

Zambia

ENGLISH EDITION

FREE COPY



KWATU

Knowledge for life

Approved by the Curriculum Development Centre as a supplementary text for all schools

LOOSE LIFE!

LIVING WITH HIV AND AIDS IN OUR WORLD



How to use this book

This booklet is for young people in Zambia. It will help you get to know yourself and other people better. It will help you to understand sex and relationships. This booklet tells you what HIV and AIDS is, how people get it and how to prevent it. Read it. It will help you to make wise and healthy choices for yourself. Talk about it with your friends and family. If you're a teacher please use this booklet to encourage discussions and awareness among your learners. This information can protect their lives and our future. It will make you think about how to look after yourself and how to help others in need.

Check out these signs:



Make time to think about these questions.



Find out what others think.



It is nice to help people. Try to do some of these things to help people in your community.

Remember!

This information is important. Remember it always.

New words

These words might be new to you. They are underlined>. They are explained in Bemba, Nyanja, Tonga, Lozi, Luvale, Kaonde and Lunda.

The original materials were written and developed by Soul City, with extensive input and support from the whole Soul City Institute team.

The contribution of every member of the team is recognised as important and is greatly appreciated. Original design and production by Manik Design.

It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to one of the organisations on the back page.

ZCCP cannot be held responsible for any medical problems.

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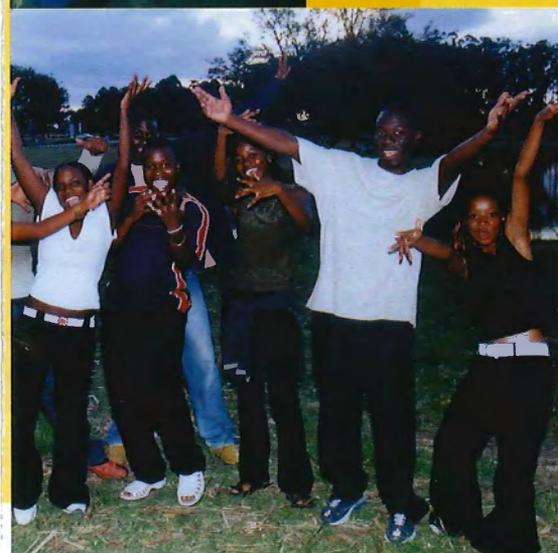


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Being a teenager

Growing up is exciting, but it can also be difficult!



Sometimes we feel like a child and other times we feel like an adult. The teenage years are a time when we start to change into young men and women. Our bodies and feelings go through a lot of changes. It is a time of growing up.

- ★ **Our bodies change.** We get taller. Our skin can get pimply. Hair grows around our genitals (penis or vagina), under the arms and on our face.
- ★ **Boy's penises grow bigger** and their voices change. They produce sperm, which are in the white liquid (semen) that comes out of the penis. When a boy gets strong feelings for sex the penis gets hard; this is called an erection. When semen comes out of the penis it is called ejaculation. Sometimes teenage boys ejaculate when sleeping. These are called wet dreams.
- ★ **Girls' breasts grow and their hips get wider.** They start to bleed every month from their vagina, although this may not be regular. It is called menstruation or having periods. When they have sexual feelings, their vagina becomes wet.
- ★ **Boys and girls start to have feelings for sex.** Some girls and boys start to masturbate. This is when we touch or rub our own genitals to enjoy sexual feelings.
- ★ **Our feelings change.** We want to make our own decisions! Sometimes we fall in love. We need love, understanding and help. We want to be like other teenagers and try out new things. Our friends become very important and we worry about how we look and dress.

Tips

Tips for teens

- **These changes happen to everyone.** Don't be worried or afraid. Try not to compare yourself with others. Your body will change in its own time, when it's ready.
- **Get wise.** Be careful about information that you hear from friends. Find the right information from an adult you trust.
- **Ask questions.** Talk to your parents, an older brother or sister. They also went through puberty.
- **Believe in yourself.** Tell yourself what you like best about YOU. Feel good about your body! Do the things that you are good at.
- **Take time before you have sex.** Strong feelings are normal, but can be confusing. Having sex when you are not ready can hurt you physically and emotionally.
- **You are special.** Choose friends who care about you and make you feel good about yourself.



'My mum talks openly to me now like an adult. She even speaks to me about sex, HIV and AIDS. I like it.'

- Doris



'Being a teenager is interesting. You feel like all eyes are on you. It's a time when you have many dreams and aspirations. You face a lot of peer pressure. Sometimes you want to be like others.'

- Ignatius



'Being a teenager is really hard. You're always having worries. If it's not pimples, then it's what to wear. And sex - that's a big worry! I also go through stages where I have these really bad moods.'

- Emeldah

New words

ejaculate:

ukusunda insande sande

kunepa

kutaayila

kunakula

kwidisha nyana kwilomu/Kunakula/

kutekela

kuthira mphavu yamwamuna

kusuba bweenze

menstruation:

na mayo ukuya ku mweshi

kuya kwa kweli

kuya kumweenzhi

kuya kuzuvo ikwavo

kuzihila/Kuya kwitala dikwawu

kusamba, kupita kumwezi

kuya ku mwezi

masturbate:

ukwangala ku bwamba neminwe

wemwine nangu umbi/kuicuka

suka (kusuka)

kulichuka

kudichuka

kudzisoweresa ku umuna ndi ku

ukazi ukamva nyere

kulyoomba

How to build self-confidence

- ★ **Don't be fooled by the media (newspapers, magazines, radio and television).** Most people in real life don't look and act like TV stars. The media use lots of clever tricks to make people look good.
- ★ **Don't let people make you feel you are not good enough.** You are! Choose friends who make you feel good about yourself.
- ★ **Accept your body.** Lots of sizes and shapes are attractive. Tell yourself what you like about your body.
- ★ **Exercise and eat well.** A firm and fit body is always attractive. If you are fit you will feel good about yourself too.
- ★ **Believe in yourself.** Celebrate your talents. Set yourself achievable goals.
- ★ **Don't put yourself down.** If you make a mistake, that's fine. Take responsibility for your actions and learn from what went wrong.
- ★ **Do one brave thing every day.** Don't be scared to try new things.
- ★ **Know your strengths and weaknesses.** We are all special in different ways. Think about what you are good at. Work on what you want to improve.
- ★ **Stand up for your beliefs.** Don't let others rule your life. People who take a stand earn the respect of others. Tell yourself everyday that you are special.

Remember!

Many people worry about their changing bodies. Try not to worry! Bodies come in lots of interesting sizes and shapes.

The confidence quiz

Do you like the way you look? Do you believe in yourself?

Do this quiz to find out how you score on the ladder to confidence. For each question, write down on a piece of paper the letter that is mostly true for you. Then work out your score at the end.

Be the best
that you
can be.



Quiz:

1. You look at your body in the mirror. What do you think?

- a Looking at my body makes me unhappy!
- b I worry whether my clothes look good enough.
- c I mostly feel good about my body.

2. What do you think about your friends?

- a No-one really likes me.
- b If only I were more popular.
- c I have friends who care about me.

3. You don't get chosen for a team. How do you feel?

- a Not surprised – you knew it would happen. You always lose.
- b Put down! Other people don't think you are any good.
- c A little upset but you'll do better next time.

4. Your boyfriend or girlfriend leaves you. How do you feel?

- a You blame yourself. It's all your fault.
- b You worry what your friends will think.
- c You are sad. But you will survive!

5. You fail an exam. What do you do?

- a You become angry with yourself and tell yourself you are not clever.
- b You think you failed because your teacher does not like you.
- c You are disappointed but decide to work hard for the next exam.

6. Teenagers from the city come to visit your village for the holidays. What do you do?

- a You avoid them because you think they are better than you.
- b You avoid them because you think they will laugh at you.
- c You talk to them because it's great to learn from each other.

7. Your partner keeps asking you to have sex but you do not want to have sex. What do you do?

- a You agree to have sex because you fear he or she will leave you.
- b You agree to have sex because your friends will laugh at you if you don't.
- c You say that you don't want to have sex until you feel ready.

8. Your friends tell you to drink alcohol and smoke with them. What do you do?

- a You drink and smoke because you want to be their friend.
- b You drink and smoke so that your friends think you are cool.
- c You tell them that you want to be friends but you do not want to drink and smoke.

How did you score?

If most of your answers were a's
You don't believe in yourself very much. Try to believe in yourself more. Accept yourself. Write down 5 good things about yourself and read them every day.

If most of your answers were b's
You care too much about what others think. Don't let other people control your life. Try to do things that make you feel good about yourself. Do things for yourself, not to impress others.

If most of your answers were c's
You're strong inside. You believe in yourself. Well done! Keep taking positive steps, each day, one at a time!

Remember!

When you believe in yourself you feel calm, confident and in control. You feel good about yourself and everything is possible.

Making Friends

Some of our happiest moments are spent with friends. Our friends make us laugh, and help us through troubled times. Being a good friend means sharing good times and bad times. But how do you make friends? And once you have them, how do you keep them? Here are some tips for building better friendships.



'I choose friends who make me feel good and accept me as I am.'

- Sandra

New words

popular:

ukwishibikwa

kuzibahala

kutuumbalala

kuya puho

kwilukewa

kudziwika

mpuwo

- ★ **Believe in yourself.** Don't do anything you don't believe in. Friends who make you do things you do not want to do are not real friends.
- ★ **Speak up for yourself,** and listen to others when they talk. This helps them enjoy your company. People like people who stand up for themselves.
- ★ **Don't judge people.** Nice clothes and money don't make good friends. Also get to know people who may not be popular. They may turn out to be true and loyal friends.
- ★ **Be kind and helpful to others.** Say nice things and offer help without being asked.
- ★ **Share.** Strengthen friendships by sharing hobbies, activities and friends.
- ★ **Be loyal.** Keep secrets. Don't talk badly about your friends to other people.
- ★ **Be fair.** Listen to what your friends say, even when you don't agree with them. Don't interrupt all the time. Be supportive and kind.
- ★ **Take a chance.** Don't wait for others to approach you. Believe it or not, other people are shy too!

Who am I?

When you are a teenager your body is changing. So are your feelings. You feel different about many things – yourself, your family and friends. Learning to understand your feelings and knowing who you are can help you enjoy and cope better with life.

Here are some feelings many young people say they experience;

Wanting to be independent

You want to be independent. But you also want support and love from your family. Confusing, eh! Try to talk to your parents about your feelings. They were teenagers once too, you know. Decide on rules together.

Friends become very important

You want to dress like them and hang out together. But sometimes they do things you don't want to do. It's scary to stand up in a crowd and be yourself. But when you do it, you will win respect.

Mood swings

One minute you feel great. The next you feel sad, unloved and alone. Your changing hormones have something to do with these mixed-up feelings. Think about why you feel this way. Talk to someone you trust about it.

Shyness

Lots of teenagers feel shy, especially around guys or girls. Remember you are special. Develop confidence in yourself. What's more, the person you are scared of is probably just as shy as you are. They just aren't showing it.

Worried about body image

Many teenagers worry about their body. Remember, your body is changing and you will slowly get used to it. But try not to worry. Lots of different sizes and shapes are attractive.

Sexual feelings

You develop sexual feelings. Someone turns you on and you think about them day and night. It's okay! You're growing up. Remember, both girls and boys develop sexual feelings.



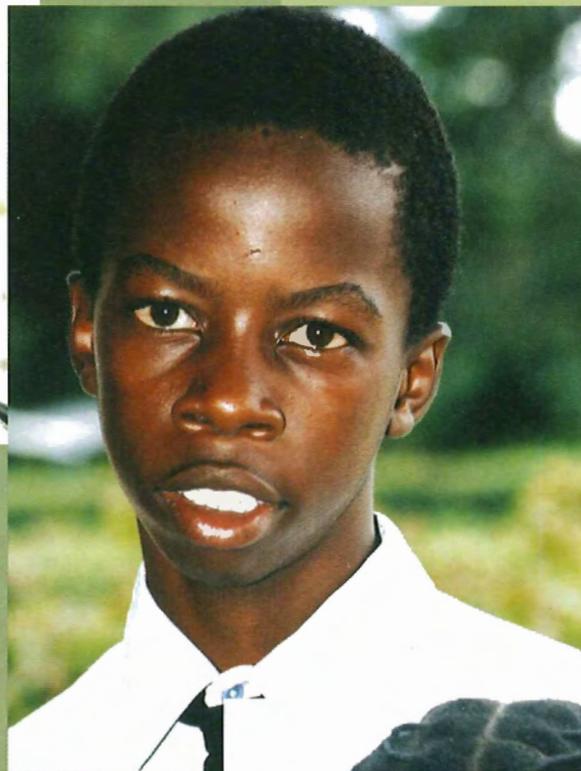
Something to think about

- ? Think about who and what influences you the most.
- ? Decide what is important to you.
- ? Write down three things you like and don't like about your community, family, media, friends. Decide how you are going to deal with the things you don't like.
- ? Who do you admire most? Why?
- ? Who or what makes you feel good about yourself? Why?



'When you wear something short or tight in our community, they think you sleep around. I think everyone has the right to wear what they want.'

– Hazel



'I don't know why we are raised believing that a girl should do house work while a boy is taught that he doesn't have to. We need to work together and stop saying this is for men and this for women.'

