

Our Bodies Our Stories

Journey through our lives in the age of HIV/AIDS



“Our Bodies, Our Stories”

Journey through our lives in the age of HIV/AIDS

Since 2005, GIZ, Art2Be and TICAHA have been documenting the images and stories of men, women and children living with HIV in different parts of Kenya. The unforgettable projects we have undertaken bring us face to face with the sorrows, struggles, fears, uncertainties, joys, weaknesses and strengths of people living with HIV. Together we have worked, laughed, cried, mourned, learnt, and grown. This exhibition provides a view into the experiences and challenges of people living with HIV/AIDS.

“Yes, I am HIV positive, but I am alive, why should I hide, why should people make me feel like an outcast?”, Salim, Nairobi, 2008

The body mapping project is an encounter, it tries to enter the closed world, making the unapproachable approachable.

We see these images and stories as a means of witnessing, experiencing, considering, engaging and creating awareness about what otherwise might not be disclosed.

“Our Bodies, Our Stories” fights social and psychological stigma attached to living with HIV and AIDS and instigates positive living and social change. The final art works support participants to reconnect with friends, family and community and break prejudices. Bodymaps projects have also given positive results when used for other marginalized groups like Sexual minorities, cancer survivors, illegal immigrants or Commercial Sex Workers.

The body mapping approach models the possibility of a respectful, understanding and caring environment where co-existence rather than rejection prevails; it highlights the diversity of human beings as well as the similarities between them, irrespective of their experiences and circumstances.

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What is Body Mapping?

Body Mapping is a creative therapeutic tool that brings together bodily experience and visual artistic expression. In its basic form, it involves painting a life-size representation of one's body onto a large surface and using colors, pictures, symbols and words to represent experiences lived through the body and show the path that one has taken through life.

Most of this method provides a creative vehicle for expression that is not dependant on literacy levels and enables participants to (re-)discover their bodies as a source of strength and healing. The painting of the body maps takes place in a safe and confidential group setting and is interwoven with personal story telling, group discussions, guided visualization and movement therapy.

We target adults and children living with HIV, sexual minorities, sex workers, cancer survivors, illegal immigrants, health workers and survivors of gender-based violence. We use art to allow children, youth and adults to tell their life stories, share their concerns and aspirations with their families and communities. We challenge established ways of thinking and of treating others. We campaign for the rights we all deserve.

Impact

The Body Mapping has proven to be effective in stimulating communication in HIV positive families, encouraging parents to disclose their status to their children, increasing awareness about HIV and improving family resilience.

Body Mapping has helped sexual minorities to overcome some of their challenges and improve their self-acceptance. For them, the concept of freedom is a façade as they try to integrate socially, emotionally and sexually with the community.

Innovative methods like Body mapping are supporting health workers providing services to survivors of GBV to better cope with the trauma they experience at work as well as other work-related stresses.

Body Maps express personally lived experiences and have thus the potential to break down barriers between people when the works are exhibited in public places. The vibrant colors and often surprising symbolism awaken the viewers' curiosity. Since the individual person depicted in the body map is never reduced to a stereotype, there are many ways in which one can identify with the author of the body map.

Ultimately, you will recognize yourself in these works.

Celestine

I am 27 years old and I was born in Machakos district. I am the first born of a family of five. I completed form four in 1996 but could never join college because of the cost. I was a very good student. My father passed away in 2000. We were brought up by our mother because our parents broke up in 1991.

“Making my Body map made me decide to bring my son Francis home. It was such an important decision.”

In 1996, I started to work as a house girl in a police camp where I used to date men and in turn receive money. I was very young and it was a good way for me to help my mother who was financially in big need. I saw sex as a fun game until I contracted a disease from it and fell sick. In 1998, I suffered from a throat infection. Then I got TB, then skin infections.

One day while I was waiting for my doctor, I decided to open my medical file and discovered that I was HIV positive. I could not really understand what it was. My mother told me that I would probably die within a very short time, that there was nothing to do. I used to cover my face with a blanket the whole day, I had developed severe skin infection and I stayed at home. It was painful and I was blaming myself for not choosing the right friends. I blamed my mother for not having taught me enough about sex.

It is during these days of darkness and solitude that I started to think about infecting other men as a revenge of what they had done to me. I started to move around with guys who didn't know me, waiting for them to become sick. I regret it today, it was not the right decision and not a good reaction to my problem.

I got pregnant then and my partner ran away. I gave birth to my son as a single mother. I knew it was important for me and my unborn child to be treated and to be very careful during the delivery. I was put on PMTC. My son is called Francis and the day he tested negative was the happiest day of my life.

I am on ARVs since 2004. My experience of the herbal treatment is good, less heavy and with much less constraints than the ARVs. I am taking a food supplement that really helps me to put on weight.

I used red to symbolize strength, yellow in my son's body means hope. White makes me feel peaceful and happy with myself. Purple is beautiful. I felt I am really beautiful. What does it mean that I am HIV+?

