

Let's Talk about HIV and AIDS

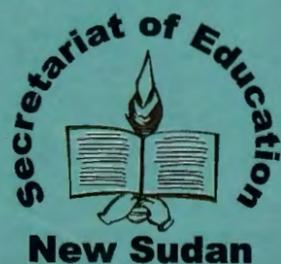


Talk AIDS

*A flip chart
to promote
discussion about
HIV and AIDS in
Southern Sudan*



SUDAN BASIC EDUCATION PROGRAM



USAID
FROM THE AMERICAN PEOPLE



FIRST EDITION - SEPTEMBER 2005

This Flip Chart has been published by the Secretariat of Education (SoE) and printed by the Sudan Basic Education Program (SBEP), with financial assistance from USAID. It must not be sold for commercial purposes. USAID, SoE and the SBEP consortium members reserve a royalty-free, non-exclusive and irrevocable right to reproduce, publish or otherwise use this material. Any revisions of this material destined for use within the territorial boundaries of the Government of Southern Sudan must be approved by the SoE.



This publication has been developed with the financial assistance of USAID through Cooperative Agreement 623-A-002-0068. The author's views expressed in this publication do not necessarily reflect the views of the United States Agency for International Development or the United States Government.



The Sudan Basic Education Program (SBEP) is a consortium led by CARE International, in partnership with American Institutes for Research and the University of Massachusetts' Centre for International Education



Message to facilitators:

HIV is quickly spreading in Southern Sudan and is becoming a problem for all of us. We need to face up to this challenge and think creatively and critically about the options that we have for staying safe. Then we need to make decisions about how we are going to best protect ourselves.

As a facilitator, you can help people in your community know the facts and know that they have the power to protect themselves and to make healthy decisions. You are also encouraging the community to talk openly about issues that affect them.

You have an important role to play and this flip chart should help you to do that.

Symbols



Ask Question



Refer to picture



Review



Open Discussion



Facilitator Explanation



Emphasize



Role Play

Information, discussion, and notes to accompany flip chart

This flip chart is designed to be a simple way of getting information across to people in the community, including many who may be illiterate. It does not give highly detailed information. It is intended to be a starting point for getting basic factual information across and to get communities talking openly about HIV and AIDS. It should be **participatory and interactive**.

To do this:

- Encourage every person that is in the session to **participate**. This builds their self-confidence, improves their communication skills, and increases their assertiveness.
- Make sure that you encourage **girls and women** to participate as much as boys and men!
- If necessary, have separate sessions for girls and women.
- Never reject a person's contribution or make them feel silly for asking something. Talking about sex and diseases is difficult for people, so try to build up their **confidence** in doing this. Help to build people's self-esteem and self-respect. It will make them less likely to choose risky situations.
- Make sure all participants treat each other with **respect**. If they do not, explain to them why this is important. If anyone is rude ask them to leave the session.
- Encourage participants to be **decision makers**. When there is a question to ask the group, allow time for participants to think of their own answers before you provide an answer. Let them think of new ways to deal with the problem. They may have ideas that you have never thought of. The group could analyse these ideas.
- **Role-plays** are recommended to help participants become more involved with the subject and internalise how they would deal with certain situations. It also makes the session more fun! Make sure you clearly explain to participants what their role is. After each role-play, discuss what happened.

Your steps to take as the facilitator

- 1) Read through the entire flip chart and discussion questions. Make sure you know the answers to all the questions. Do not worry if you don't have a technical understanding for all the issues. Being able to provide simple, clear answers is better.
- 2) If there are topics that you don't understand, seek out other resources and people to answer your questions.
- 3) Find an appropriate location where you can get a group together. This should be a quiet place where people feel comfortable discussing and expressing their views.
- 4) Invite participants. It may be better to have separate groups for women and men so that they feel more comfortable. This is up to you to decide depending on the community.
- 5) If possible, practice using the flip chart a few times with just a small audience. Get them to practice the role plays and participate in them yourself so that you get comfortable with how it will go.
- 6) Find an appropriate day to present the flipchart and hold a discussion.
- 7) After the presentation/ discussion get feedback on the flipchart and activities from participants. Ask what they liked and what they think could be improved.



? What is a virus?



Explain that the picture shows a close up of one drop of blood. The insects represent a virus. A virus is too small for us to see with your eye but can live in our body. Make sure that participants understand that viruses are not caused by a curse or witchcraft or any other myths.

? Participants to name diseases they have heard of – what were the symptoms? What can be done about them?



Explain that HIV / AIDS is also a virus that has symptoms, some of which will be similar to other diseases. But HIV is different because it has no cure. There are medicines that can prolong your life once you have HIV / AIDS but everyone who has it will eventually die.

HIV stands for **Human Immuno-deficiency Virus**.

Human – It affects people or 'humans', not animals.

Immuno-deficiency – It stops your immune system from working well.

Virus – A virus is a tiny living thing that you cannot see with your eye.

The HIV virus lives in **blood, semen, vaginal fluid, and breast milk only**. Small amounts of it are found in saliva but no cases have been found of it being spread this way. Again, HIV is not caused by a person, a curse, witchcraft, or magic.



Once HIV enters the body it weakens the body's ability to fight off other diseases by attacking the white blood cells. When we are healthy, our white blood cells protect our bodies from infections and illnesses. The HIV virus grows inside the body and eventually destroys the body's immune system. When HIV has weakened the immune system, AIDS develops.

AIDS stands for **Acquired Immune Deficiency Syndrome**.

Acquired- it is passed from person to person

Immune - it affects the immune system

Deficiency- the body does not have the ability to fight off infections

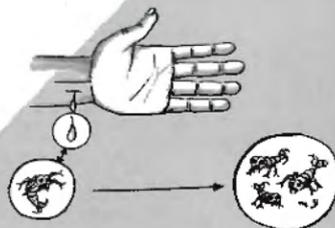
Syndrome- There are a number of different symptoms, which vary from one infected person to the next.

