



# LIVING WITH HIV, ONLINE

NIC HOLAS,  
THE INSTITUTE OF MANY

TIM acknowledges we are gathering on the stolen lands of the Ngunnawal people,  
and pays respect to elders past, present and future.

LIVING WITH HIV, ONLINE



Welcome to OzPoz on the web

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## OzPOZ

Mailing list for gay men with HIV

**Welcome to OzPoz**

OzPoz is an internet discussion list for both *emotional support* and sharing *medical information* for **gay men who are HIV-positive**. The list has an Australian focus, but we welcome HIV+ gay men from anywhere in the world.

By using our combined knowledge and experiences, we can share useful information and support each other in a unique way. We especially welcome members from outside the 'gay ghetto' who otherwise may have little access to mutual support and information.

The list is private. No-one (not even members of the list) can see who is on the list. There is also an **anonymous posting facility** for those who wish to use it.

For further information about the list, please read the [OzPoz FAQ](#) or email the [list administrator](#).

The illustration is by the late David McDiarmid, and was part of an AIDS Council of NSW Safe Sex campaign. Copyright ACON.

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Source: Paul Kidd

## LIVING WITH HIV, ONLINE



Source: Facebook

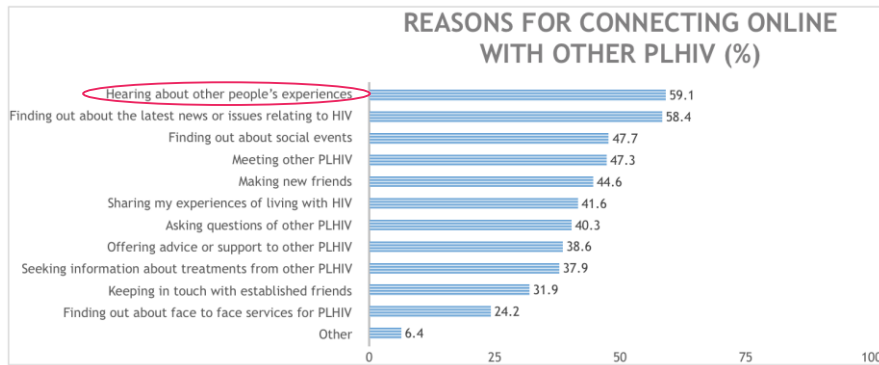
## LIVING WITH HIV, ONLINE



*“Controlling for differences in age, gender, sexuality and location of residence, **members of online PLHIV social networks reported higher perceived support from other PLHIV** ( $M = 2.10$  vs.  $M = 1.83$ ) than people who do not engage in social networks. **Members of online networks also reported higher perceived social support in general** ( $M = 9.28$  vs.  $M = 7.50$ ).”*

Source: HIV Futures 8: TIM Facebook group members analysis, unpublished report (2017)

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Source: HIV Futures 8: TIM Facebook group members analysis, unpublished report (2017)

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Hi all! My HIV is really stuffing me around at the moment - both physically and mentally. 😞

What can I do? How can I keep going?

Source: Group Insights for The Institute of Many (TIM), Facebook (2017)

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It's been just over 4 years since coming out to my mother and almost 12 months since my diagnosis. Over this time I have grown so much as a person and learned to truly value those around me who love and support me.

Coming to terms with my diagnosis has been one of the hardest things I have done in my life, and something I am still discovering.

I debated people to disclose my status to, one being my mother, but if I've learnt anything in life these things need time to think about to come to the right decision.

Last week I received the text message as a result of a Facebook post in support of the upcoming marriage equality postal survey. It made me realize that my time spent thinking about the right decision was a wise investment.

