Multiple Concurrent Partnerships

Picture Codes Namibia

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How to use PICTURE CODES

Introduction

- Picture codes are materials that are used to stimulate a discussion about specific issues like behaviour which puts people at risk of HIV infection.

- The picture code has a photograph on one side showing people in different situations and on the other side it has questions for the outreach worker to ask to stimulate and guide a discussion around the photograph.

- Underneath the questions are “talking points” or information the outreach worker can share with participants.

- Picture code stories are basically the same as picture codes except that there are several pictures that should be shown and discussed one after the other. They usually tell a story of people in different situations who make different behaviour choices.

Getting started

- Bring together a group of one to 15 participants for a session and have the participants sit in a circle or in a way they can see the picture.

- It is best not to stand in front of the participants like a teacher since the idea is to get the participants to talk about themselves.

- The outreach worker should lead the discussion by asking questions and not talk too much.

Asking questions

- Show the picture to the participants and start with the general question “What is happening in this picture?” That should be enough to get the discussion started.

- Ask other questions to stimulate further discussion.

- Skip questions that have already been discussed.

- Ask follow-up questions to encourage the participants to offer more detail about their behaviour.

· Try to ask open-ended questions or questions that don't take a single word answer like "yes" or "no" such as "What do you think about that?"

Being a good listener

· Don't be judgmental or moralistic about the discussion.

· There is no right or wrong answer to the questions. The idea is to get participants to think about their behaviour choices.

· A good outreach worker is a good listener who appears to be very interested in the answers to the questions.

· Get the participants to relate what is happening in the photos with themselves or people they know.

· Correct any misinformation at the end of the session.

Getting everyone to participate

· Don't let one or two people talk all the time.

· Ask a question directly to a different person each time.

· Re-ask the same question to different people. Also ask others if they agree with the responses given.

Organizing sessions

· Take time to let participants discuss each picture code. Do not go through them too quickly. An hour session should cover 6 picture codes or less. There is no time limit. The important thing is to give participants time to thoroughly explore each topic.

· Discussing 25 pictures in one session is less useful unless it is doubtful the outreach worker will see the participants again.

· Use the information under the "Talking Points" section to answer questions or make points that haven't already come up in the discussion.

· If specific questions arise find a suitable picture to use to stimulate a discussion on the topic.