The body-mapping workshop made me decide to bring Francis home to live with me. This was a right decision. In the last months, my life has become so much better. I recently got married to a positive man who is wonderful to me. I never thought this could happen. When others see my map, it makes them think about who they are as well.

CELESTINE

MUSTO



8 YEARS STILL STRONG WHY? *

HERBAL THERAPY
NUTRITION
SPIRITUAL CARE
ARV'S
PSYCHO SOCIAL SUPPORT

"Disclosure
may be difficult,
but once done
right, it makes
all the well
deserved difference."

Alex

I lived for 14 years without knowing that I was living with the HIV virus. In 2001, after staying in Mombasa for ten years, my family decided to go and live the country side. As we tried to settle there, we all started falling sick. I thought it was the change of weather but the sickness went on for almost a year but with time the kids and I got better. My wife remained sick, her condition getting worse each day until I took her to Kenyatta hospital in Nairobi. At this time the doctor advised me to have her take a HIV test. The next day when I went to see her in hospital she saw me and started crying, telling me that if she was positive it was my fault.

‘If HIV has not killed me, why should the post election violence?’

She was tested and the results turned positive, she was put on ARV’s immediately. I was shocked and confused. After a couple of days, I took the children for testing and out of the five, two tested positive. I on the other hand turned negative, it was confusing. I later came to understand that I had lived with my wife for years as a discordant couple. I remember, being so scared and contemplating suicide after finding out my wife’s status. My VCT counselor talked me out of it and gave me so much encouragement. She made me get back to my senses. I was advised to put my two children on ARV treatment which boosts their health. HIV has taught me that I had to change my behavior and my lifestyle.

In 2007, the post election violence brought more problems to my life; my wife had passed away and left me with 5 children, and there was no food or clinics open to get the ARV drugs. There was so much insecurity, rape and hardships. I was really scared for my children; I kept thinking what if something happened to me, what if I died and was not there to give them my protection. I was under a lot of stress because of the gunshots that were all over. During the body mapping workshop I thought of all my friends who had not taken their medicines for over two weeks and those who had no food during that time. I tried to include all these aspects of the post-election in my painting because it was a time I will never forget.

I also wrote on the canvas; *‘If HIV has not killed me why should the war’*. These words gave me a lot of encouragement during the time. I also put a chameleon with nice colors on the body map which symbolized the adaptation to the environment; I tend to think that I should cope to the environment and my situation. I used different colors to paint my body, orange to show strength, power and energy inside me. The green color is a symbol of peace, green pastures and life. I used the blue color because I love it.

The body mapping workshop helped me to look inside myself and understand that life had to continue. I was able to share with the others about my determination to stay alive for myself and my kids; hoping I will not lose any of them to HIV.

I think that people out there still do not know what it means to have HIV, people are not willing to go for testing hence the increase in its spread. A lot of effort has to put for people to realize that HIV is there. There are also people who do not care that HIV is a global epidemic and go on spreading it which is inhumane. One day, I know that we will see a healthy life. I see my kids grow into adults and give birth to HIV negative child, I know that our life can continue and hopefully will get a cure for HIV.



OH GOD IF
HIV HAS NOT
MANAGED TO
KILL ME WHY
SHOULD IT BE
WAR!!

CARE AND
SUPPORT
COMES FROM
INSIDE &
OUTSIDE MA
BODY

WAR
CRIME
DEATH
NO
PEACE
NO
WAR
DEATH
NO
ART
DEATH
NO
FOOD
DEATH

MY FAMILY
WORRIED AT
CRISIS
(SAD)

HIV IS
A THIEF

ESTER

BARBRA

HIV KILLED
MY WIFE

LUCK OF
FOOD

LUCK OF
ARTS

DRAPEO
CASES

WORLD OF SHAME!!

WARS
CRISIS

ST
KILL

Doris

I was born in 1969 in Budalangi, Busia district. I am the 7th born in the family in a family of 13. I went to primary school from 1975 to 1981, and secondary school between 1982 and 1985. I got married in 1986 and I have two sons, Allan and Joseph.

“I often go back to the image of my strength, it is like an eye opener, an image of my resilience, yes, I can carry on.”

I have known my status since January 1992. My husband was sick and when we both found out we were HIV positive, we did not talk to each other for three days.

We decided to have another baby in 1994 and that was the time I decided to start herbal therapy during my pregnancy. Thanks to God, my two sons are HIV negative. In 1995, my husband had a stroke and passed away.

My husband's family took everything in the house. It was terrible. I was left stranded, but my family members supported me. During this time I lost my hearing. I had symptoms of malaria and I went down completely. I was put on medication but I continued to get weaker and weaker.

My mum told my sisters and brothers about my status. My brothers me I should be taken back home, where I can die so as to reduce the expenses of transporting me back home. I agreed to go but my sister Theresa refused to give up knowing that I needed to be looked after.

My priest realized how sick I was and assisted me financially, for meals and fruits. Within a month I was feeling much better. I remember the days when I was sick. I was stigmatized a lot, even in church. People did not want to sit next to me. The same priest asked me what I wanted to do with my life and I said I wanted to train as a VCT counselor. I was then sponsored to become a counselor.

