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SHE/HER/THEY

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[Lea en español](#)

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About SHE/HER/THEY

SHE/HER/THEY (Sexual Health Education/HIV Empowerment Resources/Treating HIV Equally) is an educational outreach initiative focused on improving engagement in care, health outcomes, and well-being for women living with and vulnerable to HIV while promoting language justice and holistic wellness through a non-stigmatizing lens.

Across all aspects of SHE/HER/THEY programming from development to dissemination, our approach to decreasing stigma and normalizing HIV includes:

- Centering the lives and experiences of Black women and other women of color across the gender spectrum
- Integrating sexual and reproductive health, including sex positivity and pleasure, into women-focused HIV care, prevention, and education efforts
- Increasing meaningful engagement with providers by encouraging culturally responsive care that addresses the whole woman, regardless of her HIV status
- Reframing the discussion of "risk" and focusing on the interconnected manifestations of HIV relevance and reasons for HIV prevention in women's lives
- Incorporating consistent undetectable equals untransmittable (U=U) messaging

Results from The Well Project's [Women's Research Initiative on HIV/AIDS](#) (WRI) 2021 annual meeting, [Research at the Intersection of HIV and Women's Sexual and Reproductive Health](#), are a key component of the evidence base supporting SHE/HER/THEY.

We add new content to this page regularly – so please check back often for new informational materials and multi-media programs that we hope you will share widely!

[Subscribe to our mailing list](#) **to ensure you receive email updates and/or printed materials as they become available.**

Webinars and Presentations

[National HIV Testing Day: A Girl Like Me LIVE](#)

The Well Project held a very special episode of *A Girl Like Me LIVE* in commemoration of National HIV Testing Day 2024, delving into the diverse narratives and experiences of women living with and vulnerable to HIV.

[Sex, Pleasure, and PrEP: Leadership Exchange LIVE](#)

Don't miss this empowering and informative discussion between The Well Project's community advisory board member Kim Canady (Pleasure Activist) and sexologist Ashley Cobb (The Black Dr. Ruth) as they explore the unique aspects of women's sexual experiences and discuss the importance of prioritizing pleasure and sexual satisfaction for all women living with and vulnerable to HIV.

[Black Women Living with and Vulnerable to HIV in the US: Leadership Exchange LIVE](#)

Copresented with [NASTAD](#), this episode of [Leadership Exchange LIVE](#) features a dynamic conversation with Latesha Elope, MD, MSPH (University of Alabama at Birmingham) to uplift the unique needs and priorities and insights of Black women living with and vulnerable to HIV, with an emphasis on the US South. The session highlights optimal care for women and provides participants with best practices to improve their capacity to serve women.

[HIV, Women, & Sexual Pleasure: A Girl Like Me LIVE](#)

A Girl Like Me LIVE creator/host Ciarra "Ci Ci" Covin is joined by community advisory board member and pleasure guru Kim Canady in an interactive, candid conversation about sexual pleasure in the lives of women living with HIV.

[Birth and Postpartum Support and HIV / El apoyo al parto y al posparto y el VIH](#)

An illuminating conversation about the benefits of doula support for Black women and other birthing parents living with HIV. / Una conversación esclarecedora sobre los beneficios del apoyo de doula para las mujeres negras y otros padres que dan a luz que viven con el VIH.

[Criminalization and Women Living with HIV: A Girl Like Me LIVE](#)

Listen in on this conversation for Black Maternal Health Week 2022, featuring Southern Black feminist attorney Mandisa Moore-O'Neal, on how HIV-specific laws affect the reproductive rights of Black women and relate to the policing of parenting choices.

[Women Living, Learning, and Working with HIV](#)

This bilingual session (video audio in English) featured a panel of women living with HIV highlighting their experiences related to work and education – including challenges they faced, strategies they used, and unmet needs they revealed.

[Download the slides](#)

Articles and Conference Coverage

[The Well Project's Ongoing Fight for Women's Health Rights and Inclusion in HIV Research \(TheBody\)](#)

On an episode of TheBody's Instagram Live series "At Home With," The Well Project executive director Krista Martel talks with Charles Sanchez about what our organization is up to.

Image



[Positive Pleasure: The Well Project Signs On to The Pleasure Principles, Welcomes The Pleasure Project as a Partner](#)

We cannot wait to explore collaboration with The Pleasure Project, and even further integrate the vital Pleasure Principles into all that we do at The Well Project. *Onward toward pleasure for all!*

[Centering Sex, Pleasure, and Women: Recaps from the 2023 Biomedical HIV Prevention Summit](#)

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The agenda for the 2023 Biomedical HIV Prevention Summit in Las Vegas, Nevada, in April promised a gathering that would "focus on consensual sex in all of its iterations." The Well Project community

advisory board chair Marissa Gonzalez attended the summit; as you will learn from her session summaries, the event did not disappoint!

