

GOAL/SARAH NETWORK WORKSHOP

GUIDELINE FOR HIV, AIDS AND

SUBSTANCE ABUSE PREVENTION

THROUGH THE AB PROGRAM

INTRODUCTION

This is the SARAH Network HIV/AIDS and Substance Abuse prevention training guide that focuses on abstinence from premarital sex and/or being faithful to one HIV negative sexual partner (AB). It is a tool used to help the targeted populations adopt healthy living through behavior change communication. This training guide is divided into modules which are further split into sessions. Where needful, this guide incorporates additional instructions to allow customization of different training sessions depending on the target group to be trained (for example; clergy, teachers, peer educators or Correction officers). While preparing for facilitation, all trainers must use this guide for the respective sessions allocated to them. All trainers therefore, must refer to the relevant segments of the curriculums listed on the bibliography of this document. The use of this guide will bolster the achievement of the training objectives and the trained individuals will be equipped with skills to carry out community outreaches to foster development of healthy and responsible attitudes toward sexuality, drug use and good hygiene; to develop an awareness of HIV&AIDS epidemic hence preventing new HIV infections through the Abstinence from premarital sex and/or being faithful to one sexual partner (AB) approach. When relevant for the target group; trainers may refer to the SARAH Network OP training guide for any OP related topic needed during for a particular training target group but this must be done in compliance with the PEPFAR indicators guidelines on program area allowable.

OBJECTIVES OF THE TRAINING GUIDE

This guide is a tool for promotion of AB through the following behaviors change activities:

- Encouraging abstinence in reducing the prevention of HIV transmission among unmarried individuals;
- Encouraging the delaying of sexual activity until marriage for the unmarried;
- Helping unmarried individuals to develop skills for practicing and maintaining abstinence; and
- Encourage adoption of social and community norms that support delaying sex until marriage and that denounce forced sexual activity among unmarried individuals
AND/OR
- Encouraging being faithful in marriage to reduce the transmission of HIV among individuals in long-term sexual partnerships
- Help individuals develop skills for sustaining marital fidelity
- Encourage adoption of marital fidelity and partner reduction using strategies that respect and respond to local customs and norms
- Encourage adoption of social and community norms that denounce forced sexual activity in marriage or long-term partnerships

General Objectives of AB Trainings

Each module in this guide has its specific objectives which takes into consideration the audience, the level at which the participant is to use the information, the USG grant regulations and standards of expected performance. The general objectives are that, by the end of AB trainings, the participants will be able to:

- Understand the facts about HIV/AIDS and other STDs
- Appreciate the facts about Substance Abuse and the link with HIV infection
- Dispel myths and misconceptions about HIV to promote prevention
- Explain how HIV and other STDs are and are not transmitted
- Discuss the impact STDs can have on a person's life
- Identify and discuss high risk behaviors that predispose individuals to HIV infection
- Explain the importance of abstinence from premarital sex and substance abuse in preventing HIV infection
- Explain the importance of being faithful to one HIV negative partner to the married and the sexually active
- Assist individuals adopt social and community norms that denounce support delaying sex until marriage and that denounce sexual activity among unmarried individuals and/or assist individuals adopt social and community norms that denounce forced sexual activity in marriage or long-term partnerships
- Have competencies to talk about the importance of planning ways to stay safe, healthy, and free of HIV and other STDs
- Apply what they have learned in order to become positive peer role models
- Locate relevant USG funded organizations and other available resources that provide services such as VCT psychological counseling and Support groups for referral purposes
- Be competent in expressing themselves clearly in different contexts, and to develop skills to share ideas with others towards HIV prevention through AB
- Record and report the number of individuals reached or other quantitative and qualitative results achieved in their post training outreach activities.

Facilitators

GOAL/SARAH Network facilitators represent rich and diverse backgrounds with dynamic presentation skills effective in relationship building and skills in HIV&AIDS and substance abuse prevention education. When needful, we contract external facilitators from other USG funded partners, Government institutions and other organizations with similar programs. The facilitators must demonstrate excellent skills in adult training techniques in compliance with this training guide.

