

# Transitioning to Adulthood

In our study, we found that youth born with HIV may have unique struggles as they become adolescents and adults. We also learned that many show strength and resilience as they grow up.

## Findings



As youth born with HIV become young adults, they may experience the same transitions as other people their age. These could be new living situations, jobs, school, parenthood, relationships, or new health care providers. Just like their peers, some may start having sex or using alcohol or drugs.

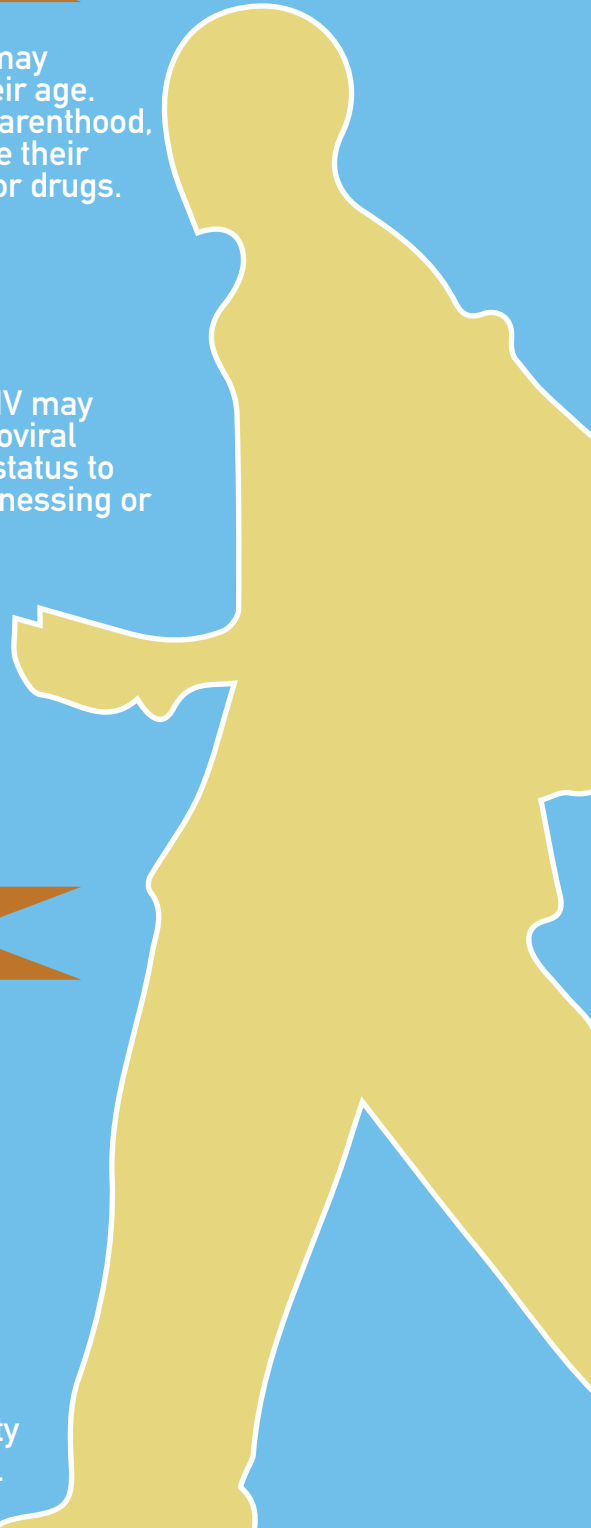


Some of our study's findings suggest that being born with HIV may add unique challenges to this transition time.



In our study, we found that some youth born with HIV may struggle with stigma, mental health, taking antiretroviral medicines (ARVs) correctly, or disclosing their HIV status to partners. Some may struggle with the effects of witnessing or experiencing violence.

**Supporting young adults in these areas can help them thrive as they get older.**



## What can you do?



**Ask your clinic if they have a peer navigator.** Peer Navigators are people with lived experiences who can help you make a plan for getting support.



**Ask your doctor** for a referral if you think you could use help with your mental health.



**Advocate for social, educational, mental health, and job support services** for youth born with HIV. Contact your study coordinator to join the PHACS Young Adult Community Advisory Board or join another local advocacy organization.