– Chonda

New words

independent:

ukukana shintilila ukuli konse
 muyema anoosi
 kwiyimeena
 kulimanyina
 wadimena
 waufulu
 kwaanguluka

mood swings:

ukwalula lula kwa cinso
 sizuhelwa
 kwaaluka aluka kwa muchima
 kwalumuna vilinga
 kubalumoka/kuhimpa yitofozhoka
 kala mpinji
 kusinthisintha maonekedwe
 tubuko

confidence:

ukuichetekela
 kuisepa
 luketekelo
 lufwelelo
 chikuhweleu
 kuzikhulupilira
 luhyomo



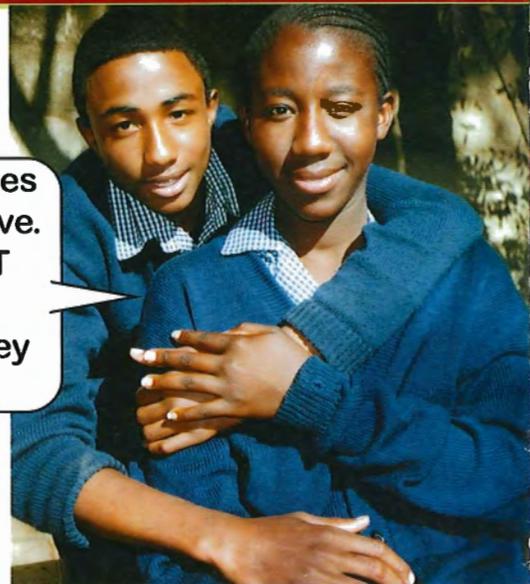
'I live with my aunt and uncle. My parents separated some years ago. When my other sisters and brothers talk about Dad, I feel hurt. I ask myself why he seems to pay attention to the others and not me. I feel lonely; I need love from my parents like any other young person.'

– Chawa

What is love?

Love is a great feeling that makes us smile and look forward to each new day! There are many types of love, like the love between parents and children, between your brothers and sisters, and of course the love you share with friends and that special boyfriend or girlfriend.

Be careful ... sometimes sex seems a lot like love. Remember sex is NOT the same as love no matter how similar they may seem.



Love is...

- ♥ Caring about what is best for both of you.
- ♥ Missing the other person when they are not with you.
- ♥ Feeling respect for the other person.
- ♥ Feeling attracted to the other person.
- ♥ A true friendship.
- ♥ Being able to talk about difficult things.
- ♥ Sharing and laughing.
- ♥ Spending time together.
- ♥ Trusting and being trusted.



How to mend a broken heart

It is great to fall in love, but it is hard when someone stops loving you. Have courage. The pain will go away. You will survive!

- Don't believe that it is all your fault that the relationship didn't work.
- Know that you are still a lovable person, even if this person doesn't think so.
- Talk to your friends and people who care about you.
- Do something nice for yourself. Go out with friends. Read a book or try a cool new hairstyle.
- Remember that time heals. Take it one day at a time. The pain will go away after a while.

Love is NOT...

- ✖ Being scared of the other person.
- ✖ Feeling hurt or being beaten.
- ✖ Money and presents.
- ✖ Being forced to have sex or to do anything you don't want to.
- ✖ Pretending to be different from your real self.

Wrong reasons to have a boyfriend or girlfriend

- All your friends have one.
- You want to show off to your friends.
- You want to have sex.
- You want to teach your parents a lesson.
- You are bored.

Talk

What do you think makes a good relationship? Discuss this with friends.

'My girlfriend is always understanding and caring. I love and appreciate her a lot.'

– Japhet

'My boyfriend must trust me and respect my feelings.'

– Belita

'I love my boyfriend because he encourages me to have an education and he does not force me to have sex. We touch and kiss, but we don't have sex'

– Chisanga

'I don't have a girlfriend now. My last girlfriend cheated on me with a sugar daddy. I was very disappointed but now I feel okay again.'

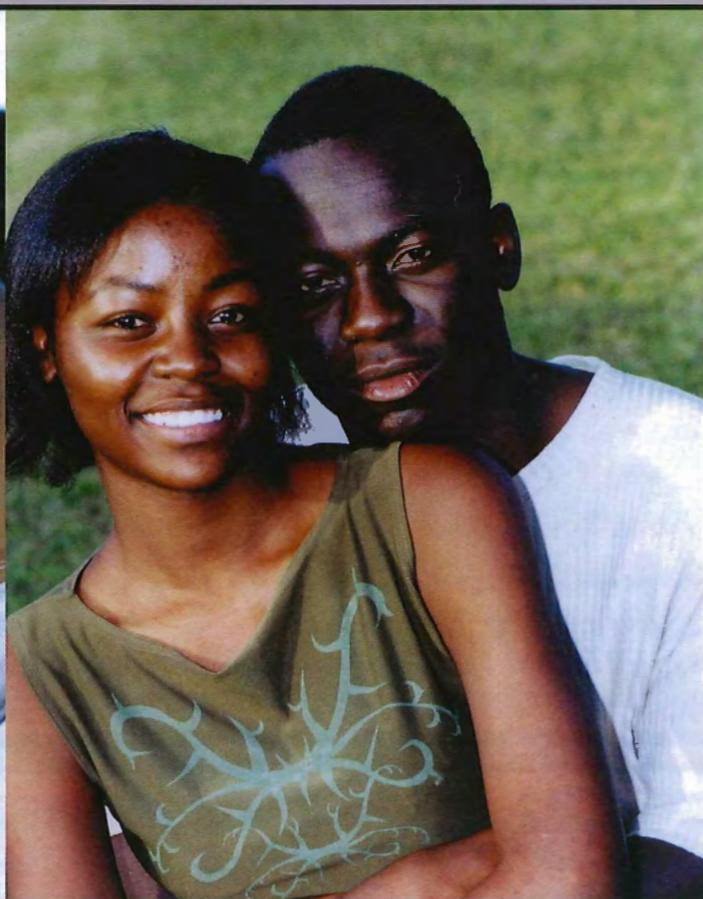
– Felix

'My elder brother helps me with school work. He loves to see me perform well at school. This makes me feel good because I know he loves me.'

– Inonge

'My girlfriend is very beautiful and nice. She is concerned about my life. She encouraged me to stop drinking and smoking.'

– Takondwa



Violence in relationships

Everyone is equal. The Zambian law says that everyone has human rights.

This means you are protected by the law from being hurt or treated in a cruel or violent way.

Some people believe it is okay to say or do hurtful things to others while others think they have the right to force someone to have sex with them. This is not true. Violence is a crime.



'You shouldn't force a girl to have sex. It's terribly wrong to do this. You can't force people to do what they don't want to do. If you love her you won't do this.'

– Marvin



'I left my boyfriend because he used to beat me. It was the best thing I ever did.'

– Memory

New words

Violence:

ntulubundi
kuswala kappa kuhwana
bulwii bwa kulukuka
ukenya
yikonkozhola
ciwawa
kulwana

crime:

umulandu
mulatu
buumbaanzhi
uhwanga
ulumbu
mlandu, kucita mlandu
mulandu

rape:

ukulungana mukubomfya amaka
ukwabula insambu
nikulobala imutu isi ka tumele lano
kulaalaana kwa kukanjikizha
kupika
kupika mumbanda
kugona muntu mwachi kakamizo
kusinikizya koonana



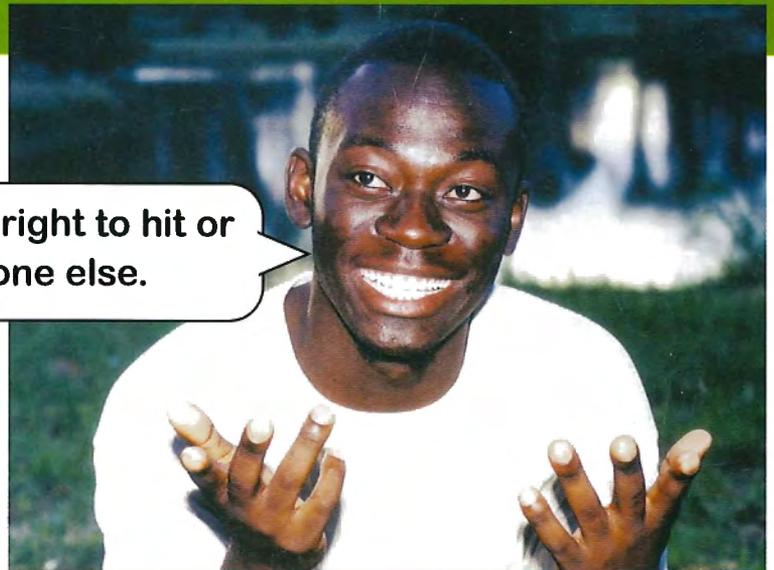
Something to think about

- ? Is hurting someone's feelings a form of violence?
- ? Does beating bring respect or does it bring fear?
- ? What can you do at your school or in your community to stop violence?

'When I was 14 I was raped by an older woman. I was so shocked and ashamed. I never thought women could rape men. I did not tell my father until many weeks later.'

– Matthew

No one has the right to hit or hurt someone else.



Wrong ideas about violence against women

“My girlfriend used to make fun of me in front of my friends. One day, I beat her up and now she respects me.”

– Mwila, Rhodespark

- ✓ **Beating someone is wrong.** Some people believe beating will bring respect and put them in control. This is not true. Beating causes fear, it does not bring respect. It is better to be loved than to be feared.
- ✓ **Beating someone does not make you a better person.** Most people won't like you if you are violent.
- ✓ **Learn to deal with your anger.** When you feel angry – stop. Then walk away! Think about why you are angry. Take time to cool down and think about how to deal with the problem. Choose a time and place to sort things out peacefully with the person.

“If I want sex and my girlfriend gives me excuses, I will force her to have sex.”

– Sydney, Parklands

- ✓ **You don't own your partner** (girlfriend or boyfriend). Some men say that women belong to them and a man is the boss. In a good relationship, men and women respect each other.
- ✓ **Forced sex is always rape.** If someone is forced to have sex when they do not want to, it is rape. Even if the person is your partner. Rape is punishable by law.
- ✓ **If you have started to have sex with someone and they change their mind – stop.** Even if you have started touching and kissing already, 'no' means 'no'.
- ✓ **Sex with someone younger than 16 is called defilement in Zambia.** If you have sex with someone who is younger than 16, even if they agree to have sex, it is defilement.

Remember!

No one has the right to be violent. Speak out. Break the silence!

Let's talk about sex...

Sex is all around us. Pop stars sing about it, adverts sell it and our friends tell us they are doing it. But many adults won't talk about it with young people. Here young Zambians give their views on sex.

'The messages in most songs we listen to influence us to have sex.'

– Ruth

'If you are drunk you won't know how or who you have sex with.'

– Christopher

'Some girls also force boys to have sex because of peer pressure. They are scared that their friends will laugh at them when they hear that their boyfriend isn't having sex with them.'

– Miyanda

'The girls in my class say you are sleepy if you're still a virgin. But I believe virginity is something special which you should lose at the right time.'

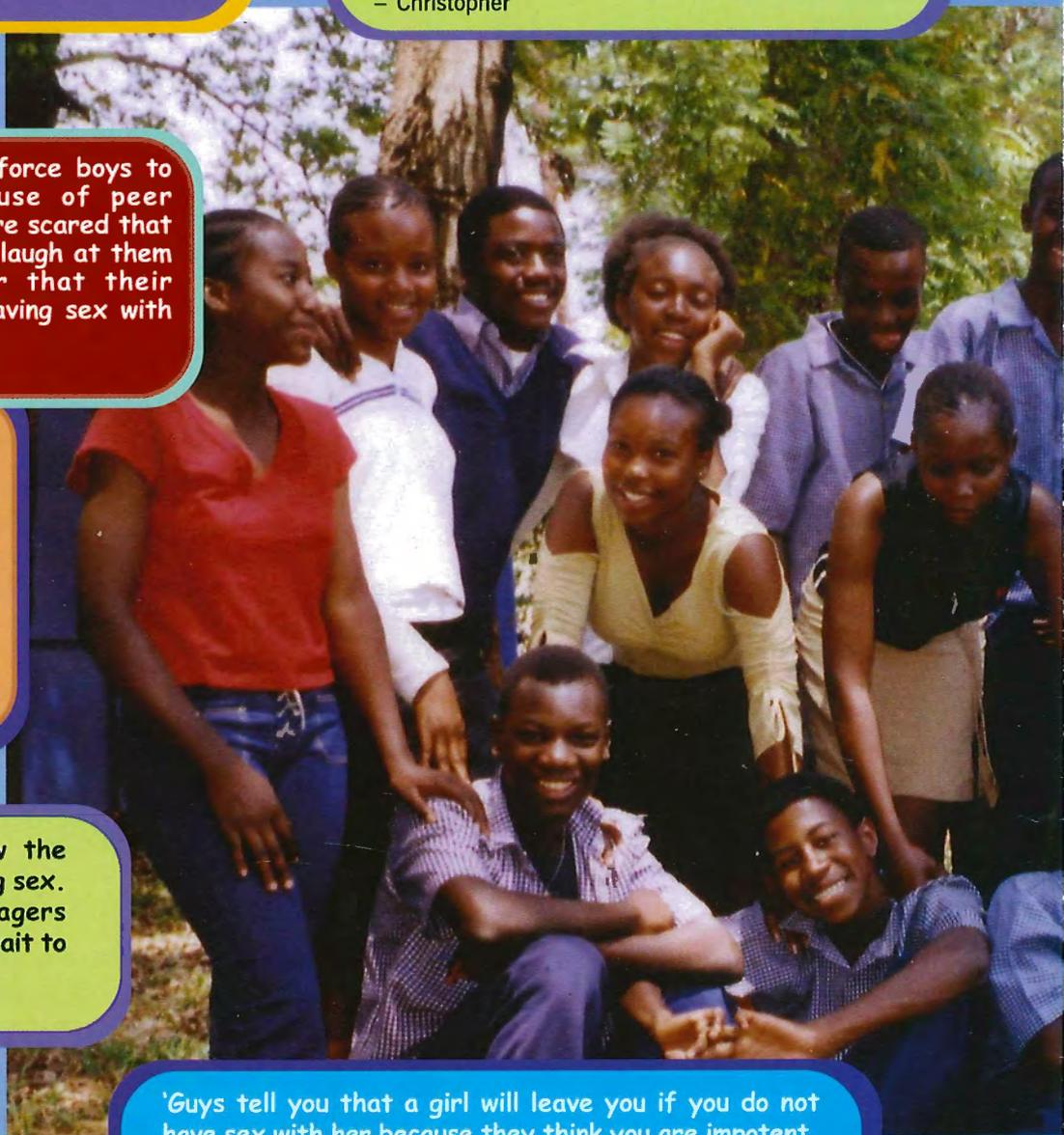
– Sunga

'Movies only show the good part of having sex. This makes teenagers excited and can't wait to try it out.'