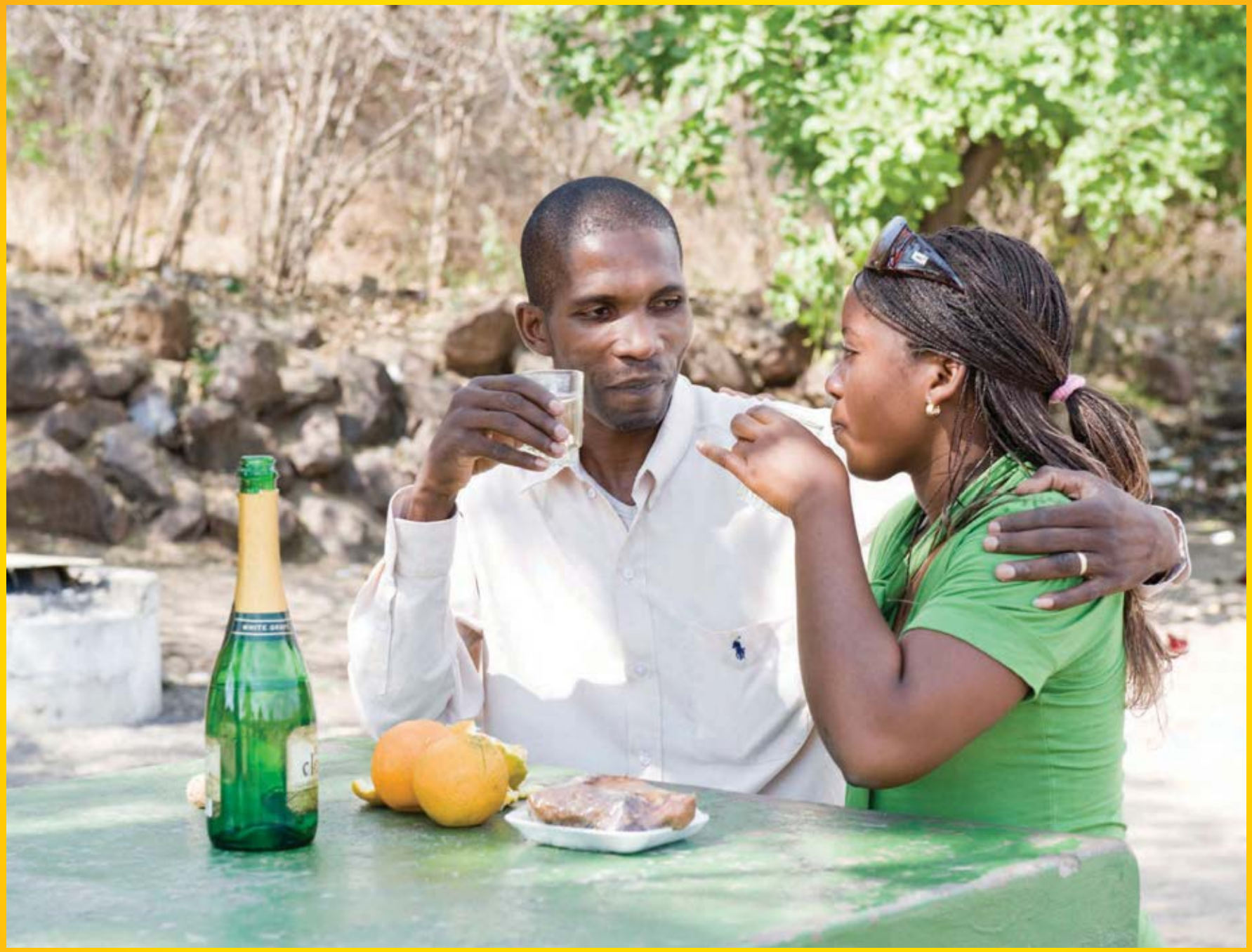
*TEXT ADAPTED FROM PACT BOTSWANA PICTURE CODES

Multiple Concurrent Partners 1

- What is happening in this picture?
- Why is the married man interested in having a picnic with this woman?
- Why is the woman interested in going with the married man?
- How does the man feel about his wife he left at home?
- How will the unfaithfulness affect the man's family life?
- Do you think women cheat on their partners too? Why or why not?

Talking points:

- Sometimes, women do not care whether a man is married or in a steady relationship.
- Women can feel powerless to stop men from having other sexual partners.
- Having many sexual partners at one time, is done to satisfy sexual, material and emotional needs that one partner can't or won't meet.



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Multiple Concurrent Partners 2

- What is happening in this picture?
- How does the wife feel about finding her husband with another woman?
- How does the man feel about being caught?
- What do you think will happen next?
- What risks are there in having many sexual partners?

Talking points:

- Regular partners may think they are each other's only sexual partner when they are not.
- Having more than one sexual relationship at the same time, links you to a sexual network and you are much more at risk of contracting HIV or other STI's.
- Unfaithful behavior destroys trust in a relationship.
- It is not only men that are unfaithful, women are also unfaithful.

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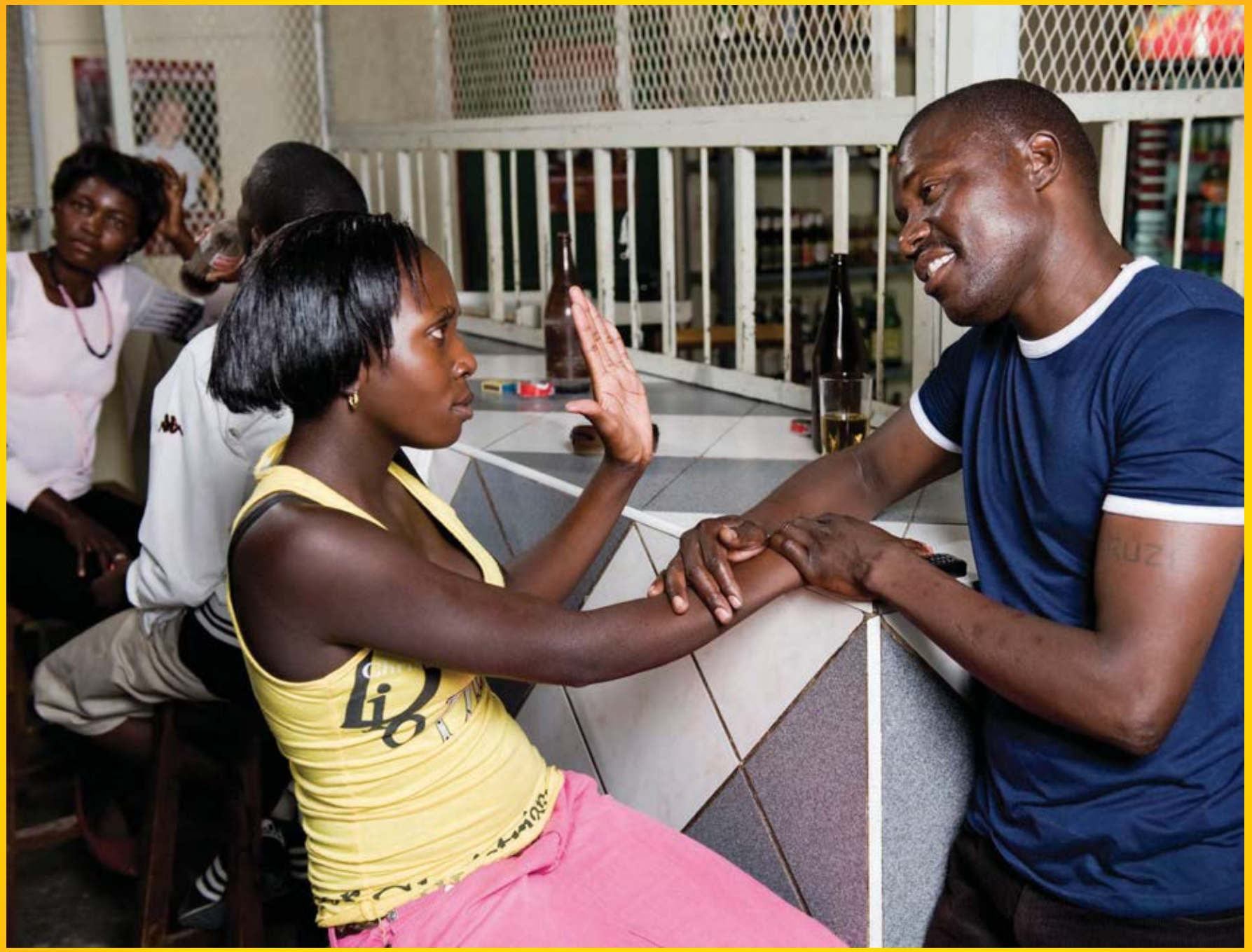
Saying no