Image



[Sex, Pleasure, and Making the Uncomfortable Comfortable: A Recap from the International Workshop on HIV & Women 2023](#)

Just like participating in sexual activity, the more you engage, the more you also learn what is best for you and your partner. This applies the same when having a conversation with your provider or your patient.

[The Well Project at the US Conference on HIV/AIDS 2022](#)

Several attendees and presenters shared their perspectives on The Well Project's funny, vulnerable, extremely popular USCHA 2022 session titled "*Let's Talk About...Sexual and Reproductive Health for Women with HIV*," which featured Black women across the gender spectrum speaking to their experiences navigating sex, pleasure, and self-regard while living with HIV.

[The Well Project at the National Reproductive Justice Conference: Let's Talk About Sex! 2022](#)

Image



Our conference session featured a frank, participatory discussion covering key topics, developments, and personal storytelling at the intersections of reproductive justice and HIV – and highlighting the need for optimized HIV prevention and care to incorporate appropriate, relevant, and holistic sexual and reproductive healthcare.

Read the [full write-up of the session](#) and [Kim Canady's blog](#) from the conference

Wellness Fact Sheets

[Sexual and Reproductive Health, Rights, Justice, Pleasure, and HIV](#)

Image



Many complex factors affect women's health and lives beyond HIV. Racism, sexism, poverty, violence, and other injustices have an impact on overall wellbeing – including being able to access healthcare and enjoy full sexual and reproductive lives. Learn about reproductive health, rights, and justice; the importance of centering pleasure; and why these areas must be connected with HIV-related care.

[Getting Your Sexy On!!](#)

Image



Does HIV make it hard for you to feel sexy or be intimate? You are not alone! Many women living with HIV struggle in one way or another with intimacy after being diagnosed. Get some tips about how to boost your sex-esteem and put the pleasure back in sex!

[Abortion and HIV](#)

Image



Abortion is a normal part of healthcare. Learn more about this safe, common, important procedure that is highly restricted in many parts of the world.

[Abortion Laws and HIV in the US](#)

Image



Learn more about restrictions surrounding abortion and people's rights to make decisions about their own bodies.

[Cannabis, HIV, and Your Health](#)

Image



Cannabis has many health benefits, including for people living with HIV. Learn about types of cannabis, its medicinal uses and HIV drug interactions, and ways it can be consumed.

[Cannabis, Health, and the Law in the US](#)

Image



Cannabis has medicinal properties that can benefit people living with HIV, but its legality varies by location. Learn more about laws governing medical and adult-use cannabis in the US.

[Immigration to the US, Women, and HIV: Facts and Resources](#)

Image



There is no legal barrier to immigrants making their home in the US if they are living with HIV – but there are other considerations. Learn more about getting HIV care and navigating this complex system.

[US Immigration and HIV: The Basics](#)

Image



Learn some introductory information about the US's complicated immigration system – and its built-in biases.

Provider Resources

[Providing for Women's Well-Being: A Sexual Health Conversation Guide for Clinicians](#)

Providers can normalize HIV and integrate prevention into efforts to support women's overall health. Browse this resource for talking points and shareable infographics to help inspire and guide these crucial conversations.

Image



[Let's Talk About Sex: Facilitating Engagement About Sex and Pleasure Between Providers and Women Living with HIV](#)

This conference poster asserted the need to acknowledge and address the full lives of women living with HIV and positively position sex in non-judgmental, proactive discussions with providers.

Read "[Sex, Pleasure, and Making the Uncomfortable Comfortable: A Recap from the International Workshop on HIV & Women 2023](#)"

Education for Primary Care Providers on HIV and Reproductive Health

Image



The Well Project was proud to collaborate with partner organization [Reproductive Health Access Project](#) (RHAP) on the following three HIV-specific articles for their "Contraceptive Pearls" series. RHAP – a leader in expanding access to abortion, contraception, and early pregnancy loss care – delivers these brief, evidence-based monthly "Pearls" to thousands of frontline healthcare providers to inform their practice.

- [Preconception Counseling for People Living with HIV](#)
- [Contraceptive Counseling for People Living with HIV](#)
- [HIV Counseling & Screening for People Without HIV](#)

Partner Highlights

Maintaining connections with mission-aligned organizations is a key aspect of The Well Project's work. Learn more about groups with which we have engaged as partners whose work shares values and goals with the SHE/HER/THEY program.