I disclosed to my children when my first-born was in class six. I told them that I am positive. They were 14 years and 8 years respectively. They were very supportive. At the moment I am taking herbal medicine, food supplements, ARVs and proper nutrition.

In the middle of my chest there is a candle, which is a sign of my heart. This is the most important part of my body. I chose black to mean the darkness that was in my lungs when they could not find tuberculosis even after several tests. The black patch with dots round it symbolizes the boil that turned into a hole at my back. I have chosen red because it shows danger. The time I was sick I lost hope in life; I chose blue that means support. I chose yellow because it is always something that is bright and broad and to show fire.

I name my map “Lazarus” because I was meant for death, but I rose like in the Bible.

D.D.O

GOOD NUTRITION

SPIRITUAL SUPPORT

COUNSELLING
SUPPORT GROUP

HERBALS

NEEM JUICE
ALOE VERA



MS. SURESH
I USED TO TAKE SHOWER
ONCE AFTER 3 DAYS
NOW, SHOWER AFTER 1 DAY
AND SLEEP ON THE FLOOR



THE LOSS
FROM THE
PAIN AS A
PART OF THE
TREATMENT
MY HEAD IS LIKE THIS CAUSE
(LIFE)

TREATMENT

ARVS

LAMIVUDINE
STAVUDINE
NEVIRAPINE

OTHER PROPHYLAXIS

SEPTRIN

MULTIVITAMIN

SUPPLEMENT

MODUCARE

AFRICAN POLYHERB

VITALITY PACK

VISUO

HIV IS A
TRAGEDY
VCT BEST OPTION

Aggrey

I was born in 1971 to peasant parents in a far village in Kisii district, Kenya. My twin sis and I are the fifth born in a family of ten. I went to school up to O levels. I didn't manage to go to the university, so I went to a national polytechnic where I pursued laboratory sciences. I got married to a lady called Ann and we were blessed with two daughters, Belinda and Dorin. I have worked in many hospitals as a laboratory technician.

“I have opened to my fears and learned to live with them.”

I found out my HIV status in 2002 when my wife and I went to an antenatal clinic. She was pregnant with our second born. I did not take this seriously until I started suffering from opportunistic infections. My life took a different turn. I was put on drugs, which I must take daily for the rest of my life. I have learned to manage my status. All three of us are on that programme – my wife, our second born child and me. Although we have lost a lot of friends because of disclosure, we have been able to make new friends, too. I lost my job and the confidence the family had in me, but I am working hard to stand on my own. A few former friends are coming back.

The support groups and a few of my family and friends have stood by us. They also help us to settle some of our hospital bills, save to put bread on the table and pay tuition fees for my daughters. I have not given up yet. “*Aluta continua*” has been my motto.

The process of body mapping is a healing experience. I used red to signify blood. I used it on my heart where my strength comes from. When I'm down and sick my heart is my shock absorber. I painted my body yellow to show a body without any blemish, a healthy body. Orange represents the help I get from my caregivers. Green shows that I will germinate again. I can have a normal life again. I have hope. Pale blue shows that from nowhere I was able to survive the storm of sickness.

The symbols on my map include a skeleton which shows a time I had lost hope, when I was very poor and unhealthy. The eyes on the ribcage show TB, on the abdomen diarrhoea, on my lap fear and on my legs the eyes show weakness. I lost so much weight and needed support to walk. “Priest” is a reminder of when I was so ill a priest was called to my bedside to say the final prayers, to prepare me for a peaceful death. Instead, he prayed for me to get another chance in life.

If I could change one thing I would change my daughter's status. I feel pain to know she is on such strong medication at her age due to our mistake. She fights on like a brave lion. She is five years old now and she is the inspiration that keeps our family together.

SPIRITUAL
& PHYSICAL
BIOLOGICAL

CARE
AND
EMOTIONAL
AID.

priest touched my
shoulders; I felt words
flow down my body.
He murmured a few
words of hope.
My heart felt the
warmth of his peace.

G-DIAMARIA

listening
2M heals
more than
n Advice.

Medical
and
Counselling



Mary

I am 28 years old. I live in Huruma with my four children. One can do anything to make a living, especially if she or he have a family to feed. It was poverty and responsibilities that led me to striping and to working as a commercial sex worker in 2007. Later in 2010, I quitted because my children were growing up and I wanted to concentrate on them. As any parent, I want my children to have a better future than mine. I now make less money than I did out of plaiting hair and washing clothes but thank God I was able to quit without relapsing.

“After 3 months he left me, and I had to find a way to make money, There are no jobs around here, I had to feed my growing baby. I just carried on from there.”

The risks involved in this kind of work are so many: frequent arrests, police harassment, rape, beating or refusing to be paid and being infected with STI's. There is also a lot of discrimination and stigma from the society. Once people realize that you are a sex worker, they start hating you. They forget that you are somebody's mother, sister or daughter and forget that their own could be doing the same. We are ordinary Kenyans and have people who depend on us too, so like anyone else, we try ways to make a living.

