



# Disclosure tips

- You can never take back disclosure, or control how people will react. If you think the person will have a bad reaction, leave it until you feel more confident that you can handle it, or don't tell them.
- Be careful about disclosing to people who might gossip.
- It might be helpful to rehearse what you want to tell people beforehand.
- Remind the person to keep it confidential, but accept that they will need to talk to others about it. Ask them to be careful who they tell or suggest other people who they could talk to for support.
- Positive people are often put in the position of being an educator. This can be onerous, but people who do not know much about HIV will expect you to inform them.
- It can be hard to tell the children in our lives that we have HIV. Explain things in simple ways so that it's easy for them to understand.
- Remember you are under no obligation to tell anybody, you disclose only because you want to