- What is happening in this picture?
- Why doesn't the woman want to become involved with this man?
- Do you think the man has other sexual partners?
- How easy is it for a woman to say no to a man in such a situation? What can she do to stick to her decision?
- What could happen if the woman decides to give in and go with the man? What are the risks?

Talking points:

- If you or your partner have just one other sexual partner, you are part of a sexual network.
- If anyone in your sexual network has HIV, it could spread along the network of sexual relationships all the way … to you.



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Cross generational sex 1

- What is happening in this picture?
- Why is this man buying the woman a drink?
- Why is the woman accepting drinks from this older man?
- What do you think is going to happen next?
- How do you think the man's wife will feel if she knows about it?
- How do you think the woman's husband feels?
- Who do you think has more power between the two in the picture?
- What can be done about this situation?

Talking points:

- People engage in these relationships for material gain driven by peer pressure.
- Some people engage in these relationships to acquire various high-status items and some are forced by poverty.
- The older partner has more power and dictates his terms.
- The older partner can also be a woman, not only men engage in cross-generational sex.

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Cross generational sex 2

- What is happening in this picture?
- Why do you think this school girl has a relationship with this older man?
- Do you think that they both may also have sexual partners of their own age?
- What do you think the girl's friends are thinking about what is happening?
- Does this happen in Namibia?
- What is going to happen next?

Talking points:

- Some older men/women look for young girls/boys because they cannot make their relationships with their partners satisfying.
- It is rape to have sex with a person 16 years and younger.
- Having sex with someone older than you increases your risk of HIV .

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Transactional sex 1

- What is happening in this picture?
- Why is the man giving the woman a cell phone and airtime?
- Why is the woman accepting the gift?
- What is going to happen next?
- What risks are involved in giving sex in return for a gift?

Talking points:

- For some people, money and gifts are reasons to have sex with someone – even if they know that partner has other sexual partners.
- Sex for material gain can be a reason for many sexual partners.
- Cash and presents are used to get people into other people's sexual networks and put them at risk of contracting HIV.

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Transactional sex 2

- What is happening in this picture?
- What are the risks involved in having sex in exchange for a lift ... or other favours or gifts?
- What can the girl do to avoid being infected with HIV by having sex with an unknown person?

Talking points:

- Taxi drivers and many other people with jobs have money and transport. They can use these to attract many sexual partners. If you have sex with them you will be linked into their sexual network.
- Having sex with someone in exchange for money or favours is risky. In such a relationship, people may not care for each other and have other partners as well.
- Having sex in exchange for money or favours puts you at risk of HIV.

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Healthy relationships 1

- What is happening in this picture?
- Is this something that normally happens in your community? Why/Why not?
- How do you feel about the couple cooking together?
- How does this couple feel about each other?
- What can couples do to improve their relationships?
- What benefits are there for men to engage in activities with their partner?