In Huruma, we saw the need of forming an organization to share our experiences and help each other and hence formed -Tiger organization- which became a home for sex workers. All the members have come from the same environment. We talk about AIDS, harassment by clients and police and how we could protect ourselves. We also distribute condoms because most of the commercial workers shy away from getting them from the hospital.

The body mapping exercise helped me open up and made me speak up. It was difficult to accept that I had a child out of rape. But I later came to love the child just like my other children. I am very open with my family because I feel that we have to be open and trust each other.

The body map shows the real me, in the past, now and future. It filled me with hope. The most important thing in my life is that my children and I are healthy and safe. I would have liked to paint more stars, these are my better days. I feel my body map is not only my story but a story of many others like me.

I am a trained cosmetologist, specializing in hair, skin and scalp and hope that one day I will have financial power to open a nice beauty shop.

I believe that there is love, like the one between me and my children. I think the rest was designed for only a few people. Maybe one day I will find it, maybe not. I wish we all could respect and accept each other the way we are, regardless of the kind of work people do.



MARY

THE
DONT THINGS
FOR GRANTED

DIVORCED

STEPHANY - 1996
KAREN - 1997
RUAH - 2003
DEBRAH - 2009

SCHOOL 1985-1995
BORN 1981-8-51

2005 - PRISON
2006 - STRIPPED

Joseph

I am 41 years old. I live in Vihiga with my 5 children. I knew my status in early 2001 when I had TB. When I realized that I was infected, I avoided socializing as I felt the stigma was too much. This happened until I went for counseling. Being my brother's keeper, I was the one who took care of him when he had Kaposi's Sarcoma and Herpes Zoster. I look back and realize that I never took any proper precaution or preventive measure to protect myself when I was helping my brother.

“HIV is still a scare to the church, people are still very judgmental there.”

I am on ARVs which I take daily at 7.00am and 7.00pm. I had some complications when I started taking the drugs which do not appear anymore. I visit the hospital immediately I see an opportunist sign and ensure that I have a balanced diet. I have my own kitchen garden where I plant my own food. Very importantly I have learnt to stay away from stressful and depressive situations. My family offers me emotional support which I call heaven sent, they all know my status and remind me of my drugs when I forget. I am also very spiritual which comes naturally as I am a pastor. Each evening my family has a spiritual fellowship. My community knows of my status and is very supportive. They do not discriminate against me.

The issue of a pastor having HIV was not acceptable in my place. I was written a letter that terminated me from my work. This did not discourage me. I continued passing on information, trying to make infected people get out of stigma. I was later called back to the church. Now the church has come up with support groups and is in the forefront of preaching prevention methods. In some areas, HIV is still a scare to the church because church going people are very judgmental. When the church withdraws its support, HIV victims sink deeper into discrimination.

My body map shows my tragedy in life when people thought that I was going to die. I show the pain from tuberculosis too. The red shows danger in threat of life that the virus brings. My strength is in my heart and is shown by a dark brown colour which I think is strong. I also had to include spiritual support, acceptance and a peaceful mind. I wanted to show how hope is very important in life. Yellow shows the energy that was inside me when the virus tries to react. The colour purple shows the body mapping was an incredible exercise for me. I see this work as a new way to express my life to my community and to the rest of the world. I am very proud of it.



TRAGEDY IN LIFE

PEACEFUL MIND

GOOD SPIRITUAL
SUPPORT
- NUTRITION
- ACCEPTANCE
- MORE FOCUSED

PAIN IN TB

BROTHER GIVING
SUPPORT

ART ADHERENCE

H-HOPE

I-IS

V-VITAL

PROPER
HYGIENE

THE FUTURE HOPE

Salim

My name is Salim Ali Njogu; I am 41 years old. I found out my HIV status in 1999. I was so scared and thought that I would die the next day. I instantly received counselling and was put on ARV's which gave me very nasty side effects.

**“More humanity
amongst us and we
will all learn to live
better. Accept me the
way I am.”**

When I was younger, I used to be epileptic; I fell on fire once when I was having a FIT and suffered major burns. From then, the disease became a barrier to many things that I wanted to do. No one would hire someone who was having frequent FITs. The disease however stopped once I got HIV. I had a family once, a wife and a son, but my mother-in-law came and took them away; they even changed my son's name from mine to his maternal father's and forbid me to see him. That was when I realized that life can be unfair and hell at the same time.

Because of my health however, I tend to be positive about things most of the time. I know that if I start being negative about things, I will be bitter and being bitter is welcoming stress and stigma.