To this extent I am glad I have never told her, that I have held my ground and finally stood up to her. As I guess some people never change. Nonetheless I managed a smile next day

Sometimes the hardest tests in this world make us the people we are meant to become, stronger, freer, with an inherent desire for change ❤️

Source: Group Insights for The Institute of Many (TIM), Facebook (2017)

## LIVING WITH HIV, ONLINE



Question, there's all this info about being undetectable means your not contagious, and I recently broke up with my ex and he tells me I gave him hiv 🤔 I've been undetectable for over a year now. So would it be a lie or is it still very possible ? 🤔 I'm trying not to believe it until I see it on paper tho 😊

Went to check my blood results today, undetectable and cd count is 1000 (what does that mean)

Source: Group Insights for The Institute of Many (TIM), Facebook (2017)

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**Nic Holas**  
Admin · 5 October at 15:02 · Melbourne

Apparently, these are the list of reasonable precautions you need to take if you're HIV+ in NSW:

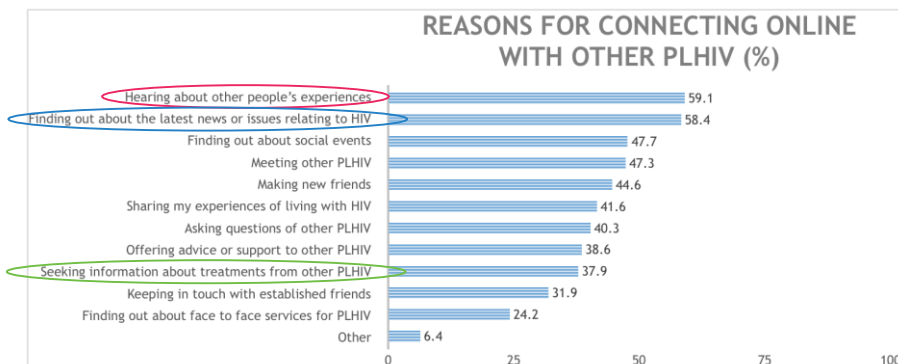
- 🚫 Appropriate barrier protection such as either condoms, dams and gloves
- 🚫 Having been treated for a clearable STI and waiting the advised or reasonable period before having sex
- 🚫 TASP/UDVL (AKA Undetectable Viral Load/U=U)
- 🚫 Reasonable knowledge that partner is on PrEP
- 🚫 Modification of sexual activity to avoid risk eg if you have an STI in your rectal area but not penile, you don't commit an offence if you top/are the insertive partner.

No sense yet as to whether these are approved, official, or if they are guidelines set by Ministry of Health or whether they are prosecution/police guidelines (an important distinction). None of it does anything to undo the problems associated with the 6 month prison sentence/\$11,000 fines.

What do people think?

Source: Group Insights for The Institute of Many (TIM), Facebook (2017)

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Source: HIV Futures 8: TIM Facebook group members analysis, unpublished report (2017)

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### TIM MEMBERSHIP BY COUNTRY/CITY

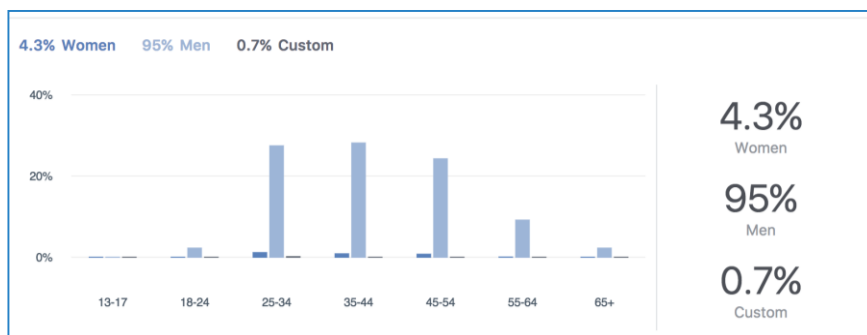
Top countries		Top cities	
Australia	1,311	Sydney, New South Wales	351
New Zealand	97	Melbourne, Victoria	239
United States	81	Brisbane, Queensland	170
United Kingdom	45	Perth, Western Australia	79
Canada	20	Adelaide, South Australia	29
Philippines	10	London, England	28
Germany	9	Gold Coast, Queensland	24
Malaysia	7	Canberra, Australian Capital Territory	17
Hong Kong	7	Wellington, Wellington Region	15
Brazil	7	Newton, Auckland Region	12