Training Methods

To help yield effective and productive achievement of the training objectives; interactive exercises are fully employed in all the training sessions by use of learner centered facilitation. The training methods include; pretest/quiz and post tests, one on one tutorial, case study, focus group discussions, brainstorming, debates, behavior modeling/role play, lectures, demonstration and games, participant consultation and reflections. For enhanced interaction, splitting the participants into small groups that can ideally work face-to-face is ideal. The use of round tables unlike the traditional classroom (theatre) set-up and use of audio visual presentations as training aids should be embraced.

Action Plan

Towards the end of every workshop, the participants should be assisted to identify their areas of intervention and set specific goals to achieve in their post training HIV&AIDS and substance abuse prevention community outreaches.

Target audience / How to Choose Participants

GOAL/SARAH Network will consider the target audience (participants) in determination of the training approach. The approach is determined by the background of the group to be trained. Therefore, when planning for the training; the literacy levels, culture and other factors about the participants must be considered against the level of knowledge or skill needed for standards of expected post training performance. Each of the participants is expected to have the ability to comprehend and effect behavior change communication by increasing knowledge, stimulating community dialogue, promoting essential attitude change, advocating for policy change, reducing stigma and discrimination and participating in other related HIV/AIDS and substance abuse prevention through the AB program.

Post-Workshop Activities /Outreach Follow Up

The trained participants will be expected to implement their action plans/ the Implementing Partners work plans and will be provided with monitoring and evaluation tools to record numbers reached or results achieved.

Supplies

Participants and presenters/facilitators will find the following items to be useful during the training sessions:

- Table-top flip charts (for participants to brainstorm and record their interactions)
- Flip charts/white board
- Masking tapes
- Relevant Charts/posters/hand outs
- LCD projector (for power point presentations and other visual teaching AIDS)
- Demonstration materials
- Short hand note books/loose leaf pads
- Marker pens
- Pens/pencils

MODULES, LEARNING OBJECTIVES, DURATION AND SESSION CONTENTS

Module 1: Introduction, Climate Setting, Workshop Expectations and Workshop Objectives, Workshop norms

Objectives:

By end of this module, the following tasks will have been done:

- i. Registration and Introduction
- ii. Climate setting
- iii. Allow the participants to share their expectations on the training
- iv. Describe the general objectives of the training
- v. Generate norms to be followed during the training
- vi. Understanding how knowledge affect behavior

Session 1: Introduction, Climate setting

Duration: 20 min

Contents:

- Registration and introductions
- Introducing GOAL and SARAH Network
- Overview of the course content
- Logistics

Session 2: Workshop expectation, objective and norms

Duration: 40 min

Contents:

Activity: Ice breaking games

- Participants expectations
- Training objectives shared with the participants
- Matching the training objectives and the participants expectations
- Participants generate norms to be followed during the training

Session 3: How Knowledge affects an individual's behavior

Duration: 20 min

Contents:

Activity: Role plays demonstrating the effects of knowledge on behavior

- Demonstration on how knowledge affect behavior
- The K – A – P principle
- The importance of Behaviour change communication (B-C-C) in health promotion

Additional Instructions

The facilitator should be clear enough to ensure relevance by adopting the right approach suitable to the individuals being trained. For example; for the clergy, quotations from relevant religious books could be essential.

Module 2: Sexuality and reproductive health issues in relation to HIV&AIDS and Other STI's

Objectives:

By end of this module, participant will be able to:

- i. Define sexuality
- ii. Define reproductive health
- iii. Discuss sexuality and reproductive health problems
- iv. Briefly discuss common STI's
- v. Explain the need to prevent HIV infection

Session 1: Introduction to Sexuality and reproductive health

Duration: 15 min

Content:

- Define sexuality
- Define reproductive health
- A simplified anatomy and physiology of the female and male reproductive systems

Session 2: Introduction to Sexuality and reproductive health

Duration: 1 hour 15 min

Content:

- Forms/types of sexual acts
- Sex in relation to HIV and other STI's infection
- Factors that lead to increased irresponsible sexual behavior

Additional Instructions

For clergy, correction officers and teachers workshops the participants should be assisted to understand the role of human sexuality in the formation of their expected target outreach clients' personality traits.