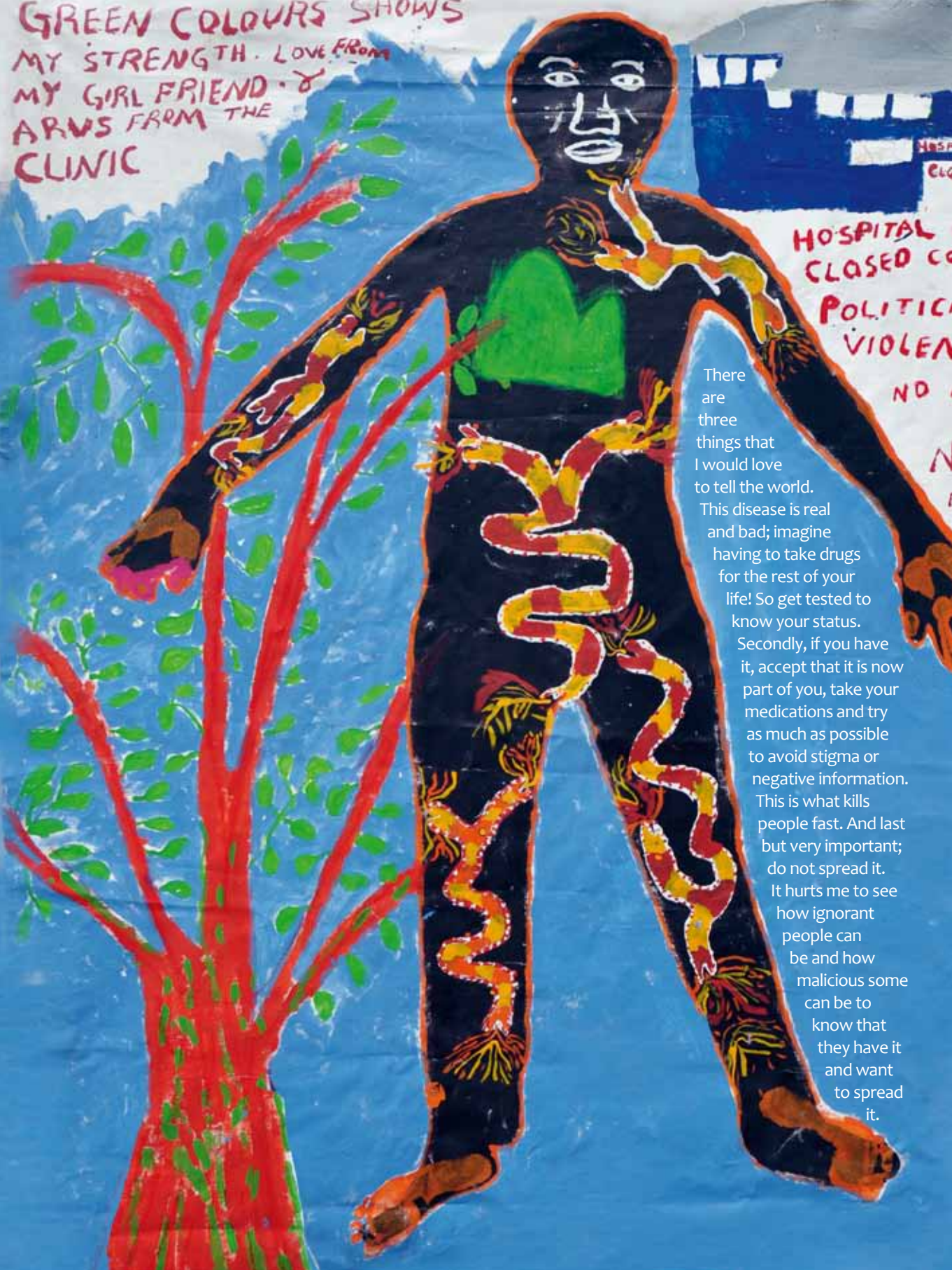
As for the body-mapping the stream represents the support systems in my life. The leaves and green color represent the ARV's, the drawing of the snake symbolizes how the virus was brought into my body by spitting its fire into me; the leaves are there to control the snake. I also placed my strength in my chest because I am happy to be alive. The background colors like blue for instance represent the hope I have that a cure for HIV/AIDS will be found.

Before the body mapping, I could not stand the thought of being positive; I never wanted anyone to find out; I would always make sure that I was the last one to arrive at the clinic to receive my drugs. I now accept the virus as another part of my body. I can disclose to anybody. The body mapping helped me discover a new passion which is art. I have never stopped drawing since the exercise; I use my drawings to teach about HIV and the challenges the people affected go through.

So I believe that one day I will reconcile with my son. I surround myself with beauty by taking care of my small flower garden, with children because a child's laughter is food for the soul.

There are three things that I would love to tell the world. This disease is real and bad; imagine having to take drugs for the rest of your life! So get tested to know your status. Secondly, if you have it, accept that it is now part of you, take your medications and try as much as possible to avoid stigma or negative information. This is what kills people fast. And last but very important: do not spread it. It hurts me to see how ignorant people can be and how malicious some can be to know that they have it and want to spread it.

GREEN COLOURS SHOWS
MY STRENGTH. LOVE FROM
MY GIRL FRIEND. &
ARMS FROM THE
CLINIC



There are three things that I would love to tell the world. This disease is real and bad; imagine having to take drugs for the rest of your life! So get tested to know your status. Secondly, if you have it, accept that it is now part of you, take your medications and try as much as possible to avoid stigma or negative information. This is what kills people fast. And last but very important; do not spread it. It hurts me to see how ignorant people can be and how malicious some can be to know that they have it and want to spread it.

