

Living and Loving

Radio Programme

Living and Loving



Discussion Guide

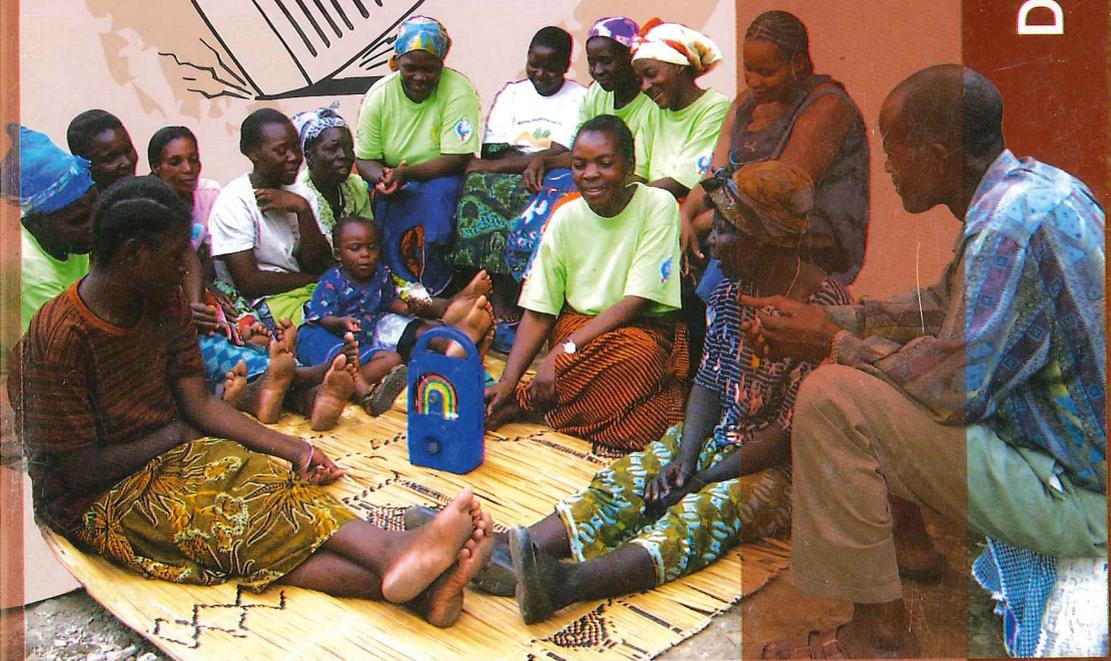




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Living and Loving

Radio Listening Group Facilitator's Guide

Listeners' Guide

This includes:

- Guidelines for how to set up listening groups
- Guidelines for holding a successful discussion
- Suggestions for what to say to the group before the show starts
- Suggestions for the discussion after the group has listened to the programme
- 26 one-page discussion guides, based on the 26 topics covered in the radio programme

To run a successful discussion it is recommended that you read the one page guide prior to meeting the group. This will help you become familiar with the topic and questions you can ask to start the discussion. Briefing yourself beforehand should make you feel comfortable in facilitating a discussion where all the participants are free to talk and express their opinions. If necessary, it will also give you enough time to consult an expert on the subject if you have any questions you are unsure about.

Background

The AIDS pandemic affecting Southern Africa has hit Zambia particularly hard. HIV prevalence is currently estimated at between 16 – 19% – that is, about 1.1 million Zambians living with HIV/AIDS – in urban areas (DHS 2002). Nearly every family has been touched in some way, either by caring for someone who is ill, taking in orphaned children, or attending more than their fair share of funerals.

Being able to cope with HIV/AIDS, as someone who is infected, as a caretaker of someone who is ill, or as a supportive friend and family member requires accurate information and skills. With the introduction of ARVs (antiretrovirals) into the country, this need has multiplied, as issues surrounding eligibility, adherence, and access, among others have become very important.

Stigma was identified as a key factor in the urban areas as being among the most challenging barriers to people accessing care, treatment and support. Respondents attributed stigma to a lack of knowledge about HIV and AIDS, in particular a poor understanding about how people could live with HIV.

