



LESSON C · COMMUNICATION · WORKSHEET

DISCLOSURE STRUCTURE

Fact + science + door: a structure for sharing health information on your terms.

Private — draft it in a notebook, not in the DMs. Nobody collects this page.

Works for any health information — a diagnosis, a test result, a medication. Draft it while nothing is at stake, so the words are ready when it matters.

1 FACT	2 SCIENCE	3 DOOR
The information itself — said plainly.	What it means, with the evidence (for HIV: U=U).	An invitation: "Ask me anything."
Mine: _____ _____ _____	Mine: _____ _____ _____	Mine: _____ _____ _____

EXAMPLE — ALL THREE PARTS TOGETHER

"I'm living with HIV and I'm undetectable, which means there's effectively no risk of me passing it to you through sex. I wanted you to hear it from me early. Ask me anything."

U=U depends on a sustained undetectable viral load (under 200 copies/mL) on ongoing treatment, confirmed by regular testing.

IF THE REACTION IS ROUGH

"I get that this is a lot — take the time you need. I'm still the same person."

My line: _____

GOOD TO KNOW

- **You choose when and who.** If telling someone in person doesn't feel safe, health departments offer partner services that can notify partners without using your name.
- **Law note:** some states still have HIV-specific disclosure laws that predate U=U. This is not legal advice — ask legal aid or an HIV services organization.

MY FULL DRAFT — FACT + SCIENCE + DOOR
