

USAID | Basic Education Program

HIV/AIDS Manual for Grade 5 to 8 Teachers (Revised)



By Khalid Mohammed Saib



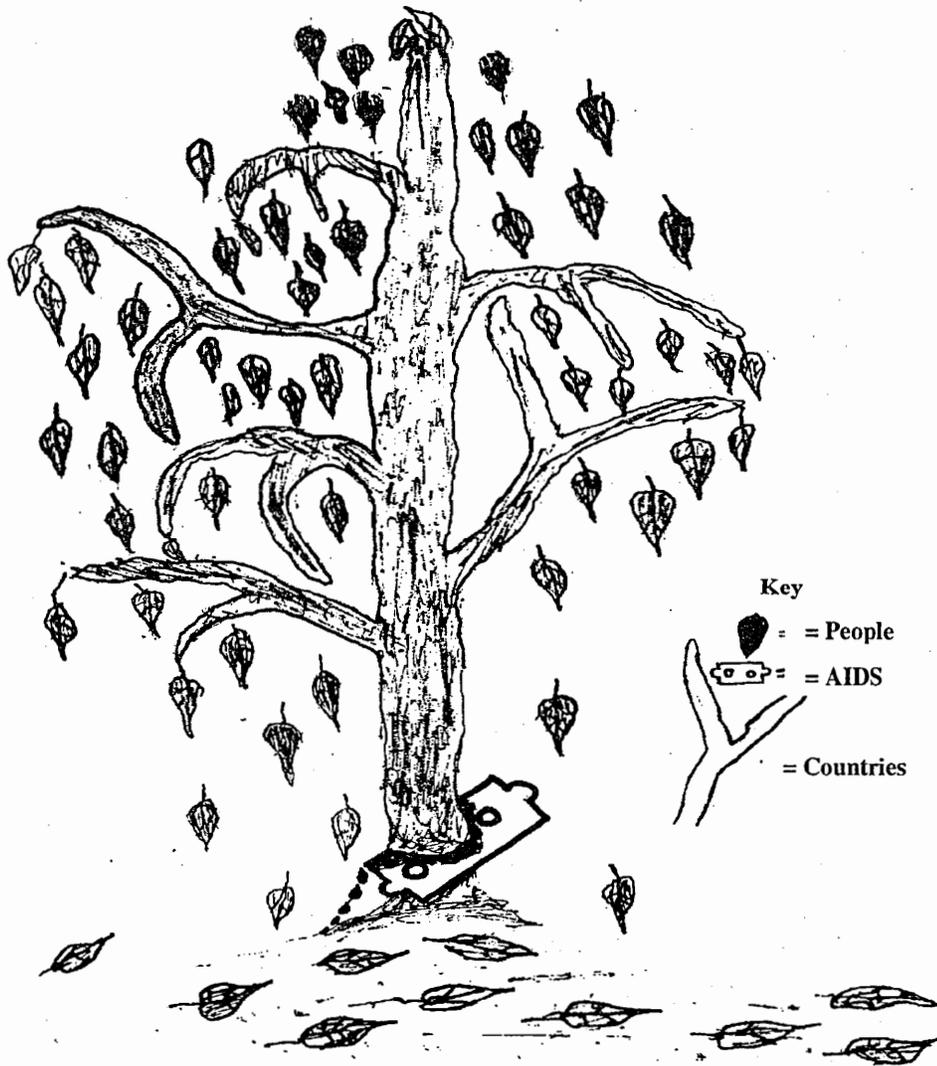
USAID
FROM THE AMERICAN PEOPLE

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By Kallid Mohammed Sallih



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AED/BESO II Project funded by the United States Agency for International Development and in consortium with the American Institutes for Research developed supplementary materials on socially relevant topics for primary schools in Ethiopia. Three of these materials were printed in 10,000 copies and distributed to 2nd cycle cluster schools during 2004/2005 academic year. During 2005/2006 academic year, formative evaluation of the materials, namely, Teacher's Activity Guide for Civic and Ethical Education for grades 5-6 and 7-8, and HIV/AIDS Manual for grades 5 to 8 Teachers, was conducted in 9 sample cluster schools in 8 regions to assess their usage and to improve them. Series of school level group discussions were held, data were gathered from teachers who worked individually and in group on the instruments provided. This revised module is the result of these series of feedback.

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To improve cycle 2 supplementary materials a consultative workshop was held in December 2005 and 9 school representatives were trained to monitor the formative evaluation conducted in 9 regions during January to March, 2006. School representatives, directors and key teachers, collected feedback on the usage of the materials from 87 teachers in 9 schools.

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Addis Ababa:	Tsehay Chora Primary School
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Beni-shangul Gumuz:	Selamba Primary School
Harari:	Arbegnoch Primary School
Oromia:	Tefki Primary School
Somali:	Ahmed Gire Primary School
SNNPR:	Guba Primary School
Tigray:	Megab Primary School

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Introduction

The objective of this supplementary material manual on HIV/AIDS is to take selected students' work and develop units around their work to convey important messages to their peers about the disease.

The students' entries were in Amharic. The stories and letters were translated into English so that later they can be translated into three other Regional languages where the manual will be in use.

The poems remain in the original language in which they were written and will be entered as additional resources for the Amharic speaking students, but will be eliminated from the manual used for other non-Amharic speaking students.

The teachers selected the entries based on themes developed to extend and expand student understanding of HIV/AIDS.

The aim of this manual is to help you, a second-cycle teacher, to teach your students about HIV/AIDS so that they can make healthy choices in their lives. It contains activities that can be adapted to suit the needs of your students. The units were designed to develop students' ability to think critically, solve problems, and to communicate. These skills are very important for students in the second cycle.

As supplementary material, this manual is not intended to replace existing textbooks or teaching guides. It was designed as supplementary material to support you, the teacher, as you work to increase your students knowledge and understanding about HIV/AIDS so that they can make healthy choices.

How to use this Activity Guide

1. Look at the Table of Contents. The title for each unit describes the important information about HIV/AIDS contained in each unit. Each unit also includes a story and a drawing with suggested activities.
2. Identify units of interest to you based on the grade level you teach. Before you begin teaching a unit to your students, carefully read through the unit. Adapt the activities to suit your students and classroom situation.
3. We would also encourage you to work with other teachers at your school or in your cluster program to review the units and discuss ways to adapt or improve the activities based on the needs of your students and your local context.

UNIT 1: What is HIV/AIDS?

Shuna

Read the following story of Shuna and role-play the characters.

Make sure you explain the following question to W/ro. Abebech using the information provided in the box.

Have W/ro. Abebech explain to her family how does HIV/AIDS affect the human body?

What does HIV/AIDS stand for?

HIV stands for **Human Immune deficiency *Virus***. The virus attacks the body's immune or protective system. Our immune system protects us against illness by destroying germs that enter our body.

AIDS stands for the ***Acquired Immune Deficiency Syndrome***. HIV causes AIDS. A person living with AIDS has much less immunity or protection against diseases than a person without AIDS.

HIV slowly weakens a person's immune system and causes AIDS.

How does HIV/AIDS affect the human body?

The immune system is made up of white blood cells. When germs that cause diseases enter the body, the white blood cells fight these germs. Germs cause diseases make people sick. The white blood cells fight germs and this makes people get well.

HIV is a powerful virus that attacks the white blood cells. The fight between the white blood cells and the HIV virus can last many years.

HIV eventually ***kills*** white blood cells and causes AIDS. This allows germs to enter the body easily. These germs attack and kill the body.

Shuna

A girl with a gloomy future is now on bad terms with her mother. Shuna, a student at Agazian School, is a leader of the Anti-HIV/AIDS Club in the school. However, her mother, W/ro Abebech neither likes her being involved in the Club, nor does she allow her to go there. But Shuna is anxious to discuss HIV with her father, mother, sisters and brothers. She has no opportunity to talk with her family, but she hopes that a chance will materialize in time.

One day, after completing her work, Shuna rushed to her mother in the kitchen, and said "Mam, I am leaving now".

"Where are you going, my dear?" asked her mother.

"To school!" answered Shuna.

"Are there class on Saturdays?" asked her mother.

"Oh, Mam, don't you know that we have Anti-AIDS meeting today? I did tell you last night. Do you remember?"

"I would rather you stop talking ceaselessly about AIDS, my dear. Do you have to keep thinking about this issue rather than your studies?"

Shuna responded, "Oh mother, you should realize that AIDS is a blind beast. It is everywhere. Hence, you are expected to learn about the disease and protect yourself."

"Oh, my daughter, I am scared for you. Today I am invited to a birthday ceremony and you are supposed to stay home, while I am gone. I do not wish to dispute the issue of AIDS with you. You are still a kid; you don't understand."

Shuna did not blame her mother for her lack of awareness, but she has made up her mind to attend the meeting. So, she decided that when her mother goes out, she would sneak to school. As soon as her mother left for the ceremony, Shuna hurried to school. She apologized to the participants for being late and started the meeting.

When her mother returned home and did not find her at home, she hurried to school. Shuna was shocked to see her mother in school, and she realized that she was in trouble. But her mother wanted to attend the meeting and find out why her daughter is so keen about AIDS.

The participants wondered about W/ro Abebech ignorance when AIDS is killing so many people in Africa. The disease is spreading in Ethiopia like a wild fire. Some statistics reveal that on average nearly 2.5 million people in Ethiopia are infected by the disease. Besides harming the individual patients, it is increasing the number orphans, and affecting the country's economic and social development.

W/ro Abebech was moved by the explanation and composed the following poem on the spot.

Complain not dear folks,
Rather kick my ignorance,
And abolish the killer AIDS.

At home Shuna's mother, W/ro Abebech, decided to share the information she learned about AIDS with her family.

Shuna was happy and expressed her joy saying the following verse.

You deserve praise, Oh God,
Everything to happen, you did,
All her good dreams become real.

You people will learn from this story how you need to convince your family and discuss the issues of HIV/AIDS.

I thank you.

***Let us be vigilant about HIV/AIDS
Let us unite to fight against AIDS.***

By Haregewoin Adane

UNIT 2: What is the difference between HIV and AIDS?

Who is wrong?

Read the following story.

Explain how HIV develops into AIDS.

Use the information provided in the box.

What is the difference between HIV and AIDS?

Someone can be infected with HIV for a long time and have ***no symptoms. They can be infected with HIV and look and feel healthy.*** They may not know that they are infected. In the meantime they can infect others.

HIV infected persons may ***develop AIDS soon after being infected or up to 10 years*** later. A person with AIDS can have symptoms such as weight loss, swollen glands, loss of appetite, or diarrhea. Different people have different symptoms. They can easily catch diseases that eventually cause death.

Who is wrong?

PART ONE

The room is filled with chatting, music and dance. The prostitutes in the bar are dancing while waiting for their night customers. They look at each man who comes in or who goes out with expectation for calls.