Daharama

I was born in Nairobi in 1978, in a family of four children, 3 brothers and 1 sister. We lived in Nairobi's Umoja Estate where my parents still live. I can remember my childhood days my special moment when I finished my education, and the great party at the end of my studies in 1995. Great times, I wish I could relive them. 'Little girl' was my name those early days because I used to play with girls. I was very girlish and actually did all the chores associated with girls such as cooking, washing, cleaning, and dressing up.

"Your family is supposed to be your backbone in accepting and supporting you, yet they are the ones who reject you."

I always thought there was something different inside me. I found myself attracted to boys. The urge to find someone to share my life with or be close to started growing in me. This was when I realized that I am gay. I was scared, confused and embarrassed. I was afraid of what others would think of me, especially my family. I worried that I would be harassed or arrested. I was so shy. I never talked to anyone. I felt that maybe people would not accept the way I am. I spent most of my time with my late aunt who really understood me. I used to talk to her. She was very supportive. She was my refuge. Unfortunately, she passed away when I was in high school so there were a lot of challenges for me. She shared a lot with me, she told me there are so many people who are gay. If you feel that this is the way you are, go out and have fun and try to find someone who is right for you.

I didn't have a lot of friends in Nairobi, I tried networking but it just didn't work out for me. Then again I wanted my own privacy, to get away from my family and meet people who are like me. After hearing of a large community of gay people in Mombasa, I moved. Mombasa unlike Nairobi is so full of life. No one cares about what the others do. We have a lot of freedom.

I never had a serious relationship because there are too many hypocrites in the gay community. I have seen people who have been harassed by their partners. I prefer to be a commercial sex worker to survive because it is hard to find a true person. It also allows me be alone. I still hope that I will find someone to love and who will love me back. Every 3 months I go for HIV testing at the KEMRI clinic. This is very gay-friendly. What I did during the Body mapping changed me a lot. I have strong memories of all what we did and share. It was like become more confident and realizing as well that we should not be too forceful about our rights, fighting but not forcing people, with time, we will get there.

My gay life is still a secret to most of my family except my mother and one of my cousins. My mother was horrified. She called me to ask me why I chose this life. I would like to be accepted the way I am especially by my dad. I have been this way since childhood.

I have this dream that one day, I will have my life, go back to my roots, have someone to stay with, have things on my own and talk to my parents without fear. This is the way I am. This is the way I decided to live. I pray that they will understand me. I keep praying and hoping that my dad will come to know this is his boy and he will accept me the way I am.



RAPED

HOPE

VIVA

HEART BREAK

2009

Health

LOVE

2005
STARTED
AS

BROKEN heart

1993
MY PARENT
DIVORCED

2000
CAME
TO
MOMBA

ARV

NEVER
GIVE
UP
ALL
IN LIFE

unif

Fauzia

I am 43 years old and a single mother of five, a grandmother of three and a positive woman living for 10 years now and counting. My husband died four years ago. In 2003, I was pregnant and hence went to the clinic for the usual VCT test done for pregnant women. That was when I knew my status. I was completely shocked because it never crossed my mind that I would be HIV positive. I was shocked and went under severe depression which resulted to the premature birth of my baby. The doctors advised me to tell my husband to get tested too but he was scared and refused.

“When I look at my body map, I remember how I was sick at that time, I remember the stigma for one year, I remember that I was going to die the very next day. I am better now because it reminds me that life goes on.”

Our relationship became hard because each time we had unprotected sex and I became weaker. Soon after discovering this, I refused to have unprotected sex with him, he got mad and married another woman. I was all alone and without any money when I experienced my first labor pains. The nurses were also on strike so it made no point going to the hospital; a friend of mine was around so she helped me deliver my baby at home. Later, I went to clinic to be taught to take care of my baby but I remember that there was no drug for preventing babies from getting infected. I didn't have any money with me so I had to breastfeed her for 1 ½ years. I had no choice, it was either she feeds or die of hunger; I used to cry and pray each time I breastfed her. She turned negative. I call her my Angel because she was the reason I discovered my status.

The body mapping exercise brought so many changes in my life. I remember that stigma had affected me so negatively, all this changed. I trained as a community health worker and I have four years of experience in it. I never had the courage to advise anyone before but now I share on ways of living positively, nutrition and how to deal with stress. I also stopped drinking alcohol and having unprotected sex. I am now employed and I also breed poultry.

I remember when I was to draw myself and I wondered how to. I love the color purple which I used to color my body. I also drew my baby Angel. All the red lines like worms are an indication of the virus an indication of the virus. I also concentrated on coloring my stomach because it is where I feel the virus most.