[Black Women's Learning Institute](#)

The Black Women's Learning Institute (BWLI) is a national center focused on the health and wellness needs of Black women across the lifespan.

[Life and Love with HIV](#)

Life and Love with HIV is a blog and online community dedicated to de-stigmatizing sexuality and relationships among women, partners, and couples living with HIV by shifting the focus from risk to pleasure.

[Reproductive Health Access Project](#)

The Reproductive Health Access Project works across the US to mobilize, train, and support primary care clinicians to make reproductive health care accessible to everyone.

[SisterLove, Inc.](#)

The mission of SisterLove, Inc. is to eradicate the adverse impact of HIV/AIDS and other reproductive health challenges upon women and their families.

[SisterSong: Women of Color Reproductive Justice Collective](#)

SisterSong is a Southern based, national membership organization; our purpose is to build an effective network of individuals and organizations to improve institutional policies and systems that impact the reproductive lives of marginalized communities.

[The Afiya Center](#)

The Afiya Center was established in response to the increasing disparities between HIV incidences worldwide and the extraordinary prevalence of HIV among Black women and girls in Texas.

[The Pleasure Project](#)

The Pleasure Project is an international education and advocacy organization working to eroticize safer sex.

Order Materials

NEW! Two "Get the Facts" Pamphlets – "Reproductive Health and HIV" and "Sexual Pleasure and HIV"

These are the informative, affirming, sexy resources you've been waiting for! The pocket-sized folding pamphlets (image files and PDFs below!) pack vital facts into an attractive, readable format. Our "Get the Facts" pamphlets are helpful to share at community events, in clinic waiting rooms – anywhere women living with HIV are served. ***And they will soon be available to ship for FREE to organizations and groups anywhere in the US!*** ([Ambos disponible en español](#))

To be contacted once pamphlet order fulfillment is in place, email info@thewellproject.org with **"SRH pamphlets" in the subject line**. If you have an immediate, urgent need for these materials (for a conference, other community event, etc.), please **write "SRH pamphlets - URGENT"** in the subject line of your email and include the quantity of each pamphlet you need. We will do our very best to accommodate your request with our current stock!

Image

GET THE FACTS
Reproductive Health and HIV
www.thewellproject.org

Reproductive health includes many things!
It's the direct care, services, and education people need to create, end, or prevent pregnancies based on their own decision-making and to take care of their bodies throughout their lives.

- Contraception: Birth control, counseling, and access
- Safe abortion access and care
- Family planning
- Fertility education and services
- Perinatal (before, during and after childbirth) care

What contraception options are available for me?
Women living with HIV, like other women, have access to many options to prevent pregnancy, including:

- Contraceptive pills
- Implants
- Patches and rings
- IUDs (Intrauterine devices)
- Shots (injections)
- Condoms (external and internal)
- Other barrier methods (cervical caps, diaphragms)
- Spermicide

Your provider can help you decide what is best for you. And remember, no matter which contraceptive method you choose, a person with an undetectable viral load **cannot transmit HIV sexually** (Undetectable Equals Untransmittable, or U=U).

I'm interested in becoming pregnant...
Around the world, women living with HIV are giving birth to babies who do not have HIV. With proper HIV treatment and care, there is less than a 1% chance of transmitting HIV to your baby during pregnancy, childbirth, or breastfeeding. If you are thinking about growing your family, here are a few things to consider:

- Conception and fertility
- Finding supportive providers (i.e., OB/GYN, infectious disease specialist, pediatrician, midwife, doula, lactation consultant)
- HIV treatment options
- Infant feeding
- Support network (friends, family, other women living with HIV)

What to expect at a gynecologic (GYN) screening?
It is very important for people with a vagina, cervix, uterus, and/or ovaries to receive regular (typically once a year) GYN screenings. This particular appointment might be uncomfortable or embarrassing if you don't know what to expect. Depending on your age, you might expect some of the following:

- Pap smear
- Pelvic exam
- HPV screening
- STI screening
- Breast exam
- Bimanual exam
- Anal pap smear
- Blood work
- Breast imaging
- Colposcopy
- Ultrasound

Visit www.thewellproject.org/gyn for what to expect and talking points for your GYN visit!

What should I know about abortion?
Abortion is an important part of healthcare. While everyone should have access to abortion care when they need it, the right to this care is being vigorously challenged across the US. Based on where you live, you may or may not have access to medical (pill to induce abortion) and/or surgical abortion methods.