But the men do not pay any attention. The boss has put on her traditional dress as usual and is preparing the coffee ceremony. Her 7 year-old son named Abel is with her. Abel is a clever student in grade 1. Besides him, there is a girl with an apron leaning on the balcony. She is serving drinks to people. She is called Meseret. Last year the boss made all the five ladies take a blood test. Meseret and three others were infected. Meseret had to stop working as a prostitute and was limited only to serving alcohol.

Suddenly amid the chatting the telephone rings. Meseret, is close by, so she picks up the receiver. "Hello...yes...Who is calling? Ok, please hold on." She passes on the handset to the boss saying, "Madam, it is for you."

The Boss quickly takes the handset and says, "Yes, speaking, who is calling please, Oh Aberu, how are you? God be blessed. How are people there? Is every body fine? ... What...? Who? Woldie died? What happened to him? I am very sorry! When is the funeral? I will come tomorrow early in the morning. Ok, see you!" she put down the receiver. She is disturbed by the news.

The next day, she tells husband Ato Agonafir that she has to go to the funeral, and leaves to Kasanechis with her son.

The place is quiet now that the boss has gone. At night, it gets lonely for Ato Agonafir, so he stays around the bar and talks to Meseret. Feelings develop between them and they finally go to bed to satisfy their sexual desires. This continues for one week. The boss comes back. She has missed her husband. That night Ato Agonafir has sex with his wife.

PART TWO

After 8 years

The hospital room is filled with patients. The patients are people who have AIDS. The room next door was for counseling. In this room, the physician is seeing patients. She was trying to tend to their physical pain and psychological agonies.

In the waiting room, Ato Agonafir is sitting with his wife. Meseret is sitting in the corner. They seem to be in the last stages of the disease, when HIV has developed into AIDS. Their life has come to an end as within 6 months they all passed away one after the other, leaving behind their 15-year-old son to face the world alone.

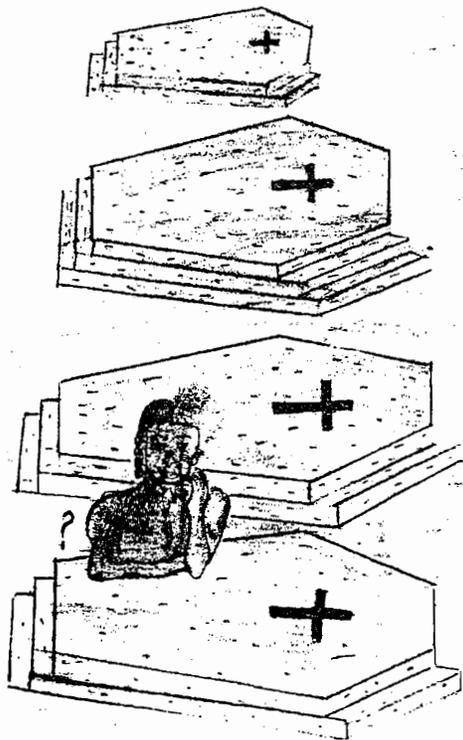
Abel has no property left, for the bar was sold to cover the medical treatment of his father and mother. Now Abel, who has not yet known whether this world is good or bad, is encountering a terrible challenge in his life. He is bearing the pain resulting from the mistake committed by his father.

By Fekadu Eyob

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



UNIT 3: Challenging Stigma and Discrimination (Short story based upon a factual story)

Read the story below.

Explain why people suspected that Isitefa's husband died of AIDS.

Explain why Isitefa could have contracted HIV without suspecting it.

Use the information provided in the box.

What are some misconceptions about being infected with HIV/AIDS?

Some people think that a person who looks and feels healthy cannot be infected with HIV. THIS IS NOT TRUE.

Someone can be infected with HIV virus for a long time and have no symptoms. They can look and feel healthy. Others can be infected and one or two months later experience a brief illness similar to a cold or flu, but have no other diseases.

But in both cases, a person infected with HIV can infect others during this time.

It may take up to 10 years for HIV infection to develop into AIDS that eventually cause death.

The only way to tell if someone is infected with HIV is with a blood test.

Challenging Stigma and Discrimination

In a hospital, now called Tikur Anbessa, precisely, on Friday in 1973 a baby girl was born. This child was called Isitefa. She was a beautiful baby. Her childhood was not any different from other children. When she was 7 years old, her parents took her to Ayeramba School and she was admitted to grade one.

Isitefa was a good-mannered and clever student. She studies her lessons properly. What makes Isitefa clever and far sighted is that when she was in grade 6 she joined one of the many mini-media programs of the school called the HIV club. She was appointed the leader of the club for she performed satisfactory in the mini-media. When she was a candidate for the 12th grade National Examination, she worked very hard and passed the exams. Her teachers and her classmates were very happy for her. She achieved 4 points in her exam. As a result she was admitted to university. After graduation she started to work at the Yekatit 12 Hospital.

One day at tea break, while Isitefa was sitting in a cafe near the hospital drinking coffee, a young man of about her own age came and sat beside her. He introduced himself. He told her that he was a pilot for Ethiopian Airlines. Isitefa told him that she worked in the hospital. This was a start of a relationship that developed to love and ended in marriage.

They were a happy couple and soon they had a child. Then her husband began to feel ill. She was very worried. He became sicker and sicker. He was losing weight and at last he died.

Four days after his funeral, her relatives and friends began to stigmatize her because they thought that her husband's death was due to HIV/AIDS. They believed that he has also infected her with the HIV virus. This disturbed her. She was so distressed and died shortly after her husband's death. Her child was taken to a childcare institution to begin his life there.

"What others performed will give a great lesson" Socrates.

Therefore, Oh people please don't stigmatize or let suffer those who do or do not have the virus.

By Habtamu Dessalegn

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.

How to Avoid Sexual Demand



Yohannes Tsegaberehan

UNIT 4: How HIV is transmitted through sexual intercourse

The Explosive Adolescent

Read the following letter that Maria has written to her friend Mekdes.

Discuss how Maria's behavior caused her to become infected with HIV.

Use the information provided in the box.

How is HIV transmitted through sexual intercourse.

HIV is a virus that lives in the sexual fluids of the male (semen or sperm) and female (vaginal fluids) and in the blood.

HIV is transmitted through unprotected sexual intercourse, even on one occasion, with someone who is infected with HIV.

Dear Mekdes,

My dear friend Mekdes, how are you? I am quite well. How are you doing in your schoolwork? The National Examination seems so close. I have no doubt that you will pass. Please give my regards to all your family members.

I am writing this letter to share with you my experiences that had led to the disastrous situation I now find myself in.

The fact that I was in the explosive adolescent age drove me to do many things that I regret now and I had to pay a heavy price for my behavior.

When I was in grade 9, I realized that boys were attracted to me. In the beginning I ignored them. Later on I started to make friends with one boy after the other.

I have been going out with a boy who was in love with me for a very long time. But I do not care for him. Despite his attraction to me, he never made sexual advances to me. Once, when he tried to lure me, I objected and he had to leave me. This, though, was not my first sexual experience.

My sexual experiences started when I was about 16 or 17. A relative of ours stayed one night with us and I gave in to his advances. As the days went by, I would give in to one male friend after the other. I even had a relationship with one of my classmates. He spent a lot of money on me. I cared more for his gifts than I cared for him. He was jealous and would get very upset when I became friendly with other boys. He had been a good student in school,

but when we were together he started neglecting his studies and was doing poorly in school. Finally, I had to break that relationship.

Then I started seeing a boy in our neighborhood and I submitted to him. I had known him for a long time. Our mothers were friends. Even though I knew that he had a girlfriend, I continued to see him and he left his girlfriend. We first met at his sister's wedding, when we went out drinking. After that evening, I started sneaking out of school to spend time with him. I did not love him. I just simply liked him.

I would often go out with different men in my village. During that time I moved from our school to another school. One of the men from my neighborhood often beat me. One day, he saw me with another man and he threatened to kill me.

This troubled me and I started to distract myself by working hard at home in order to forget; the days gave way to the nights; I would lie down on my bed and think about what I have been through and how I did not heed the advice of my family members and friends.

When I was 18, I settled down. My behavior changed. I started to take school seriously and began to concentrate on my studies. I became self-dependent. But I was worried for something was not right. Finally I went to the Arsho Higher Clinic for blood test. The result was that I am HIV positive. I was devastated.

I regret having wasted my life.

I am telling you all this for one reason, so learn from my mistakes before it is too late, and remember the saying, "One who walks carefully will be able to travel very long."

I hope this letter will be helpful to you. Please share this letter with our friends, so that they will also learn from it.

May God give you the strength to learn, Goodbye.

Yours,

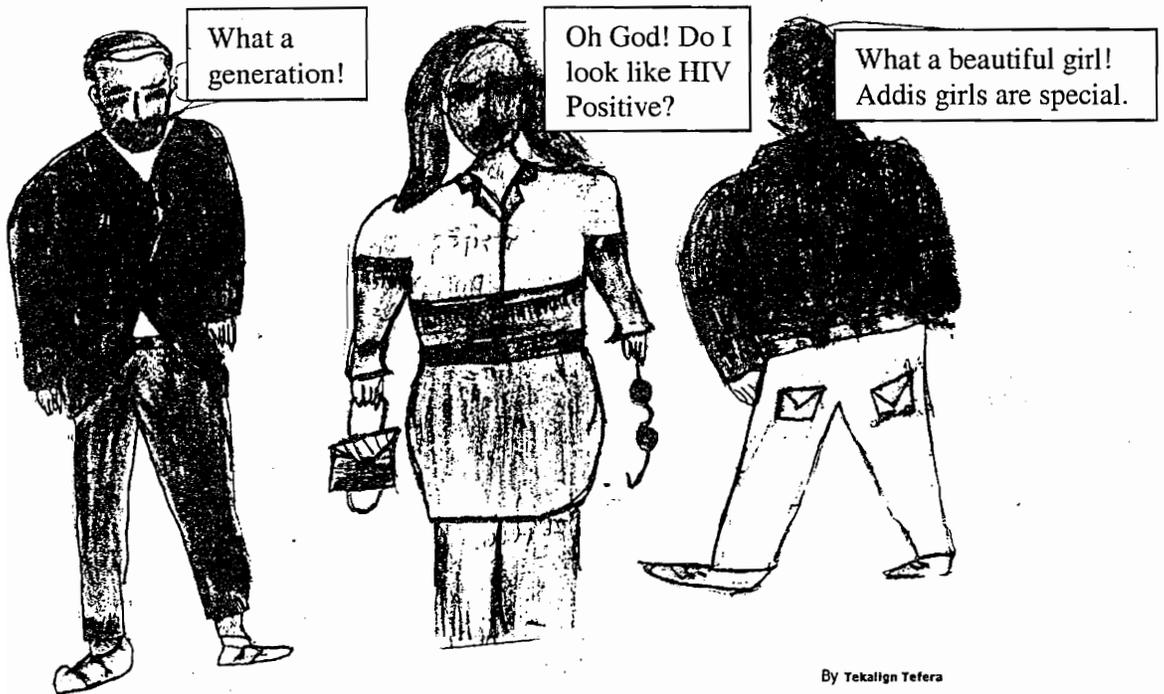
Maria Daniel

By Maria Daniel

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



UNIT 4B: How HIV is transmitted through sexual intercourse

Art Work With a Message

Read the following story.