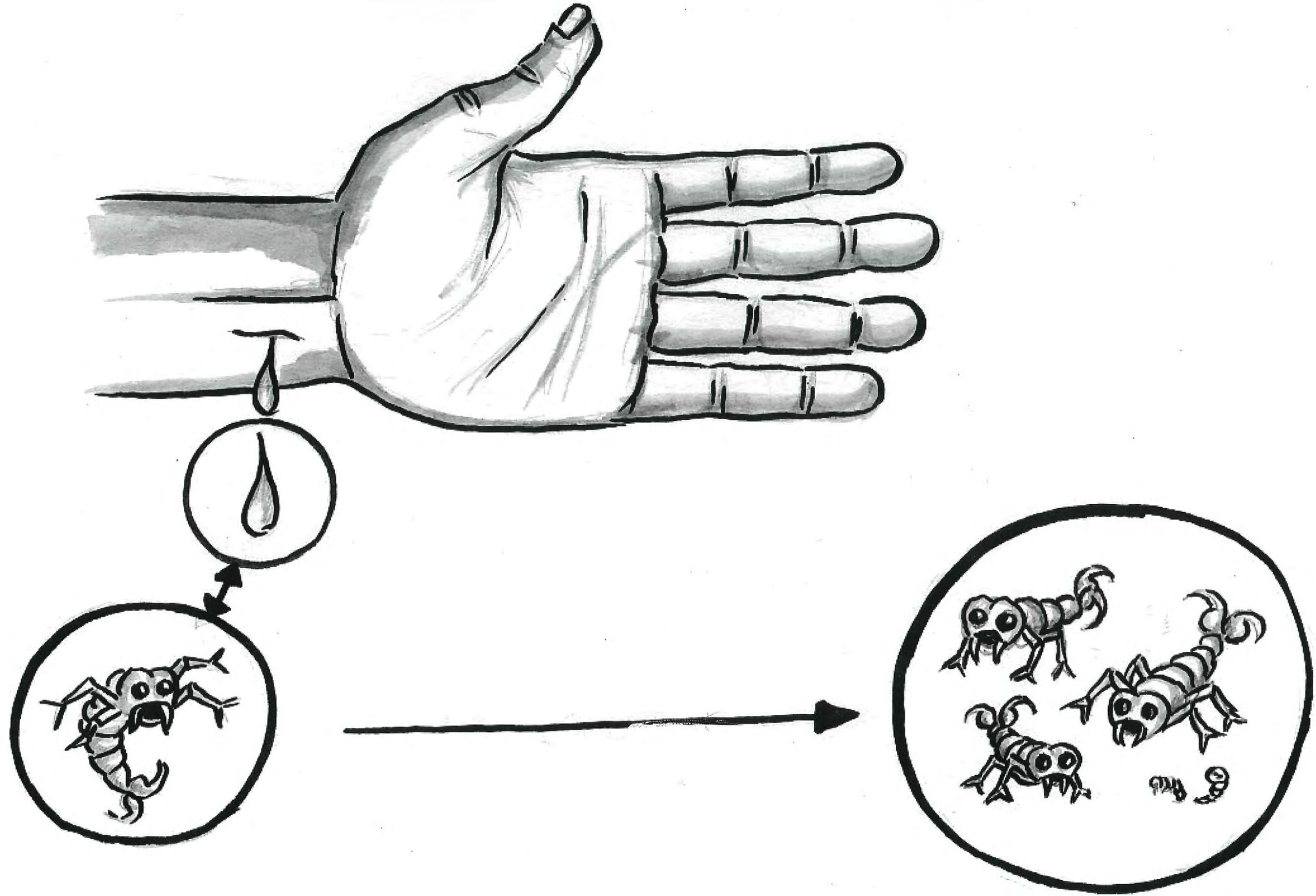
People who have AIDS eventually die of opportunistic infections that their body cannot fight off. Many people die of TB, pneumonia, or cancer. HIV and AIDS cannot be cured. Research is being done but so far no cure is available. There are treatments that can help fight the effects of AIDS. These and help people live a longer life once they have the disease.



Review:

- What is the difference between HIV and AIDS?
- Where is the virus found in the body?





The most common way that HIV is spread is through sexual intercourse.



(Refer to picture)

If this girl has sexual intercourse with this boy and he is infected, she may become infected. Or if the girl is infected and has sex with the boy who was not infected, he can become infected.



What are some of the reasons that people have sexual intercourse?



Encourage positive reasons (they are in love, want to have a baby) and negative reasons (they are forced, drunk, etc)



Regardless of the reasons that people have sex, if they do not use protection they can contract an infection from the other person if they are infected. There are many types of sexually transmitted infections (STI's), such as syphilis, gonorrhea, herpes, and chlamydia. These STI's can cause health problems but can be treated. HIV is the only STI that has no cure.



Is it possible to have safe sex? How?



- Sex within a relationship where both partners are faithful to each other and neither has had sex with anyone else is safe.
- Sex where both partners have tested negative for HIV (at least three months before any sexual contact) is safe. The test results may not show up positive for an infection acquired in less than 3 months before the test. It is best to test twice in a 6 month period to be certain.

