The concept of U=U was proven in the bodies of women* living with HIV seeking to avoid vertical transmission. This history must be honored and respected.

U=U impacts women* living with HIV in multiple ways and all of these must be appreciated and addressed.

All laws that criminalize women* living with HIV must end. U=U is a powerful tool to make this happen.

Women* living with HIV have the right to the express their sexuality and to have sex in ways that feel good to them.

Women* living with HIV have the right to the best information available so they can make informed decisions for themselves and their families.

Women* living with HIV must be supported to make the best choices regarding infant feeding. Including more research on breastfeeding and vertical transmission.

The undue scrutiny and control over the sexual and reproductive health and rights of women* living with HIV must stop.

U=U has demonstrated that knowledge is power. Women* living with HIV have the right to the best information available so they can make informed decisions for themselves and their families.

The lives of women* living with HIV must be included in the development of the scientific evidence that continues to support the U=U message.

Women* living with HIV experience access to treatment and care differently around the world. The benefits of U=U will never be fully realized until the inequity of access is addressed and solved.

Women* living with HIV must be included in the development of the scientific evidence that continues to support the U=U message.

The U=U movement must rally to support women’s* rights and gender equality.

Women* living with HIV experience access to treatment and care differently around the world. The benefits of U=U will never be fully realized until the inequity of access is addressed and solved.