Rationale

PLHA and their caregivers need access to information and continued encouragement to live well with HIV and AIDS. This need is felt stronger in the rural areas where people do not have the same access to information, networks and services as their urban counterparts. *Living and Loving* radio programme enables reliable, consistent and accurate information to be disseminated at scale. Listening groups established as part of the programme's mandate further encourage networks of PLHA, family and community members to support each other in discussing information, adopting new behaviours, and enabling those infected to live positively. Radio has the added advantage of allowing PLHA who are not ready to disclose to access needed information.

Audience

Primary Audience(s):

1. People living with HIV/AIDS
2. Caregivers of people living with HIV/AIDS

Secondary Audience(s):

1. Caregivers who come to the home, but are not family members
2. Community health workers
3. Clinic-based service providers

Living and Loving is a 26 serial radio programme. The length of each programme is 30 minutes. Each programme has a particular theme that is connected to living positively with HIV. *Living and Loving* is a magazine programme format which includes the following:

- Serial drama that runs throughout the programme. It tries to focus on the topic being discussed.
- Each programme has a testimonial that focuses on the PLHA or a caregiver and discusses the issues that they struggle with and how they manage to overcome their difficulties.
- Some programmes include letters from viewers.
- Local proverbs and slogans are used throughout the programme to strengthen messages. The Care and Compassion song "It's not over till God says so" is part of the music that runs through the programme.

Guidelines for Conducting Successful Listeners' Group

Guidelines for Setting up Listeners' Group

1. Find and establish a regular place for the listeners group to meet each week. This could be in a school, a church or any other place where a group can sit together every week.
2. Have a meeting with PLHA networks and introduce the radio programme. Discuss the objectives and advantages of the programme. Encourage PLHAs and a separate group of caregivers to come together and form listening groups.
3. Work with the Health Centre staff and other community leaders to support the groups by providing technical information and other leadership functions.
4. Introduce the radio programme to existing listening groups like the agricultural listeners.
5. Integrate the listening groups in the community by involving the neighbourhood health committees.
6. Facilitate the provision of a meeting place and an ideal time for the groups to meet.
7. Find a radio within the community or at the health centre that can be used by the group each week.
8. Identify facilitators for each group.
9. Train the facilitator on how to moderate the listeners' group.

Discussion Guidelines

1. Ensure that no one dominates the discussion. You can do this by directing questions to or asking for comments from specific people, rather than always asking for a specific response and waiting for someone to respond.
2. Respect all answers and comments, and encourage all group members to respect one another, even if they disagree. It may be useful to have the group members set rules for the discussion that everyone can agree on.
3. Encourage members to keep their comments and answers brief so that everyone has a chance to join in.
4. Pay close attention to the person who is speaking. Keep side conversations to a minimum so everyone can hear the person speaking.
5. Encourage participants to listen carefully to each other, and consider the opinion of others before disagreeing with them.
6. Encourage listeners to find solutions to concerns and problems, rather than just listing their complaints.
7. Bring in professionals to answer questions when it may be appropriate and necessary. Refer to the list of organisations that is provided in this manual to help you invite the right person for this activity.
8. Encourage all members to discuss their thoughts of how the discussion group is going and what they would like to change or improve.

Before Each Programme

1. Welcome all participants, remind them that the purpose of the listening group is to give everyone a chance to think and discuss the topic and raise questions and ideas of their own. Encourage participants to listen carefully and make notes if they would like to.
2. Explain the topic of the day's programme before the programme begins. Invite participants to think about their own responses to the topics, so that they can compare their own feelings to what they hear on the programme.
3. Turn on the radio several minutes before the programme begins to make sure that everyone is able to hear it.
4. At the end of the session, remind participants that you can provide them with the list of organisations that can respond to their problems and questions.

After Each Programme

1. Invite participants to open the discussion by commenting on any part of the programme that particularly interested them.
2. Remind them to listen carefully to each other and give everyone a chance to speak.
3. Use the questions provided for each programme as a way to guide participants if they do not initiate their own discussion.
4. Make notes of the most interesting comments and questions.
5. At the end of the discussion, wrap up by summarising the main message of the show. You can ask one of the participants to do this.
6. Take note of the attendance of each day.
7. Provide comments of your own which would make the Living and Loving programme more beneficial to PLHAs
8. Put all the notes on the discussion together and send them to the HCP office in your district.