Module 3: Prevalence and Impact of HIV&AIDS in Kenya

Objectives:

By end of this module, participant will be able to:

- i. Discuss the prevalence of HIV&AIDS globally, nationally and locally if possible
- ii. Discuss the impacts of HIV&AIDS to individuals
- iii. Discuss the impacts of HIV&AIDS to different social institutions
- iv. Explain the need to prevent HIV infection

Session 1: HIV&AIDS prevalence

Duration: 15 min

Content:

- Global HIV&AIDS statistics
- Current HIV&AIDS statistics in Kenya
- Participants share their local areas prevalence

Session 2: Impacts of HIV&AIDS

Duration: 30 min

Content:

Activity: Group discussions and presentations

- Impacts to the individual
- Impacts of HIV&AIDS to family and religious societies
- Impacts of HIV&AIDS to education
- Impacts of HIV&AIDS to economy and the government

Additional Instructions

It is important for the trainer to ensure that the participants are able to have a graphical imagination of how the Prevalence and Impacts of HIV/AIDS would be in their set ups. For instance; teachers will be lead to evaluate HIV&AIDS prevalence in schools and other education institutions, the clergy in Church and other religious societies and the peer educators in their communities.

Module 4: Myths about HIV&AIDS

Objectives:

By end of this module, participant will be able to:

- i. Differentiate between HIV&AIDS
- ii. Determine the effects of HIV in the human body
- iii. Articulate their constituents' myths and misconceptions about HIV&AIDS
- iv. Dispel myths and misconceptions about HIV&AIDS

Session 1: Introduction of the module

Duration: 15 min

Content:

- HIV&AIDS Pretest
- Definition of a myth

Session 2: Myths held about HIV&AIDS

Duration: 1 hour 30 mins

Content:

Activity: Group discussion and presentations on myths about the origin, spread/transmission, prevention and treatment of HIV/AIDS

- Listing theological/religious myths
- Listing metaphysical myths/ those related to traditional taboos and witchcraft
- Relating the listed myths to individuals attitudes and behavior in relation to HIV&AIDS issues

Module 5: Basic Facts about HIV&AIDS

Objectives:

By end of this module, participant will be able to:

- i. Understand the facts About HIV
- ii. Identify the different HIV modes of transmission
- iii. Discuss ways in which HIV cannot be transmitted
- iv. Clarify the relationship between HIV transmission and other STI's
- v. Comprehend what is meant by HIV re-infections
- vi. Present percentages of HIV transmissions represented by the different modes
- vii. Gain basic Knowledge on the clinical stages of HIV&AIDS and some opportunistic infections

Session 1: How HIV is transmitted

Duration: 20 min

Content:

Activity: Group discussion and presentations

- Unprotected sexual intercourse
- Sharp and piercing instruments
- Mother to child transmission
- Blood Products and donated organs
- Intravenous drug use

Session 2: How HIV is not transmitted

Duration: 20 min

Content:

Activity: Group discussion and presentations

- Casual body contacts
- Insects bite.
- Screened blood
- Sharing of utensils and other facilities
- Kissing
- Eating
- Air transmission
- Dispelling the myths

Session 3: Re-infections

Duration: 20 min

Content:

- Discordant partners
- Strains of HIV and opportunistic infections
- Re-infections

Session 4: HIV Transmission route percentage representations

Duration: 10 min

Content:

- Sexual intercourse
- Mother to child
- Blood transfusion
- Intravenous drug use
- Health care

Session 5: Opportunistic infections

Duration: 20 min

Content:

- Clinical Stages of HIV&AIDS
- Some Common Opportunistic infections

Module 6: Stigma and Discrimination

Objectives:

By end of this module, participant will be able to:

- Understand stigma and discrimination
- Promote stigma and discrimination reduction

Duration: 45 min

Content:

Activities: Role plays on stigma and discrimination/use of picture codes

Group discussions and panel presentations

- Define stigma
- Define discrimination
- How stigma manifest it self
- Causes and effects of stigma
- The contribution of HIV related stigma and discrimination to HIV spread
- How to reduce HIV&AIDS related stigma and discrimination

Additional Instructions

Peer educators reaching out to the wider community will be trained on how to reduce stigma and discrimination in their communities. For clergy trainings, emphasis should be made to reduce religious stigma and discrimination within the place of worship and encourage stigma and discrimination reduction by use of religious teachings. In teachers training the focus will be school based stigma and discrimination reduction.