Explain how an infected person can infect a healthy person by unprotected sexual intercourse even on one occasion.

Use the information provided in the box.

How is HIV transmitted through sexual intercourse?

HIV is a virus that lives in the sexual fluids of the male (semen or sperm) and female (vaginal fluids) and in the blood.

The most common way that HIV is transmitted from a person infected with HIV to a healthy person is through unprotected sexual intercourse. Unprotected sexual intercourse is when people have sex without using a condom.

Art Work With a Message

About 26 pictures are drawn on the gate of Addis Ketema Comprehensive School. All of the pictures are drawn using attractive color and are decorated with inscriptions written in beautiful handwritings. We can judge from the beauty of each drawing that each painter has done work with great care so that the drawings are simple in their styles and they are easy to understand.

Each of the 26 pictures has its own message. Their messages focus on the contemporary disease HIV/AIDS. The messages include:

"Stop Stigma and Partiality",

"Live and let others live"

Some inscription emphasize that every person shall prevent the spread of HIV/AIDS are among others.

It is not possible for any person who passes by the area not to see the messages conveyed by the pictures.

This being the case, however, there are some ladies who do not heed the message of the pictures. They ignore warning and continue to earn their livelihood by engaging in prostitution. At night these ladies dress smartly to conduct what they call "a business" scattering here and there. One of their waiting centers is under the building of the Addis Ketema School. About 26 prostitutes have stopped under the building. It is not difficult to

read from their faces that the 26 prostitutes think about which one would be rich rather than who is infected by the HIV virus and will pass it on to them.

On this particular night, a young man looked at these pictures without giving any consideration to the messages they conveyed. Then he surveyed the ladies as if he is buying sheep in the market ignoring the messages he has just viewed.

He scrutinized the merchandise, and under the cover of the darkness, he chose the one that he believed would serve his purpose that one time. He took a taxi, which transported him quickly to his grave.

By Usman Hagos

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



UNIT 5: How HIV is transmitted through contact with blood

An Everlasting Scar

Read the following story.

Explain why people suspected that the family might be infected with HIV virus through blood.

Use the information provided in the box.

How is HIV transmitted through contact with blood?

HIV is transmitted from person to person when blood from an infected person enters the body of an uninfected person.

HIV can be transmitted through sharing needles when injecting drugs, tattooing, or ear piercing with someone who has HIV infected blood. HIV can be passed from any infected person to a uninfected person even on one occasion.

An Everlasting Scar

The day was July 1, 1992. It was precisely on this day that I lost my mother. My mother was a very generous, considerate and pleasant person. Apart from being my mother, she was a mother to everyone. Of course my father, too, was a very kind person, but not like Mom.

It was on Monday, at 7:00 p.m., when a girl, Beza, from the neighborhood, came running and knocked at our door. She wanted Mom. I assumed it was an emergency, so I rushed to the kitchen to call my Mom. She came and talked to Beza. Then they both left quickly.

I was confused. "Shall I follow her?" I wondered. But I was not sure. So, I picked up my notebook and started working on my lessons. Half an hour later my mother came back. She has helped Workie, Beza's mother, deliver her baby. Mother often served as a mid-wife in the neighborhood. She also circumcised children.

That same month my mother slipped on a muddy road and hit her head on a big stone. She lost a lot of blood and was in a comma. She was taken to the hospital. The physician told my father that my mother needed blood. My father volunteered to give his own blood. But before he could do that, he had to take a test for HIV/AIDS. As he was giving blood, his blood pressure dropped and he fainted. He was in the hospital too. My mother was in bad need of blood, so the physician gave her blood from the blood bank. She gradually began to recover, but my father lost his life.

Rumors circulated in the community that my father died of HIV/AIDS. People started distancing themselves from us. My mother was devastated by her own sickness, my father's loss and the stigma that was attached to our family now. We began to suffer. We lost the

income father earned as a guard. Mom did not have a permanent job, so I was obliged to leave school. Now we lived on hand outs and begging.

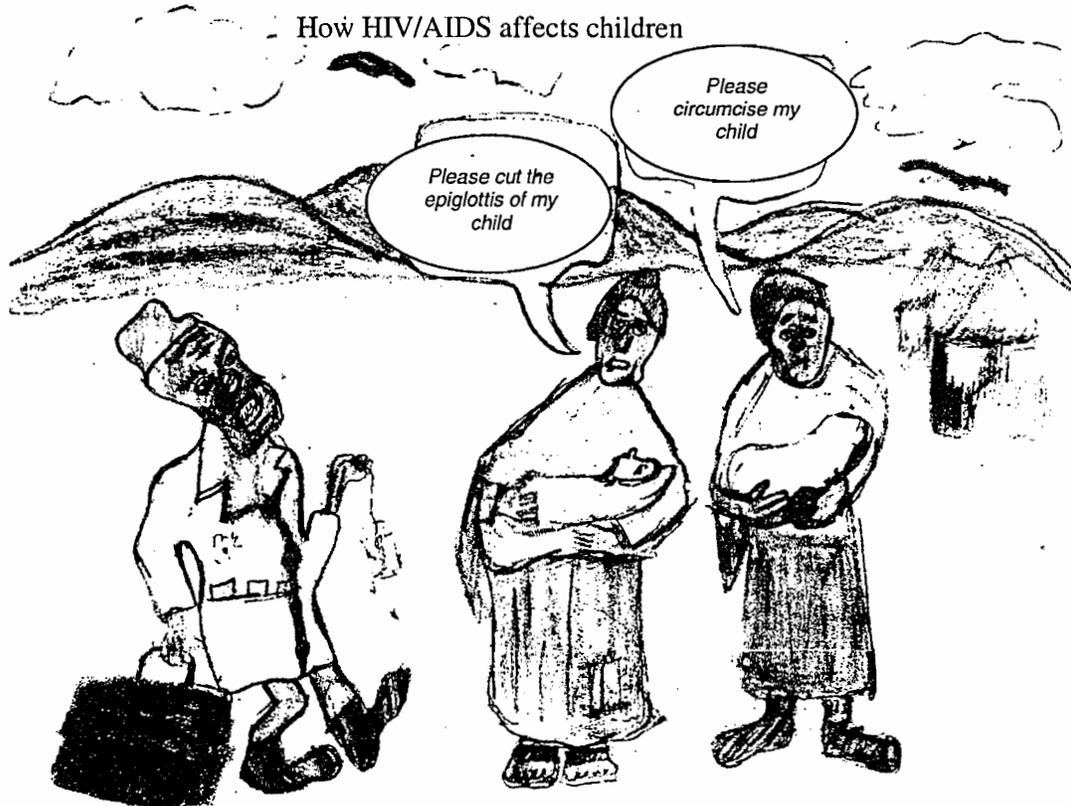
What makes me sorry is that I lost my father and mother. My father died in a few days after his sickness. But what upset me most was that my mom died of hunger, extreme suffering, pain and shame. Now, I am left alone, without any supporter and with no one to rely on. I was cast out by my own people. I live on the streets with no future and no hope.

By Mahlet Demissie

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



Using infected blades can transmit HIV/AIDS

Write a poem about the spread of HIV/AIDS through infected blood.

UNIT 6: How HIV is transmitted from mother to her newborn baby

Mother and Baby

Study this art work.

Explain how this poem explains how HIV is transmitted from a mother to her newborn baby.

Use the information provided in the box.

How is HIV transmitted from mother to baby?

HIV is transmitted from person to person when blood, semen, vaginal fluid or breast milk from an infected person enters the body of an uninfected person.

HIV can be transmitted from a mother to her unborn infant during pregnancy through the umbilical cord. HIV infection can also be transmitted through contact with vaginal fluid or blood during birth, or through breast-feeding.



HIV/AIDS can be transmitted through
breast-feeding



HIV/AIDS can be transmitted from a
mother to her new born baby

UNIT 7: The ABC of HIV/AIDS Prevention

A Stand for Abstinence or Postponement

Read the following letter.

Explain the advice that Tekwame is giving to her friend Hanna.

Use the information provided in the box.

**What measures protect us against HIV infection?
Abstinence (not having sex)**

Knowing someone well or being in love with someone does not protect you from being infected with HIV. Most people do not know if they have been exposed to the virus. It is impossible to tell by looking at someone whether they are HIV positive for they may not show signs of diseases.

Therefore, it is very important to protect oneself against being infected with HIV by:

Considering ABC,

A stands for abstinence, which means not having sex.

Dear Hanna,

How are you? I am quite well, thanks to God. Hanna, I have received your letter. It was quite interesting.

Today I was urged to write on the topic of HIV/AIDS. AIDS is spreading very fast. It has particularly become a serious concern in Sub-Saharan African countries. The life of those infected by the disease has become very short. AIDS largely affects the youth. This makes it clear that it is depriving us of our most productive citizens. The spread of AIDS among the youth is due to unrestricted sexual behavior. It is normal for human beings to establish relations with the opposite sex. But this relationship needs not necessarily lead to sexual activities. Some people claim that love without sex is empty.

We, women, have to refuse sexual passes that may come from our lovers. We shall abstain from sexual activity at least until we finish our studies, guarantee our employment and become economically independent.

So, if you are pressured by your friends to have sex and you are threatened when you refuse, do not be intimidated, for the consequences of being engaged in sexual activities can result in being pregnant and can possibly infect you with HIV virus. Most men start a relationship not really because they want you for your own sake and for pure love but it is

temporary, to gratify their sexual urges. So, giving in to sexual activities can distract you from your studies or from your job, and it will affect your standing in your society. It may also become a matter of survival.

Therefore, I urge you not accept sexual invitation until such a time when you meet your future partner. You should be able to discuss the matter with your friend and tell him that sex before marriage will cause more harm than it will contribute to a positive relationship and that the disadvantages outweigh the advantages for having sex before marriage.

I hope this letter is helpful to you. Please let me know your views about the matter in writing.

I wish you all the best.

Your pen friend,

Tekwame

By Tekwame Habte

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.

A girl sitting discriminated by her friends because she is HIV positive.



By Dawit Mesfin

UNIT 8: The ABC of HIV/AIDS Prevention

B Stands for being faithful Between Gold and Fire

Read the following story.

Explain the suggestion that Hermela is proposing to her friend Matias concerning their relationship.

Use the information provided in the box.

What measures protect us against HIV infection?

Being faithful

Knowing someone well or being in love with someone does not protect you from the risk of being infected. A person may not know if they have been exposed to the virus. It is impossible to tell by looking at someone whether they carry the HIV virus.