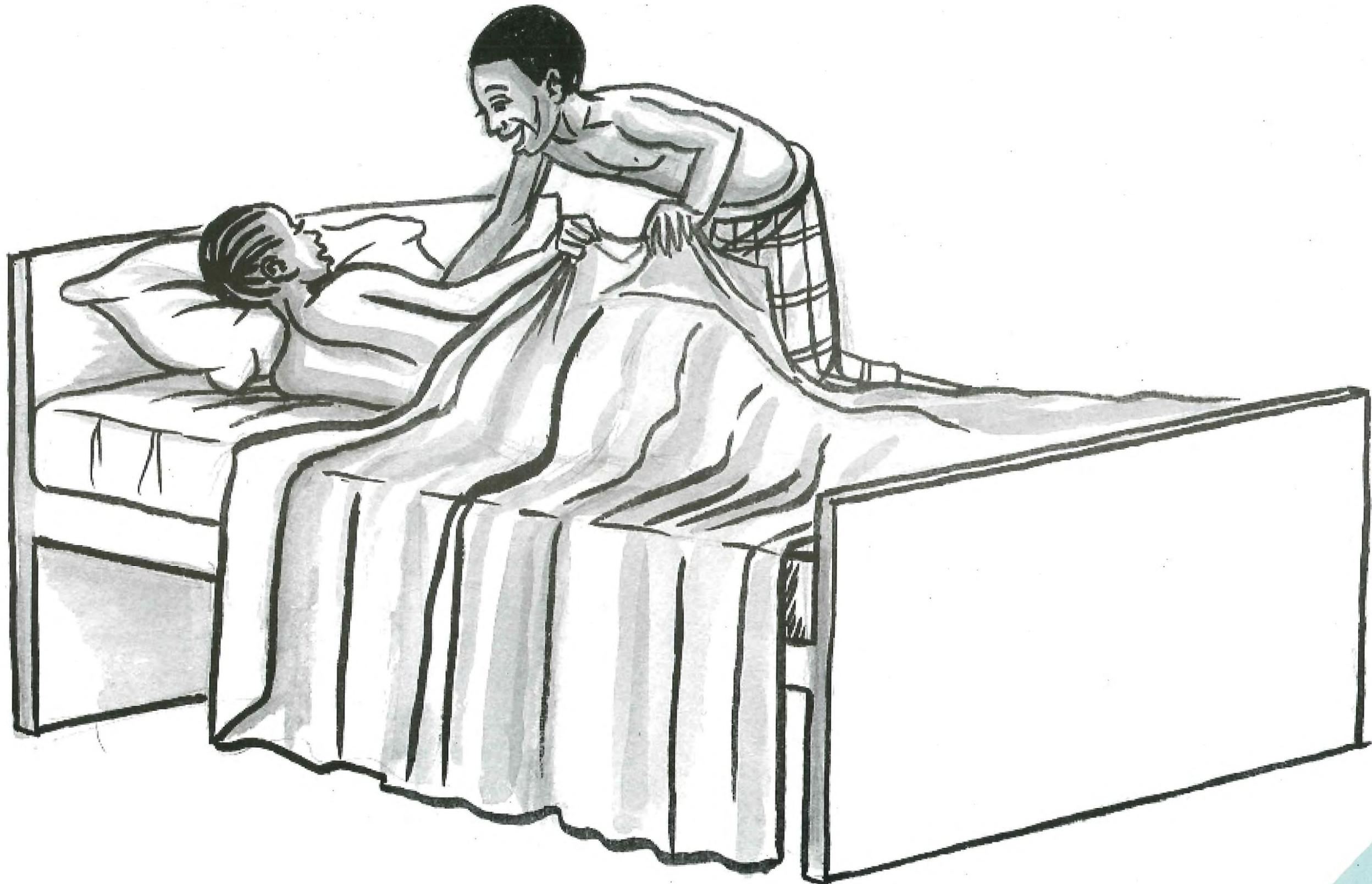


Do you think that people within your community are at risk of spreading HIV through sex?



Encourage different answers and open discussion here. Allow people to have different points of view, but try to keep people from being judgemental or rude about other people's sex lives.





Picture #3

KNIVES, NEEDLES, RAZORBLADES



When do people in this community use sharp instruments and come into contact with blood?



Answers may be piercing, scarring, tattooing, circumcision, etc.



Have you ever known a situation where people have shared the same instrument after it has touched blood?



Encourage them to think about each time instruments came into contact with blood and whether they were sterilized (cleaned of all germs) before they were used.



- HIV can be spread through sharing of knives, needles, razor blades, and other sharp instruments that have touched blood and not been sterilized.
- Even if a knife or needle looks clean after it has come in contact with blood, it can still be carrying the HIV virus.

- Blood transfusion- the transfer of blood of one person into the body of another- can also spread HIV if the blood has not been tested. Blood transfusions are sometimes necessary after an accident or during surgery.

