

A Handbook for Anti-AIDS Clubs

***SNNPR REGIONAL HIV/AIDS PREVENTION &
CONTROL OFFICE***

PO Box 906, Awassa

Tel. 06 – 205406 / 200232

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Welcome!

This handbook has been written by the SNNPR Regional HIV/AIDS Prevention & Control Office (RHAPCO) to give guidance to young people, teachers, parents, workers, religious and community leaders, and anyone else who wants to form an Anti-AIDS club. It provides facts and information about HIV and AIDS, and ideas for club activities, which may be useful for both existing and new clubs.

Anti-AIDS clubs were originally formed to educate young people and their friends and families about HIV and AIDS. In-school and out-of-school Anti-AIDS clubs have played a vital role in raising awareness of HIV and AIDS across Africa.

In SNNPR state, Ethiopia and in other countries, Anti-AIDS clubs have been working to encourage young people to learn about HIV and sexually transmitted diseases, but most importantly, to *change their behaviour*.

Anti-AIDS clubs are now also being set up in workplaces and among specific groups of people such as women,

prisoners, factory workers and commercial sex workers.

The SNNPR RHAPCO, in collaboration with the Regional Health, Youth, Culture & Sports and Education Bureaus, the zonal and woreda HIV/AIDS Councils, non-governmental and community-based organisations will support the establishment and activities of Anti-AIDS clubs in SNNPR. We can offer advice, support, technical and financial assistance in setting up and running an Anti-AIDS club.

Clubs can organise different activities related to the prevention of HIV infection and the care of people living with HIV or AIDS.

Young people are the future of Ethiopia – the workers, parents, teachers, doctors and leaders. Therefore this handbook is primarily focused on youth, but it is equally relevant to Anti-AIDS clubs for adults, such as workplace clubs. By reducing HIV infections among young people now, the number of people with AIDS in the future will also be reduced.

Why Form an Anti-AIDS Club?

HIV/AIDS is having a devastating impact across Ethiopia. In SNNPR it is estimated that 11.1% of the urban population and 3.1% of the rural population are infected with HIV (SNNPR Health Bureau 'AIDS Profile' January 2003).

The purpose of anti-AIDS clubs is to:

- educate and raise awareness about HIV/AIDS
- encourage and support behaviour change among members and the wider community
- advocate and lobby political and community leaders, the media and other influential bodies about HIV
- provide alternative social opportunities for young people
- campaign against and challenge stigma and discrimination against people with HIV
- care for and support people with HIV or AIDS

One of the most effective ways for people to learn about HIV and changing their behaviour is through discussion with peer educators. Peers are people from the same age, sex, marital or social status. Peer educators are people who have had training to raise awareness and discuss HIV issues among their peer group. Peer education is usually a central part of Anti-AIDS club activities, as well as raising awareness among the wider community.

An assessment of youth prevention and participation conducted by UNICEF Ethiopia Country Office in September 2001 reported that Anti-AIDS clubs were one of the strongest forces of change. Peer education is successful because it makes it easier for young people, women and others to talk about sexual and other personal issues.

Getting Started!

Who will take the initiative?

Anyone who is concerned about HIV/AIDS and who is committed to doing something about it in their school, college, workplace, religious

group or community can take the initiative to start an Anti-AIDS Club.

As a first step, speak to other people who could be potential club members – other students, colleagues, friends, community leaders etc. If there is a small group of people who are interested and committed then you can organise a meeting for more people to see how much interest there is in forming an Anti-AIDS club.

Speak to existing clubs, or the Regional, or Woreda HIV/AIDS Councils for advice on what a club could do.

Add an example of how an existing club was initially formed here?

Organising a meeting of interest

The first thing you need to do is call a meeting in your school, workplace, church, mosque, kebele etc, to discuss starting a club, and to establish the level of interest and support for it.

Speak to the school Director, your employer or religious or community leader to get permission and support to call the meeting and to use a suitable room. Out of school youth Anti-AIDS clubs are most effective when organised

at kebele level; they can provide a place for young people to meet and socialise. You could ask the Kebele or Woreda AIDS Committee to give you a letter of support. See page ___ for contact details.

The meeting should be held at a time and place that is likely to be convenient for most of the people that you want to attend. When deciding on where to have the meeting, think about how many people are likely to attend.

Tell people about the meeting

Once you have permission to call a meeting and use a room, the next thing to do is to advertise the meeting - do not assume that people know about it! This is the first meeting so it is important to get as many people as possible to come.



If the club is for boys/men and girls/women, then you should try to ensure that both females and males are equally represented in the

membership of the club. Make sure that you talk to girls as well as boys about the meeting, and actively encourage girls to attend.