– Sandra

'Guys tell you that a girl will leave you if you do not have sex with her because they think you are impotent. This is not true.'

– Danny



Talk

What do you think about sex? Who can you talk to about it? How can you stop making others feel they are nothing without sex?

'There are not enough activities and places for young people in our communities. So young people drink, smoke and have sex for enjoyment.'

– Chonde

'Boys use the word love to get sex from girls, and when she becomes pregnant they run away.'

– Nalukui

'As a Christian, I think sex is for married people only.' – Tiza

'Friends will say you are nothing if you do not have sex. But when you have AIDS they won't be there for you. So watch out for yourself.'

– David



ACTION

You have a right to information about sex:

- ★ **Start a youth club.**
Get together with friends to talk and share information.
- ★ **Visit the library and get books** about growing up and about sex to get the correct information.
- ★ **Ask your teacher** to invite someone to talk to your school about sex education.
- ★ **Write to a health organisation** for information or advice.
- ★ **Get pamphlets and posters** for your school or local community centre.
- ★ **Do a play to show others in your school or youth club.** Find out what people need to know. Use the information in this booklet to make sure that the information and messages in your play are correct.

New words

virgin:

nacisungu
mwalyanjo
kisuungu/Kashilu
mwali
kankafia
namwali
musimbi/musankwa utananga onana amuntu

impotent:

cibola/ukushifyala kwa mwaume
kusa pepa
kiboloboofwa
kuheuka
kufwa kwishina/kuhewuka/Kulepa
ucimbuwira, ungomwa, kusabereka
kubula nguzu kubusankwa

Advice Page-

Auntie Josephine

Many young people have wrong ideas about sex. Here Auntie Josephine answers your questions.

Read on and check out the facts.



Sex and Love

Dear Auntie Josephine

'If you refuse sex, does it mean you don't really love your boyfriend?'

No! You can love your boyfriend and still not want to have sex with him. You do not have to have sex with anyone if you don't want to. You may have decided this for many reasons: your religion, your values or because you want to get to know the person better. It's fine to wait until you are ready for sex. If your boyfriend loves you, he will respect your wishes.

Auntie Josephine



Masturbation and Wet Dreams

Dear Auntie Josephine

'Is masturbation bad and does it make you infertile? Do wet dreams mean you must have sex?'

No! Masturbation is normal and healthy. It does not make you infertile (unable to make babies). Many people say that it is a good and safe way to relieve sexual feelings without the risk of pregnancy and STIs. Both boys and girls can masturbate. Wet dreams do not mean that you must have sex. They are only a sign that your body is changing and growing up.

Auntie Josephine



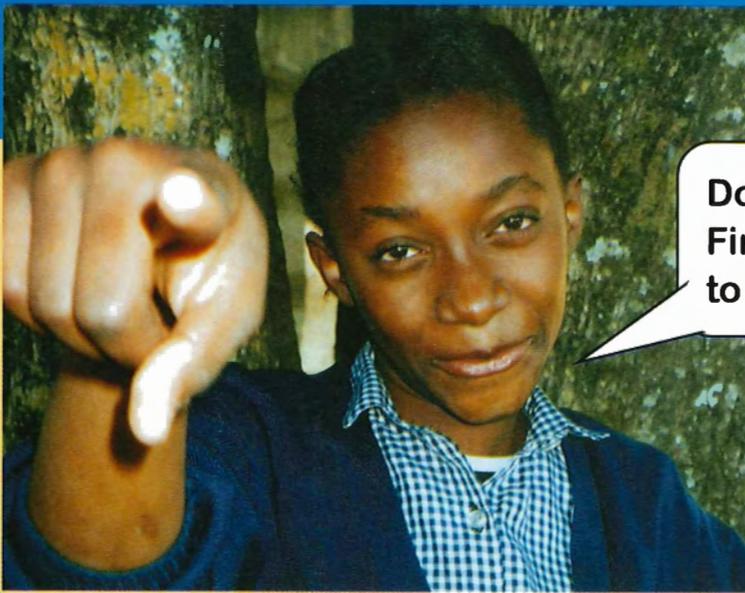
Sex Urges

Dear Auntie Josephine

'My boyfriend says he has strong sex urges which he can't help. He says I MUST give him sex.'

This is not true. Both boys and girls can control their sex urges. Tell your boyfriend that YOU are strong enough to control your sex urges. Why is HE too weak to control his?

Auntie Josephine



Don't be fooled by anyone!
Find out all you need to know
to stay safe.

TIPS

Be safe. Be wise.

- ★ **Don't let someone fool you with wrong information.** Find out the facts that you need to know.
- ★ **Be careful of alcohol and drugs.** It is hard to stay away from sex if you have taken drugs or drunk too much alcohol.
- ★ **Trust is not enough.** Your partner could be HIV positive from even one time with another person. Even if you are faithful to each other, you are at risk.
- ★ **If you have sex, use a condom.** Remember, it is always safer not to have sex at all.
- ★ **More partners means more risk of getting an STI or HIV.**



Breasts, Wetness and Sex sex

Dear Auntie Josephine

'Is it true that if you have big breasts and get wet easily it is because you have slept with many boys?'

No this is not true! It's normal for any girl's vagina to get wet when she is enjoying kissing or sex. This does not mean that she has had sex before. It is the normal body response. When a boy gets sexually turned on he gets an erection. When a girl gets sexually turned on she gets wet in and around the vagina.

It is also not true that a girl with large breasts has had sex. The size of your breasts is determined by your family's body history. It is a complicated mix of your parents families body shapes that makes you who you are. A unique person.

Auntie Josephine

New words

infertile:

chumba/ukushiyala kwa

mwanakashi

kusa pepa

kubula Lusemo/Nuumba

wumba/kupwa mumba

wunshinta

cimbuwira, ngomwa

kutahhyala

Fun without SEX



Lots of young people are not having sex and they don't seem to be miserable, helpless or alone. They are having a whole lot of fun out there!

'We walk around our village together visiting friends.'

- Sydney

'We send each other gifts.'

- Taonga

'We send messages to each other on the radio.'

- Hazel

New words

miserable:

ubulanda

kuishonda

kupopomenwa

kunenga/Kuhomba

kunefia

kukhala osakondwa

kutakkomana

'We enjoy dancing together.'

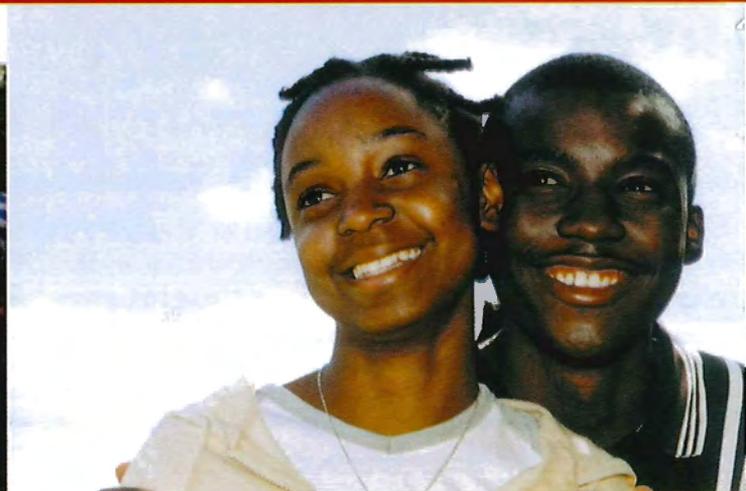
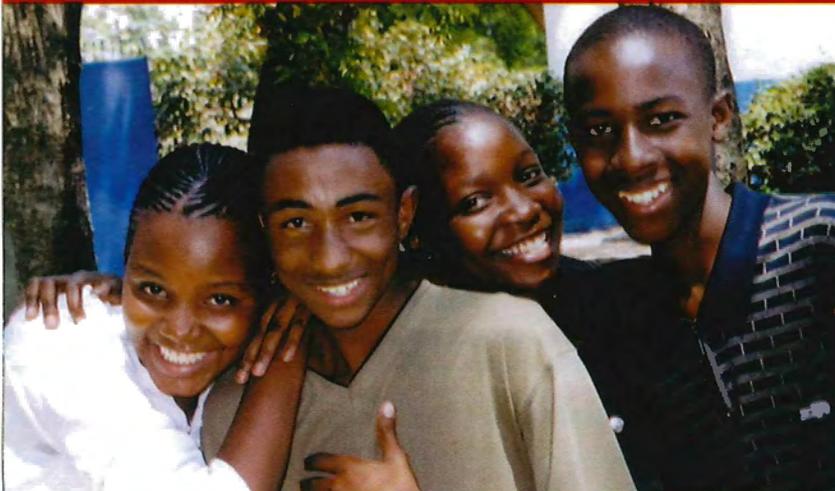
- Mweemba

'We go to the park or parties together.'

- Barbara

'We talk and talk for hours about everything as well as our future.'

- Chileshe





No sex. No worries.

'We listen to music.'

- Mwaka

'We write cards and letters to each other.'

- Mary

'We send flowers to each other.'

- Febby

'We pack a few snacks and go out of town to a quiet place for a picnic.'

- Lillian

'We go to the cinemas to watch movies together.'

- John

Dangers of sex if you are too young

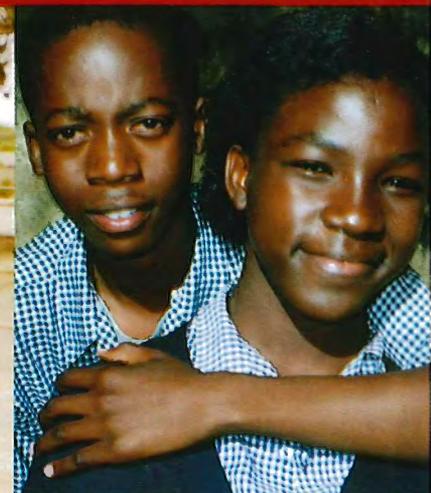
- ★ Sex can give you very strong feelings. You may not be ready to handle the strong feelings caused by sex.
- ★ You can become pregnant. Having a baby can destroy your future plans. It can also be dangerous for a young girl to give birth.
- ★ You can get dangerous infections such as HIV and other STIs from having unsafe sex.
- ★ Girls can get cancer of the cervix later in life if they have sex too young. The cervix is the opening to the womb.
- ★ You can become infertile from some STIs. See page 28.



Something to talk about

- What kinds of touches make you feel good? What don't you like?
- Ask your partner to tell you the kinds of touches he or she does or doesn't like. Write down some fun things to do without sex. Share these with a friend if you like.

Remember! You always have the right to say NO to any sexual activity that you don't want. You can enjoy touching or kissing and not have sex. Both boys and girls can control their sexual feelings.



WHY

people have sex

People have sex for many different reasons.



'Teenagers should wait until they are married to have sex. Traditionally sex was limited to certain ages only. We must bring back some of our traditions.'

- Charity

New Words

Traditionally:

ulutambi

ka sizo

klsemwa

nachisemwa

nachisemwa

mwa mlyambo

clengwa

- ★ **Love.** Some people have sex because they feel love for the other person. Many people feel that sex is so special you should wait until you are married.
- ★ **To get money or support.** Sometimes people buy you nice things to have sex with you. Sex is not money! You never owe sex to anyone.
- ★ **To make a baby.** A baby is a big responsibility. Do this only when you have your life sorted out with a good job, career and enough money to take care of the child.
- ★ **Boredom.** In some places there are not many fun things for young people to do. Boredom is not a good reason to have sex.
- ★ **To prove they are real men or real women.** Real men and women don't need sex to prove it.
- ★ **To be adults.** Being an adult is about your attitude, your maturity and being responsible. It's not about sex.
- ★ **To be like their friends.** Only have sex when you are ready for it.
- ★ **To keep a relationship.** If your partner only loves you for sex, he or she doesn't really love you.
- ★ **They are forced to have sex.** It is wrong for family, friends or strangers to force you to have sex.

