



**youth with information**

**acts smart**

**prevent AIDS**



# Youth With Information Acts Smart Prevent

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**SUHA**

## Why Youth need to know about AIDS ?

- AIDS is an infectious disease caused by a virus called HIV. It cannot be cured BUT it can be PREVENTED.
- AIDS is capable of destroying youthful life.
- Youth will LOOSE their friends and peers as well as their enjoying youthful life.
- AIDS does not only threaten your life but also the lives of your friends and peers.
- AIDS causes misery and death at an early age.



**You will definitely do not want to loose your friends and your enjoying youthful life**

Therefore ....

- Avoid high risks behaviours such as having sex outside marriage and
- Do not get involve with DRUGS. Say NO to this high risk behaviour.



## High risk behaviours that expose Youth to AIDS

### SEX OUTSIDE MARRIAGE

- Outside marriage sexual relations with someone whose health status is unknown can expose youth to HIV infection.
- Feelings and the urge to have partners are part of the youth growing process and it is normal.
- However this feeling and urge will have to be handled smartly so that it will not destroy the future of the youth.
- Do not expose yourself to pornographic materials, intoxicated drinks, do not hang around and spend your time doing nothing but wasting time ("lepak"), do not expose yourself to stimulant pills and do not visit entertainment outlets.



## Taking Drugs

Do not get involve with drugs. This behaviour could cause youth to be infected by HIV.

- Trying out something new and searching for identity is something common among youth. Please do not be influenced or tempted by invitations and persuasions.
- Please act wise and firm in making decisions for not smoking and taking **DRUGS**.



## Youth should strengthen their self-esteem in order to avoid AIDS

- Practice good values
  - ▶ Get yourself closer to religion.
  - ▶ Respect your elders.
  - ▶ Assist friends that are in need.
  - ▶ Carry out your responsibility as an excellent youth.
- Choose friends with good moral character.
- Spend your time with useful activities: Sports, Clubs and Societies, Welfare activities.
- Share your feelings with family members, teachers and friends.
- Upgrade your knowledge on HIV/AIDS and spread the information that you know about HIV/AIDS to friends for common benefit.
- LOVE YOURSELF.





## Are you a youth that gets involved in high risks behaviour?

- Please be informed that youth whom are involved with high risks behaviour has the possibility of being infected by HIV but they can still look healthy.
- If you are involved in high risks behaviour or if you have any doubts about it, please visit a health clinic or a nearby hospital for counseling services.
- All information during your counseling session is **CONFIDENTIAL**.



## Facts and reality

- Based on Science, HIV does not spread through partners' interactions such as hugging and touching. BUT in reality, religion and society prevents such actions as it could lead YOUTH to sex outside marriage
- In Science, it is also mentioned that HIV could spread through sharing of drug injection needles.
- Drugs usage, in one way or the other, directly could not spread HIV. BUT in reality it is the cause of which youth lost their considerations and it could possibly cause more serious addiction to the extent of sharing drug injection needles and outside marriage sexual relation.
- Religion too, strictly prohibits the use of any intoxicants as it could cause the user to be drunk or hallucinated.



# Address

## **Cawangan AIDS/STD**

Bahagian Kawalan Penyakit,  
Kementerian Kesihatan Malaysia,  
Tkt 1, Blok A, Jalan Cenderasari,  
50490 Kuala Lumpur.  
Tel : 03-2694 6601 Fax: 03-2694 6482

## **Jabatan Kesihatan DBKL**

KM4, Jalan Cheras,  
56100 Kuala Lumpur.  
Tel : 03-9284 5166 Fax: 03-9285 7295

## **Jabatan Kesihatan Negeri Sembilan**

Jalan Lee Seng,  
70590 Seremban,  
Negeri Sembilan.  
Tel : 06-762 5231 Fax: 06-763 8543

## **Jabatan Kesihatan Melaka**

Tingkat 6, Wisma Persekutuan,  
Jalan Hang Tuah, 75300 Melaka.  
Tel : 06-282 8344 Fax: 06-283 9233

## **Jabatan Kesihatan Negeri Pahang**

Tingkat 12, Wisma Persekutuan,  
Jalan Gambut,  
25000 Kuantan, Pahang.  
Tel : 09-555 1366 Fax: 09-513 5528

## **Jabatan Kesihatan Negeri Johor**

Tingkat 4, Blok B, Wisma Persekutuan,  
Jalan Air Molek,  
80590 Johor Bharu.  
Tel : 07-224 5188 Fax: 07-223 2603

## **Jabatan Kesihatan Negeri Kedah**

Jalan Perak, Off Seberang Jalan Putra,  
05150 Alor Setar, Kedah.  
Tel : 04-733 5533 Fax: 04-731 4936

## **Jabatan Kesihatan Selangor**

Tingkat 10-11, Wisma Masalam,  
Jalan Tengku Ampuan Zabedah C 9/C  
40100 Shah Alam, Selangor.  
Tel : 03-5518 6001 Fax: 03-5518 6005

## **Jabatan Kesihatan Negeri Terengganu**

Tingkat 5, Wisma Persekutuan,  
Jalan Sultan Ismail,  
20920 Kuala Terengganu.  
Tel : 09-622 2866 Fax: 09-623 5001

## **Jabatan Kesihatan Perak**

Jalan Panglima Bkt, Gantang Wahab,  
30000 Ipoh, Perak.  
Tel : 05-253 3489 Fax: 05-255 7646

## **Jabatan Kesihatan Wilayah Persekutuan**

Jalan Cenderasari,  
50490 Kuala Lumpur,  
Tel : 03-2693 8742/40701 Fax: 03-2694 0702

## **Jabatan Kesihatan Negeri Perlis**

Jalan Kalam, 01000 Kangar, Perlis.  
Tel : 04-977 3333 Fax: 04-976 0764

## **Jabatan Kesihatan Pulau Pinang**

Tingkat 37, KOMTAR,  
10590 George Town, Pulau Pinang.  
Tel : 04-262 5533 Fax: 04-261 3508

## **Jabatan Kesihatan Negeri Kelantan**

Tingkat 5, Wisma Persekutuan,  
Jalan Bayam, 15590 Kota Bharu,  
Tel : 09-748 3288 Fax: 03-744 1333

## **Jabatan Kesihatan Negeri Sabah**

Tingkat 1, Rumah Persekutuan,  
88814 Kota Kinabalu, Sabah.  
Tel : 088-716 535 Fax: 088-718 637

## **Jabatan Kesihatan Sarawak**

Jalan Tun Abang Haji Openg,  
93590 Kuching, Sarawak.  
Tel : 082-256 566 Fax: 082-424 959



<http://www.prostar.com.my>



Ministry of Health, MALAYSIA  
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