

TELLING YOUR PARTNER(S) ABOUT YOUR DIAGNOSIS

1

ONE-NIGHT STANDS & HOOK-UPS

- Think about how you are going to contact your one-night stand or hook-up. This could be dating/ hook-up Apps or websites, social media, SMS, phone call, anonymous SMS or email.
- The sooner they know, the sooner they can get tested and treated.
- They might ask:
 - how long have you known?
 - what should they do now?
- Have information ready to offer your partner about the STI or blood borne virus you've been diagnosed with and where they might be able to get tested.
- Are you concerned or afraid at how this person might react? (refer to 5).

"Hey - we hooked up and I've got something to talk about. Do you have a minute to chat privately?"

I've been diagnosed with HIV. I'm contacting everyone who I've been with since my last test. I wasn't sure if you were on PrEP or already on treatments. I just wanted to let you know that you might need to think about getting a STI test.

You can get a free test anonymously at any sexual health clinic or your GP."

2

CHEMSEX, PARTY & PLAY (PnP) & INJECTING PARTNERS

- Depending on how often you catch up, ways to contact your chemsex, PnP or injecting partners can be in person, through dating/ hook-up Apps, SMS, phone call or anonymous SMS.
- The sooner they know, the sooner they can get tested and treated.
- They might ask:
 - how long have you known?
 - what should they do now?
- Have information ready to offer your partner about the STI or blood borne virus you've been diagnosed with and where they might be able to get tested.
- Are you concerned or afraid at how this person might react? (refer to 5).

"Hey - I've got something we need to talk about. Do you have a minute to chat in private?"

Since we partied last, I had an STI test. I want to let you know I've tested positive for Hepatitis C. I know you are on PrEP but that only protects you from HIV and not other STIs. Because we fucked and shared injecting equipment, you might want to think about having a test too. I got a test done for free at a sexual health clinic.

When I found out I had hep C, they told me treatment is pretty effective and I can get rid of Hep C in 8 to 12 weeks."

3

CASUAL PARTNERS, FRIENDS WITH BENEFITS & FUCK BUDDIES

- Depending on how often you catch up, think about ways you are comfortable with to contact your casual partners, friends with benefits and fuck buddies. This can be in person, through dating/hook-up Apps, SMS, phone call, or anonymous SMS.
- The sooner they know, the sooner they can get tested and treated.
- They might ask:
 - how long have you known?
 - what should they do now?
- Have information ready to offer your partner about the STI or blood borne virus you've been diagnosed with and where they might be able to get tested.
- Are you concerned or afraid at how this person might react? (refer to 5).

"Hey - I think we need to talk about something. Last week, I went and had an STI test and it came back that I've got HIV.

The last test I had was before we started getting together. I wanted to let you know, and you might need to think about getting tested.

Because I know you don't have Medicare, you can get a free HIV test in private at a sexual health clinic."

4

REGULAR PARTNER(S)

- If this is your only sexual partner, you might want to consider having this chat face-to-face (somewhere private where you both have time to chat).
- Consider the reasons you are telling them (care, honesty, love).
- The sooner they know, the sooner they can get tested and treated.
- They might ask:
 - how long have you known?
 - what should they do now?
 - how can we work through this together?
- Have information ready to offer your partner about the STI or blood borne virus you've been diagnosed with and where they might be able to get tested.
- Are you concerned or afraid at how this person might react? (refer to 5).

"Hey - we need to talk about something, do you have time now? I heard from someone I used to sleep with who told me they'd been diagnosed with HIV. I went and had a test myself and they just told me my result was positive for HIV. I'm really sorry to have to tell you that news, but I thought it was best to tell you as soon as possible.

I care about you and I don't want this to damage our relationship. I've started medication and I was told it can control the virus and I'll be okay.

What do you think of getting a test? We can go together, I want to support you and whatever happens, I want you to know that I'm here for you."

5

ARE YOU CONCERNED OR AFRAID OF HOW THEY MIGHT REACT?

- If you are concerned or afraid that the person you want to notify may become violent or they could put you in an unsafe situation – remember your personal safety comes first. Please consider your actions carefully.
- It may be safer to contact them anonymously. A Peer Support Officer can help you to anonymously notify your partner.
- Consider: has this person ever behaved aggressively or violently to you? This includes throwing or breaking things, emotional abuse and manipulation, verbal hostility, online threats or physical violence.
- If so, please consider your own safety and have a chat with a Positive Life Treatments Officer before you contact them.
- Remember, your safety comes first. If you need to talk, call 1800 RESPECT (1800 737 732). It's a 24 hour national sexual assault, family and domestic violence counselling line.

ANONYMOUS SMS PARTNER NOTIFICATION SERVICES

Better to Know: For Aboriginal and Torres Strait Islander people www.bettertoknow.org.au

Let Them Know: For women, trans and gender diverse people, and heterosexual men <https://letthemknow.org.au/ltk.html>

Drama Downunder: For gay, bisexual and queer men (cis and trans) www.thedramadownunder.info/notify/sms/