EDUCATING THE YOUTH ABOUT HIV AWARENESS THROUGH HEALTH EDUCATION

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Health has always been a major concern of all the countries around the world that’s why there are lots of researches and studies that are being done to improve the quality of life and to give ease on our living. However, it is still alarming that some diseases are still inevitable and one of these is the Human Immunodeficiency Virus (HIV) – a virus that targets the immune system, and increasing the risk of other infections that weakens our body, and can possibly turn into a more alarming stage, the Acquired Immune Deficiency Syndrome (AIDS).

Indeed, we are familiar to certain diseases and illnesses like fever, colds, cough, etc. which made us think that the information we knew about it are good enough that’s why we don’t give so much attention when we have such, which is basically wrong. These simple diseases that we normally experience might be the start of our worse situation in the future so do not take it for granted. Health is wealth and it is something that we should always consider because once we fail to take care of it, could be the start of our regret about the life that we are about to lose.

Here in the Philippines, the Department of Health (DOH) was alarmed because of the continuous increasing number of people that acquires HIV. According to them, 114 new HIV cases have been tested positive last July 15. Thus, 36 infected with HIV are recorded daily and most of them are 15-24 age bracket which means that youth are mostly under these cases. As a solution, DOH issued the implementation of new rules and regulation regarding HIV and AIDS Policy Act that aims to effectively address the increasing cases of HIV inside the country.
It is really upsetting that the youth engage themselves in unprotected sexual intercourse even at the young age that results to unwanted diseases like HIV. Worse than this is their situation that can cause them change because stigma about the said disease is still rampant which make other people tremble in fear, which is also inappropriate because of the misconception about the virus like you can get it through kissing or when someone sneezes. It is not too late to stop the stigma and there are still ways to prevent from getting this virus – awareness about the issue and enough knowledge about the things that should be considered before having a sexual intercourse with the opposite or same sex.

An awareness is badly needed to avoid the wide spread of this virus and the youth should be one of those people to inform everyone about the issue so that they can do something not only for the people but for the country and the whole world too. One thing that best describes this awareness is the use of contraceptives to avoid the transmission of infections. Moreover, once an individual had sex with different people, he should be tested to make sure if he is safe or infected. Remember that public awareness is important, but when it comes to health issues, it is a necessity.

“Education is the most powerful weapon which you can use to change the world” once said by a wise man named Nelson Mandela and we should take this as our motivation specifically the youth. Education is free and all we need is to use it to change the world and make it a better place where everyone could live their life freely, with no doubts nor hesitations.

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