Module 7: HIV&AIDS psychosocial interventions

Objectives:

By end of this module, participant will be able to:

- Identify common psychological themes in the lives of people infected and affected with HIV
- Explain the importance of support groups to PLWA
- Advance skills formation of PLWA support groups
- Make referrals for PLWA to join support groups
- Explore psychosocial interventions for other affected children and other family members

Session 1: A review of PLWA psychological verse clinical progression

Duration: 30 min

Contents:

- Review of Clinical effects of HIV to the infected
- Psychosocial progression

Session 2: PLWA support groups

Duration: 45 min

Contents:

Activity: A role-play modeling a PLWA support group meeting

- Define support groups and accountability groups
- Functions of support groups in HIV prevention
- Formation and maintenance of support groups (Models)
- How to refer PLWA and the affected family members to support groups
- Role of support groups in HIV prevention

Module 8: HIV&AIDS prevention through A&B

Objectives:

By end of this module, participant will be able to:

- i. Review HIV modes that are not associated with sexual transmission and discuss the prevention
- ii. Evaluate risk factors related to sexual transmission of HIV
- iii. Address the importance of Abstinence to young , youths and the unmarried
- iv. Address the importance of being faithful to one partner to those who
- v. Discuss key components of a successful prevention A&B outreaches to prevent sexual transmission of HIV

Session 1: Prevention of non-sexually transmitted HIV

Duration: 15 min

Contents:

- Mother to child
- Blood transfusion
- Intravenous drug use
- Health care

Session 2: Prevention of sexually transmitted HIV

Duration: 1 hour

Contents:

Activity: Group discussion and panel discussion on the barriers to abstinence from premarital sex and marital fidelity

- Abstinence
- How to promote abstinence
- Being faithful to one HIV- partner
- The triggers of infidelity
- How to promote fidelity

Session 3: A brief overview of other prevention beyond A&B of sexually transmitted HIV

Duration: 15 min

Contents:

- Voluntary, Counseling and Testing
- Correct and consistent use of condoms
- Correlation between HIV transmission and substance abuse
- Recovery support groups

Additional Instructions

The facilitator may refer to the OP training guide if more guidance is needed for session three of this module. In such instances of making references to the OP Guide, the facilitator must make it clear to the audience that condom use should not be promoted in a typical AB outreach.

MODULE 9: COMMUNICATION SKILLS

Objectives

By end of this module, participant will be able to:

- i. Have better skills and competencies to communicate
- ii. Develop good public relations skills to their self esteem as a plus to their ability to communicate
- iii. Know the challenges they would face in communicating and remedies for the challenges

Session 1: Communication skills

Duration: 1 hour 30 min

Contents

- Definition of communication
- Modes and channels of communication
- Importance of communication
- Qualities of a good communicator
- Barriers to communication
- Peer Education
- Effective peer communication skills

Additional Instructions

This session must be tailor made to fit the relevant target group. For instance the clergy will be prepared on how to pass information to their congregants, teachers to their students, correction officers to their clients and peer educators to their peers.

MODULE 10: Monitoring and Evaluation and Follow up

Objectives

By end of this module, participant will be able to:

- i. Know the meaning of monitoring and evaluation
- ii. Understand the reporting requirements of their post workshop community outreaches
- iii. Fill in the AB reporting forms and any other Monitoring and evaluation forms
- iv. Know the procedure for sending the forms back to SARAH Network

Session 1: Monitoring and evaluation

Duration: 1 hour

Contents

- Introduction to the AB indicators
- Post Training AB Activities
- What is Monitoring and evaluation
- The need for monitoring and evaluation

Session 2: Reporting

Duration: 1 hour

Contents

- Introduction to the SARAH Network M&E tools
- How to fill in the M&E forms
- How and when to deliver the filled M&E forms to SARAH Network

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