic.	Interview with a partner or family member whose loved one has shared their HIV positive status with them.
Outro audio profile	Outro on location	Outro interview
Music transition	Music transition & jingle	Music transition & jingle
	Intro commentary	Outro the show
	Audio commentary: A medical professional on why disclosure is a vital part of stopping the spread of HIV/AIDS.	Music end



You must always introduce your show and radio formats. Then once you've played your features have a concluding statement for each one. Don't forget a final conclusion for the very end of the show. Use links (facts, tips, did you know, music) to glue it all together.

# DISCLOSURE

Disclosure is when an HIV positive person or someone on behalf of the HIV positive person informs another person or people of their status.

## Questions to ask yourself before disclosing:<sup>1</sup>

1. Who do you want to tell and why?
2. What are you expecting from that person after you have told them?
3. When is a good time to tell, so that they will be the least shocked and the most supportive?
4. Where can you disclose, you don't want to be interrupted?
5. What are you going to say – do you want to give a lot of information or a little?
6. Consider what questions the person might ask you and how you could answer these questions?

## The benefits of disclosure:<sup>2</sup>

- You can get support and encouragement from others.
- Others can support you in your care and adherence.
- It gives you the opportunity to sometimes find out who else is HIV positive and to meet others like you.
  - Public disclosure of HIV is not just a self-serving task. By being brave and confident in telling your story, you can help other HIV patients in dealing with their life-long struggles.

## Why disclosure can be difficult:

- It can be stressful if you don't know how others will react or if they will judge you.
- Some people could be unkind when they find out your status, especially if they do not have a good understanding of HIV.
- Some people may not want to socialize with you anymore if they find out you are HIV+.
- Some people might not be able to keep your secret.

1. 'How to tell others: disclosure issues', Health 24. 8 May 2003. Web source: [www.health24.com/Medical/HIV-AIDS/HIV-what-now/How-to-tell-others-Disclosure-issues-20120721](http://www.health24.com/Medical/HIV-AIDS/HIV-what-now/How-to-tell-others-Disclosure-issues-20120721)  
 2. 'The pros and cons of HIV disclosure', Helium. 5 May 2011. Web source: [www.helium.com/items/2150758-the-pros-and-cons-of-hiv-disclosure](http://www.helium.com/items/2150758-the-pros-and-cons-of-hiv-disclosure)  
 3. 'Challenges associated with disclosing one's HIV-positive status', AidsMap. Web source: [www.aidsmap.com/page/1442642/](http://www.aidsmap.com/page/1442642/)

# How to present your show

Here is an example of how you might script some of the parts of the show outlined above. You can use these examples, along with your research and your produced radio formats, to write your own script.

Refer to pg37-38

## Intro:

Host 1: You're listening to [RADIO STATION] and this is [NAME OF SHOW]. My name is [NAME].  
 Host 2: And my name is [NAME], and on today's show we will be talking about what the benefits are if you inform your loved ones about your HIV status.  
 Host 1: Yes, when you make your HIV positive status known it's called disclosure, and it can be a very daunting but beneficial experience for everyone.  
 Host 2: We spoke to someone who went through this experience of telling his wife that he was HIV positive, and how that changed his life and his relationship with his wife for the better in the long run.  
 Host 1: Wow, I'm so interested to hear what he says.

[PLAY AUDIO PROFILE]

## Questions for your interview:

1. Can you describe how your husband disclosed to you?
2. From your experience, what would you say are the important points to consider when you are disclosing your status to your partner?
3. Can you explain how his disclosure helped you?
4. How have you changed since your partner disclosed?
5. What advice would you give someone who has just found out their partner is HIV positive?

Refer to pg26

## Outro:

Host 1: I always thought disclosure was just telling people that you are HIV positive. But it's about so much more, like learning about ourselves, and to protect those who have not contracted the virus.  
 Host 2: Yes, it's been quite an amazing show, we really appreciate those who have shared such personal experiences with us.  
 Host 2: So don't forget to tune into [RADIO STATION] for the [NAME OF SHOW] on [DAY] at [TIME]. We'll be finding out all about [NEXT WEEK'S SHOW TOPIC].  
 Host 1: Till then, it's bye from us!

You've finalised your script, produced your radio formats, and finalised your show clock. It's time to go live on air!

Prepare to present your show. Refer to pg38