Are you ready for sex?

Sex is best when you feel ready for it. How do you know if you are ready? Ask yourself these questions before you rush into having sex.

- Do you really love this person? Is it a long-term relationship?
- Do you and your partner both want sex?
- Do you feel safe and good with this person?
- Have you talked about sex together?
- Do you have protection from HIV, STIs and unwanted pregnancy?
- Have you talked with your partner about using condoms?
- Do you have a new condom to use?

If you said 'NO' to ANY of these questions, you are not ready for sex.

Safe Sex

Safest sex is no sex.

Safer sex means using a condom every time that you have sex.

Safe and safer sex protect you from unwanted pregnancy, HIV/AIDS and other sexually transmitted infections (STIs).

Wait until you are older for sex. If you can't wait, use a condom. Safer sex is the only kind of sex to have.



Safe sex is **Not**

- ★ **Taking medicine or contraceptives after sex.** This won't prevent HIV and AIDS.
- ★ **Sleeping with a virgin when you are HIV positive** won't cure HIV and AIDS.
- ★ **The withdrawal method.** The boy pulls out of the girl's vagina before he ejaculates (comes). This does not protect against pregnancy or HIV and AIDS.
- ★ **Drinking dangerous substances or putting them in the vagina.** This will not remove a baby or protect you from HIV and AIDS.

The ABC of Safe and Safer Sex

- A** = **Abstinence.** No sex is the best. Have fun in other ways!
- B** = **Be faithful.** You are more at risk if you have more than one sexual partner.
- C** = **Condom.** If you want to have sex, use a condom.

New words

Abstinence:

ukukana cita ubupulumushi
kusa somana
kwiikaanya/Kubula kwiilaala
kuli henda kuusunda
kuhumbula/Kuzhila
kuleka kugonana
kutoonana abasimbi/basankwa

faithful:

bucine
kusepahala
kwiiketekela
kupwa nalufwelelo
chikuwelelu
kukhala wokhulupirika kwa mwamuna kapena mkazi
kuhyomeka

Remember!

There are many untrue stories about safe sex. It is best to check all the information at a clinic or with an adult you trust BEFORE you decide to try sex. The safest sex is no sex at all.

Visiting a Clinic

Contraceptives prevent unplanned pregnancies. You can stop using them when you feel ready to be a parent. Only one contraceptive, the condom, prevents HIV infection.

Go to your clinic for information. At a clinic, you have the right to:

- ★ Correct information
- ★ Be treated politely
- ★ Friendly service
- ★ Condoms
- ★ Privacy
- ★ Respect

One day at a clinic



Sister, we are thinking of having sex with our boyfriends. We need your help.



We want to prevent getting pregnant and getting STIs.



I am happy you have come for help. I can tell you what you need to know, but have you thought about abstinence?

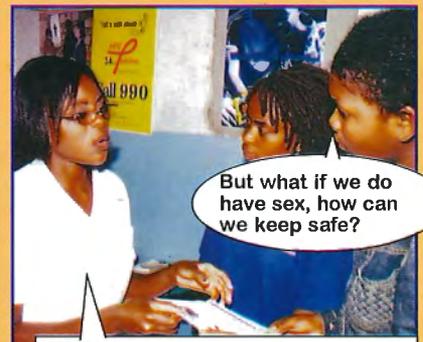
Abstinence means not having sex. Sex is very special and it is something that you can always wait for. Have fun in other ways.



But Sister, what if our boyfriends refuse to abstain?



You should talk to your boyfriends and tell them how you feel. If they truly care for you, they will understand that it's okay not to have sex.



But what if we do have sex, how can we keep safe?

Well this is how a girl's body works...to prevent pregnancy you can choose pills, condoms or injectables. But only the condom protects you from HIV, STIs and pregnancy. Any questions?



Please girls think carefully about your decision to have sex or to wait. It's best to abstain. Your boyfriends can still love you. But if you do have sex, please don't forget to use a condom every time.

Remember!

- If you are under the age of 16 years, ensure that you get the right information on family planning methods from a health worker.
- Always check with a health care provider at your nearest health centre to make sure that you are using family planning methods that are right for you.

Talk Is your local clinic friendly to young people? Are condoms and health information available? If not, what can you do about it?

Mwaba's story

'I was in grade 8 when I thought I'd met the perfect man. Then I discovered I was pregnant. I was 15 years old. It was a difficult pregnancy, and when I finally went into labour, I suffered a lot of pain. I love my child but I do regret the effects he's had on my life. I haven't even had the chance to finish school yet. I would encourage girls to wait until they are in a committed relationship like marriage to have a child.'

Mwaba is not alone. In Zambia one out of four 19-year-olds is a mother. Having a baby too young can be dangerous.

Dangers of Teen Pregnancy

Falling pregnant as a teenager could mean:

- Your school work is interrupted or stopped completely;
- You will have more responsibilities than you can handle;
- You can't play with your friends like you used to;
- It's hard to take care of a child with no money;
- When the girl is under 18, it is more dangerous for her and her baby.

(Read real life stories of teen parents on pages 26 and 27)

Here are some contraceptives you can use



The pill (used by girls):

- ✓ Protects against pregnancy.
- Needs to be taken at the same time every day. Cannot skip a day.
- Only starts working after using it for a full month.
- Does not protect from STIs or HIV and AIDS.



The injectable (used by girls):

- ✓ Protects against pregnancy. Lasts for 3-6 months.
- Some people may bleed too much.
- Some people may put on or lose weight.
- Must remember to have another injection again after 3 or 6 months.
- Does not protect against STIs or HIV/AIDS.



The female condom (used by girls):

- ✓ Protects against pregnancy.
- ✓ Protects against STIs and HIV.
- They are not cheap.
- They may be difficult to get.
- They can be difficult to put in. Read the instructions carefully first.
- They can be damaged by nails and jewellery.
- They are useless after the expiry date. Always check the expiry date. Do not use them after this date.



The male condom (used by boys):

- ✓ Protects against pregnancy.
- ✓ Protects from STIs and HIV.
- ✓ They are easy to get.
- ✓ They are easy to use, once you know how.
- ✓ They are cheap or free.
- Has to be used when the penis is erect.
- Has to be used just before entering the vagina or anus.
- Can be damaged by nails and jewellery.
- They are useless after the expiry date. Always check the expiry date. Do not use it after this date.

New words

contraceptives:

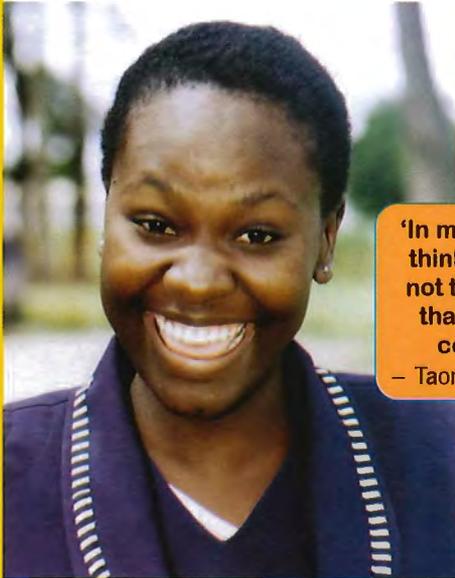
inshila shakuicingililamo ukukana imita
lika ze tibela
muchu wakukanya kwimita
jijila jakukingilamo lusemo
yitumbu yakukangiesha lusemu
njira zoletsera kutenga mimba
nzila hhyakulilehya kumita

injectable:

inshindano
ndonga ya kutibela milwalo
nguuya
ndongo yavitumbu
ndofu yakukañesha lusemu
mankhuala acilezi oletsa kutenga mimba
nyeleti ilehya kumita

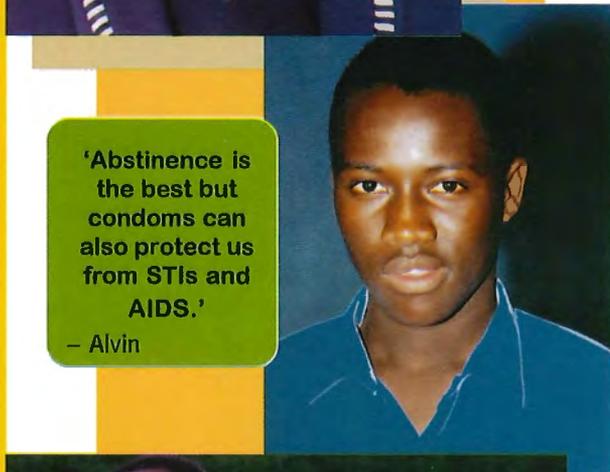
All about condoms

What do young people think of condoms?



'In my opinion, I think its better not to have sex than to use a condom.'

– Taonga



'Abstinence is the best but condoms can also protect us from STIs and AIDS.'

– Alvin



'Men pretend to be ignorant about the use of condoms so it's better for girls or women to carry condoms. This is the only way we can protect ourselves from pregnancy, HIV and other STIs.'

– Joygrace

Wrong Idea

Condoms are not effective, so why bother using them?

Right Idea

When used correctly (following the instructions on the packet) and always (every time you have sex), condoms offer almost 100% protection against pregnancy and sexually transmitted infections (STIs) including HIV. A condom is not porous and does not allow any liquid (semen) to pass through it. Scientific tests prove that STIs including HIV cannot penetrate the condom. Condoms don't fail, but people can fail to use them properly. A condom will only work if:

- They are used correctly.
- You put it on before ejaculation.
- You take it off before you lose your erection.
- You use a water-based lubricant such as K Y Jelly (do not use Vaseline or any other oil-based lubricant).

Wrong Idea

Condoms easily break.

Right Idea

Condoms do not break easily when stored correctly (away from heat and pressure) and handled with care when opening the pack and putting on, as well as proper lubricant. Keep condoms away from sharp objects like nails. When putting on the condom press the tip to ensure that there is no air in the condom.

Wrong Idea

Condoms reduce pleasure.

Right Idea

Condoms give you no worries because you are not going to get an STI or unplanned pregnancy. As a result, you are stress-free and can enjoy sex. Also the pleasure of sex may even last longer especially for females.

Wrong Idea

Using condoms means you sleep around.

Right Idea

Condoms protect you from pregnancy and disease, and even if you are only having sex once, you still need to use a condom. This does not mean that you are "sleeping around". It just means that you are clever enough not to take any chances with your life!

Wrong Idea

Two condoms are better than one.

Right Idea

You should NEVER use two condoms at the same time as this will increase the friction on the condoms and could result in the condom breaking.

Talk

What do young people think of condoms?
What do you think about condoms?
Talk with your friends.

Remember! Use a **new** condom every time you have sex!

How to put on a condom

Use one condom for one time only. Do not use two at a time. Doubling them will cause them to burst or break.

Condom-use demonstration on a wooden model.



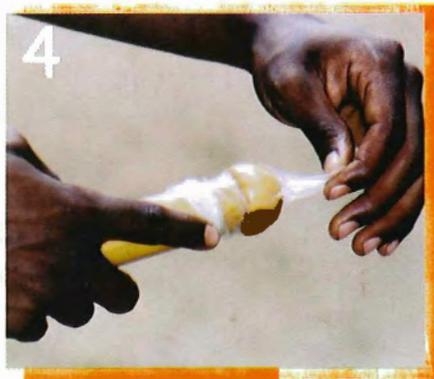
1
Open the condom carefully. Do not use your teeth or something sharp like scissors to open it.



2
Make sure the condom is the right way round. Hold the end of the condom to let air out. Roll it all the way down the erect (hard) penis.



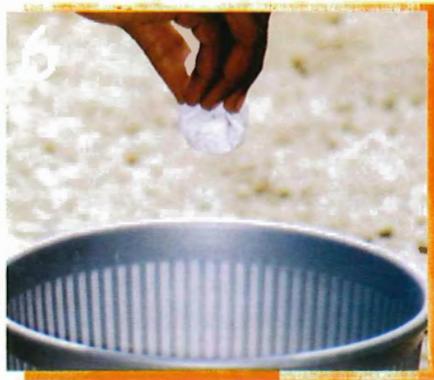
3
Make sure that there is no air in the tip and that there is space for the semen. Otherwise it might break! Now you are ready to have sex.



4
When you have finished, you must take the penis out before it gets soft. Hold the condom on the ring so that you do not spill any sperm.



5
Tie it near the top. Wrap it in paper or a tissue.



6
Throw it away somewhere safe where children will not find it. Don't use the condom again! One round. One condom.



Don't put oil or vaseline onto the condom or the vagina. If you want to slide in more easily, use KY jelly.

You can buy KY jelly from some pharmacies or drug stores.

Where to get condoms

- Clinics
- Supermarkets
- Pharmacies
- NGOs
- Shops at petrol stations
- Hospitals
- Clubs

Your sexual rights

All boys and girls
But rights come

Good relationships

You have the **RIGHT** to be happy in a relationship.
It is your **RESPONSIBILITY** to think about the other person's feelings.