Source: Group Insights for The Institute of Many (TIM), Facebook (2017)

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### TIM MEMBERSHIP BY AGE & GENDER



*“Members of online PLHIV social networks **tend to be younger** than those not using online PHIV networks, but there were no significant differences in gender, sexuality or location of residence”*

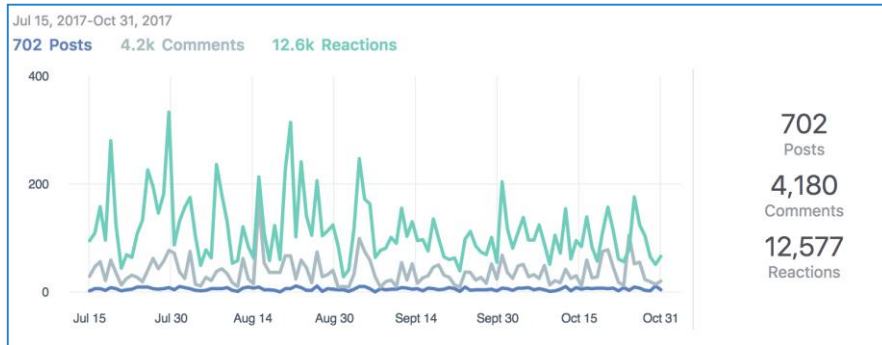
- HIV Futures 8: TIM Facebook group members analysis, unpublished report (2017)

Source: Group Insights for The Institute of Many (TIM), Facebook (2017)

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### TIM MEMBERSHIP ENGAGEMENT



**6.5** POSTS

**38**  
COMMENTS

**116**  
REACTIONS

PER DAY

Source: Group Insights for The Institute of Many (TIM), Facebook (2017)

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### QUOTES FROM TIM'S PLHIV ONLINE MEMBERS

*“Have gained more of an understanding on how to deal with being positive , and how you can control it and also **I have met some genuine ppl that I can call friends.**”*

*“Thanks to Tim I feel I have a safe place to be myself and to ask questions without judgement, **Thank You so much for giving me family when I felt completely unwanted even by myself and for allowing me to see I'm not alone.**”*

*“The **width and depth of the collective knowledge** is a wonderful and reassuring resource.”*

*‘I love meeting people just as passionate to make a difference in my **community**’*

Source: The Institute of Many (TIM), Facebook

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QUOTES FROM TIM'S PLHIV ONLINE MEMBERS



***“I know where my tribe is.”***

*“To have great debates about issues with being HIV+ as heated as they do get, **I get educated for the better.** So thank you for allowing me to grow.”*

*“TIM has further expanded on this journey and helped ease my personal sense of isolation. I'm truly grateful for belonging to this group and having the opportunity to connect with my fellow peers, **I only wish such a group had existed earlier especially at the time of my diagnosis.**”*

***“If it wasn't for TIM I'd never of had the confidence or inclination to speak out about being poz.”***

Source: The Institute of Many (TIM), Facebook

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QUOTES FROM TIM'S PLHIV ONLINE MEMBERS



***“It makes me feel normal. And in control.”***

*“I have learnt that everyones journey is different, each story unique, but we have one, common thread that binds us all together. **I value the thoughtful debate, support, conversation and differences of opinion,** and feel very lucky to be part of such an amazing group”*

*“**TIM breaks all the rules** like: - 'if the only thing you've got in common is a chronic manageable disease diagnosis it's not a great basis for enduring connection and friendship.' Well, scrub that piece of received wisdom. HIV is what brings Timbo's and Timettes together but there's an ever-expanding range of connections, issues, ideas, meet-ups and information exchanges binding us together. “*

***“TIM keeps me grounded and thankful.*** TIM reminds me to acknowledge the very personal and individual lived experience we all have as well as acknowledaina our shared lived experience and

Source: The Institute of Many (TIM), Facebook





## THANK YOU

TIM membership and volunteer leaders  
Graham Brown, Gosia Mikolajczak & Jennifer Power  
(Australian Research Centre in Sex Health and Society)  
ASHM

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