I went for therapy because of the depression and was introduced to septrine after 2 months. I was asked to start the ARVs because my cd4 was too low but I refused and opted for good nutrition. That was when I was introduced to good nutrition by TICA. I started using herbs and taking traditional vegetables which helped in prevention of other diseases. These included cabbage mala which was a big immune booster, Brazilian nut, peroxine (which weakens the virus), Pilipili dawa (an appetizer), ginger, tangawizi, skari nguru, vinegar and coconut oil. I believe that God will bring the cure to HIV, but meanwhile, I will continue with my herbs. KEMRI has been very happy with our progress, they also introduced a new drug which they say is very good.

I have been able to remain strong because of good nutrition, self-acceptance and proper stress management. I also believe that HIV is a disease like any other.

I WAS BORN
IN KARATINA
1968

NILIPAPOTA MIMBA
NIKAENEA CLINIC
NILIPO PIMWA NIKAMBWA
NI NA VIRUSI NILISHYUKA
SANA

DISPOLEKATI: KAMUKUZI KAKA
Kwenda kila kila
Kila kila kila kila
Kila kila kila kila
Kila kila kila kila
Kila kila kila kila
Kila kila kila kila
Kila kila kila kila
AMIN!

MSIWABOGU
WENYEVI RU
MUWAONGESHE
MAPEZI

Hii ni dola ya
MTOA Wadogo
a Nani Penda
Sana



Mornicah

I come from Homa Bay where I was born in 1982. I have two children, Schneider from my first marriage and Emmanuel from my current husband.

“You are all special, the way we are interacting is making me feel very special today.”

I married my first husband in 1999 but in 2000, I realized that he was getting sick on and off and I learned that he had married another woman. In a short period, he got really bad and passed away. I could see that he was HIV positive but he never admitted it. The same year, soon after he passed away, I took my son to hospital to be tested and he was negative. Soon after I went for my own test and got a positive result, I felt so sad, I was too young, lonely with nobody to assist me.

The signs of HIV were on my body, very visible, rashes all over, sick on and off, stomach pain, headaches. I developed TB in 2003. People used to look at me, I felt stigmatized, staying in my house without seeing anybody. I even went to sell all my clothes and belongings because I thought I would die soon.

Then I started to go to the group therapy and it really helped me to become stronger and with time to come out. It took me six months to disclose to my family but it did not really work the way I wanted. I gathered courage and talked to my mother. She told me I was a prostitute, that I would spread HIV to the whole family, and asked me not to come home anymore. I have never met her again. I was told not to sleep in the same bed with my sister because they believed I would infect her. My mother said one day that she was waiting to see me in my coffin. None of my family back home wants to see me anymore.

In 2004, I started to feel better. I married another man, positive as well, through the group therapy. We really wanted to have a child and thanks to the doctor's assistance I gave birth. I did not breastfeed; he was born under the PMTCT program. He is a lovely little boy called Emmanuel and he is negative. I am telling a lot of HIV positive people about the birth of my son and I teach mothers how to protect themselves. Having a child is a miracle and my new husband has been so helpful.

Soon after the body mapping workshop, I was hospitalized. If you don't have money, you can just die at the door because they refuse to admit you. It is good that our drugs are given for free. If one day, they cannot provide them anymore, I don't see how we will afford them and we are so many.

I did this body map with my first born who came during one day to share with me about her life, our lives, it was really special to spend time together, we do not share usually because of lack of time or because I am not ready to listen to her.

MORNICAH-A
OMBASA

COUNSELING
DISCLOSURE
HEALTHY EATING
PROPER MEDICATION
EXERCISE
ADEQUATE REST

SNAIDA NEEDS LOVE
BECAUSE I AM THE ONE
CARES FOR HIM WHEN
SHE IS SICK

BEING PART OF SUPPORT GROUP
HAS HELPED ME A LOT IN
COPING WITH HIV.
JOIN ONE TOO!