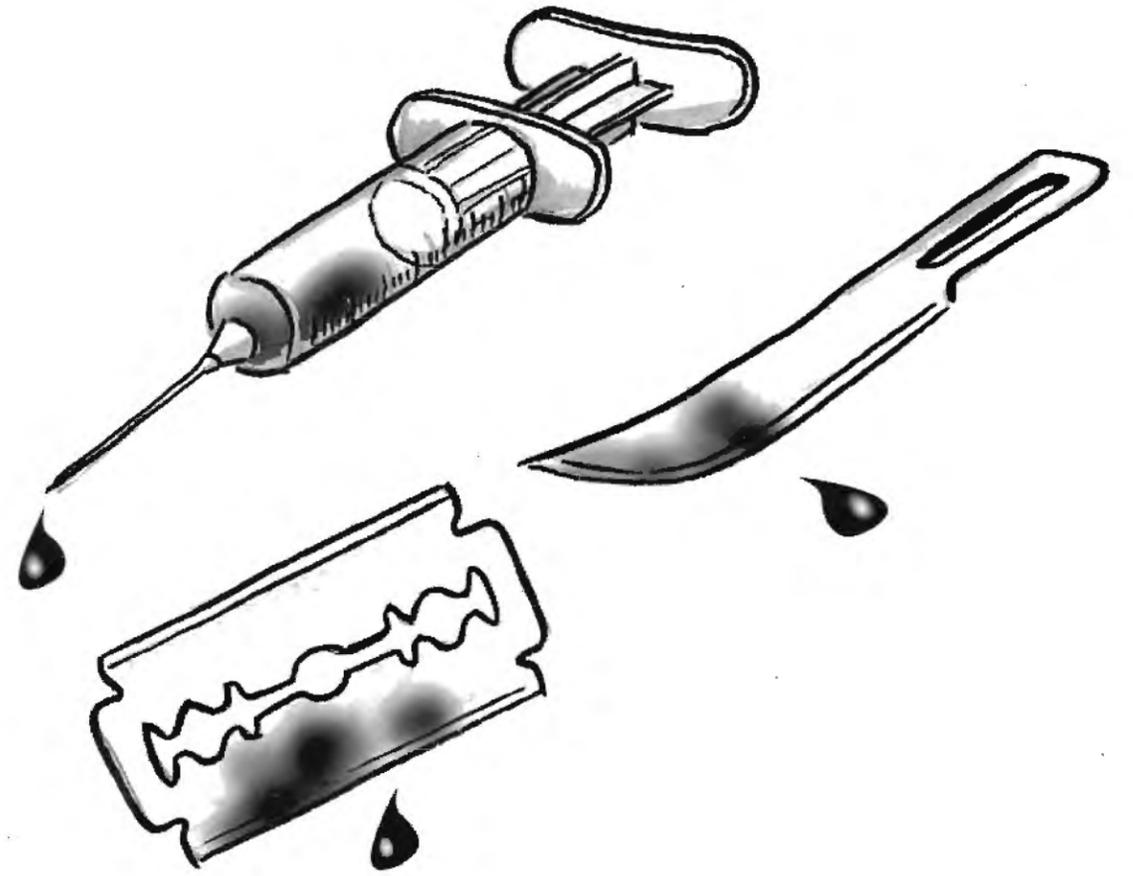


What can you do to protect yourself?



- Only use sterilized instruments for cutting, piercing, getting injections, etc. To make sure that the instrument (such as a knife or razorblade) is sterilized (free of virus and germs) it must be boiled for 20 minutes before it is used.
- Make sure you only receive blood transfusions and operations from reputable, reliable people who will test the blood before giving it.
- Avoid direct contact with blood. If someone is bleeding or has open wounds, wear gloves when touching them.







How do you think a mother might infect her child?



Mothers can pass the virus to their baby

- 1 in the womb - It is possible for the virus to enter the baby through the placenta;
- 2 during childbirth, especially if there is any tearing; and
- 3 through the breast milk once the baby is born.

But an HIV positive mother CAN give birth to a negative baby and if the baby is not given breast milk (given baby formula instead), the baby can stay negative.

However, it can be harmful for babies not to be breastfed. Therefore it is very important that if a mother suspects she could be positive, that she is given a test.

A health care advisor can then advise the mother what she should do to have a healthy baby.

Mothers should be aware that STI's (Sexually Transmitted Infections) can also be passed onto their babies in the womb or in childbirth. Some diseases can cause complications or birth defects such as blindness. All mothers should seek treatment if they fear they could have an STI.



What can mothers in your community do to put their babies at the very least risk?



- Get tested for HIV
- Seek medical advice
- Give birth in a hospital or clinic

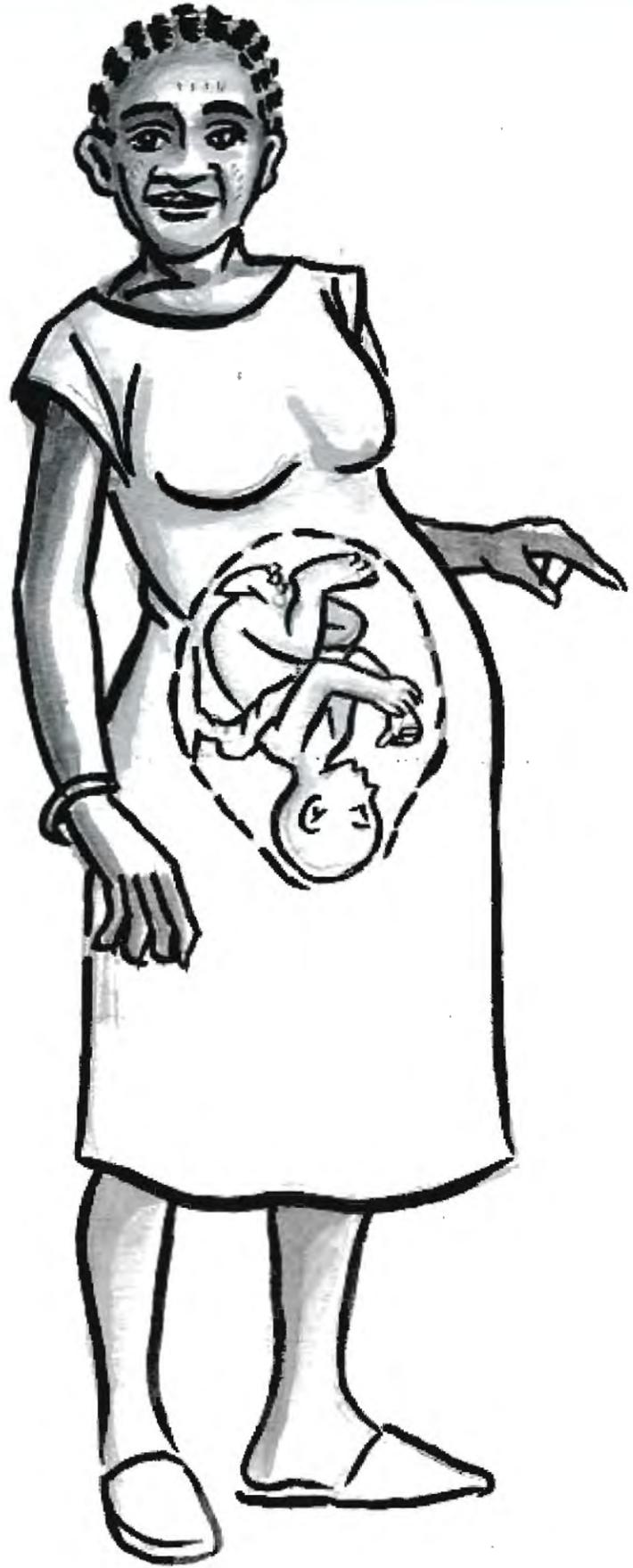


Review:

What are the 3 ways that you can become infected with HIV?