Therefore, it is very important to protect oneself against becoming infected with HIV by:

Considering ABC

B stands for being faithful. Faithfulness means that two people only have sex with each other. This means that the people must talk openly with each other and be honest.

Between Gold and Fire

The sun has just risen. Hermela was standing before the mirror to check whether the clothes she has put on are appropriate. Hermela is a 16-year old girl. She is the youngest child in her family. She is in grade 9. She is ranked 3rd in her class.

Hermela looked at her image in the mirror, and smiled, "I am beautiful," she said to herself. She checked her big eyes, her nose, her beautiful lips, her milky teeth, then her slim waist; her wider hips and was satisfied with what she saw. She glanced at the clock on the wall and rushed out for her appointment with Matias.

She took a taxi to the cafe where she and Matias planned to meet. Matias saw Hermela, stood up, and greeted her with a smile. Matias is 20 years old and is a student in grade 12. Hermela apologized for being late. Matias told her that he has been thinking about the first time they met.

He remembered it was 4: 00 pm. Hermela was returning from school. Matias saw her and was stunned by her beauty. She glared at him when he tried to speak to her. Later Matias asked Hermela's friend to introduce him to her. Since then they became good friends.

"Mati, How did you do on your exam?"

"It was OK!" he said.

"Let's go to the library tomorrow, Mati?" She suggested.

"Oh Hermi, why don't you stop talking about school? How about going to a party tonight?" he said.

"Oh Mati, you know I cannot do that, my mother is unhappy with my behaviour these days. I could not come here today before my mother left for a funeral, and I had to tell her that I am going to the library," said Hermela.

"I have the same problem, my father has been furious with me these past few days. But it will be only one evening and we will have fun," argued Matias.

Hermela agreed and they both left for the party.

The lights were sparkling at the party. Hermela was excited, as all of this was new to her. They mixed with others, danced and had a great time.

"Oh, it's time to go home," said Hermela looking at her watch.

"Why don't we spend the night together here?" asked Matias.

"Oh Mati, you and I have a duty to complete our education and become independent before we commit to each other." Hermela was upset and confused.

She stood up to go. Matias, realized that his plan has failed. They left the party and he took Hermela home.

When Hermela got home her mother, W/ro Asegedech, was upset with her.

"Has the library changed to a bar that it opens until 2:30 a.m.?" demanded Hermela's mother. Hermela quickly went into her bedroom and closed the door behind her. She went to bed and rehearsed Matias's words until she fell asleep.

Matias saw Hermela at school and they agreed to meet after school. They met at noon at the school gate.

"We are going to the library, aren't we?" she inquired.

"Why don't we study at my home today?" Matias proposed. "I am alone. My mother and father are out today."

So Hermela went home with Matias. Matias invited her into his room.

Then he began to fondle her body.

"Oh Mati, control yourself " she said as she rushed out of the room. He tried to pull her to the bed. She was angry.

"Oh Mati, think it over. I love you. And I trust you, too. It is because I trust you that I came here with you. You need to consider our situation. We are both students. A lot is expected of us. Our fates are in our hands. At this time our relationship shall not go beyond studying together, helping one another in resolving our problems, and spending our spare time together. We will have time for all those other things later on. All of us, youngsters are sitting on a thin metal. On the right side there is a piece of gold and on the left there is fire. We have two options: to get into the fire and burn forever or to turn our way to the gold and to be successful. Think over it!" said she and went out.

Many weeks passed and one day Matias came to see Hermela.

"We have two ways. One way leads to gold and the other to fire. Either we will win or will be thrown into the fire." said Matias.

The two friends embraced.

"Excuse me. I have accepted your advice. I promise to work with you." Matias said. Hermela was happy.

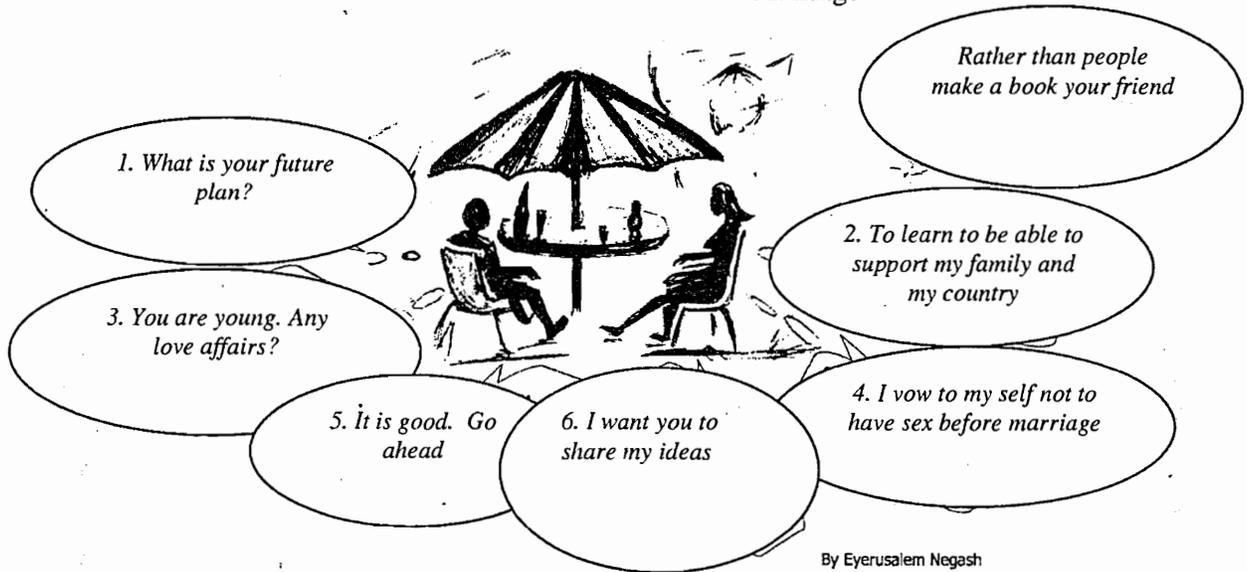
By Ekram Redwan

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.

Make a vow not to have Sex before Marriage



UNIT 9: The ABC of HIV/AIDS Prevention

C Stands for using a condom HIV/AIDS Preventive Methods

The ABC

Read the following letter.

Do you agree with Fekadu analysis of the ABC methods of preventing the spread of HIV/AIDS? Discuss your response with others.

Use the information provided in the box.

What measures protect us against HIV infection?

Knowing someone well or being in love with someone does not protect you from the risk of being infected. Most people do not know if they have been exposed to the virus. It is impossible to tell by looking at someone whether they carry the HIV/AIDS virus for they do not show signs of diseases.

Therefore, it is very important to protect oneself against catching the HIV/AIDS virus by:

Considering ABC,

A stands for abstinence, which means not having sex.

B stands for being faithful and having only one partner.

C stands for using a condom when having sex. It is important to use a new condom for every act of sexual intercourse.

Dear Andinet,

How are you? I am very well, but I miss you. God be blessed.

I would like to share with you something that is of great concern to me.

My dear friend, Andinet, HIV/AIDS has moved beyond adults and started to bring suffering to infants. It is causing a great tragedy to our children.

A large number of children are becoming orphans every day, and the elderly are deprived of their children who would support and care for them in their old age. Nowadays children who are expected to take over the responsibility of running their country are dying in a large number and the land is going to remain without people. This is not good.

We, the young generation, have to be careful. Please, pass this knowledge to others.

Let me; however, give you a piece of advice. People consider that there are three ways to prevent the spread of HIV/AIDS. They are abstinence, being faithful to a single partner, and

using condoms. The one I chose is abstinence, since our duty now is to get an education. We are too young to consider marriage and to be faithful to a single partner.

For today, this is my advice. Please, read it again and again. I hope you will pass it on to others.

Good-bye.

Yours truly,

Fekadu Asfaw

By Fekadu Asfaw

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



UNIT 10A: HIV/AIDS PREVENTION

How to Avoid Sexual Demands Encounter with a girl who invited me to have sex

Read the following story.

Explain what motivated the young man to turn down the offer to have sex. Discuss your answer with your classmates

Use the information provided in the box.

What measures protect us against HIV/AIDS infection?

Abstinence

Knowing someone well or being in love with someone does not protect you from the risk of being infected. Most people do not know if they have been exposed to the virus. It is impossible to tell by looking at someone whether they carry the HIV/AIDS virus for they do not show signs of diseases.

Therefore, it is very important to protect oneself against catching the HIV/AIDS virus by:

Considering ABC.

A stands for abstinence, which means not having sex. Delaying sex is a safe and healthy choice. It will keep you stay safe from HIV infection.

How to Avoid Sexual Demands

Encounter with a Girl who invited me to have sex

One day, I took my school bag and went out to study. I had to go through a number of villages. On my way as I was thinking about next week's exam, I heard a call:

"Hi, listen! Who are you?" She called me in a provocative voice. "You seem so deep in thoughts. Where are you going?" she asked me.

"I am taking a message to a distant place," I lied.

"Ok. Let's go together," she suggested.

"Oh, I am going very far. Aren't you going somewhere?" I asked.

"I am going nowhere. I notice you are alone and have no friend," she said.

"What do you mean I have no friend?" I inquired.

"Haven't you ever heard the word friend before," she asked.

"Ok, tell me what a friend is?" I asked.

"It is a relationship between one individual with another of the opposite sex, in which love between them is expressed in terms of sexual intercourse," She explained.

"Wow I love you!" and she boldly invited me to have sex.

I was shocked, confused and kept silent.

"Are you afraid? Do you think you will get a disease or are you worried I will get pregnant? You can use a condom. I have money." She produced a lot of birr, and said "Don't you worry, I will pay for it."

"I have money too," I said.

"So, what is your problem?" she asked.

I said that I believe that "marriage is honorable, among all, and the bed undefiled; fornicators and adulteress God will judge." Then I added, "besides, HIV/AIDS is widespread in our time, health professionals have taught us that before a man and a woman perform sexual intercourse they should take precautions to protect themselves and prevent the spread of the disease."

