

Telling your children

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If you have children you might find it hard to find the right time to tell them. You might not even be sure you want to tell them.

Some people have found that talking to other HIV positive women and men with children is helpful in making this decision. Contact your local AIDS Council or [PLWHA](#) [1] Person (or People) Living with HIV/AIDS. organisation to find out about HIV positive women's or other suitable groups near you.

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Links:

[1] <http://www.napwa.org.au/glossary/term/119>

[2] <http://www.napwa.org.au/resource/next-steps/telling-your-partner>

[3] <http://www.napwa.org.au/resource/next-steps/who-should-i-tell>

[4] <http://www.napwa.org.au/resource/next-steps/your-rights>