- Sexual intercourse
- Blood- unsterilized instruments or blood transfusions
- Mother to child





The last 3 pictures showed the only ways that HIV can be spread.



Have you heard of some other ways that HIV spreads?



Encourage people to share some myths that they may have heard.

Examples may be through use of condoms, through sitting next to a person with AIDS, mosquito bites.

These are **myths**. Emphasize again that the virus can only be passed through blood, semen, vaginal fluids, and breast milk.



Point to each picture and ask Can HIV be spread in these ways?



Emphasize

- That there is no way that HIV can be spread in these ways and
- There is no reason to fear being near someone who has HIV. You *cannot* become infected through casual contact, sharing toilets, mosquito bites, bed bugs, lice, or other animal bites.

You may be questioned about:

- Kissing

There is no risk in dry kissing.

Deep kissing could possibly pass the virus if one person has mouth sores and is bleeding.

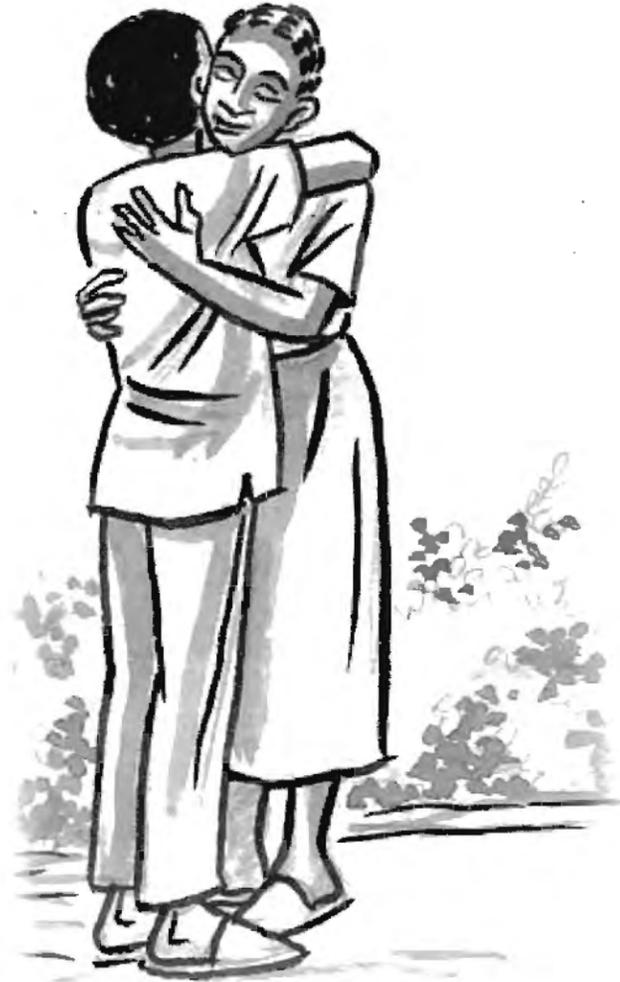
It is fairly low risk however.

- Sharing toothbrushes/combs/etc

This is also low risk. If the toothbrush or comb has blood on it and the person using it has a cut, it could spread.

However, it is more hygienic to use your own toothbrush and comb.







Again emphasise -
 These are ways that HIV is NOT spread.



Is it dangerous to be friends with a person that you know is HIV positive?

Is it dangerous to live with someone who is HIV positive?



- It is not dangerous to be friends with, work with, live with, or care for someone who have HIV or AIDS.
- Cautions: You must be careful not to touch the blood of infected people. If there is an accident involving their blood, use latex gloves or some kind of barrier to protect yourself before you touch it. It is also dangerous to have unprotected sexual intercourse with them.
- You should not be scared or avoid people that are infected. They are dealing with many difficulties due to their status and they need your support and respect.



Role Play:

(3 people, one main actor) Main actor is the friend of a schoolmate who is HIV positive. People will not sit near him and think he should be expelled from school. Have someone act out telling the others why it is not dangerous to be in school with him and be near him. Have the other two people ask this person questions about being friends with an HIV positive person.



What would you do if you knew your friend was being discriminated against because he has HIV?

What would you tell other people if they would no sit near him or touch him?





Picture #7

GROUP OF DIFFERENT PEOPLE



Who has HIV in this picture?



Answer:

There is no way of knowing.

- Anyone can get HIV - Old or young, man or woman, healthy or ill.
- You cannot tell just by looking at someone if they have HIV.
- People who are HIV positive (who have been infected) usually look very normal and healthy for a number of years.
- At first nobody can tell that they are HIV positive but they can still infect other people. This is why it is so easy for people to spread the virus without knowing they are doing it.



Can you *ever* tell by looking at someone if they have HIV?



People start to show symptoms usually after a couple of years but these symptoms can be mild and they can also be the same symptoms that people have when they have other diseases, like TB or pneumonia.

The only way that someone can know definitely if they have the virus is by doing a test.



Should you trust someone if they tell you that they are negative and they look healthy?



Again, the only way that someone can know definitely if they have the virus is by doing a test.





Picture #8

Progression of HIV to AIDS – HEALTHY TO ILL



Point to the healthy man.

He has HIV.



Can you tell he is infected?



He may stay healthy for a very long time. Then he will start to show some symptoms and may become slim. Because his body is weakened from the HIV virus he will get ill and begin to show more symptoms over time. As his immune system is weakened further by the HIV virus, he will develop AIDS, become more ill, and finally die.