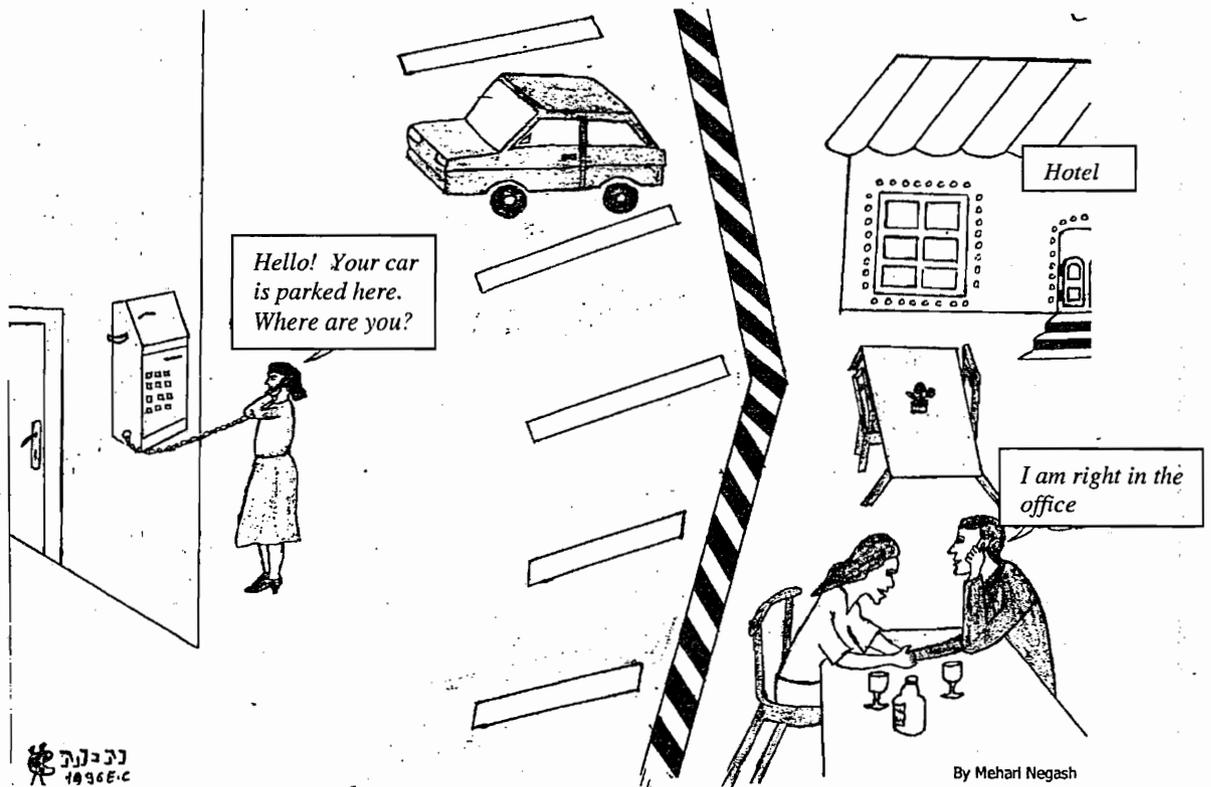
She thanked me for my advice and we parted as friends.

By Tilahun Zemenay

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



UNIT 10B: HIV/AIDS PREVENTION

The Result of the Tests

Read the following story.

Discuss what measures Daniel and Mahlet take to protect themselves from HIV/AIDS?

Use the information provided in the box.

What measures protect us against HIV/AIDS infection?

Being faithful

Knowing someone well or being in love with someone does not protect you from the risk of being infected. Most people do not know if they have been exposed to the virus. It is impossible to tell by looking at someone whether they carry the HIV/AIDS virus for they do not show signs of diseases.

Therefore, it is very important to protect oneself against catching the HIV/AIDS virus by:

Considering ABC.

B stands for being faithful and only having one partner. When people do start to have sex, they must choose a partner who has been tested for HIV and is uninfected. They must talk openly and honestly about being faithful. And they act faithfully.

Mahilet and Daniel had been classmates since grade one. They were neighbours and good friends. They often studied together. Now the National Examination at grade 12 was approaching. They worked on their subjects all nights together, one day at Mahilet's home and the other day at Daniel's. Mahilet was in love with Daniel. After the exam, she did not want to go to the countryside to visit relatives as usual. She wanted to spend time with Daniel visiting different historical places and museums.

One day, the friends went out together in Addis Ababa. Mahilet decided to tell Daniel that she loved him. But she was shy, and uncertain.

"Daniel," she started, "I want to tell you something".

"What is it?" asked Daniel.

"Dani, I have wanted to tell you for a long time that I love you very much. I don't know how to express it," she said.

Daniel was shocked. He couldn't believe it.

"Mahilet, I am like your brother. Don't be hasty. I think you should be concerned about public opinions."

"Please, Dani. How long can we be brother and sister? I do not care about public opinions," she said.

Daniel was astonished. "Mahilet, now let's stop talking about this now, and let us go home."

"Let's pass the night here, in the hotel." she said.

"Mahilet, don't make a mistake. We are both young and we might be tempted. Let's not spend the night together."

"What is the problem?" said Mahilet.

By now Daniel was getting very angry. There was a long silence between them. Then Mahilet showed Daniel a certificate of HIV examination, which certified that the possessor was negative.

"Why are you afraid?" she inquired.

"My dear, let us not discuss this anymore. Now let's go back home." he said.

Daniel accompanied Mahilet to her home. But he was unable to have peace of mind as he got home. He was much disturbed. He decided to talk to Mahilet; and for a time there was peace between them.

A few months later it was time for them to go to the university. They were both assigned to the same university. Mahilet was very delighted. But Daniel would have preferred if they were assigned to different universities so the Mahilet might find other friends.

They continued to see each other and Daniel continued to talk to Mahilet about the harms of sexual intercourse before marriage, and to urge her to focus on her education. He made it clear that he will not take her up on her offer because he believes sex is not necessary before marriage.

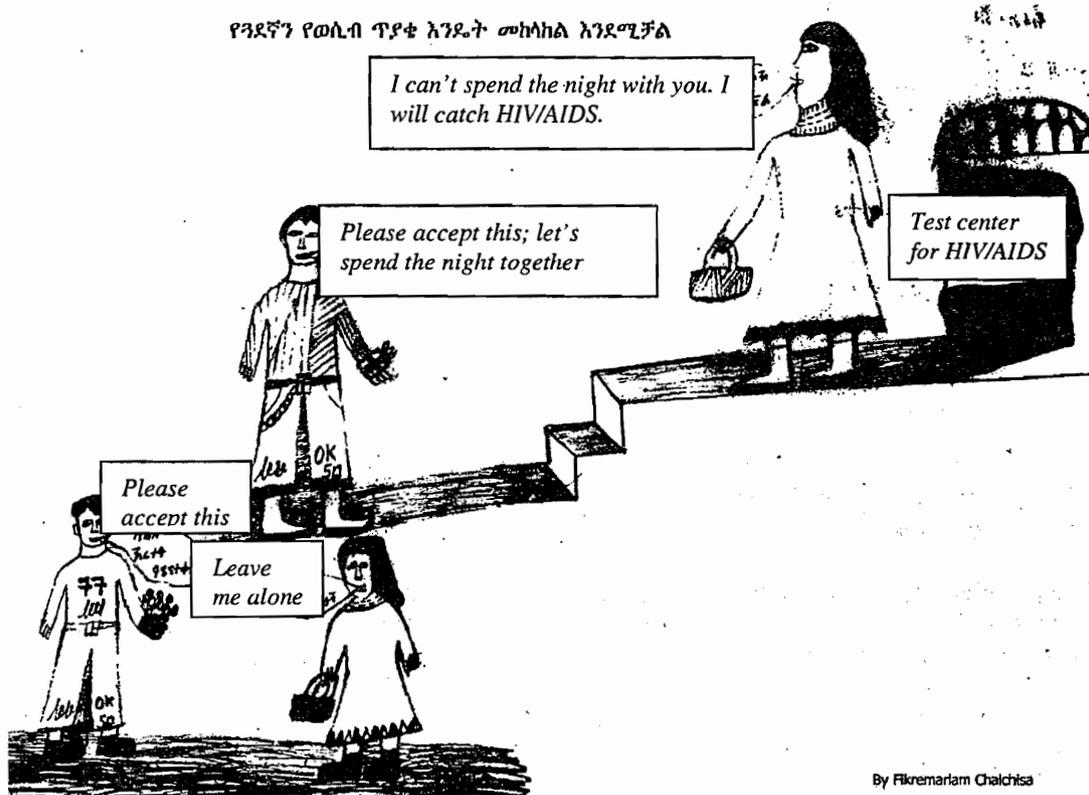
They agreed that after they graduate they would marry. They informed their families. Both families were happy. Daniel and Mahilet went for a blood test before marriage. They were both free as they were both very careful. They were proud of their strengths. They presented their cards to their families as a gift on the occasion of their wedding. The families were very happy. They blessed their children. They advised them to maintain their vigilance order to lead a peaceful and healthy life.

By Wuleta Sahle

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



UNIT 11: Coming in contact with the blood of an infected person

Caring

Read the following letter.

Explain what the mother could do to protect herself from being infected through the cut on her daughter's head.

Use the information provided in the box.

What measures protect us against HIV infection? Coming in contact with the blood of an infected person

Knowing someone well does not protect you from the risk of being infected. Most people do not know if they have been exposed to the virus. It is impossible to tell by looking at someone whether they are infected with HIV for they may not show signs of diseases.

Therefore, it is very important to protect oneself against becoming infected with HIV by:

Do not share needles for injecting drugs, tattooing, or ear piercing. This is because blood from the first user infected with HIV often remains on the needle and can be directly injected into the blood of the second healthy user.

My dear friend Feven,

How are you? Bless God! I am quite well, and I miss you and long to see you.

Feven, I am writing this letter to share with you information about how we can care for persons who are infected by HIV/AIDS.

In the first place, those persons who are infected by the virus do not get it intentionally. They get it as a result of some mistake. Imagine a father, a mother and a daughter living together in the same household. The daughter has the virus, but the parents do not know whether or not they have the virus.

One day, the daughter asked her mother to help her in washing her hair. But the mother refused. The daughter was hurt. The mother did not mean to hurt her daughter, but she was being careful because the daughter had a cut in her head and the mother did not want to be exposed to the blood of her daughter. Instead of hurting her girl's feelings, the mother could have catered to her child's request by using gloves or plastic bags to cover her fingers.

We can care for persons who are infected by HIV/AIDS in many ways. Some of these included the following:

- Avoiding stigmatization
- Caring for the infected

- Giving love to the infected, etc.,

Avoiding stigmatization, stigmatization affects the infected person negatively. The person may feel depressed. People can help by avoiding to hurt the infected person so that the person can lead a normal life.

Caring for the HIV infected person implies that you convey to that person that that he/she can still learn, work, and live a normal life. Sometimes, it is helpful to provide some counseling. When an HIV positive person gets sick, they need care and hospitalization. We can help them keep clean, prepare their food, and do other things for them.

Expressing our love to the HIV infected people by touching them, shaking their hands and kissing them. Touching does not transmit the virus. It is the duty of people like you and me who are aware about the virus to explain to families and to neighbours that infected persons need love.

My friend Feven. I do not know whether you are aware that the virus is transmitted through:

- Unprotected sexual relations.
- Contaminated blood.

Feven, I think I have said a lot now. I just wanted to share my knowledge with you. Please, feel free to share this information with others.