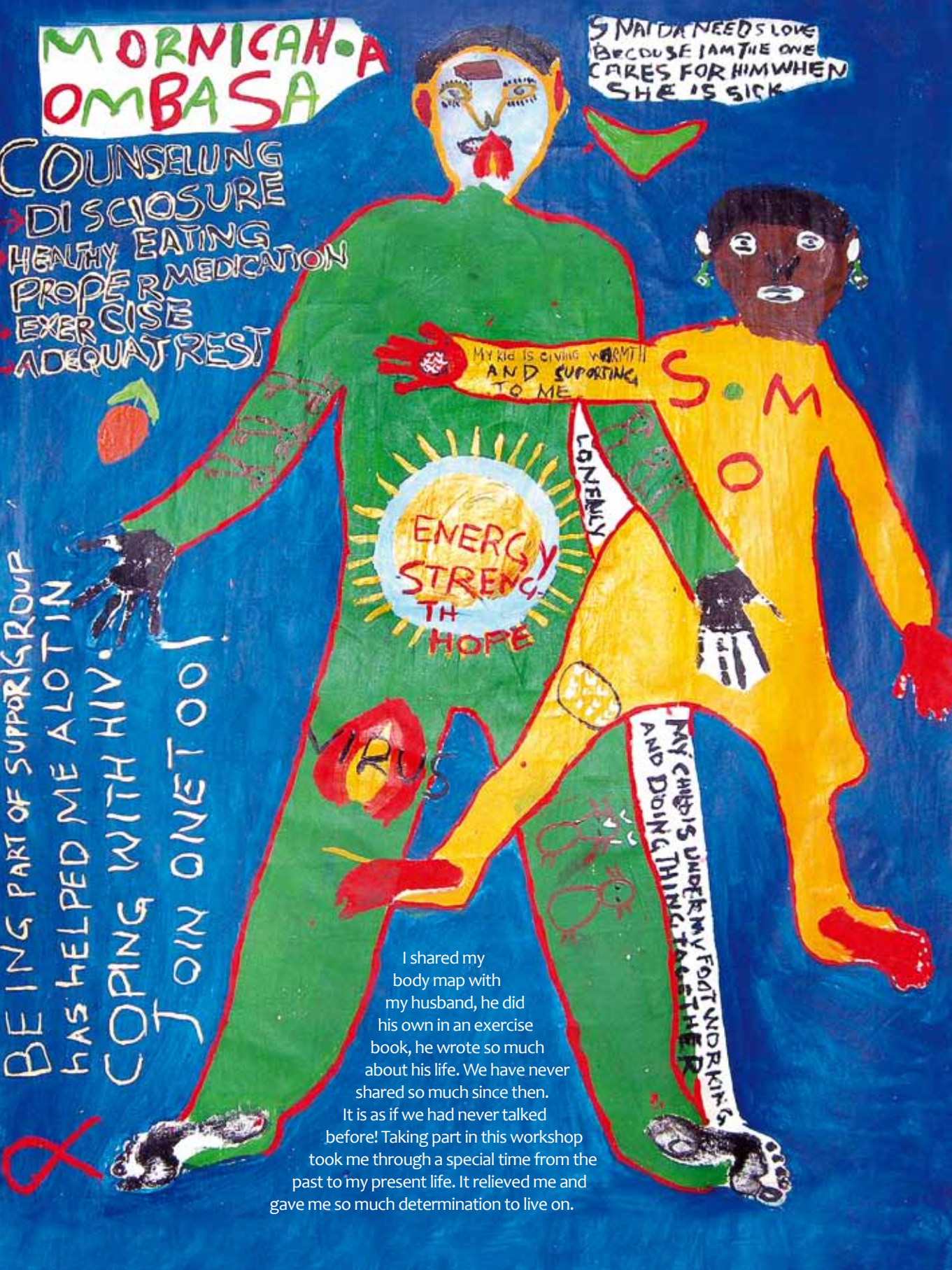
MY KID IS GIVING WARMTH
AND SUPPORTING
TO ME

ENERGY
STRENGTH
HOPE

LONGER

MY CHILD IS UNDER MY FOOT UNDER KIDS
AND DOING THING TAKE THE P

I shared my
body map with
my husband, he did
his own in an exercise
book, he wrote so much
about his life. We have never
shared so much since then.
It is as if we had never talked
before! Taking part in this workshop
took me through a special time from the
past to my present life. It relieved me and
gave me so much determination to live on.



This book is a partnership between GIZ, Art2Be and TICAH:

German Development Cooperation/GIZ

Human Rights is a central theme in all of the work supported by the German Development Cooperation (GDC). GIZ supports innovative models in improving basic human rights including access to good quality affordable healthcare, reducing gender-based violence, and assuring fair treatment for those marginalized and stigmatized by society.

Through the use of Body Mapping as a coping mechanism and our collaboration with Art2Be and TICAH, the health sector has seen innovative approaches in applying the Human Rights Approach with a focus particularly on vulnerable groups whose rights are more often than not abused through stigma and discrimination. Body Mapping is a model that can be applied for different populations like healthcare workers, survivors of gender based violence, sexual minorities and people living with HIV and AIDS.

www.gtzkenyahealth.com

Art2Be

All the works on display in this catalogue and in the exhibition are the outcome of a method facilitated by Art2Be, a group of visual artists and therapists whose vision is to foster positive living and social change. By partnering with other organizations, we work with marginalized groups (People Living with HIV-AIDS, Gay-Lesbians-Bisexual-Transgender-Intersex, Commercial Sex Workers, Illegal immigrants, Gender Based Violence victims and other groups) in Kenya and elsewhere. We fight stigma and discrimination. We use art to allow children, youth and adults to tell their life stories, share their concerns and aspirations with their families and communities, challenge established ways of thinking. We use art to campaign for everyone's rights.

www.art2bebodmaps.com

TICAH

The Trust for Indigenous Culture and Health (TICAH) is a Kenyan health and rights organization. TICAH has been involved in the use of Body Mapping since 2003, and some of the body map artists are members of TICAH support groups. TICAH's work builds on the links between health and culture. All of TICAH's projects begin with listening and establishing safe environments for learning about our health, sexuality, and rights. We provide training in holistic HIV care that includes herbal remedies and better diets. We host art projects with children and adults in their communities. We produce teaching materials, exhibitions, calendars, and other tools for empowering communities to make better health choices and secure the services and rights they deserve.

www.ticahealth.org