The progression of HIV into AIDS is different for everyone. Some people stay healthy for a very long time, others become ill quickly. Generally a person is healthy and shows no signs of the disease for 6 months to 2 years. During this time they can infect people. This is a dangerous time because people may not know they have the disease and may be putting many other people at risk.

Then the infected person may start to lose weight and develop minor symptoms. These symptoms are different for

everyone but may be coughing, diarrhoea, fevers, and swollen glands. They can keep treating these symptoms and continue to live healthily for years. However as AIDS develops, they will get weaker and be less able to fight off infections. They will end up dying of a disease like TB (Tuberculosis) or pneumonia.



How can you know if someone has HIV or AIDS?



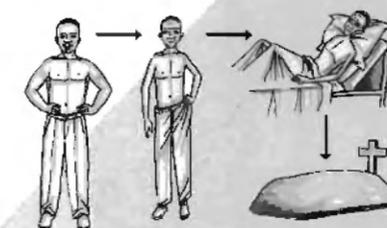
Emphasize again

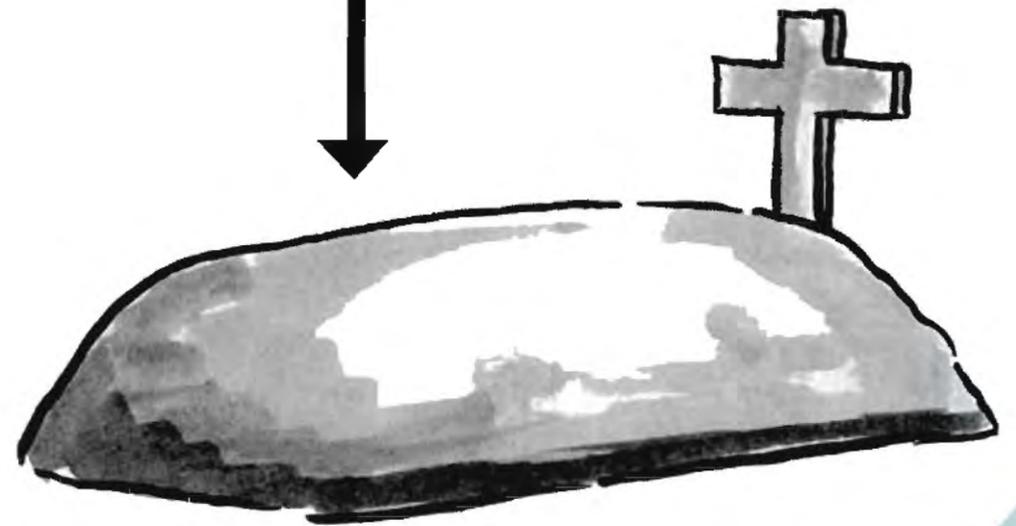
that you can only know your status by being tested. You should be tested whenever you have engaged in risky behaviour.



If a person has a cough, should you suspect that they are infected?

Do not think that every person who has a cough or other symptoms is infected. Be cautious about taking risks in your sexual contact. Be cautious with anyone and everyone, not just those that show some of the usual symptoms. Do not discriminate against those people that you suspect may have the virus.





Picture #9

WHAT INCREASES YOUR RISK? Multiple sexual partners and early marriage



What do you think is happening in this picture?

Who in this picture do you think is at risk of becoming infected?

Do you know cases of girls marrying older men?



Early marriage is risky for contracting infection. Because,

- 1) Young people are more vulnerable to infection if they have sex with an infected person. The skin of younger girls is more delicate in the vagina and tears more easily so there is greater chance of bleeding.
- 2) If young girls marry older men who are sexually experienced, these men may be at greater risk for having HIV.
- 3) Girls are usually submissive in relationships with older men so they cannot protect themselves. They cannot decide if or when they want to have sex or ask their husbands to wear a condom.

Discussion questions



Why might a girl marry early? Why might she be pressured to do so? What do you think this girl can do if she suspects her husband may have had many sexual partners before? What can she do if she fears he is being unfaithful?



In your community and in your culture, do other girls have these problems? Can women refuse sex from their husbands? Can they ask their husband to wear a condom? How do these things put people in your community at risk?



Emphasize

Having multiple sex partners greatly increases your chances of contracting HIV. Also being in a sexual relationship with someone who has or previously had many sexual partners greatly increases your risk of contracting HIV. Therefore it is important to know about the sexual history of your partner and to know that you are in a faithful relationship.



Have you heard of cases of violence against women or rape? How does this put them at risk? What can be done about this in your community?



Role Play: (2 People)

One person is a very poor girl who has nothing to eat and has been forced to leave school. The other person is a man who is offering the girl money for sex. How would this make the girl feel? What would she be thinking? What should she say? How might he try to persuade her? What other pressures might be on her? Discuss the role-play







This picture illustrates a story, which should be read out to the group.

Story:

Laku is a nice boy who does well in school and has many friends. He is 16 years old now and has many girls that are friends. He has never had a girlfriend. Laku has met up with some of his classmates on the weekend. He did not realize that they were going to be drinking. He is not interested in drinking. They are all talking about girls. They tell stories about having sex with a lot of girls and they talk rudely about these girls. Laku feels uncomfortable listening to them talking like this. They start asking Laku about the girls he has slept with. They ask him about girls that are his friends and saying crude things about these girls. They talk about the girls like they are good for sex and nothing else. Laku gets upset and tells them to mind their own business. The boys start teasing him and calling him names. They say if Laku wants to hang around with them, he needs to be more like them because “birds of a feather flock together”.



Is there anything wrong with Laku? Why do his friends tease him? What do you think Laku should do? Do you think he will be influenced by what the other boys say?



What expectations are placed on boys and men in this community?



(Wait for answers but some prompts may be: Are they expected to be strong? Show their emotions? Take risks? Be confident? Have many women?)