Sincerely yours,

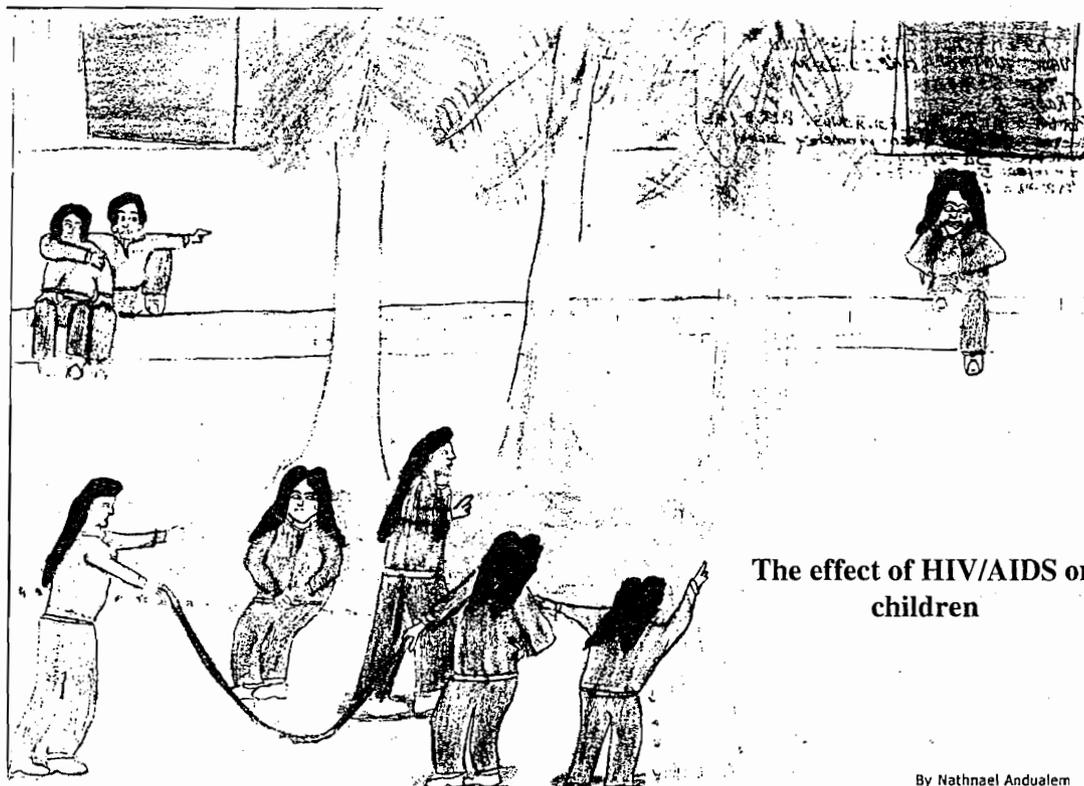
Yordanos

By Yordanos Solomon

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



The effect of HIV/AIDS on children

By Nathnael Anduaem

UNIT 12A: Caring for people living with HIV/AIDS

Challenging Stigma and Discrimination

Read the following story.

Explain what Frehiwot can do to protect her family from HIV/AIDS.

Use the information provided in the box.

How to care for someone living with HIV/AIDS? Touching does not transmit HIV or AIDS.

There is no cure for AIDS.

When a person has AIDS, he or she may feel lonely and frightened. We need to show that we care for them.

People living with AIDS need healthy food, support, medical care, physical help, and particularly family and friends who will accept them and listen to them.

They can be encouraged to live an active life wherever they are. We can help them to lead a healthier life by encouraging them to eat well, to not smoke and to drink less alcohol.

HIV cannot survive in air, water, or on things people touch.

You cannot get infected with HIV from:

***touching, shaking hands, talking to, hugging, holding hands,
or sharing a home with a person living with HIV or AIDS.***

Challenging Stigma and Discrimination

It was Thursday early morning. Frehiwot got up early in the morning as usual to serve breakfast for the children before they leave for school.

Her husband, Gizaw, is fast asleep for he came home drunk last night. When she returned home, she found Gizaw still sleeping.

"Gizaw -Gizaw..." she called.

"Eh Yes.." he woke up rubbing his eyes.

"Please wake up. Don't you have any work today?" she asked.

"Certainly, I do" said Gizaw and started putting on his clothes hurriedly.

Frehiwot stood at the door of the bedroom, and addressed her husband, "Please Gizaw, why don't you stop drinking. These deeds of yours will lead us all to doom; it is not good for you

too. You are aware of the current notorious disease. Please Gizaw, I beg you! Think of your family and of yourself."

"Stop nagging me, leave me alone, I am already late," he opened the door angrily and went out.

Frehiwot repeated her pleas as often as she repeated prayers.

Frehiwot and Gizaw have three children, two daughters and a son. Their eldest child, Betel is 12 years old, Nigist is 10, and the youngest one is 4.

Gizaw gives half of his salary to his wife and spends the rest of the salary on his drinks and cigarettes. Although Frehiwot is a frugal lady, she has a lot of trouble making ends meet and paying the rent of the cheap house the family rented in the Kebele.

Frehiwot repeatedly urged her husband to stop drinking and smoking, but he turned a deaf ear to her words. What worried her most though is his coming late at nights and often spending the nights elsewhere.

Recently, Gizaw has not been healthy. He has been losing weight and feels tired most of the time. One day, he was got very sick and started coughing and vomiting. People took him to the hospital. Frehiwot could not manage the extra expenses needed for Gizaw's medication. So she had to go to a charity called " Birhan Lealem" to request help.

Gizaw was getting worse. The physician told her that her husband has AIDS and because the HIV virus has killed his immune system, he has caught tuberculosis.

Frehiwot spent the last days by her husband's bedside. Gizaw asked his family to forgive him for his mistakes. He died shortly afterwards.

People came for the lamentation. They talked about the cause of Gizaw's death. Frehiwot stood up and cleared her throat and said, "All of you, listen to me please, today I want to tell you something. As you all know, my husband died of AIDS. It is only through open discussion that we can control HIV/AIDS."

Though life has turned difficult for Frehiwot after Gizaw's death, she is taking care of her family. Two of her daughters are HIV negative. But her son Admasu and herself are living with the virus.

Frehiwot continued to talk to the community about HIV/AIDS and urged them not to stigmatize HIV positive people, for HIV is not transmitted through social contact with others. The community gradually changed their behavior, and Frehiwot was pleased with the change in her community, but she hopes to see the whole of Ethiopia change their attitude.

The community honoured Frehiwot by establishing an anti-HIV/AIDS Club in her name in the Kebele. The main aim of the club is to teach society to be tolerant. The club flourished and it received an award and a large amount of money to expand the club activities.

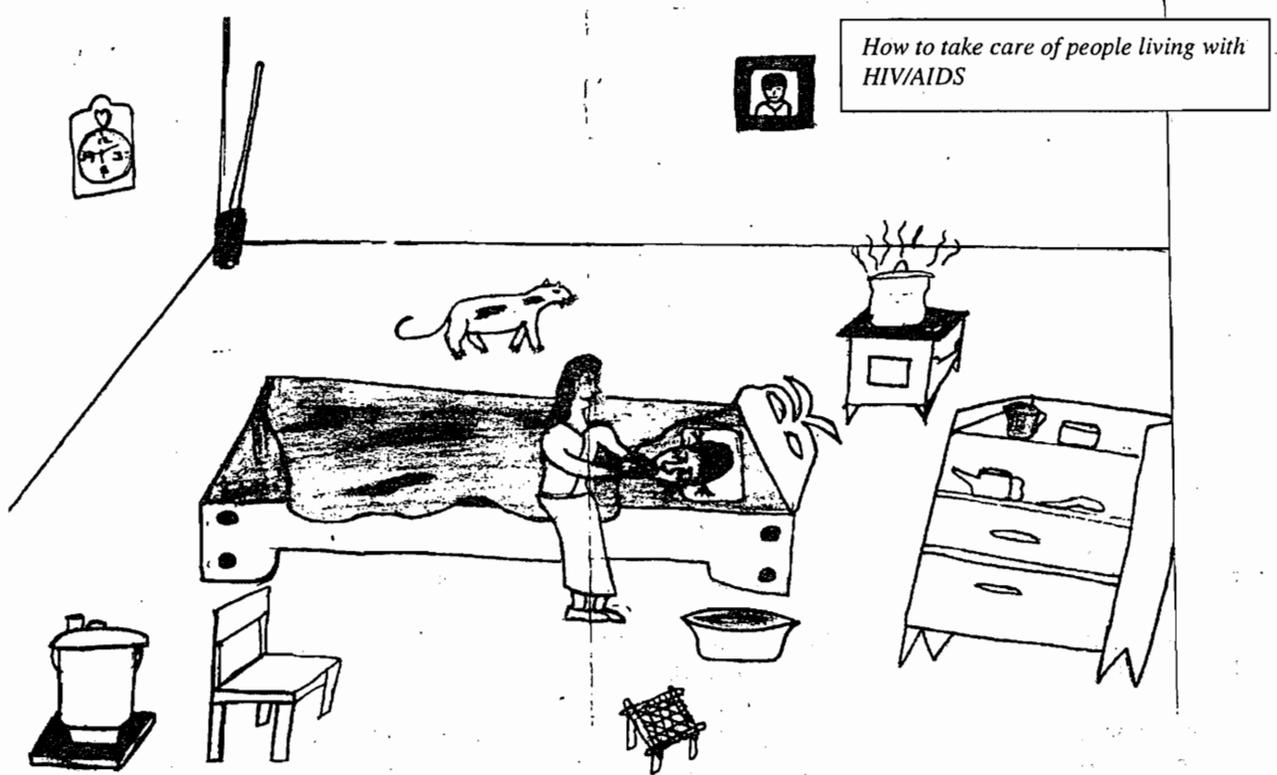
Frehiwot got seriously sick and the community took proper care of her, but she was unable to recover.

By Lydia Solomon

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



UNIT 12B: Caring for people living with HIV/AIDS

Your Daughter

Read the following letter.

What is the author suggesting that the family of the HIV infected girl and her community do to educate themselves about AIDS?

Use the information provided in the box.

How to care for someone living with HIV/AIDS?

Shaking hands, hugging or talking to someone does not transmit HIV or AIDS.

There is no cure for AIDS.

When a person has AIDS, he or she may feel lonely and frightened. We need to show that we care for them.

People living with AIDS need healthy food, support, medical care, physical help, and particularly family and friends who will accept them and listen to them.

They can be encouraged to live an active life wherever they are. We can help them to lead a healthier life by encouraging them to eat well, to not smoke and to drink less alcohol.

HIV cannot survive in air, water, or on things people touch.

You cannot get infected with HIV from:

touching, shaking hands, talking to, hugging, holding hands, or sharing a home with a person living with HIV or AIDS.

My dear friend Senait,

I wish you peace and health. How is your health?

Senait, according to the information I got, your daughter Samrawit is living with HIV/AIDS, and in addition to the problems she is facing, you have thrown her out of home like a used household item.

