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HIV/AIDS is a serious disease that affects young adults. What do you think is the best way to talk to young adults about the epidemic.

I think that the best way talking to young adults about the epidemic of HIV/AIDS is through music, education, prevention speeches, and testing.

My idea of through music is from the way that young people or adults today like listening to music and most of the music that they listen to carries out a message. In which most young adults follow or tries to carry. For example: Movardo as a dub master sings songs about being a gangster or having sex and when you look at most young adults, being gang-related or having sex seems like the most acceptable thing to do in their community through the music that they listen to.

So putting a message of HIV/AIDS more often in songs than gangster and sex music might be a very good way to get young adults more concerned and careful about the way they look at the disease.

The other also very interesting way of talking to young adults about HIV/AIDS is through education. Even though most young adults today don't show much interest in getting educated about the disease in schools they still be shown the possibilities of what could be in store for them. Introduce them to the world of HIV/AIDS, show them pictures of what could happen to them if they get it. Let them meet people who have become infected with the disease and show the types and amount of medication they will be taking if they live a careless life and become infected.

Let young adults know the danger and consequences that they have to face when they let themselves be vulnerable to this disease. Give them the type of education that would seem scary but will let them realize what is in store for them if they don't know about this disease.

Having prevention speeches with young adults about HIV/AIDS. When having this talk with young adults about the ways of preventing themselves from getting the disease, adults would most likely give young adults the safest suggestion and tell them not to have sex at all, but even though you say this to them, they will still disobey you because most of the young adults of today think they are and should be having fun to the best of their abilities. So my belief for when talking to young adults about prevention against the disease is that you be very strict with them and let them know who is the boss of the house, lay down rules and make sure that they follow them. Some people know that the young adult or adults that they are dealing with is already sexually active so when the time calls for it always advise them to use a condom and protect themselves.

Testing is one of the most common yet hardest things for a young adult to do because when a young adult goes to get a test they think it's because they are infected not because they are trying to be safe or because they think they can't get it. So when talking to a young adult about getting tested teach them about the benefit of getting tested or tell them that you will accompany them.

Young people think that they can never get infected with the disease. They always think that someone else can get infected so we need to get more young adults that have become infected with HIV to come and speak to show that getting the disease can happen to anyone and one little mistake can haunt you a lifetime.