Programme 1: Introduction to Living and Loving



Before the Programme

1. Explain that today's topic is *Introduction to Living and Loving* and where to access services.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary to start the discussion, you can use some or all of the questions below.

Possible Questions

1. What were your expectations of *Living and Loving*? Have your expectations changed after listening to this episode? How have they changed?
2. Do we know people close to us who are living with HIV/AIDS (PLHA)? Do you think this programme will be useful for them? Who else can benefit from this programme?
3. What were the main points discussed in this programme?
4. Which characters did you like in the drama and why?
5. What are some of the issues that the drama brought out?
6. How might these issues be dealt with in our community?
7. What were some issues discussed in this programme that touched you very much?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

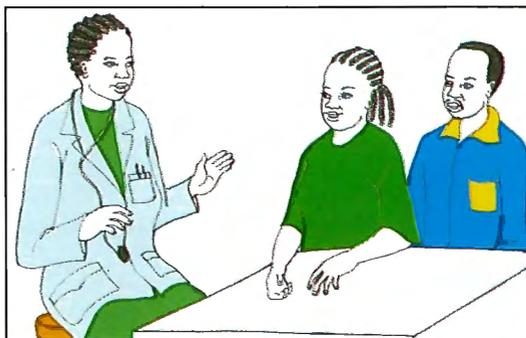
Programme 2: *Living and Loving* – Voluntary Counselling and Testing

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Voluntary Counselling and Testing*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:



Possible Questions

1. What were your thoughts about VCT before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What were some of the issues that the testimonial brought out? or What touched you about the testimonial?
3. What made it difficult for Amafosa to go for a test? Is this similar to what people you know have faced? How can we help support people who want to go for VCT?
4. What are some of the issues that he raised in his testimony that you would like to discuss?
5. Do you think there is a problem in our community to go for VCT? Why or why not?
6. What were some the issues that came up in the drama?
7. What does the word status mean? Why is it important to know one's status?
8. What does the word counsellor mean? What role do counsellors play in VCT?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 3: Living and Loving – Positive Living**Before the Programme**

1. Explain that today's topic on *Living and Loving* is *Positive Living*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme so that they can compare them later with what they heard on the programme.
3. Listen to the programme.

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.



3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What does the term positive living mean?
2. What were your thoughts about positive living before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
3. What were some issues discussed in this programme that touched you very much?
4. What were some of the issues that the real life story brought out? (probe)
5. What were some of the issues that were brought out by the drama? (probe)
6. Are these similar issues that people are facing in our community? How would people in the community handle these issues? How might they handle them better?



Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 4: *Living and Loving* – Home-Based Care

Before the Programme

1. Explain that today's topic is on *Living and Loving* is *Home-Based Care*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about home-based care before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What does the term home-based care mean?
3. What were some of the issues that the testimony brought out? (probe if needed)
4. Are there some issues that touched you in the real life story?
5. What were some issues that were brought out by the drama? (probe if needed)
6. How can we support someone in our community who is providing home-based care? Where else can they go for support and information?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 5: *Living and Loving* – Antiretrovirals – ARVs

Before the Programme

1. Explain that today's topic on *Living and Loving* is antiretrovirals - ARVs
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme
3. Listen to the programme

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:



Possible Questions

1. What were your thoughts about ARVs before listening to this programme?
Have your thoughts changed after listening to this episode? How have they changed?
2. What does the term antiretrovirals or ARVs mean?
3. What were some of the issues that the testimony brought out? (prompt if needed)
4. Are there some issues that touched you in the testimony?
5. What were some of the issues that were brought out by the drama? (prompt)
6. How can we support people in our community on ARVs?
7. Where can someone go to find out more about ARVs?
8. Do you still have questions about ARVs? Things you are still not clear about?



Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 6: Living and Loving – Taking ARVs

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Taking ARVs*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:



Possible Questions

1. What were your thoughts about taking ARVs before listening to this programme?
2. Have your thoughts changed after listening to this episode? How have they changed?
3. What were some issues discussed in this programme that touched you very much?
4. What were some of the issues that the testimony brought out? (prompt if needed)
5. What were some of the issues that were brought out by the drama? (prompt if needed)
6. How can we support people in our community taking ARVs?
7. Where can someone go who wants more information about ARVs?
8. Are there things about taking ARVs that you would still like to know more about?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 7: *Living and Loving* – Dealing with Stigma

Before the Programme

1. Explain that today's topic is on *Living and Loving is Dealing with Stigma*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. Have you known of people who have experienced stigma?
2. What were some issues discussed in this programme that touched you very much?
3. What were your thoughts before listening to this programme about stigma? Have your thoughts changed after listening to this episode? How have they changed?
4. Did you learn something new? What did you learn?
5. What were some of the issues that the testimony brought out? (may need prompt)
6. What were some of the issues that were brought out by the drama? (may need prompt)
7. What can we do to reduce stigma in our communities towards those who are living with HIV and AIDS? To those who are caring for someone who is infected?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 8: Living and Loving – Family Support

Before the Programme

1. Explain that today's topic on Living and Loving is Family Support.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were some issues discussed in this programme that touched you very much?
2. What were your thoughts about Family Support before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
3. What were some of the issues that the testimony brought out?
4. Are there some issues that the drama brought out?
5. Did you learn something new? What did you learn?
6. Who can help to do some of the care giving jobs in the home?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 9: *Living and Loving* – Beneficial Disclosure

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Beneficial Disclosure*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about beneficial disclosure before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. Why do you think it is difficult to disclose your HIV status to your partner?
3. What were some issues discussed in this programme that touched you very much?
4. What were some of the issues that the testimony brought out?
5. What were some of the issues that were brought out by the drama?
6. Who can you talk to about if you are not sure how to inform your partner about your HIV/AIDS status?
7. Can you think of some good ways to disclose your HIV status to your partner?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 10: Living and Loving – Positive Prevention

Before the Programme

1. Explain that today's topic on *Living and Loving* is *How to Prevent HIV Infection and Re-infection*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about re-infection before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What does the term home *Positive Prevention* mean?
3. Why is it important for people who are infected to not become re-infected?
4. What is the relationship between positive prevention and disclosure that we talked about last week?
5. What were some issues discussed in this programme that touched you very much?
6. What were some of the issues that the testimony brought out?
7. What were some of the issues that were brought out by the drama?
8. Is there anything from the programme that was not clear to you?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 11: *Living and Loving* – Prevention of Mother to Child Transmission

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Prevention of Mother to Child Transmission*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about PMTCT before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What were some issues discussed in this programme that touched you very much?
3. What were some of the issues that the testimony brought out?
4. What were some of the issues that were brought out by the drama?
5. Are there some issues that are still unclear to you?
6. Can you remember the ways to reduce the chances of passing HIV from the parents to the baby?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 12: Living and Loving – Nutrition

Before the Programme

1. Explain that today's topic on *Living and Loving* is Nutrition.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were some issues discussed in this programme that touched you very much?
2. What were your thoughts about HIV and nutrition before listening to this programme?
3. Have your thoughts changed after listening to this episode? How have they changed?
4. What were some issues discussed in this programme that touched you very much?
5. What were some of the issues that the testimony brought out?
6. What were some of the issues that were brought out by the drama?
7. What are some of the foods found in our own communities that would assist PLHAs become healthier?
8. How can we assist PLHAs to eat in the most healthy way possible?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 13: Living and Loving – Hygiene

Before the Programme

1. Explain that today's topic on *Living and Loving* is Hygiene.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:



Possible Questions

1. What were your thoughts about hygiene before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What were some issues discussed in this programme that touched you very much?
3. What were some of the issues that the testimony brought out?
4. Are there some issues that that came out in the letters?
5. What were some of the issues that were brought out by the drama?
6. Are there examples in your community where hygiene helped prevent a health problem? The lack of it caused a problem?
7. What can we do to improve hygiene in our homes? Our communities?
8. What are some of the issues about hygiene that you want still know more about?



Today's Meeting

How many participants were there in today's meeting?