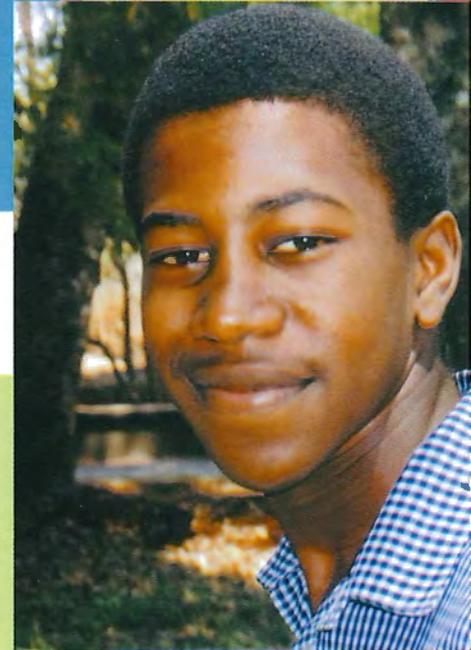
You have the **RIGHT** to say no to sex if you do not want sex. If anybody forces you to have sex, it is rape. Rape is a crime.

It is your **RESPONSIBILITY** to tell the other person what you do or don't want.



Choices

You have the **RIGHT** to choose when to have children. It is your **RESPONSIBILITY** to abstain or to use proper contraception. It is also your **RESPONSIBILITY** to take care of a baby if you have one.



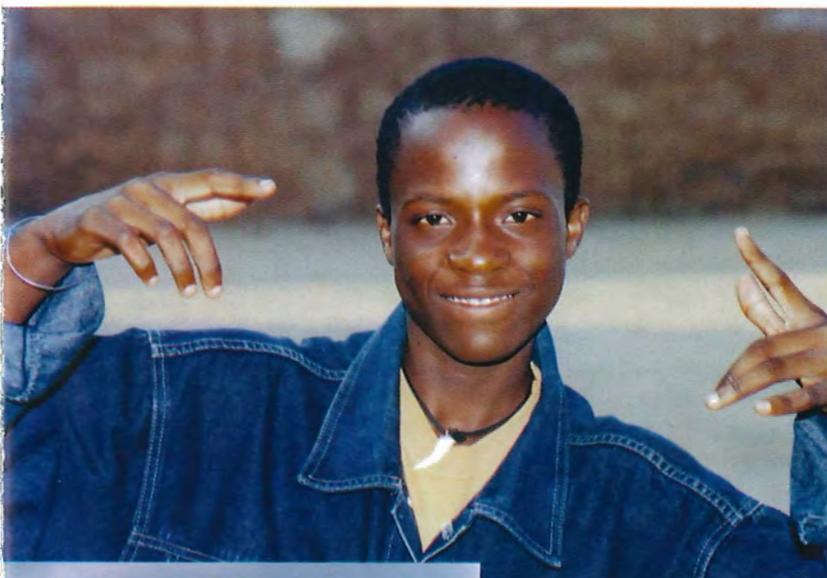
Safe SEX

You have the **RIGHT** to safer sex and to tell your partner to use a condom.
It is your **RESPONSIBILITY** to learn how to use a condom properly and to use it every time you have sex.

These **RIGHTS** are for all young people.

have these rights. with responsibilities.

You have the **RIGHT** to wait until you feel you are ready for sex.
You must take **RESPONSIBILITY** for your future and the consequences of your choices.



You have the **RIGHT** to choose who you want to have sex with. Even if the other person is your partner or has bought you nice things.

It is your **RESPONSIBILITY** not to pretend about what you feel.



Contraception

If you are 16 or older, you have the **RIGHT** to get contraception at the clinic and to be treated with respect by health workers.

It is your **RESPONSIBILITY** to make wise decisions.

New words

sexual rights:

insambu shenu shakuipingula mu bulalelale

liswanelo za muntu nimutu fa kusoma

nsaambu ya pa bya kwillaala

ngolo jakulimanyina muusunda

ng'ovu jakudimena muyuma

yakudikama

ufulu wofuna kapena kusafuna

kugonana

nguzu nzyomujsi kumakani aa koonana

responsibilities:

ifyo mufwile ukuchita

zemu swanela kueza

mwingilo

kulimanyina

yuma yiwatela kwila

zinthu zoyenera kucita

nhhyoelede kucita

Information

You have the **RIGHT** to accurate information about sex. It is your **RESPONSIBILITY** to find out everything you need to know about sex.

Respect these **RIGHTS** for yourself and others.

Our Stories

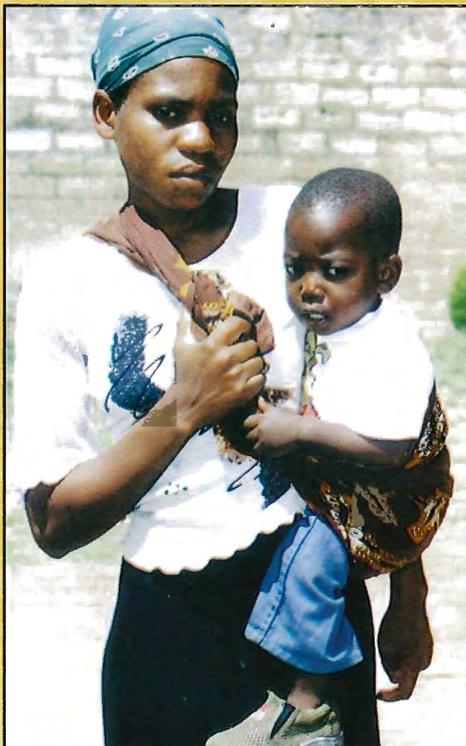
teenage parents



Tilas

I have always wanted to be an accountant but about 2 years ago my dream was almost shattered when I became pregnant while doing my grade nine. I was disappointed with myself. I felt like I had betrayed everyone who believed in me. I soon realised that feeling this way would not help me. I continued going to school and wrote my grade nine exams while pregnant. Although I qualified to grade 10, I had to wait for my baby to grow up a bit before going back to school.

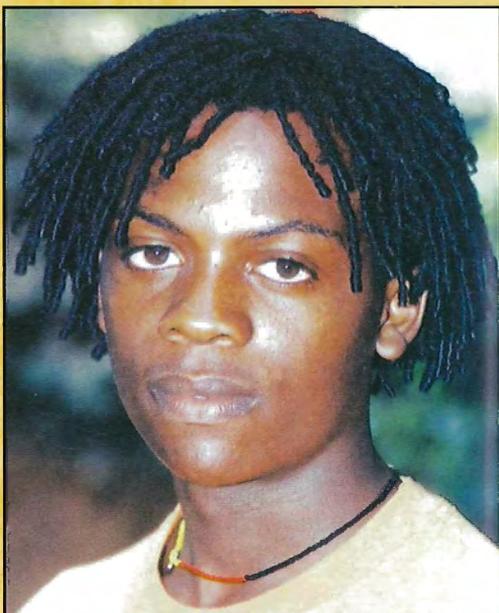
If I didn't get pregnant and had not stayed home for sometime looking after my baby, I would have been completing my last grade this year. My advice to my fellow teenagers is, stay away from sex because if you become pregnant you may not reach your goal at all or you may get there late. And please, if you get pregnant, go back to school, it is not the end of everything.



Daisy

My baby is now one year and ten months old. Although the father of my child has accepted responsibility, he has not said anything about marrying me.

Life has not been easy for my child and me especially because both my parents are dead. First it was my father and then my mother followed him three years later. My son needs food, clothes, and later on education. I also want to go back to school. My aunt looks after us (my son and I). My advice to other teenagers is to please keep away from sex.

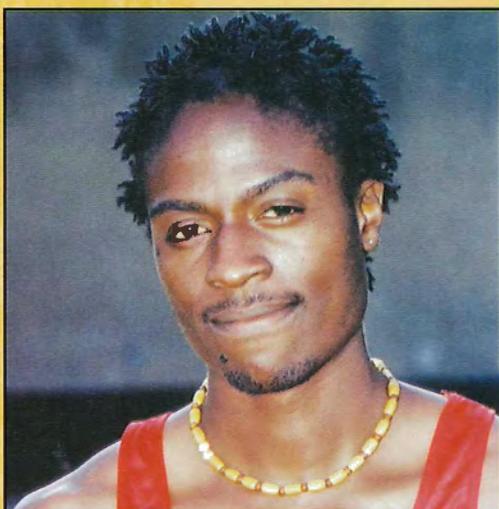


Kayawe

I visited my sister who lives in another town. While there, I met a girl who I fell in love with. We started going out, and I later returned to my hometown, Lusaka. After sometime, I was shocked to be told that she was carrying my child. All this happened at a time when I had no proper information on love and sex.

My child is two years old now and lives with the mother. It is not easy being a teenage father. Sometimes friends make fun of me and I feel out of place.

I regret what happened. I would urge teenagers to start having sex only when they are fully equipped with information about sex because when they understand their bodies they will make better decisions and avoid such mistakes.



I am Miyoba

I thought being a father was easy until my girlfriend fell pregnant about four years ago. I had to find resources to support the baby and the mother. It's hard to raise a child especially when you realise that it's your duty as a parent to provide for them until they are old enough to stand on their own. Sometimes they fall sick and you don't know what to do. I am now 18 and my child is three years and six months old.

I am Mercy

I was only 13 years old when I became pregnant. It was not easy for me to learn how to look after the baby since I was too young to be a mother. My parents had to teach me and help me raise my daughter. After I realised that I was pregnant, I dropped out of school. That was four years ago and I haven't gone back to school. I wish I had finished school, gone to college and become independent.

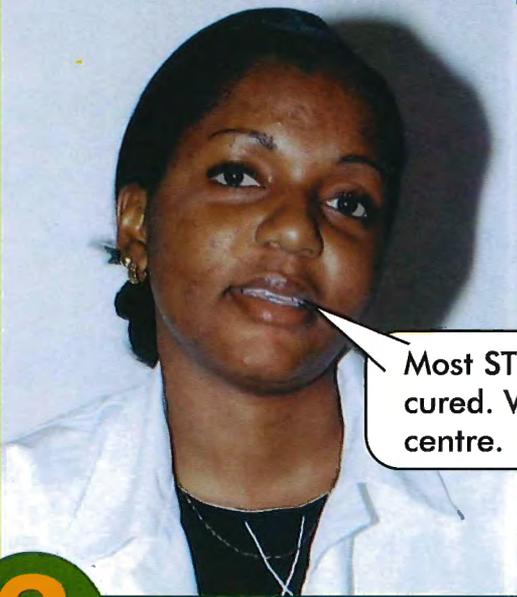


Sexually Transmitted

Remember!

The ABC of staying healthy

- A** = **Abstinence.** No sex is the best. Have fun in other ways!
- B** = **Be faithful.** You are more at risk if you have more than one sexual partner.
- C** = **Condom.** If you want to have sex use a condom.



Most STI's can be cured. Visit a health centre.



What are Sexually Transmitted Infections (STIs)?

- An STI is any sickness passed from one person to another during sex like gonorrhoea, syphilis, chlamydia, genital warts, herpes, HIV/AIDS.
- Some STIs can cause infertility (this means you will not be able to have a baby) and very bad infections.
- Some STIs can also be very painful.
- STIs can make it easy for a person to get infected with HIV. STIs cause sores and openings in the skin. HIV can easily enter the body through these openings and sores.

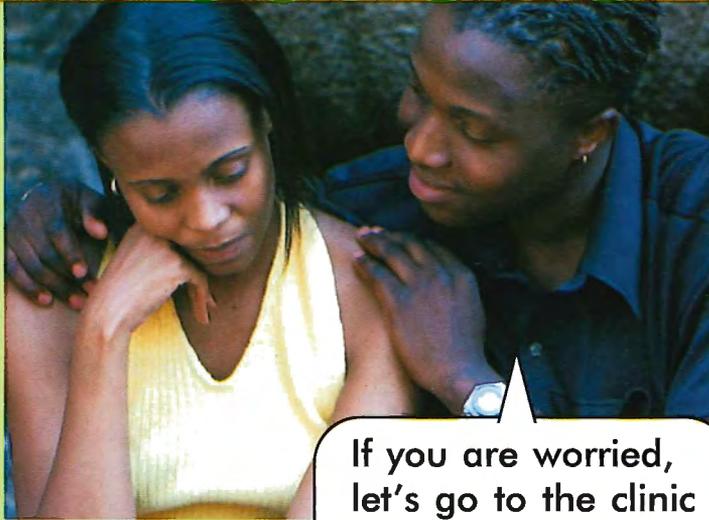
What are the signs that you have an STI?

- Sores on the vagina, penis or anus.
- A white, yellow or green discharge (fluid) coming from the penis or vagina. Sometimes this smells bad.
- Burning when you pass urine (pee).
- Pains in the lower part of your stomach or back.
- Itching or redness around the genitals (penis or vagina).
- Pain during sex.
- Pain in the testicles (balls) if you are a boy or man.

If you have any of these symptoms, go and see a doctor immediately!

Sometimes you can't see any signs, especially if you are a woman. It is important to get regular check-ups at the clinic if you are having sex.

Infections (STIs)



If you are worried, let's go to the clinic together.



