

Nomonde Ngema



Nomonde Ngema is a 21-year-old HIV activist from KwaZulu-Natal, South Africa, who was born with HIV. Nomonde has transformed her personal journey into a mission to empower young women and girls living with HIV.

She is the author of "Heart to Heart," a poignant collection of poems and letters from diverse voices online. This book stands as a testament to her commitment to creating compassionate societies and breaking down stigma and discrimination for people living with HIV.

Ngema regularly appears on different platforms, publicly speaking and sharing about her upbringing and her experience

living with HIV and she hopes to continuously inspire openness and positive influence. She is a passionate advocate for adherence to antiretroviral treatment, which keeps people living with HIV healthy. She uses social media platforms like TikTok and podcasts to amplify her message of positively living with HIV and advocating for the needs of marginalized adolescent girls and young women, while sharing insightful information on HIV and AIDS with her audience.

She currently serves as the HER Voice Fund Ambassador for South Africa, an initiative of Y+ Global Network, to provide vulnerable people with the tools and resources they need to succeed and fulfill their potential.

MEDIA EXPERIENCE

- "TikTokker Nomonde Ngema Takes on 'Of Course' Challenge To Raise Awareness About HIV" Read more: <https://briefly.co.za/people/women/176626-tiktokker-takes-challenge-raise-awareness-hiv/>

AVAILABLE FOR INTERVIEW

English

TOPICS and SUBTOPICS

- Youth participation
- Human Rights

- Gender equality
- Sexual and Reproductive Health and Rights