Talking points:

- By respecting each others views or feelings, both partners are at the same level when they want to make decisions regarding their relationship.
- Doing activities together and spending time together can open up communication between partners and they can enjoy each other more. The power of dialogue is very important to a happy relationship.

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Healthy relationships 2

- What is happening in this picture?
- Is this something that happens between men and women?
- Why is it that some men in Namibia don't talk to their partners about their feelings/sexual desires?
- Why is it that some women in Namibia don't talk to their partners about their feelings/sexual desires?
- What are the advantages of couples talking to each other about their sexual needs and desires?

Talking points:

- Talking about problems and feelings in a relationship makes the relationship stronger as partners understand each other better.
- When partners can talk about issues, it makes the relationship safer and more satisfying.

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Healthy relationships 3

- What is happening in this picture?
- Is this happening in your community? Why/Why not?
- What do you think about the man helping the woman by taking care of the child while she is cooking?
- How does sharing responsibilities in the household influence a couple's relationship?
- What are the advantages of couples putting effort in spending time together?

Talking points:

- Healthy relationships are based on communication and mutual respect.
- Decisions are made together and neither person dominates the relationship.
- Involving men in household activities helps men stay at home with their partners and feel involved, keeping them from seeking other sexual partners.

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Healthy relationships 4

- What is happening in this picture?
- What can couples do to spent more time together?
- What makes a relationship healthy?
- What are the advantages to both men and women who make time to talk to one another?

Talking points:

- Equal power balances between men and women in sexual relationships can decrease the risk for STIs, HIV/AIDS, and unplanned pregnancy.
- Talking between couples also increases stability and happiness in the relationship.

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Healthy relationships 5

- What is happening in this picture?
- How does this young couple feel about each other?
- Do you think they are having sex with each other?
- What is the possibility that they also have another sexual partner?
- What steps could young couples take to protect themselves from contracting HIV?

Talking points:

- If you do have sex, it is safer to have sexual relationships within your own age group than with older people.
- It is safer to have sex with one mutually faithful partner.
- If you are not sure about the faithfulness of your partner, use condoms correctly and consistently every time.

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Fatherhood

- What is happening in this picture?
- Is this something that happens in your community? Why/Why not?
- How does the man feel about his child? How does the woman feel about the father interacting with the child?
- What can men do to become more involved with caring for their children?
- What are the benefits for men who play an active role in their children's lives?

Talking points:

- Men need to understand what fatherhood means and to take responsibility for the life they create.
- It is important to remember that a man can and should be involved in caregiving, not only providing material support.

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Couple communication

- What is happening in this picture?
- Why is it important for couples to do things (such as shopping) together?
- What can be done to keep love fresh?
- What is the best way for couples to let each other know they care?
- What activities can the man do and how can the woman support him?
- What steps could you take to achieve your goal of having a happy family?

Talking points:

- Finding enjoyable things to do together help keep couples together.
- Regularly finding out what the needs are of the other partner can keep couples close.

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Unhealthy relationship

- What is happening in this picture?
- Why does the woman not want the man to leave?
- Why do you think the man does not want to listen to the woman?
- Where do you think the man is going?
- What would be the best way to avoid this situation?

Talking points:

- Unhealthy relationships are often driven by poor couples communication and unequal decision making.
- Lack of communication, makes open talk about sexual behavior extremely difficult, which puts both people at risk of HIV infection.
- Couples need to communicate with each other respectfully to resolve their differences and build a strong relationship.

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Family support

- What is happening in this picture?
- Why does the man not want the woman to leave?
- Why did the woman's family decide to help her move out?
- What might happen if the woman decides to stay?
- Is this happening in your community? Why/Why not?
- Where do you think the woman is going?
- What are the benefits of strong family support?

Talking points:

- It is best to leave a relationship where a partner puts you at risk of violence or contracting HIV, especially when you have tried and cannot change the partner's behavior.
- Families need to support members who would like to "Break the Chain" and leave an unhealthy relationship that puts them at risk.
- Staying in this kind of relationship can lead to physical, sexual and emotional abuse, and HIV infection.

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Peer support

- What is happening in this picture?
- Why is it important for friends to keep friends from behaviour that will put them at risk of HIV infection?
- How can we help our friends avoid behaviours that will put them at risk of HIV infection?

Talking points:

- We need to protect our friends and encourge them to avoid risky behaviours such as having sex when drunk, having many sexual partners, having sex with people who are much older than them, or exchanging sex for gifts or money.
- We need to encourage our friends to walk away from relationships that put them at risk of contracting HIV.

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