What to expect if you go to the clinic

- Clinics can treat most STIs with pills. Sometimes an injection is given. There are pills that can be given for HIV that may help you live better and longer but no one can cure HIV at the moment.
- Treatment for most STIs usually works in about 2 weeks.
- You must take the medicine until it is finished. This will make sure that the disease is killed.
- Go back to the clinic if it does not get better.
- All your sexual partners must also go to the clinic for treatment as they may also have the STI. You can get the STI again if your partner is not treated.
- It is very important to use a condom every time you have sex.
- Remember, if you have an STI, it is easier for you to get HIV/AIDS.

New words

STIs:

Amalwele ya lwambu yasangwa ku bwamba
 Matuku a sihule
 Bikola bifuma mu bulaale-laale
 Misongo yakuwanyina mukulisuunda
 Nyisoŋu yamuwuvumbi
 Matenda akatengera
 Malwazi aajanwa kwiinda mukoonana

gonorrhoea:

akasele
 manansa a likeleswa
 kisanyika/Kinkolote
 kalwena
 kaseli
 cinzonono
 kuzimba mitoke muntebe a kuzwa masina

syphilis:

akawende
 manansa a litombo
 kasweende
 manyaza
 wononu
 kaswende
 kanswende

thrush:

ifilonda ifinonono ifya ku bwamba kututuluka kwa bupilo
 bituumbwa-tuumbwa
 mazaza najimbandu kuulunga wa pwevo
 yilonda yitooka kuwuyela hela kuwumbanda
 kumva kutantha kuziwalo zogonanira
 buyaaya bwa mukanwa

genital warts:

insundu ku bwamba
 likoŋola
 bimapuumba-mapuumba (Kubwaana bulume naangwa kumubiji wa mwaanamukazhi)
 mazaza akusoloka nge kahya kuulunga/uphwevo
 mahumba kuwuyala umbanda
 nkhombola zomera ku ziwalo zokwatanira
 tumpu tuzwa kubukaintu/kubusankwa

herpes:

umulilo wa Lesa
 mulilo-wa-nyambe
 biloonda kumutwe wa bwaanabulume naangwa bwaana bukazhi
 musongo wamasa
 chingongu
 zironda za matuza ku ziwalo za mwamuna kapena za mkazi
 mulilo wa leza

What is HIV?

HIV is a virus that gets into your body when you have sex with someone who already has the virus. If you have HIV in your body, it is called being HIV positive or HIV+.



What does HIV Do?

1. **HIV slowly leads to AIDS.** Once it is in your body, HIV never goes away. Some people live with the virus for 10 or even 15 years.
2. **HIV slowly damages the immune system (fighter cells).** The immune system is part of our bodies. It protects us from getting sick. The immune system keeps us healthy by fighting off other viruses and germs that cause diseases.
3. **You can look and feel fine for many years when you have HIV in your body.** Most people do not know that they have HIV. HIV works slowly. It takes many years for the virus to make your body weak.
4. **You cannot tell by looking at a person that they have HIV.** The only way to know is to have an HIV test.
5. **Being HIV positive does not mean instant death.** You can live a healthy life for many years.



'I am Jeremiah Kamanga. I live in Chawama. I am HIV positive. I have known that for 13 years now. You can look and feel fine for many years when you are HIV+. I go out in my community teaching people about HIV and how you can live positively once you know your status.'

New words

virus:

akashishi kaleta ubulwale bwa kondoloka
kakokwani ka butuku
keeshi (Kaloongolo)
kathutu echi kunehanga misongo
kabubu kaletaña nyisoñu
tizilombo tamatenda
kazunda kaleta bulwazi bwa sikalileke

Immune system:

amaka ya mu mubili ayalwi sha amalwele
mubili moi buleleza kwa matuku
bukikizhi bwa mubiji
ngolo yakuzungisa misongo
mumujimba
kudikañula kunyisoñu
mphamvu yathupi yodziteteza
nguzu hhyamubili hhyitabilifa malwazi

Remember!

You cannot tell by looking at a person that they have HIV or not. The only way to know is to have an HIV test.

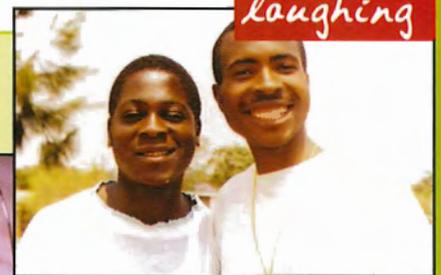
How do you get HIV?

You CAN get HIV from:

- ★ **Sex.** This is the main way. Most people get HIV from having unsafe sex with someone who is HIV positive.
- ★ **Pregnancy and birth.** A mother who is HIV positive can pass the virus to her baby. This does not always happen. There are medicines to stop babies from becoming infected during birth. This is why it is important for pregnant women to get themselves tested for HIV.
- ★ **Breastfeeding.** A mother who is HIV positive can pass the virus to her baby through breast milk. This does not always happen. It is therefore important to get the right information from the clinic.
- ★ **Infected blood.** HIV exists in the blood. This means that receiving blood that is infected can infect people. People can also get infected when a traditional healer uses the same blade to tattoo different people. The virus can also be passed on when you inject drugs with a shared needle. Never share a needle or a blade.

You CANNOT get HIV from:

- ★ **Sharing** the same food, house, toilets, cutlery, plates, cups, taps, wells, blankets, sheets, bicycles or swimming pools with someone with HIV or AIDS.
- ★ **Talking**, touching, laughing, kissing, hugging, holding hands with a person with HIV or AIDS.
- ★ **Having someone who is HIV positive cry**, sneeze, spit, cough or breathe near you.
- ★ **Mosquitoes.** When a mosquito bites a person, it does not inject its own or a previous victim's blood into the new victim. Rather, it injects saliva, which does not contain HIV even in an infected human. HIV cannot reproduce inside insects. Even if the last person who was bitten was HIV positive, a mosquito does not get infected and cannot pass HIV on.
- ★ **Donating blood.**
- ★ **Using a hair-cutting machine.**



New words

infected:	_____
ukwambukilwa	_____
kuba ni butuku	_____
kusaambula (Kukwaatwa)	_____
kutambula musongo	_____
kutambula	_____
munthu wodwala	_____
kunjilwa tuzunda	_____

What is AIDS?

Nobody knows where HIV started, and guessing which country it comes from does not help people with HIV. We do know that it's important to prevent more people from getting HIV, because it leads to AIDS.

- **HIV destroys the immune system.**

After a number of years your body can't fight sicknesses anymore. This is AIDS.

- **AIDS is when** your immune system cannot fight illness anymore. People with AIDS easily get sick with chest and breathing sicknesses like TB, or they get cancer or very bad diarrhoea.



You can't tell by looking at a person if they are HIV positive or not.

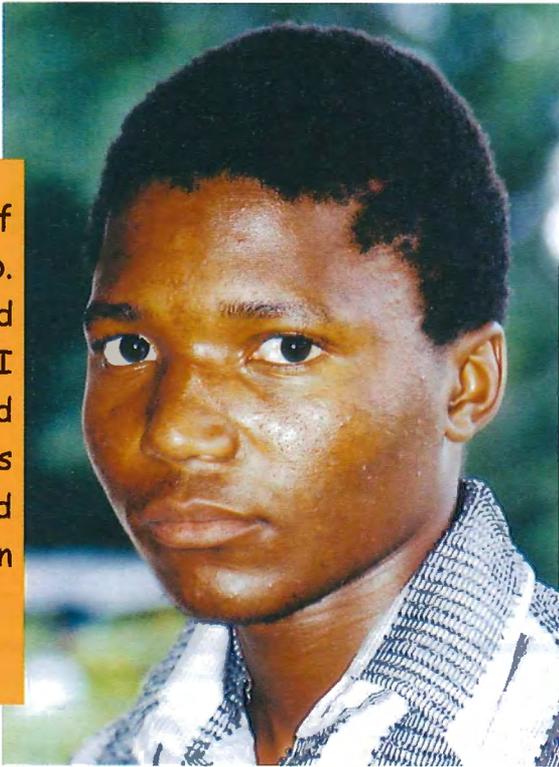
Getting sick with AIDS

People with AIDS may get sick or die from one of these sicknesses:

- Tuberculosis (TB).
- Pneumonia (very bad lung sickness).
- Cancer.
- Diarrhoea and vomiting.

Symptoms of AIDS can be:

- Very bad weight loss.
- Fevers and night sweats.
- Mouth rashes and infections.
- Skin sores and infections.



'My uncle died of AIDS a year ago. He was sick and could not walk. I took him food and water. I washed his clothes and helped him put on clean clothes.'

– Chuulu, Kamwala

How to prevent AIDS



'I worry about AIDS. When I become sexually active I will try to be responsible.'

– Mwangala

Male circumcision is the removal of the foreskin that covers the head of an uncircumcised penis. It is a very common procedure that is done for health, religious and/or cultural reasons in many countries. Male circumcision should be performed by trained providers under clean conditions. Health clinics provide medicine that will prevent you from feeling pain during the procedure. You can be circumcised at any age – from just after birth until adulthood.

Benefits of male circumcision:

- ★ It reduces your risk of getting HIV and some other Sexually Transmitted Infections (STIs).
- ★ It is easier to keep a circumcised penis clean.

Male circumcision does **Not**

- ★ Provide 100% or total protection against HIV or other STIs.
- ★ Effect sexually behaviour or make a man more or less sexually active.
- ★ Change the size of your penis.

Circumcision is not a substitute for any of the other methods of HIV or STI prevention like abstaining, limiting sexual partners, or using a condom correctly and every time you have sex

Trust won't protect you.

It is important to have a partner that you can trust, but some people believe that this makes them safe. This is not true. Your partner may have been infected with HIV from the person that they were with before you.

Your partner can look and feel healthy. They may not even know that they have HIV in their body.

Someone newly infected with HIV is most infectious in the first weeks and months of HIV infection because the virus multiplies quickly and the body has not had a chance to respond to it. When the body's immune system starts to respond to the new infection, the number of virus in the body falls and the chances of infecting partners are still there but become lower after the first few weeks.

The only way to know for sure is to have an HIV test. (Read page 34 to find out about the HIV test.)

- ★ Always use a condom when you have sex.
- ★ Both of you must stay sexually faithful to each other. Otherwise the sex will no longer be safe. Less partners means less risk of getting infected with HIV.
- ★ Remember you must always use reliable family planning

'I know people who are having unsafe sex. And they say they trust the guy. But if you sleep with a guy without a condom, you are sleeping with the last 20 girls he slept with. Trust won't protect you.'

– Chilufya

You can learn more about male circumcision by visiting a safe and clean, trained site which offers counseling services for male circumcision and HIV (Mums Clinic, New Start Centers, Corp Med, UTH, Livingstone General Hospital etc.).

AIDS affects everybody's future. Young people are most at risk of getting HIV and AIDS. Young people with AIDS may not grow up to use their wisdom and skills to help their communities. Our choices can affect everyone.

Stop HIV from spreading. Wait until you are older to have sex. Or, if you have sex, use a condom correctly every time.

New words

wisdom:

amano

zibo

maana/Milaangwe

mangana

maana

nzeru

busongo

How do you know

if you have HIV?

You can look and feel fine for many years when you have HIV in your body. That's why you cannot tell by looking at a person if they have HIV or not. The only way to know for sure is by having the HIV test. Helen Chishaleshale is a counsellor at New Start Voluntary Counselling and Testing Centre in Lusaka. She explains what the test is all about.



Going for an HIV Test

My name is Helen. I work for New Start. We counsel people about HIV/AIDS, as well as provide testing services. People come to us when they want an HIV test, or when they would like to find out more information about HIV and AIDS or even when they just need someone to talk to about such issues.

There are many benefits to going for an HIV test.

At New Start we only test people above 16 years. If someone younger would like to get tested we refer them to the University Teaching Hospital (UTH) or Young Women Christian Association (YWCA).

Before the Test

When someone comes to New Start they should set aside about 1 hour 30 minutes which is the approximate time of the whole procedure (which includes pre- and post-counselling, as well as the actual test).

After we have talked, the person decides whether or not to have the test. If they decide to take the test, then they sign a consent form and blood is taken.

Getting the Test Result

After the test, I do post-counselling.

If the result is negative, we talk about how the person can maintain that negative status. We talk about keeping oneself safe and healthy, that is using a condom if they are sexually active or deciding to abstain. I also advise them to come and get another test after 3 months.

If the test is positive, I tell them the difference between HIV and AIDS, explaining that they can live for a long time if they take care of their health. I listen to their worries and concerns. We also talk about practicing safer sex to prevent re-infection and infecting others. And I also refer them to other appropriate services where they can get help.

I advise people, whether they have tested positive or negative, to join the Post Test Clubs where people can get regular support and information.

No matter what the test results are, I keep them a secret. I tell no one what the results are, not even my fellow counsellors.

It is up to the client alone to decide if they want to tell others.

Remember

You can get tested for free at government clinics.

Talk

Would you go for an HIV test if you are sexually active? Why? Why not?

What to do if you test HIV **POSITIVE**

- If you test positive, you are infected with HIV. You may not have AIDS yet.
- Being HIV positive does not mean death. Many people who are HIV positive live a good life for many years.
- You will probably feel many different things. You will feel sad, angry, scared or worried. This is OK. Accepting that you are HIV positive will take time. Find ways to deal with these feelings so that you are not too stressed.
- Find someone you trust to talk to. It may be a parent, teacher or friend. Or write or talk to people who are also HIV positive.
- Learn more about HIV/AIDS. Use a condom every time you have sex.
- Look after yourself. People who look after themselves can be HIV positive for a long time without getting sick with AIDS. This is called Living Positively. Eat well, rest, exercise and do things that make you happy.
- Visit your nearest health centre and talk to a provider and access Anti Retroviral (ARVs) treatment when ready.

