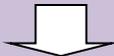


MY ACTION PLAN (There are no right or wrong answers or judgments here.)	WORKSHEET (This is just an exploration)			
How confident do you feel about each of these? 	Not at all confident	Slightly confident	Pretty confident	Very confident
Help a client decide to reduce their drug use?				
Discuss with a client how to have safer sex.				
Share personal tips with a client that have helped you disclose to others.				
Share personal tips with a client that have helped you practice safe sex.				
Help a client understand how HIV medications can improve their health.				
Help a client talk openly with his or her Doctor.				
Go with a client to health care or social service appointment.*				
Provide emotional support to a client.				
Talk with a client about a behavior change that impacts their health.				
Help a client find or choose HIV services.				
Help a client find or choose social or support services.				
Help a client make choices about disclosing HIV status.				
Help a client take HIV medications correctly.				
Set clear boundaries with clients.*				
Protect a client's confidentiality.				
Wear a button in your community that says I am HIV+				
Wear a button in your community that says I am HIV+				
Wear a T-shirt not in your community that says I am HIV+				
Wear a T-shirt not in your community that says I am HIV+				
Hand out harm reduction kits to help people engage in their addiction safely.				
Work alongside of nurse or Doctors that can see your chart at IDC.				
Work alongside a nurse or Doctor who knows you have an STD.				
Others:				

*We will talk about this more.

AM I READY TO BE A PEER?

In the next 6 months, I plan to do the following 3 things (steps) to either improve on my work as a peer:

1. _____

2. _____

3. _____

To be a stronger peer, I want to work on ...

I want to work on these issues because ...

Some challenges I may face in working on this are...

I'll get support from or find resources to address these challenges from ...

I'll reward myself by ...

My 3 biggest strengths are...

1. _____

2. _____

3. _____