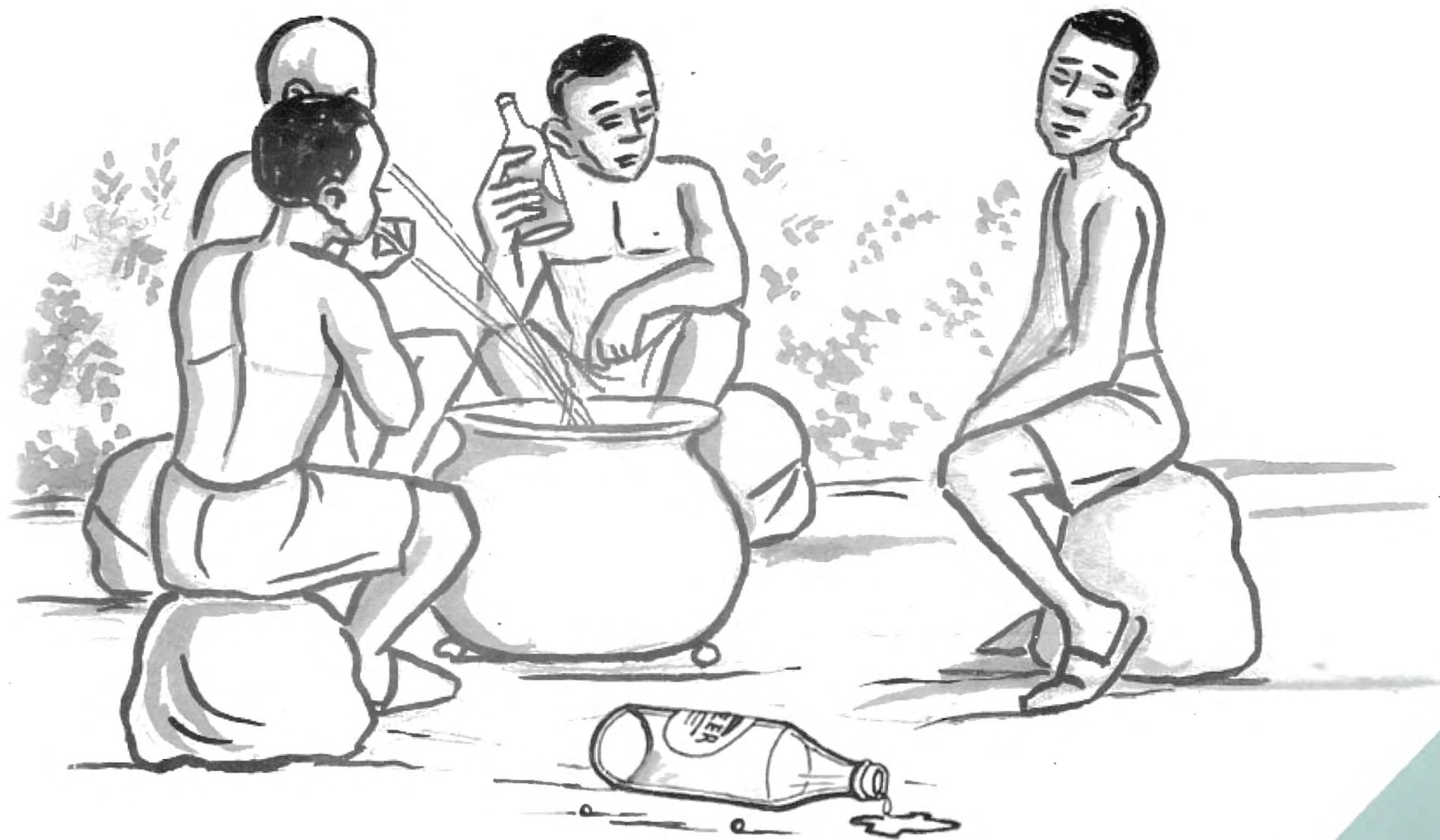


How can these expectations on men and boys be negative? How can this lead them to take risks?

Allow discussion but some answers could be:-

- they may engage in risky behavior
- they may not treat women with respect
- they may not talk about their emotions,
- they may act violently
- and they may give in to peer pressure





Picture #11 WHAT INCREASES YOUR RISK? The position and treatment of women



1st picture Violence against women



What is happening in this picture?



Explain:

Women's lack of control over sexual situations can be very dangerous for their health and all of society. Evidence suggests that a large share of new HIV infections are due to gender-based violence. Forced or coerced sex renders a woman even more vulnerable to infection, and the younger she is, the more likely it is that she will contract HIV.



Have you heard of cases of violence against women or rape?
How does this put them at risk?



What can be done about this in your community? How can men and boys be involved in helping this problem?



2nd picture Wife Inheritance



What is happening in this picture?

A wife is being inherited after her husband has died. In some communities it is common that when a husband dies his wife can be re-married by either a brother or another relative.



How could these people be increasing their risk of HIV? What other option is available to them?

If the inherited wife has become infected by her dead husband she will now spread the virus into a new family. Or if the new husband is infected then the woman may become infected. If they wish to continue this tradition, the wife should be tested before she is inherited. The other option is that they welcome the widow into the home, but she does not remarry.

Wife inheritance often occurs because women do not have the right to own the land after their husband dies. Therefore another area that needs to be addressed is women's property rights. If the wife can inherit the land, then she may be able to continue to provide for herself and her family.







1st picture
Circumcision



2nd picture
Facial scarring



What is happening in these pictures? Could these people be at risk of contracting HIV?

In the first picture, the boy is getting circumcised. He is at risk if the witchdoctor did not sterilize (clean of all germs) the instruments he is using.

The second picture shows boys getting facial scarring. They are all at risk if the same knife or razor blade is used on all of them.

Whenever cutting instruments are shared and not sterilized, there is a risk of spreading HIV to all the people using that cutting instrument.



What other options are available to this community if they want to keep their cultural traditions?

They could use a new razorblade or knife for each boy. Or they can sterilize the knife or razor between each participant.