What to do if you test HIV **NEGATIVE**

If you test negative, wait for 6 months and have another test. This is because sometimes the virus takes longer to show up in the test. Always have safe sex, and be faithful to one partner.

What are your rights?

- **You have the right** to decide for yourself whether to go for the test or not.
- **Nobody**, not even a doctor, has the right to do the test without your permission.
- **The result is confidential.** This means it is against the law for anybody to tell the test result to anyone else without your permission.

Remember!

No one may tell your HIV test results to anyone else.



'People who have HIV and AIDS need to be treated fairly. We want to be treated with respect like everyone else'.

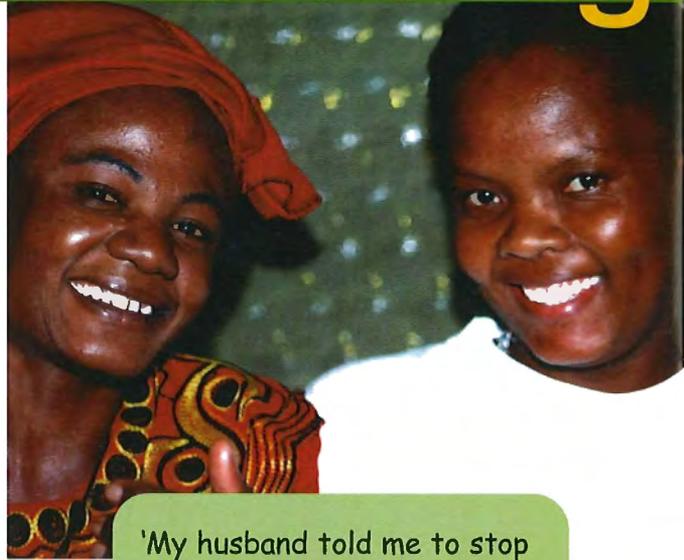
— Jeremiah Kamanga

Some reasons to have an HIV test

- If you have had unsafe sex, having a test stops you worrying.
- If you are HIV positive, you can get the care you need to stay healthy for longer.
- It stops you from infecting others without knowing it.
- If you are HIV negative, it can encourage you to have safe sex in the future.
- If you test positive, you can get access to Ant Retroviral (ARVs) treatment.

Tips for positive living

If you, or someone you know is HIV positive, here are some things that will help you stay strong and healthy.



'My husband told me to stop being friends with Maureen (left) because she is HIV positive. I told him we should divorce because I will never leave Maureen. She will always remain my friend.'

– Monde, Chingola

'Some people say people with HIV or AIDS must be marked for everyone to see or be chased out of the society. This is wrong and unfair. These people have done nothing wrong. Who can stand up and say it will never happen to them?'

– Kangwa, Kafue



Make plans for your life. Continue to do things you enjoy. Do important things in life that you always wanted to do.



Eat normally as food helps to make you stronger.



Avoid alcohol, cigarettes and drugs. All these things make your body weak.



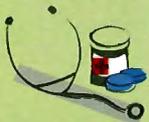
Get daily exercise. Go for a walk, play some sport or go dancing!



Get lots of sleep and rest.



Try to avoid being near people who are sick, so that you don't catch their colds and flu.



Go for regular check-ups at the clinic. If you feel sick, see the health workers as soon as you can.



Abstain from sex or always have safer sex (sex with a condom) so that you do not pass the virus on to others.

Try to avoid stress. Avoid people who make you feel bad about yourself. This can help you stay healthy for a longer time. Some people lead healthy lives for 10-15 years.

Access and adhere to ARVs as soon as you are eligible.

Remember!

If you know someone who has AIDS, it is safe to touch and hold them. It will help them be strong because they will feel important and loved.

Coping with difficult feelings

It is hard if you discover you have HIV in your body. It takes time and love and support from the people around you to get used to it. Many people keep it a secret. They fear that other people, like their family and friends, will reject them. So they tell no one that they are HIV positive. They cannot talk to others about HIV and AIDS and how they feel about it.

If you have HIV:

Your feelings are real. Don't pretend that you are okay if you are not. Things can be made worse if you don't talk about your feelings.

Talk about your feelings. Talk to a friend or family member that you trust. You could also talk to a nurse, doctor or priest. Tell them about your sickness and your thoughts about the future. Talking will help you feel less alone.

Don't blame yourself. Don't feel ashamed. You are not a bad person. You have a virus that anyone can get.



ACTION

There are people in your community who have HIV and AIDS. Many of them are struggling and need help and support. How can you help them? Here are some ideas. Can you think of more?

- * Visit someone and offer to deliver messages for them.
- * Read to them.
- * Walk a short way with them every day.
- * Talk to them about their worries.
- * Do their shopping.
- * Cook a meal for them.
- * Play with AIDS orphans or young children with HIV.
- * Children who have HIV-positive parents or parents with AIDS may need someone to look after them.
- * Put on a play at school to teach people how to treat people living with HIV/AIDS.



When I found out that I was HIV positive it wasn't easy. But I told my family and they supported me.

Living with HIV

Annie's story



'My name is Annie Hampande Chali. I am 23 years old and living with HIV. When I was 15 years old I fell pregnant. After giving birth my friends advised me to take an HIV test. This was because it was important for me to know how to live now that I had a child who needed a lot of attention as he grew. I asked myself why I should go for a test when my child and I looked healthy. I ignored their advice and continued leading my life the way I wanted.

Four years later, I had another baby who was born with a spine problem. During her sickness, my friends advised me again to take an HIV test. Although I refused, I strongly felt something was wrong with me. My baby's sickness was strange. Two years later she finally died after a hard struggle.

I didn't know what to do next. I thought of my past life and it scared me so much – the boyfriends, pregnancies and so on. I asked myself what would stop me from getting HIV after leading such a life. Last year, I decided to go for an HIV test after I became pregnant again.



Something to think about

People are sometimes unkind to people who are HIV positive. This happens because of fear and lack of understanding. This is why some HIV-positive people are afraid to tell their family and friends that they have the virus. How can you stop this discrimination in your school and community?

Having an HIV test

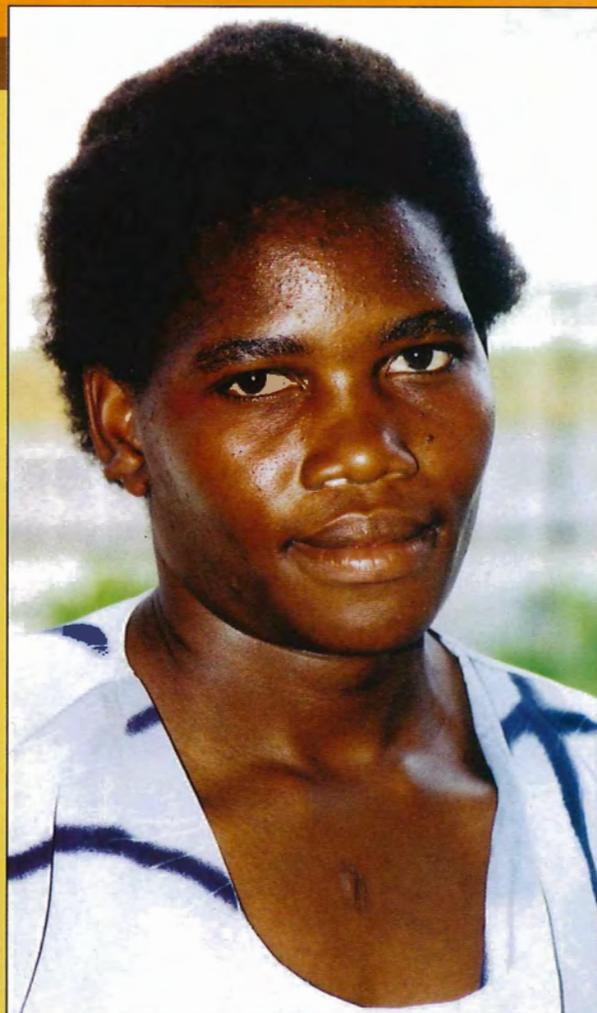
At the clinic, a counsellor talked to me before the test. I felt strong enough to take the test after counselling. The time came for me to get my results. I was HIV positive. The news was disturbing but the counsellor's words changed my whole perspective about testing positive. She said being positive did not mean it was the end of the world. She advised me to be happy always and refuse to be called a patient.

I still look healthy. I allow myself to have a free mind.

Breaking the silence

I decided to tell my mum about my status. I thought she would blow up but she was calm and encouraging. My boyfriend (the father of my third child) and I got married this year. We are both HIV positive and support each other in all that we do. I want to be a counsellor one day. I want to help people realise that knowing their status is very important.

I know I have made mistakes. I feel sad when I think about how I got infected. Learn to abstain or always have safer sex. I got infected when I was a teenager, and it can happen to you too. Trust only yourself. It does not matter how much you love someone, they can still infect you with HIV.'



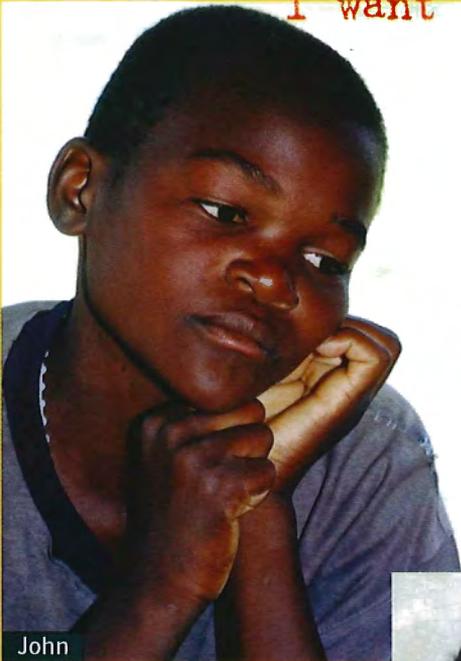
Annie has the right to:

- ✧ Work.
- ✧ Education.
- ✧ Be treated the same as others.
- ✧ Respect and care.
- ✧ Privacy. She should decide who to talk to about her HIV status.
- ✧ Not be the victim of gossip.
- ✧ Health care.
- ✧ Kindness and love.

Caring for orphans

Many young people in Zambia have lost their parents. These are their stories.

I want to finish school a lot



John

"I cry a lot when I think of my parents. I feel things could have been better if they were still alive. I live with my sister. She has been very good to me. I want to finish school, start work and take care of my young brother and sister. I love them so much and I want them to go to school."

- John



Chanda

I dropped out of school

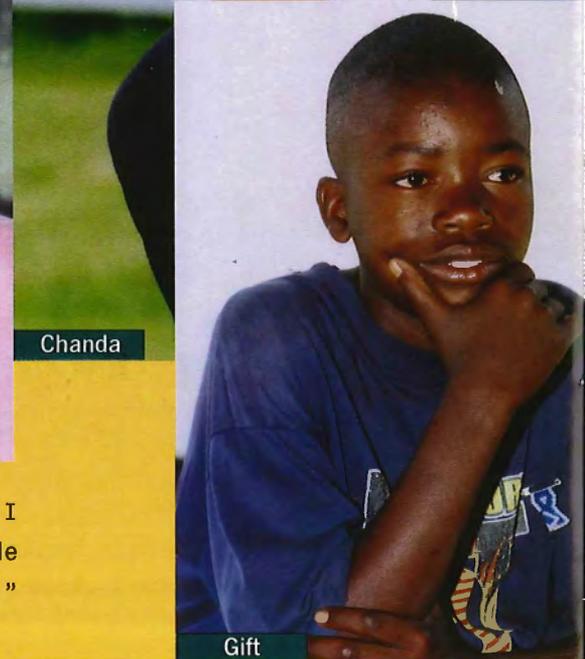
"I dropped out of school in grade three when my father died. My mother could not afford to take me to school. I used to admire my friends who were still in school. I believed that one day I would be able to go back to school. When I came to Lusaka four years ago, I started selling at the market in order



Loveness

to raise money for school fees. My aunt also assisted me and I finally enrolled at a school in my township. I am now in grade six (6) and I want to be an Accountant when I complete grade 12."

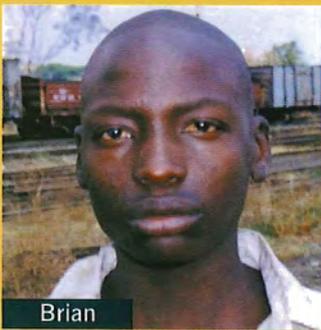
- Loveness



Gift

Remember!

More and more children are becoming orphans because of AIDS. Many will be your friends.



Brian

My brother took me

'My parents died when I was still very young. I can't remember much about them. My brother took me into his house and I grew up with him. He's more of a father to me than a brother. I am happy now that he has enrolled me at a community school in my area. I want to finish school, go to college and find a good job so that I can support my family.'