Access to abortion is changing every day. We encourage you to connect with experts in this space for more information, including:

- abortionfunds.org
- states.gottmanber.org/policies
- plannedparenthood.org

Scan the QR code
to access a wealth of information about reproductive health for women living with HIV across the gender spectrum.

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SEXUAL HEALTH/REPRODUCTIVE EMPowerment RESOURCES TRAINING AN EQUALLY

Visit The Well Project
to access evidence-based fact sheets and other educational programming, community support, advocacy and leadership development, collaborative engagement, and women-focused research.

Join our dynamic community of women living with and vulnerable to HIV at: www.thewellproject.org

Facebook: [thewellproject](https://www.facebook.com/thewellproject)
Twitter: [thewellproject](https://twitter.com/thewellproject)
Instagram: [thewellproject](https://www.instagram.com/thewellproject)

Click the image above to save as a jpeg or share online; or [download a printable pdf of "Get the Facts: Reproductive Health and HIV"](#)

Image

the well project

GET THE FACTS

Sexual Pleasure and HIV

www.thewellproject.org

Sexual pleasure

is the exciting and pleasant feeling that can come as a result of sexual experiences, both shared with a partner(s) and by yourself, such as:

- Fantasies
- Thoughts
- Dreams
- Kisses
- Masturbation
- Touches

Women living with HIV have needs related to sexual desire and pleasure – and deserve providers who can talk about that in a positive, nonjudgmental way!

Why is sexual pleasure important for women living with HIV?

All women have the potential, and the right, to feel sexy or desirable – women living with HIV are no different. Sexual pleasure is something all women ought to be able to experience if they want to.

So if sex and pleasure are not often talked about when it comes to HIV, it's time to ask... *Why not?*

Not only does it feel good, but experiencing sexual pleasure is good for you both emotionally and physically and can lead to:

- Lower stress
- Better sleep
- Increased levels of oxytocin (the "love hormone") ...and more!

Sexual pleasure empowerment

is the ability to make safe, informed decisions while expressing your desires and yourself sexually. Important medical advances have translated into tools that can help you feel confident as you explore all kinds of pleasure with partners, including:

- **U=U (Undetectable = Untransmittable)**: People living with HIV who have HIV drugs as prescribed and keep an undetectable viral load CANNOT sexually transmit HIV to their partners.
- **PrEP (Pre-Exposure Prophylaxis)**: A drug (once-daily pill or ring) using hormones can greatly reduce risk of acquiring HIV.
- **Condoms**: Internal ("male") or external ("female") condoms are highly effective in reducing HIV transmission.
- **PEP (Post-Exposure Prophylaxis)**: A drug taken within 72 hours after possible exposure to HIV greatly reduces HIV acquisition.

Ask your provider for more information!

Communication is key!

It is important to find out what excites you, what turns you on, and what you are open to doing or not.

Some women prefer to learn what they find pleasurable while being sexually active with themselves. Masturbation, while others like to learn what feels good in the company of another person.

ONCE YOU KNOW WHAT YOU LIKE, it helps to be able to say it to your partner:

- Be direct with what you like or don't like
- Don't be afraid to ask for what you want

SHE/HER/THEY
Visit bit.ly/SheHerThey to learn more!

To me, sexual pleasure means...

"The revolutionary act of me reclaiming my bodily autonomy as a Black woman living with HIV by exploring all of my most intimate and risky desires, with or without a partner, one orgasm at a time." — *ANITA MUIR*

"To embody and explore my personal sexuality and femininity." — *ANITA MUIR*

Scan the QR code

to access resources that affirm the importance of pleasure, sex positivity, and reproductive justice for women living with HIV across the gender spectrum.

SHE/HER/THEY
SEXUAL HEALTH/REPRODUCTIVE EMPOWERMENT RESOURCES/TALKING IN CODES!

Visit The Well Project

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Click the image above to save as a jpeg or share online; or [download a printable pdf of "Get the Facts: Sexual Pleasure and HIV"](#)

SHE/HER/THEY en español

Thanks in part to the SHE/HER/THEY program, The Well Project has built upon our Spanish-language offerings, including:

- Increasing translation of existing materials
- Launching new fact sheets and outreach pamphlets in English and Spanish
- Offering Spanish interpretation at more of our recorded virtual events
- Releasing a monthly [Spanish-language newsletter](#)

[Follow this link for all SHE/HER/THEY program materials that are available in Spanish!](#)

More on:

[Sexual Health and Pleasure](#)

[Reproductive Options](#)

[Mental Health](#)

SHE/HER/THEY has received funding from Gilead Sciences (Zeroing In), Merck, and NASTAD.



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