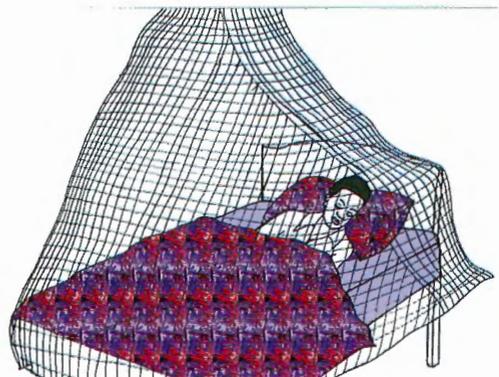
	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 14: Living and Loving – Prevention and Management of Opportunistic Infections

Before the Programme

1. Explain that today's topic on *Living and Loving is Prevention and Management of Opportunistic Infections.*
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:



Possible Questions

1. What were your thoughts about opportunistic infections before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What were some issues discussed in this programme that touched you very much?
3. What were some of the issues that the testimony brought out?
4. What were some of the issues that were brought out by the drama?
5. Why is it important for PLHAs to sleep under an ITN every night? Why do people have a problem sleeping under a net even when they know it can protect them from malaria?
6. Why should PLHAs go to the health centre immediately they feel ill?
7. How can we support PLHAs' management of infections?
8. What are some of the issues about infections that you still feel you want to know more about?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 15: *Living and Loving* – Letters and Issues from Listeners

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Letters and Issues from Listeners*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were some issues discussed in this programme that touched you very much?
2. What were some of the issues that were brought out by the drama?
3. What were some of the issues brought up by listeners? Do you agree with their comments? What would you say if you were writing a letter to send in?
4. If you had to write a letter to the producers of this programme, what would you say?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 16: *Living and Loving* – Burn-Out

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Burn-Out*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:



Possible Questions

1. What were your thoughts about burn-out before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. Why is it important to ensure that the person who is giving care to someone who is infected does not lose strength to continue giving care?
3. What were some issues discussed in this programme that touched you very much?
4. What were some of the issues that the testimony brought out?
5. What were some of the issues that were brought out by the drama?
6. How can we support someone who is caring for someone infected so they don't get burn-out?
7. What are some of the issues that you want still know more about?



Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 17: Living and Loving – Encouraging Men to be Involved as Caregivers

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Encouraging Men to be Involved as Caregivers*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.

3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about men involved as care givers before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. Why should men also be involved in care and support of PLHAs?
3. What have been some of the barriers/obstacles that have prevented men from being involved before?
4. How can we support men to become more involved in caring for someone who is infected?
5. What were some issues discussed in this programme that touched you very much?
6. What were some of the issues that the testimony brought out?
7. What were some of the issues that were brought out by the drama?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 18: *Living and Loving* – Income Generation and Financial Management

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Income Generation and Financial Management*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:



Possible Questions

1. What were your thoughts about income generation and financial management before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What are some of the benefits of income generating activities in the family?
3. What are some of the ways that income can be managed in the home?
4. What were some issues discussed in this programme that touched you very much?
5. What were some of the issues that the testimony brought out?
6. What were some of the issues that were brought out by the drama?
7. Where can someone who wants more information about financial management go for this information?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 19: Living and Loving – Drugs and Alcohol

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Drugs and Alcohol*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.

3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about drugs and alcohol before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What are some of the effects of drugs or alcohol?
3. What were some issues discussed in this programme that touched you very much?
4. What were some of the issues that the testimony brought out?
5. What were some of the issues that were brought out by the drama?
6. How can we help someone who is taking drugs or drinking too much alcohol? Why do they do it and what can realistically help them stop or cut down?
7. Where can they go for assistance?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 20: *Living and Loving* – Gender Violence and HIV Vulnerability

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Gender Violence and HIV Vulnerability*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about gender and HIV before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What do we mean by gender-based violence? Is gender violence a problem in our communities? Why?
3. Which traditional practices increase the risk of women being infected by HIV and why?
4. How can our communities reduce gender violence?
5. Where can someone go if they have been a victim of gender violence?
6. What were some issues discussed in this programme that touched you very much?
7. What were some of the issues that the testimony brought out?
8. What were some of the issues that were brought out by the drama?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 21: Living and Loving – Prevention and Management of STIs