The meeting can be advertised by putting notices up around your school, workplace, church, mosque etc, and in places where young people or your target group go. Most importantly, talk to as many people as possible – this is the most effective way of advertising the meeting. Announcements can be made at meetings or during school registration. Make sure the notices and announcements are in all relevant languages.

The notices should say:

- Why the meeting is being held.
- Explain briefly what the purpose of a club is and how it is in peoples' interest to attend.
- State the day, time and place of the meeting.

Preparing for the Meeting

You should have a clear objective for the meeting. The objective is to get all potentially interested people to form a club. At the start, it is better to have too many people, as usually the number

of people who remain as the core, active members will reduce after the initial few meetings.

Think about all the things you need to explain at the meeting and write them down to prepare an agenda. The agenda for the meeting of interest is likely to include:

- Information about HIV/AIDS and the impact it is having on the community. Invite a knowledgeable person from a local community organisation, the Woreda HIV /AIDS council or health centre or bureau to speak about HIV/AIDS. Try to make this as relevant to your local area and peer group as possible, as this is more likely to motivate people to want to join the club.
- Explain the purpose of an anti-AIDS clubs and what the club could do. Examples are provided later in this handbook. If possible invite someone from an existing Anti-AIDS club to talk about their experience
- What would be expected of members – emphasise the voluntary nature of Anti-AIDS clubs
- Membership criteria – this will depend on your group, it may be by age, sex, employment etc. You may also want to set a

membership test (see page ___ for more detail)

- how resources could be raised (see page___)
- how the club would be organised – the need to elect a committee and adopt a constitution. You could present a draft constitution for discussion but this cannot be formally adopted until the first meeting of the club.

Decide who is going to introduce and speak about each agenda item, and who can answer questions that are raised. You may decide that you need to invite some people from HIV or health organisations to speak.

For the meeting of interest you should ask someone who has the respect of those attending to act as the chairperson – perhaps a teacher for in-school clubs, and a member of the Kebele AIDS Committee for out-of-school clubs. If possible, have a male and a female involved in running the meeting. Meet with the chairperson before the meeting to discuss the agenda and conduct of the meeting.

Conducting the meeting

At the meeting, introduce yourself and the Chairperson. The Chairperson should then explain the purpose and agenda for the meeting. If possible give out copies of the agenda or write it on a board or flipchart, so that everyone can follow the proceedings.

For each agenda item, someone should explain the item and give more detailed information. The attendees should then be invited to ask questions and discuss the issue. The Chairperson should ensure that everyone who wants to speak gets the opportunity and to encourage girls and women to contribute.

Ask people who want to join the club to write their names and contact details on a piece of paper. Before the end of the meeting agree what the next step is. This should include the time, place and agenda for the first meeting of the new club. At the first meeting you will need to adopt the constitution of the club and elect a committee.

Forming the club

After the meeting of interest you will have a list of people who are interested in forming the anti-AIDS club.

What's expected of Club Members?

Members of the club need to be well informed about HIV and AIDS so that they pass on correct information to their peers and communities. Therefore they are generally expected to :

- develop their own knowledge about HIV/AIDS through club activities and other sources of information
- club members **MUST** practice what they say, and act as role models in their behaviour.
- be prepared to speak to others about HIV/AIDS
- be prepared to challenge misconceptions and prejudices about HIV and people with HIV or AIDS.
- be prepared to give their time voluntarily

Some anti-AIDS clubs require people to take a small test, answering some questions about HIV and AIDS before they can become members. An example of a membership test is provided on page ___ of this handbook.

The first activities of a new club should be to

- elect a committee
- approve the constitution
- undertake sensitisation and HIV educational activities for club members

Club Constitution

Once you have formed the club you will need to agree some rules for how the club is going to be organised and run. It should state the clubs name and the purpose and general objectives of the club. This is called the club constitution.

It is an important document because it should set out who can become a member of the club, how it will be managed, and have rules to prevent a smaller group of people being able to take over the club and its assets (its money, equipment and other resources). It also needs to ensure that the constitution cannot be changed unless any proposed changes are agreed by the majority of all the club members at a special meeting.

It should state the size of the committee and how it is to be elected, and how often elections will be held. An example of an anti-AIDS club constitution is included on page ___ of this handbook.

Electing a Committee

Explain to the club members why it is necessary to have a committee and explain its duties and the duties of the different committee members.

Why Elect a Committee?

A committee is needed to plan and manage the activities and resources of the club on a day-to-day basis.