- Chanda

My parents died

"My parents died when I was very young. I've seen some of their photos although I can't remember anything about them. Growing up without parents hasn't been a good experience. I am now 14 and I live with my elder brother. The rest of our family members have also died. Only four of us are alive.

- Gift

Life on the street is hard

'My mother died in 1998 and my father in 2000. I am now 19 years of age. I've been living on the street for 2 years now, after I ran away from my half brother's house because I lost some money they had given me to buy food (mealie meal). Since then, I have been sleeping in a gutter near the post office in Lusaka. We call my home the 'Devil's Tunnels'.

Life on the streets is hard, we lack food, clothes, we fight among each other and I know things would be different if I had my parents. If I had a chance to change my life, I would get an education and maybe become a carpenter. One day if I ever have a wife and children I will send them to school so that they would have better chances in this life.'

- Brian

Mwaanga's story

Born in a happy home, Mwaanga would go to school, with a packed lunch that her mother made, knowing that once she got back home, she would find warm food on the table and get a huge hug from her mum on arrival. She had never had to think about basic necessities like food, clothing, shelter or education because her mother had always taken care of those things. One day things changed. Her mother became ill, and after a long illness she finally died. Mwaanga's life was no longer the same.

For Mwaanga, love and support finally came from an uncle. "My uncle from Chingola decided to take my brother and me with him. Everyone including our cousins was good to us. They treated us like we were part of the family. I finally got the love I lost when my parents died."

Many children in Zambia, like many other children in developing countries, have lost one or both of their parents for a variety of reasons including HIV/AIDS. This has made many of them the heads of their household. They may be forced into living on the street, selling sex for money, or becoming labourers at a young age.

When their parents die many children are taken into a new family without having any say about it. Sometimes they are separated from their brothers and sisters or moved to a new place. Some children who lived in town before are sent to the village where they don't have friends or don't know anyone at all. They may have to speak a different language.



ACTION

How to care for Orphans:

- ★ **Be kind and helpful to children who have lost their parents.** They need love, support and friendship. Find practical ways to help, like homework.
- ★ **Tell the teachers at school if you know someone in your class who has lost their parents.** Your teacher may not know that there is a child who needs special care and attention.
- ★ **Talk to adults you trust in your community and find ways to help.**
- ★ **If an orphan comes to live with your family, make them feel welcome.** Let them know that if they need someone to talk to, they can talk to you.
- ★ **Help families who are caring for orphans.** Offer to look after them during your free time. Read or tell them stories.
- ★ **Speak up for orphans.** They have a right to be treated with respect and kindness.

Choose LIFE

A teenage survival kit

This is a survival kit for your teenage years



Read and Ask

Get as much information as you can about your body and sex. Understand yourself! Know what is healthy.

Treat STIs

Don't wait. Treat any STI quickly!



Break the silence

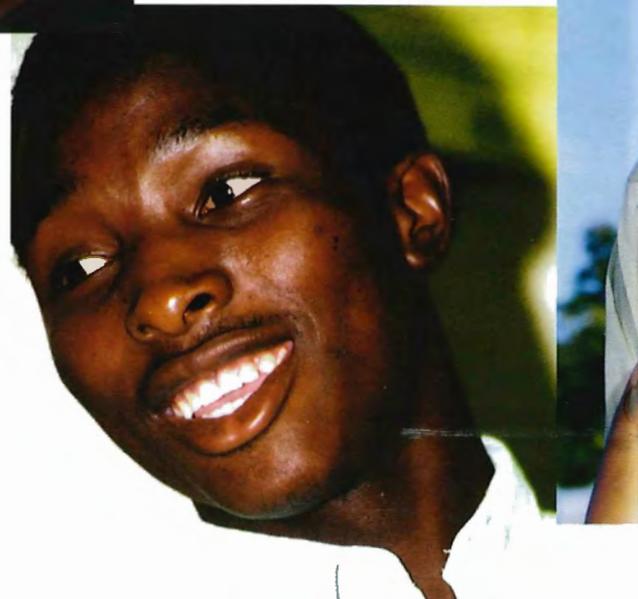
We must talk about sex and AIDS or we will never stop it from spreading. Tell someone how you feel. Tell someone if you are worried. If you are HIV positive, talk to someone you trust.

Get money-wise

Don't take money or gifts from people who want sex from you. Find some ways to get money. Collect wood, pick wild fruits, make things to sell. Ask someone if you can do some small jobs for them, like cleaning cars or looking after children.

Know your rights and responsibilities

You have a right to safer sex or to say NO to sex. You have a right to contraception and treatment at the clinic. Think for yourself. Take responsibility for your choices and your future.

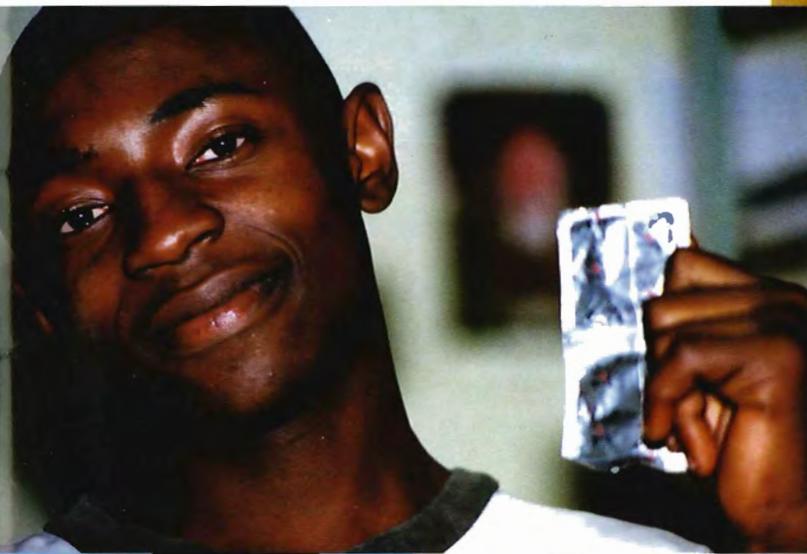


Have fun without sex

Sexual feelings are normal. Wait until you are older for sex. Find fun, cool ways to show love.

Protect yourself

If you have sex, have safer sex only. Use a condom correctly every time.



Never put yourself at risk

Alcohol and drugs can make you do things you do not want to do. Like having unsafe sex. Avoid alcohol and drugs. Always use a condom.



Care about others

Educate others about HIV and AIDS. Don't discriminate against people who are HIV positive. Give care and support to those who are living with HIV or AIDS.

Trust yourself only and be faithful

Be sexually faithful to your partner. Trust yourself only. Remember your partner may have been infected with HIV by the person he or she was with before. And they may not know it! Both of you should go for an HIV test before you stop using condoms.

Remember!

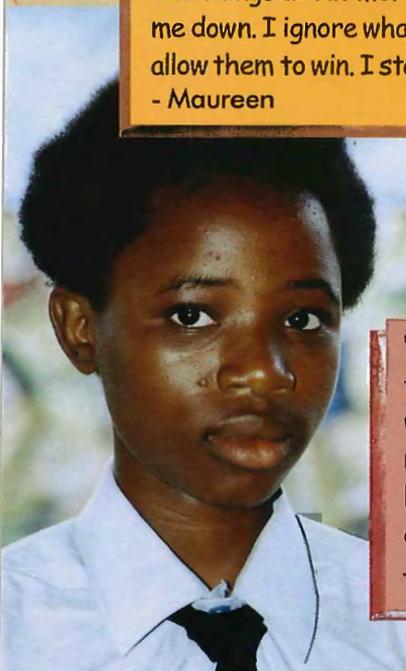
We are all living with HIV and AIDS. HIV and AIDS affects us all. Some of us have HIV. Some of us love someone who has HIV or AIDS. We must work together to stop AIDS from spreading.

Standing up for yourself

You always have the right to say 'NO'. 'NO' to sex, 'NO' to your friends, 'NO' to anything that makes you feel uncomfortable. But it is not easy to stand up and say 'NO'. It takes practice.



'Some people and my family always say bad things about me. They try to break me down. I ignore what they say. I don't allow them to win. I stand up for myself.'
- Maureen



'I don't like friends who want to control my life. I like being in charge of myself.'
- Rachel



'Some of the boys tell their girlfriends they must prove their love with sex. I won't be forced to do that.'
- Agatha

Tips

Tips for saying NO

- **Say 'NO' strongly.** Don't think that you must smile and be polite if the person is not listening to you.
- **Say what you mean.** Don't say 'maybe' if you mean 'NO'.
- **Don't feel guilty for saying 'NO'.** It is your right.
- **Stick to what you think is right.**
- **Walk away if you are still being ignored.**
- **Ask for help or advice** from a friend or adult you trust if things feel too difficult.

Saying NO feels good!

- You feel better about yourself if you do what you believe in.
- You respect yourself and others respect you.
- Your confidence improves every time you stand up for yourself.
- You can do it in a way that you both feel like winners.
- When you say 'NO', you are practising your rights.

Talk

Saying 'NO' takes practice. Act with a friend. Pretend that you are with someone who wants you to do something that you don't want to do. Practise how you will say 'NO'.

People and places

to help you



Call 990
CONFIDENTIAL HIV TESTS

Where to go for an HIV test/Counselling

All Government clinics and hospitals across the country

Lusaka Province	Lusaka Province	Southern Province	Eastern Province	Central Province
Kara Counselling Hope House Luanshya Road Light Industrial Area Tel: 01-227086/01-227087	New Start Centre 1st Floor Bata House Cairo Road P O Box 50770 Tel: 01-232683	Kara Counselling Kalima Street, Choma Tel: 032-20108	Kara Counselling Chipata General Hospital Kapata Health Centre Lundazi District Hospital	Kara Counselling Kabwe General Hospital Mahatma Gandhi Clinic Liteta Hospital DAPP Children's Town
Chawama Health Clinic Helen Kaunda Centre Plot No. 212	New Start Centre Chester Hse 3rd Floor Tel: 01-232683	Maramba Health Centre Monze Mission Hospital Keemba Rural Health Centre Mahatma Gandhi Clinic		
Mtendere Health Clinic Kamwala Health Clinic Matero Health Centre Tel: 01-245884	New Start Centre YWCA Tel: 01-257558	Sepo Centre Chikankata Mission Hospital Livingstone General Hospital		

Who to talk to about your problems and worries

- Peer Educators/Counsellors from NGOs in your area
- Health workers (Doctors, Nurses)
- Guidance and Life skills teachers
- HIV/AIDS focal persons at your school

Organisations that give information on HIV/AIDS and support

Lusaka Planned Parenthood Association of Zambia (PPAZ) P O Box 32221 Tel: 01-256182 Fax: 01-256123 Email: ppaz@microlink.zm Website: http://www.p paz.org.zm/	YWCA National RD Opposite, UHT P O Box 50115, LSK Tel: 01-251754 E-mail: ywca@zamnet.zm	Network of Zambian People Living with HIV/AIDS (NZP+) Tel: 097-505880/097-757344	Hope Humana (Development Aid from People to People, DAPP) 10 Luneta Road, Northrise Ndola P O Box 70505 Telefax: 02-640265 Email: hopendl@zamtel.zm Website: humanapeopletopeople.org
PPAZ Clinic Tel: 01-254728 Church Road	Youth Alive Zambia (YAZ) Private Bag RW61x Telefax: 01-293559 Email: yaz@zamnet.zm	Central Student Partnership Worldwide (SPW) Tel: 05-225078 spwzambia@zamtel.zm	Southern Province Integrated Reproductive and Child Health Project, ReH GTZ Riverside Plot No 1063, Choma P O Box 630529 Telefax: 03-20641 Email: gtzrehsp@zamnet.zm
Africa Directions (AD) P O Box 37230 Tel: 01-212426 Fax: 01-253839 Email: africadirections@yahoo.com Website: http://www.africadirections.org/	Youth Activists Organisation (YAO) Tel: 01-255333 Private Bag RW 491X Longacres E-mail: yao@zamnet.zm	Copperbelt Copperbelt Health Education Project (CHEP) 8 Diamond Drive, Martindale, Kitwe P O Box 23567 Tel: 02-229512/02-230234 Fax: 02-222723 Email: chep@zamnet.zm Website: www.chep.org.zm	Luapula Province Kawambwa Anti-Aids Club (KAAC), Kawambwa P O Box 730083 Email: mayamba@unhcr.ch
	Afya Muzuri 7449 Katotopola RD Tel: 01-232942/01-232943 E-mail: resourcecenter@afyamuzuri.org.zm		

Organisations that provide help to orphans

Children In Need (CHIN) 14th Floor Indeco House Cairo Road Telefax: 01-231298 P O Box 30118 Lusaka. Email: chin@zamnet.zm Website: www.chin.org.zm/	SOS Children's Village Tel: 01-242730/2 P O Box 37907 Kabwe Road Lusaka	Christian Alliance For Children in Zambia 2nd Floor, Superannuation House, Lusaka Private Bag RW 603x Tel: 01-235540	House of Moses Chelstone Green Tel: 01-284230 Email: cacz@zamnet.zm
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Where to get free condoms

- Hospitals/Clinics
- Youth NGOs



beyond petroleum

Understanding is the best prevention.

We believe that if people knew more about HIV/AIDS that would help prevent the spread of it. That's why we are putting resources behind the Soul City Institute and the Zambian Centre for Communication Programmes, to educate Africa and bring hope to our people.