All this happened because you have seen how your neighbours were abusing the infected members of the society and discriminating against them as a result of their ignorance about the virus.

I think you should have talked with your daughter instead of casting her out. She needs you now. You have neglected your duty towards your own daughter, and have not even been

able to save her from the abuses of the society. We all have responsibilities to the HIV infected people in our society.

You don't know where your daughter Senait is, and what has happened to her. Not only do you not like to know about her, but you don't also want to hear anything about her. All this should not have happened; because when you stigmatize your daughter she loses hope and can attempt to take her life away. Then you will have to live with guilt for the rest of your life.

So, I have decided to write to you because I felt it was necessary to develop awareness in your family and in your neighborhood so we can all contribute to our society. I would like you to discuss with your neighbors about the dangers of HIV/AIDS and the how it spreads. I suggest you invite a health worker from the nearest health center in your area to give you information about HIV/AIDS. This will raise your awareness about the disease and will protect the HIV infected individuals from stigmatization and discrimination.

I urge you to permit your daughter to return to her home, where she can perform her work, and teach society about the HIV virus. So, our country can develop healthy young people who know how to protect themselves from HIV/AIDS. At the same time, we should strive to care for those who have been infected by the HIV virus.

Your daughter Senait is staying with me. She is strong and determined. She has been coping well with her condition. Even though she is living with the disease, she has gone out to teach the public about the virus. I appreciate her efforts, and I think you should be proud of her.

Good-bye for now and until further communication.

Abebech Haile

Let us not stigmatize people living with HIV/AIDS!

By Abebech Haile

UNIT 12C: Caring for people living with HIV/AIDS

Pen Friend

Read the following story.

Explain how you can care for people living with HIV/AIDS.

Use the information provided in the box.

How to care for someone who is living with HIV/AIDS.

Sharing plates or glasses does not transmit HIV.

There is no cure for AIDS. When a person has AIDS, they may feel lonely and frightened. We need to show that we care for them.

People living with AIDS need food, support, medical care, physical help, and particularly family and friends who will accept them and listen to them. They can be encouraged to live an active life wherever they are. We can help them to lead a healthier life by encouraging them to eat well, to not smoke, and drink less alcohol.

HIV cannot survive in air, water, or on things people touch.

You cannot get HIV infected from:

Caring for those with AIDS, or sharing plates, glasses or towels used by someone with HIV infection or AIDS.

My dear, pen friend F.M.,

How do you do? I am quite well. Thank you for responding to my questions.

F.M., I have had an examination and had to delay this response to your letter. I hope you will excuse me.

I recall you asked me to explain to you about the care and love that shall be provided to those who live with HIV/AIDS. I am a member of the Anti-HIV club, so I would like to share with you the knowledge I have acquired.

AIDS patients, like any other patients:

- Require proper social and psychological support. Therefore, we are expected to provide them with support and love.

- Need a clean environment. We need to provide support to provide a clean environment including personal hygiene as well as clean clothing and surrounding. If they are capable of helping themselves, they should be allowed to do so. But if they are incapable to take care of themselves, we need to help them do so.
- Provide outings to different recreational areas, because some avoid even coming out to the open air for fear of being ridiculed. Some HIV/AIDS patients turn to God. We need to encourage them to go to religious places of worship, for religion can give them spiritual relief.
- Provide comfort and ease of mind. Most patients worry about the future of their family members after their death. We need to assure the patients and that we would act on their behalf and handle cases of unpaid loans or children who require care.
- Counsel AIDS patients. They may feel that they need to inform their family members or close relatives and friends that they have AIDS and have been infected by the HIV virus. Therefore, we need to invite the patients to share their feelings and we need to be attentive and listen carefully to them.
- Reach out to other people suffering from the same disease. We need to create a support group with other AIDS patients so they can draw comfort; courage and support from each other. This will reduce their emotional strain.
- Need to feel that we care for them. They need encouragement and support. So, we need to make them feel that they are accepted and not discriminated against and stigmatized.

F.M. let me stop here for now.

Bye, bye, until our next communication.

Your pen friend,

G.M.

By Girmachew Mekuanint

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.

Ways in which HIV/AIDS can not be transmitted



In eating together HIV/AIDS can not be transmitted



In visiting those who are sick and shaking hands, HIV/AIDS can not be transmitted

Bayish Tekle

UNIT 12D: Caring for people living with HIV/AIDS

Elsa

Read the following story.

Explain what Frehiwot does to manage the epidemic HIV/AIDS in her family and community.

Use the information provided in the box.

How to care for people living with HIV/AIDS.

Sharing toilets or latrines does not transmit HIV/AIDS

There is no cure for AIDS. When a person has AIDS, they may feel lonely and frightened. We need to show that we care for them.

People living with AIDS need food, support, medical care, physical help, and particularly family and friends who will accept them and listen to them. They can be encouraged to live an active life wherever they are. We can help them to lead a healthier life by encouraging them to eat well, to not smoke, and drink less alcohol.

HIV cannot survive in air, water, or on things people touch.

You cannot get infected with infected by:

Caring for those with AIDS, or using drinking fountains, toilets, or latrines used by HIV infected people or people living with AIDS.

Elsa

Elsa is a girl who is loved by her family and the neighborhood. She is the eldest child in her household. One day, she went to the hospital to be tested. The result showed that she was HIV positive. She was very disturbed and scared by this news. When the fact that she was infected with HIV was publicly known, she encountered discrimination and stigmatization. She informed her mother. But her mother told her, "You disgraceful person. You bring shame to me in this place where I have been honored."

One day, she got up early, washed her face and was looking in the mirror when the mirror fell and cut her hand. No one came to her assistance because her hand was bleeding. Even her mother, W/o Beletu, kept away from her and said, "Go away you disgraceful person. Go out and get washed."

"I did not bring this on me, mom," she cried.

"Go away, you disgraceful person. Do you pretend that you have not done any wrong?"

The next morning Martha, Elsa's friend, came to visit her.

"Good morning mother"

"Good morning, my dear. What brought you here so early in the morning?"

"I came to see Elsa. She wanted to see me."

"Good morning Marthie." Elsa greeted her friend.

"Did you want to see me for a good reason?" Martha asked.

"Yes, of course, I wanted to see you for a good a reason. Please, come sit down and let us talk, Martha" Elsa said. "Two weeks ago, I went to the hospital in order to take a test for HIV/AIDS. I was tested and was told that I am HIV positive."

"Ah, you too, Elsa! Good bye".

Elsa sobbed bitterly. She then went to the toilet. However, when she returned from the toilet she observed that they washed the toilet to clean it after she used it.

Elsa went to visit Martha. She found Martha alone in her room. At first Martha was unsympathetic to Elsa's situation. However, when Elsa explained everything to Martha she became more supportive of her friend.

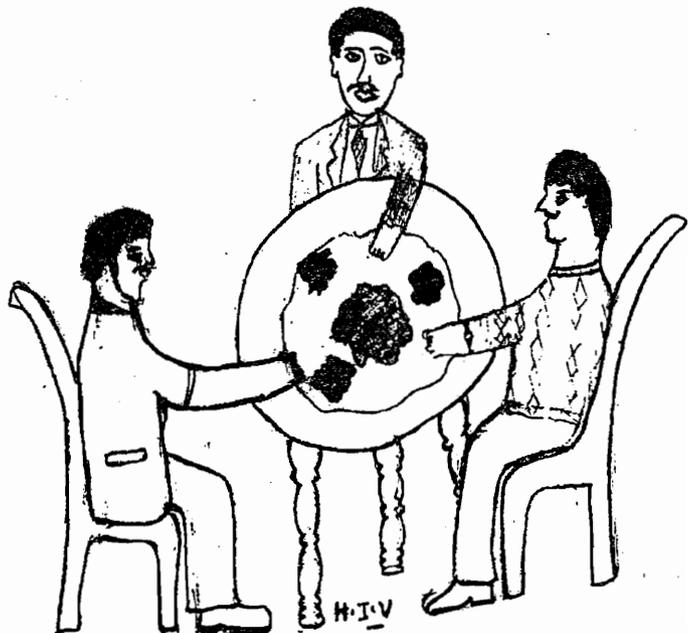
Elsa and Martha then went to Elsa's mother to explain everything to her. Even though her mother was hesitant, she became more accepting of her daughter. Elsa was delighted by the tolerance that her mother and friend now showed her. She then started to go out to bring awareness about the disease to her community.

By Tewodros Tibebu

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



By Benyam Taddese

UNIT 12E: Caring for people living with HIV/AIDS

How HIV/AIDS Affects the Life of a Child

Read the following story.

Explain how this child survived his ordeal of losing his mother to AIDS.

Use the information provided in the box.

How to care for HIV Infected Persons.

Sharing plates or glasses does not transmit HIV/AIDS

There is no cure for AIDS.

When a person has AIDS, they may feel lonely and frightened. We need to show that we care for them.

People living with AIDS need food, support, medical care, physical help, and particularly family and friends who will accept them and listen to them. They can be encouraged to live an active life wherever they are. We can help them to lead a healthier life by encouraging them to eat well, to not smoke, and drink less alcohol.

HIV cannot survive in air, water, or on things people touch.

You cannot get infected with HIV by:

Caring for those with AIDS, or sharing plates, glasses, or towels used by someone with HIV infection or AIDS.

How HIV/AIDS Affects the Life of a Child

It is because I lost my mom due to HIV that I want to share this story with you.

I don't want to tell you much about HIV/AIDS, because you know much more than I do.

Let me raise the question about what HIV is? To my understanding HIV is the cause of the disease while AIDS is the disease itself.

Now let me proceed to my story. My name is Samuel and my mother's name is Fantanesh. Though I don't have a clear image of my biological father, I am called after the name of my foster father, Father Gebrie.

My mother took me to Harar a year after my birth in Menz. I didn't know at the time that she left home because she divorced my father. We lived in Harar, at a place called Godie. My mother remarried. Before long mother and I moved to Addis Ababa.

We stayed in Addis for a few months, and then my mother decided to return to Harar. When she went back to Harar to the village of Godie, she found that her husband had taken another wife and her husband had died, poisoned by snakebite. The woman left the house and disappeared when she knew that my mother got back. So mom and I lived alone. Rumors circulated that my father was bitten by the snake because he married another wife without divorcing my mother. Some men in the area began to court my mother, and my mother married Father Gebrie. Daddy's job was to guard a large garden. He used to take me to the garden with him to play. He took care of me and provided for my needs.

My mom decided once more to come to Addis. This time Dad came along with us. My mother got a job in Addis and Dad served at St. Michael of Bole.

One day, my mother took a taxi. The taxi driver took her to his home and raped her. He used force to keep and rape her for seven days. On the eighth day, my mother managed to escape through an open window. In the meanwhile, Daddy was terribly worried about her. She reported the incident to the police and went back to work.