For clubs aimed at young people, adults should try and act as supporters or patrons of the club. While teachers and leaders may start the club, they should try to have young people and students on the committee. Young people should be encouraged to organise and run the club, and take decisions about its activities. If there are only a small number of people in the club, decisions can be taken collectively by all group members, but should still appoint a chairperson to chair the meetings. Remember that girls/women and boys/men should be equally represented on the committee, unless of course it is a club specifically for women or men.

Holding an Election

If you decide to elect a committee, you will need to appoint someone to run the elections. This person must not be a candidate, nor be seen to favour one candidate over another. Ask all the members to volunteer or nominate someone from the membership for each of the positions on the committee. Each person should have two people to support and endorse their nomination. Once you have one or more names for each position on the committee, the members should be asked to vote. The candidates could be asked to speak to the club members, to say why they are interested in becoming a committee member and what ideas and skills they have.

Your club constitution should say how the election will be held – whether by a secret ballot (putting a X next to a candidate's name on a piece of paper) or by a show of hands at a club meeting. The person with the greatest number of votes is elected. If there are an equal number of votes, for two candidates, then the chairperson will cast an additional vote. If there is only one person nominated for a position they will automatically be elected to that post.

The duties of the Committee

A committee is normally made up of executive members (chairperson, vice chairperson, secretary, treasurer), and ordinary committee members. Some clubs also have a publicity secretary.

The duties of committee members are generally as follows:

The Chairperson

is the person who leads the clubs meetings, to make sure they are well run. She or he has to provide leadership to the rest of the committee and club. She/he will usually represent the club in discussions with other organisations and should have the skills and confidence to do this.

The Vice-chairperson

assists the chairperson with their duties and leads the club meetings in the chairpersons' absence.

The Secretary

is responsible for the administration of the club. In larger clubs, it may be necessary to elect a vice Secretary to assist with the Secretary's day-to-day activities. Administration may include making a record of

any meetings (minutes) especially any decisions that are taken; sending and receiving any letters, keeping copies of all correspondence, contracts, agreements and any other documents; ensuring the club has any required legal approvals, permits or other documentation.

The Treasurer

is entrusted with the clubs finances. He or she must keep all cash (money) in a secure and safe place and record all transactions (purchases and payments) made from the cash in a book kept especially for that purpose. This is called the petty cash, and should only be used for small amounts of money. The treasurer also looks after the money paid into or taken out of the clubs bank account; keeps an accurate record of all money received and paid on behalf of the club, and keeps all receipts, invoices and bills with the financial records. Receipts are proof that the financial records are correct. See 'Bookkeeping and Financial records' on page__

The Publicity Secretary

is responsible for organising publicity for all the club

meetings and activities, planning and distributing posters and other information. Club members should assist in putting up posters – it should not be the job of one person!

Ordinary Committee Members

Their role is to support the executive members by discussing ideas and making suggestions; assisting the executive members in their duties; to check that the executive members are doing their work by receiving reports and asking questions, and ensuring that the club operates within its constitution.

Club Members

The club members do not just elect the committee and then do nothing! If the members show little interest in the club it will be difficult for the committee to continue the activities. Club members

should be prepared to take an active part in all activities, keep informed of what is happening, take part in meetings, contribute ideas and suggestions.

Before club members begin to try and educate others on HIV and AIDS the club must undertake some activities and training for the members to develop their own knowledge and skills in working as peer educators, and in assisting and supporting people infected or affected by HIV.

Examples of some activities that the club can do are suggested later in this handbook from page ___.

Funding & Resou

Once you have a constitution and a committee, you will need to think about how you will get some resources so that the club can plan some activities.

The biggest resource of any Anti-AIDS club has to be its members

To get started, most Anti-AIDS clubs only need simple resources – access to a meeting place, some information about HIV /AIDS and the help of a professional who knows about HIV such as a health worker, HIV project worker or a teacher. HIV information and educational resources are available from different places such as the national and regional HIV/AIDS prevention and control offices, libraries, HIV projects, the Internet and other Anti-AIDS clubs. See page__ for contact details.

The biggest resource of any Anti-AIDS club has to be its members, who must be committed to fighting HIV/AIDS and performing club tasks unpaid.

Anti-AIDS clubs have to be prepared to raise funds and resources for the club activities.

Clubs can do this by organising fundraising events such as dramas and shows, or seeking support of schools, parents, churches, mosques, workplaces and employers, who may let the club use or borrow materials or other resources.

Your club may need resources such as:

- A meeting room
- Paper and pens to write letters, publicise meetings and activities
- Materials for dramas
- Access to computers, printers and photocopiers
- Sports equipment
- Prizes for competitions
- Banners
- Candles

You need to be resourceful and creative, wherever possible using local contacts and local cheap resources.