Is it possible to change customs that might spread HIV eg circumcision, wife inheritance etc.



How could you encourage people and communities to change them? Open discussion.



What aspects of our culture are useful in stopping the spread of HIV?

Some examples could be family values, encouraging virginity before marriage. Are people still practicing these things? How can you use your culture positively in the fight against AIDS?





The only truly safe way to avoid contracting HIV is to abstain or have one partner who has been tested and is faithful to you. You must be faithful to them.



The couple in this picture are abstaining until marriage, during which time they will be affectionate and get to know and trust each other. After marriage, they will be faithful to each other.



Get participants to brainstorm ways to avoid sex but still be close to another person and show affection. Such as: holding hands, kissing, dancing, reading stories or poems together, singing together, sharing secrets, etc. All of these choices are completely safe.



What other advantages does waiting or delaying sex until marriage have?

Some answers may be- pleases parents, upholds tradition, you can focus on your education, avoids pregnancy outside

of marriage, you get to know each other in non-physical ways and build up a friendship and trust first.



What can make it difficult for people to stay faithful?



Open discussion.

Some responses may be long absences away, marital problems, and lack of satisfaction in the marriage.



Debate:

Choose one man and one woman for each team. One team are against premarital sex and another team are for it. Have each team present their arguments.





(like oral sex or touching)



If you decide that you really do want to have sex, what are your options?

Safer sex does not mean that you cannot become infected, but you reduce the risk. The less risks you take, the lower your chances are of getting HIV. But remember that these options do still involve risks.

- 1) **Make sex safer through using condoms.** Condoms are very effective but only if used properly and used every time. Condoms can only be used once and must be disposed of (thrown in pit latrine or burned) after use.

If available, do a **demonstration** of how to use a condom at this time.



What are other ways that you can show affection and still have fun with lower risk? How do these options still involve some risk?



- 2) **Oral sex.** The virus can still be passed if one person has mouth sores or a cut. It is much lower risk than intercourse, but protection (condoms) should still be used.

- 3) **Petting or touching of genital.** The chances of spreading the virus in this way are low. The main risk here is that the couple will get excited and end up having sexual intercourse. Therefore it is important that they discuss before hand what the rules are and set guidelines for themselves.



What are some of the objections that people might have to using condoms?

These could be religious reasons or men not thinking it's masculine. It is a personal decision for people to whether they want to use condoms. But people need to know about them and how to use them properly.







What should people who know they have HIV or AIDS do?

Although there is no cure for HIV or AIDS, people who have the virus can do a lot to stay healthy and can live for many years.



Emphasize that it is best to know as soon as possible if you acquire the infection so that you can seek advice and live healthily.

Some simple rules are:

- Eat a healthy, balanced diet that includes lots of fruits and vegetables
- Get regular exercise
- Have plenty of rest.
- Be positive about yourself and your situation.
- Do not infect anyone else. Cover any wounds or cuts. Do not have unprotected sex.
- Spend time with friends and family. Talk about your situation. Find counselling.
- Treat opportunistic infections early. Seek medical help if you have any symptoms. Be especially careful about infection from TB (tuberculosis). Symptoms of TB are usually a cough, pain in the chest, and fatigue.

There are drugs called Anti-retrovirals (ARVs) that can help to prolong life for infected people. If they are available in your community, talk to a health worker about getting on them. But you need to be aware that ARVs have to be taken for a life time,



Is there any stigma attached to HIV and AIDS in your communities?

A stigma is when it is a disgrace (something to be ashamed of) to have HIV or AIDS or to have contact with or be related to people with the disease. How does stigmatization affect those living with HIV/AIDS? Do you think it may stop people in the community from getting tested?



Role Play:

(4 people) Imagine that you are a husband and father of 2 children and you have just found out that you have HIV. Act out what it is like to tell your family. After the role-play, discuss with the actors what it felt like to tell someone that you are positive. What did it felt like to know that your husband or father was HIV positive.



What are some of the hardships facing a family that has one or more members infected with the virus? How might the children and others be affected by this?



There are many financial and emotional effects such as

- loss of family income
- time spent caregiving
- depression
- worries about the future
- costs of health care
- children pulled from school





Be open to talking about sexuality and the spread of HIV. This is the best way to face up to the disease and stop its spread. Pretending that HIV and AIDS do not exist will only let the disease spread more in the community. The best way to protect ourselves is to be knowledgeable about the disease and avoid risky behaviours.

Adults need to discuss issues with young people. Being non-judgmental and approachable will make young people more at ease to listen to their advice. Young people need to be encouraged to seek advice from trusted people and not listen to negative influences from their peers.



Where in the community can you get tested?

At Voluntary Counseling and Testing (VCT) centers. You must volunteer to be tested, nobody can force you. First you will be counseled. All of this is confidential. Nobody can be told anything that you say in the VCT. Then you will be given a test. Usually the results are ready in 10 to 15 minutes. Then you are counseled about the results. If you are positive, you are taught about how to stay healthy and live a long life. If you are negative, you are taught about how to stay negative. These centers can usually also test for STIs. People who have untreated STIs are more vulnerable to contract HIV, so it is important to diagnose an STI immediately and treat it.



Where in the community can you get more information on HIV and AIDS?



Are there any aspects of the culture here that prevent the spread of knowledge about HIV/ AIDS? What things might make people not willing to talk about this subject?"



Role Play:

(3 people, a teacher and 2 parents) The parents come to the school and tell the teacher that they don't like their child being taught about HIV, AIDS and sexuality in school. Have the teacher explain to them why it is important to learn about these things.



What are some of the impacts that the spread of HIV could have on your community? What can your community do about these things?



Other communities that have been hit hard by HIV have fewer productive adults (decreased labour force), children staying home to look after parents and not going to school, more strain on health care, teachers dying of AIDS, etc.





Lets's Talk about HIV and AIDS

A flip chart to promote discussion about HIV and AIDS in Southern Sudan