



## Have you met Adam?

**Age: 20**

**Height: 5ft10**

**Hair: Brown**

**Eyes: Green/Blue**

**CD4: 610**

**Viral Load: 19,000**

**HIV Status: POSITIVE**

After **puffta.co.uk** released the results of its first gay teen sex survey, revealing that a massive 46% of gay teens are having regular unprotected sex; Ben Savage, editor of puffta knew that more had to be done...

"We are quite surprised at the high percentage of gay teenagers practicing unsafe sex. Many seem to have total trust in their partner(s) disclosing their status before sex, or relying on a monogamous boyfriend to protect them from infection."

**20 year old Adam** joined the puffta team at the right time. After completing the sex survey and reading the results; he asked to write about his experience of **living with HIV**. Puffta has launched **[www.positiveadam.co.uk](http://www.positiveadam.co.uk)** Adam's own online diary covering everything from his seroconversion to visiting a HIV clinic. He also reveals his "counts" so his friends can monitor his health.

**Adam:** "I might not know all the answers, but I'm living with HIV and here to give a young lads perspective. Gay teens can email me and talk about anything, their fears and their experiences, whatever! I've already had some amazing emails from gay teens who have read my diary and gone to get tested. It's great that they think of me as a friend and somebody they can talk to. I'm also making new friends with positive people, some have told me their own stories, other like to tell me about their day. I'm here to listen and to offer my own advice. I'm going to be adding my diary, as well as links to HIV resources like Aids Map and Positive Nation, these sites have really helped me understand HIV and know what to expect, I'm sure there will be up and downs with my health, but hopefully the community I'm building now will be able to support me and each other..."

**Gay teens can contact Adam: [adam@positiveadam.co.uk](mailto:adam@positiveadam.co.uk)**

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