Before the Programme

1. Explain that today's topic is on *Living and Loving is Prevention and Management of STIs*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about prevention and managing STIs before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. Why are STIs a risk to contracting HIV?
3. What can we do to reduce STIs in our communities?
4. What were some issues discussed in this programme that touched you very much?
5. What were some of the issues that the testimony brought out?
6. What were some of the issues that were brought out by the drama?
7. Is there anything more about prevention and treatment of STIs that you still want to know?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 22: Living and Loving – Preparing for the Future

Before the Programme

1. Explain that today's topic on *Living and Loving is Preparing for the Future*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts on preparing for the future before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What were some issues discussed in this programme that touched you very much?
3. What were some of the issues that the testimony brought out?
4. Are there some issues that touched you in the testimony?
5. Do people in our community prepare for the future? Why do you think they do not think about that as much?
6. What can be done to assist community members plan for the future?
7. What were some of the issues that were brought out by the drama?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 23: Living and Loving – Role of Religion and Tradition in HIV/AIDS

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Role of Religion and Tradition in HIV/AIDS*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.

3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about religion and tradition and HIV before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. How has religion helped a person who is HIV+?
3. How can tradition benefit a person who is HIV+?
4. Are there some things in the religion or tradition that have sometimes misguided someone who is HIV+?
5. What were some of the issues that the testimony brought out?
6. Are there some issues that touched you in the testimony?
7. What were some of the issues that were brought out by the drama?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 24: *Living and Loving* – HIV/AIDS and Alternative Remedies

Before the Programme

1. Explain that today's topic on *Living and Loving* is *HIV/AIDS and Alternative Remedies*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.

After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about alternative remedies before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What are some of the remedies that the community uses for various illnesses? What problems can this cause for someone who is HIV+?
3. Should someone taking alternative remedies stop taking their ARVs?
4. Why is it always important for someone who is infected to go to the Health Centre whenever they feel ill?
5. What were some of the issues that the testimony brought out?
6. What were some of the issues that were brought out by the drama?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:

Programme 25: *Living and Loving* – Advocacy and Communication

Before the Programme

1. Explain that today's topic on *Living and Loving* is *Advocacy and Communication*.
2. If there is time before the programme begins, invite participants to comment on their expectations for the programme, so that they can compare them later with what they heard on the programme.
3. Listen to the programme.



After the Programme

1. Turn off the radio.
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What were your thoughts about advocacy and good communication before listening to this programme? Have your thoughts changed after listening to this episode? How have they changed?
2. What do you understand by the words "advocacy?" "communication?"
3. Has your group been able to discuss issues of HIV freely with each other?
4. Have you been able to discuss issues of HIV and AIDS with community leaders?
5. Have community leaders been supportive of your programs?
6. How can the participation of community leaders on HIV and AIDS be strengthened?
7. What were some issues discussed in this programme that touched you very much?
8. What were some of the issues that the testimony brought out?
9. What were some of the issues that were brought out by the drama?

Today's Meeting**How many participants were there in today's meeting?**

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:**Programme 26: Living and Loving – Final Wrap Up****Before the Programme**

1. Explain that today's topic on *Living and Loving* is the *Final Wrap Up*.
2. Listen to the programme.

After the Programme

1. Turn off the radio or cassette player?
2. Ask if anyone would like to open the discussion with comments on what they have heard. If open discussion begins freely it may not be necessary to use the questions below.
3. Be sure participants listen carefully and respect each other's opinion and that everyone is given a chance to speak.
4. If it is necessary, prompt discussion by using some or all the following questions:

Possible Questions

1. What was your favourite part of the programme?
2. Have you been able to make any changes with the new information you learned from the programme? Have you seen any changes in your community?
3. What changes would you like to see?
4. What did you think of the testimonies in the programme?
5. What did you think about the use of drama in the programme?

6. Are there some issues in the radio programme that could have been handled better?
7. What are some of the issues that you want the producers to discuss in a future programme?

Today's Meeting

How many participants were there in today's meeting?

	Youths	Adults	Total
Females			
Males			
Total			

Some of the issues raised were:



Living and Loving



Living and Loving