Two years later, she started to feel sick, so she decided to move to Worailu. There she felt better there. Once again we came back to Addis. In Addis she was sick again. So she went to the hospital to have tests to determine what is wrong with her. She found out that she was infected with HIV.

The attempt to catch the man who raped her had failed for it was reported that he had died of HIV/AIDS. My mom's condition worsened and she had to stay in bed. During that time, it was advisable to isolate the infected patient. I was prohibited to eat, drink or sleep with my mother. Even when they offered her some food, they used to cover their mouth with a piece of cloth.

What a pity and waste! I regret that at the time we did not know that HIV/AIDS is not transmitted by eating or drinking together, or by shaking hands or kissing each other.

My mother passed away when I was five.

My life was changed forever. I went into the bush to tend goats and sheep, while foxes and the hyenas chased us. People who slaughter humans chased me too. The rural grain mills are said to function when they get human blood. Hence they slaughter shepherds and sell their blood for a large sum of money.

I survived on cooked grains.

Let me tell you one of the bitter experiences I faced when I was moving in the bush. One day as I was tending my sheep and goats, a lot of foxes encircled me, so I gathered the flock and stood trembling. The foxes came closer to me, and at that moment a peasant saw me from the top of the mountain, and came running, chased them away and took me with my herds to graze near his field.

I passed spent the whole day with the man, and he gave me his own lunch.

On another occasion, two armed robbers chased me. I made the herds disappear in the woods. A boy came to look for me in the woods, and when he saw me he directed me through the bush to avoid the armed men. I quickly gathered my flock and rushed towards home.

God provided me a means to come out of the bushes. My aunt, who was living in Addis, was concerned about me so she came to take me home. I moved to my aunt's house in

Addis, where I went to school to get an education. I was admitted to the Kale Hiwot Aid Commission. I did well in school. I stood 3rd in the first semester and 1st in the second semester. The family was proud of me.

My aunt bought me a shoeshine box. I continued my education working as a shoeshine boy. I began to work while I continued to attend school. It was difficult to keep up with my studies while I worked, so I was in grade 4, my aunt decided to support me as a full time student. I helped my aunt a lot in my spare time. I cooked wot, made beds, boiled coffee, swept the floor, etc. Performing these chores enabled me to develop self-reliance.

I grew up with my aunt's daughter and I used to advise her to take care for I have learnt the how my mother suffered. My cousin considered me like her brother and heeded my advice. She is married now and has a daughter.

I am now a student of grade six. Though my academic performance is not as it used to be, but it is still promising.

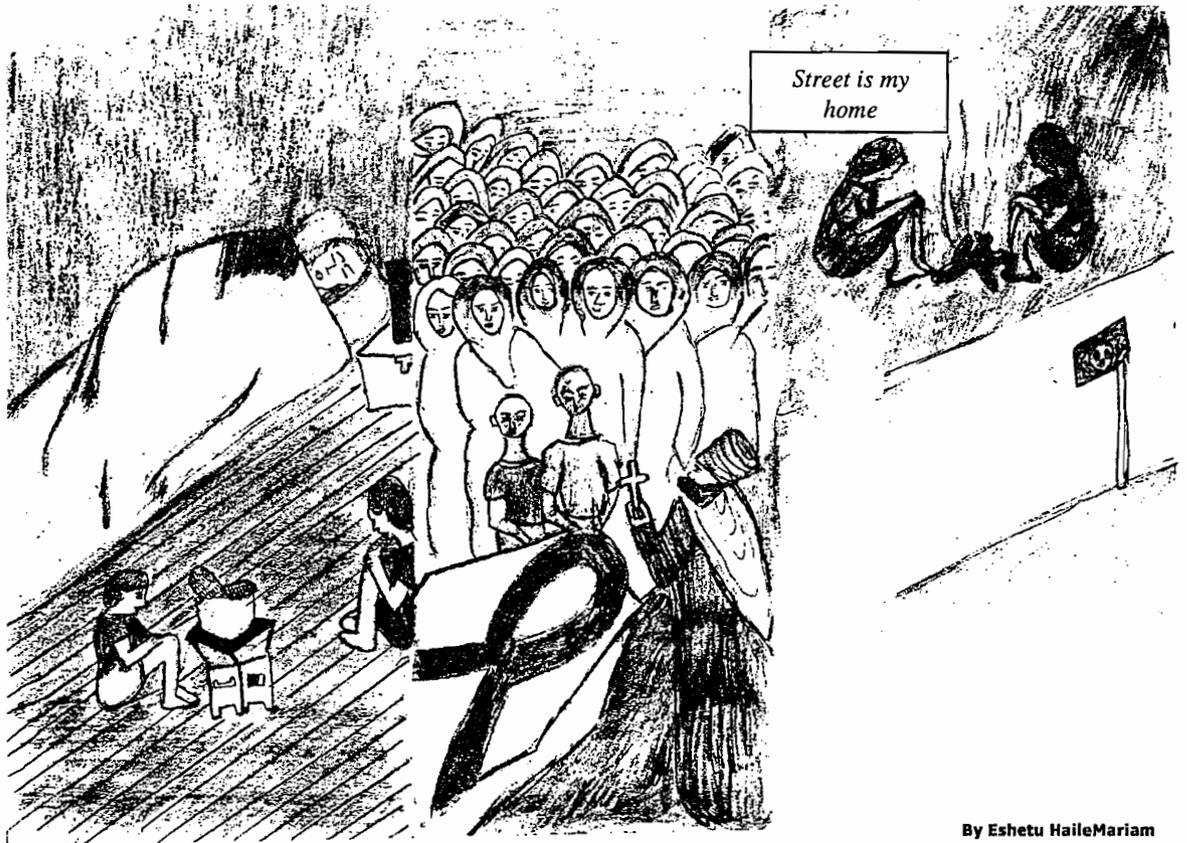
Advise your mothers and fathers. I went through a lot of hardships. But now I want to get an education, get a good job and support Father Gebrie and my aunts who have helped me.

By Samuel Gebre

Study this art work.

Determine what message it is conveying.

Write a short paragraph, or a poem, or a proverb expressing what this artwork means to you.



By Eshetu HaileMariam

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APPENDIX

List of schools and organizations participating in HIV/AIDS contest

Abebech Gobena Primary School	Ayer Amba Primary School
Berhan Guzo Primary School	Dagmawi Berhan Primary School
Edget Besira Primary School	Felege Yordanos Primary School
Fitawrari Abayneh Metekia Primary School	Kechene Debreselam Primary School
Kokebe Tsibah Primary School	Kolfe Primary School
Mekanisa Akababi Primary School	Meskerem Hulet Primary School
St Joseph School	St. Mary's School
SOS Children's Village	Wonderful Gift Ministry

List of teachers who selected finalist entries in HIV/AIDS contest

Abebech Tessema	Akalete Tilahun	Alemenesh Mekonnen
Arum Berhe	Bekele Kebede	Burtukan Assefa
Daniel Wehibesilassie	Erimias Mulatu	Getachew Gebreyes
Getachew Tesfaye	Girma Befekadu	Gidey Abreha
Hirpasa Chara	Kedir Nur Ahmed	Kedir Nurualmet
Meaza B/Selassie	Meleat Miherte	Meseret Aregahegn
Samuel Mengistu	Sinafkish Tsige	Sintayehu Tekelu
Tamirat Birne	Teshome Batu	Tringo Sishaw
Yemisirach Worku	Yeshi Shiferaw	Yonas Ashine

Cover Art Work by Khalid Mohammed Salih

Formative Evaluation Participants of Cycle 2 Supplementary Materials

<i>Region</i>	<i>Name of School</i>		<i>Name of Teachers</i>
Addis Ababa	Teshay Chora	1	Yebeyu Asmelash
		2	Fantahun Bekele
		3	Bahiru Alemayehu
		4	Zenebech Belachew
		5	Hiwot Abtew
		6	Tesfaye Tadesse
		7	Hiwot Haile Mariam -Director
		8	Teka Kassa
		9	Buzenesh Kebede
		10	Zewdenesh Tesgay
		11	Ermias Semie
Afar	Senbile	1	Mehammed Hussien
		2	Fekadu Mulugeta
		3	Beladu Wondimu
Amhara	Ayalew Mekonnen	1	Zelalem Desta
		2	Dinke Sewenet
		3	Alemtehun Mersha
		4	Banchyehu Tessema
		5	Yibre Ali Bushera
		6	Embet Sisay
		7	Aytenew Addisu
		8	Kinde Fente
		9	Ahmed Mohammed
		10	Wale Worku - Director
Benishangul-Gumuz	Selam Ber		Asnaketch Muluneh
		1	
		2	Dessalegn Ahmed
		3	Worku Tefera
		4	Diriba Bokisa
		5	Genet Belay
6	Tekalegn Gutama		

		7	Zerihum Gashu
		8	Getachew Zewede
		9	Setegn Molla
		10	Teshay Agaz
		11	Israel Jalata
		12	Yadeta Bekele
		13	Semahegn Abraha
		14	Wosene Abdisa
		15	Alemayehu Kebede
		16	Ayele G/Michael
		17	Amana Desissa
		18	Abebe Fufa
		19	Zelalem Gessesse
		20	Bekuma Wakene
		21	Seboka Abdissa - Director
Harari	Arbegnoch	1	Tefera Yehuelashet
		2	Haragua Tafessie
		3	Tesfaye Sisaye
		4	Ashagre Misgan
		5	Eshetu Gebere Tsadiq
		6	Sentayehu Tegene
		7	Mengistu Yosef
		8	Kassa Shiferaw
		9	Lemma Gulent
		10	Teshai Zeleke
		5	
Oromia	Tefki	1	Kebede Abdisa -Key teacher
		2	Tsegaye Getaneh
		3	Tesfaye Seboka
		4	Aweke W/Tsadik
		5	Bekabil Adula
		6	Tadesse Shifera -Director
		7	Getachew Abebe

SNNP	Alaba Guba	1	Abera Elias
		2	Yared Adise
		3	Mehammed Negash
		4	Hussien Umer
		5	Sara Negash
		6	Bezuyehu Abera -Director
		7	Feleke Tekle
Somali	Ahmed Gurey	1	Aden Khelif Abdi
		2	Ahmed Oumar Bahdoon
		3	Mahamed Daahir Aawale
		4	Abdi Husien Dii's
		5	Ahmed Abiib Hussein
		6	Faysel Oumer Hassen
		7	Mahamed Ousman Oumer
		8	Liban Abdi Ibrahim
		9	Ahmed Yusuf Nur -director
Tigray	Megab	1	Gidey Abraha -Diretor
		2	Tesfalem G/Micheal -Key teacher
		3	Alem Tsegay
		4	Layzgi Abraha
		5	G/Micheal G/Meskel
		6	G/Medhin G/Micheal
		7	Tewelde Asgedom
		8	Tesfay Abraha
		9	Assefa Berihu

