

Step 1: Print this A4 document at 100% size (don't scale it down). Use double-sided printing if you can, otherwise print both pages and glue them together.

Step 2: Cut out the flyer using the black border as a guide.

Step 3: With the cover image (the two hands) facing you, and the text the right way up, fold the flyer in half (with the top half folding away from you), so you end up with a long thin piece of folded paper.



Ngā paetukutuku whaitake Positive Women Inc. www.positivewomen.org.nz Body Positive www.bodypositive.org.nz NZAF www.nzaf.org.nz	He rite tonu te hononga ki tētahi tangata mate HIV pērā ano i tētahi kāore i te mate HIV	
Ehara i te mea māmā te kōrerorero mō ēnei kōrero mōku ake me koe i runga i te mataku ka whakawātia ahau, ka whakarērea.	Positive Women	
Kei te māharahara pea koe mō te mōrea o te pāngia e te HIV me tōku hauora. Kei roto i tēnei mātārere ko ngā kōrero pono mō te HIV kia mārama ai koe kāore ō māharahara.	Whakapā mai mō ētahi atu mōhiohio, tautoko hoki Positive Women Inc. 09 303 0094 / 0800 769 848 info@positivewomen.nz www.positivewomen.org.nz	He mate HIV tōku Koinei ngā mea e hiahia ana ahau kia mōhio koe.



Step 4: Flip the document horizontally so that the black & white photo of the girl is facing you and is on the left-hand side.

Step 5: The document now needs to be folded into threes. Fold the right-hand side of the document (“Ngā paetukutuku whaitake”) to the left, so that it lines up with the edge of the black & white photo of the girl. Keep the document folded up this way for the next step.



Step 6: Fold the cover (with the image of the two hands) to the right so that it covers the rest of the document.





Ngā mea me mōhio koe

- Nā te anga whakamua o ngā rongoā ka taea te whakahaere te HIV ināiane.
- E kore koe e pāngia e te HIV mai i te tangata he whaitake tana whakamaimoa mō te HIV.
- Ko te hunga e whakamaimoatia ana tō rātau mate HIV, he rite tonu te roa o ō rātau ao ki ētahi atu tāngata.



Kāore e taea e au te tuku taku mate HIV ki tētahi atu

- Kāore te tangata e pāngia e te HIV mā te awhiawhi, te ūngutu, te kai tahi, te noho i te pae hamuti rānei.
- He whaikiko taku whakamaimoa, arā, kāore e kitea te wheori HIV i roto i tōku tinana. Kua kitea ā-pūtaiaotia ki te kore e kitea te wheori i roto i te tinana, kua kore e taea e ia te whakawhiti te HIV mā te ai, tae atu hoki ki te kore e whakamahi i te pūkoro ure.



Ka aha ināiane?

- He kōrero tino tapu ēnei mōku anō e tukuna ana ki a koe, ā, ko taku inoi kia manaakitia e koe kia kaua rawa koe e whakaatu ki ētahi atu.
- Mēnā kei te hiahia koe ki te rapu kōrero atu anō mō te HIV, he maha ngā rauemi papai kei runga ipurangi, engari i ētahi wā he nui rawa ngā kōrero kei runga ipurangi, ā, kei te hē ētahi. Kei roto i tēnei mātārere ko tētahi rārangi o ngā paetukutuku pono.
- Mēnā he māharahara ōu, he pātai rānei, me pātai mai, ā, me kōrerorero haere tonu tāua.