An initial activity of the club committee can be to 'brainstorm' as many ideas as possible to raise resources and funds.

Applying for grants

Once a club has undertaken some activities and can demonstrate its commitment and effectiveness, other organisations may be

interested in giving some financial support.

Some government and non-government organisations will give small grants to Anti-AIDS clubs. A grant is an amount of money given for a specific and agreed activity, which does not have to be repaid.

Grants must not be used for any other purpose than that agreed with the organisation who gave the grant

To apply for a grant from another organisation you have to prepare a written proposal. This does not have to be a long document, but it does need provide all the necessary information to convince the organisation to fund your activities. The proposal should give a clear picture of the problem to be solved and the benefits your activities will bring. Some organisations have their own format for project proposals, but most funding organisations require the same type of information including:

- The project title
- A summary description of the project
- The purpose –what you want to the money for (the problem to be solved)

- The goals or objectives of the proposed project / activities
- Details about the activities and methods
- How they benefits can be sustained
- Information about your club
- A budget
- Indicators and targets for monitoring

Before preparing a budget (a statement of the costs of the activities or project) you need to identify all the resources and costs involved. You can do this by imagining exactly how the activity will be performed and what will be needed in terms of specialist skills, equipment , materials, rooms, transport etc. Once you have a list of resources needed for each activity you can begin to estimate the cost of each one. If you don't know the costs you can ask at shops or offices.

The Regional HIV/AIDS Prevention & Control Office (RHAPCO) has a fund (called the Emergency AIDS Fund) to support local HIV/AIDS projects, including Anti-AIDS clubs. You can ask for money (a grant) to buy materials and equipment to help with club activities and campaigns, or for training club members

About HIV and AIDS, or for providing care and support to people with HIV and AIDS.

The zonal and woreda HIV/AIDS Councils has an HIV/AIDS facilitator. This person can give you advice and information on funding, drafting a proposal and club activities. See page ___ for contact details.



Book Keeping & Financial Records

Every time money is received or spent the club treasurer should keep a record of what is being spent and by whom. The record will only show what has been received (income) and spent (expenditure). The treasurer also has to prove what has been spent by keeping all receipts, bills and invoices.

The treasurer should keep a record (account) of all transactions. They must be

kept in a consistent way so that they can be checked easily. All committee members should learn how to understand the accounts and check they are accurate. An example of a financial record is given on page ___ of this handbook.

Bank Accounts

If the club only has a small amount of money, the committee may decide that the treasurer should be responsible for keeping it safe.

If the club receives a grant or other larger income, then a bank account should be opened in the name of the club. The account should **NEVER** be in the name of the treasurer, a committee member or any other individual.

The committee will have to decide who will be authorised to make payments into and withdraw money from the account. Usually 3 committee members are delegated as authorised signatories for the account. Any 2 of the 3 can then sign a cheque or deposit. One person should never be able to withdraw money by their signature alone.

HIV Facts

*Once you have established your Anti-AIDS club, you need to make sure that all members have a good understanding about HIV and AIDS, and are fully prepared to discuss accurate and factual information with their peers and in their community. The following sections of the handbook 'HIV Facts' and 'Talking about HIV and Sex' are a starting point for initial activities with club members, using some of the activities suggested on pages ___ - ___. Club members **MUST** be confident of their knowledge of HIV and AIDS before undertaking any HIV activities themselves.*

In Ethiopia, AIDS is most common among 20-29 year olds for females and 20-39 year olds for males. Since AIDS can result from HIV infections acquired up to 8 years earlier, these figures suggest that new infections are most commonly occurring between 15 – 21 years for females, and 15 – 34 for males. Therefore, awareness raising targeted at teenagers and young people is particularly important if the spread of HIV is to be reduced.



What is HIV?

In your body there are special cells in the blood called *white blood cells*. These cells protect your body from infections and diseases by producing chemicals called *antibodies* which kill germs. This is known as our immune system. Human Immuno-deficiency Virus (HIV) is a germ which kills the white blood cells in our bodies, which protect us from disease.

HIV can only live in human body fluids :

- Semen
- Vaginal fluids
- Blood

The virus can only be passed from one person to another when the body fluids of one person enter the body of another.

H	= Human (The virus is only found in people, not animals or insects)
I	= Immuno-deficiency (weakness or failure of the body's ability to fight infections)
V	= Virus (a type of germ that invades and kills cells in the body)

There are 3 common ways in which body fluids from one person can enter another person:

1. Sexual intercourse – this is the most common way people become infected with HIV. All unprotected acts of sexual penetration (vaginal, oral or anal) carry a risk of HIV transmission. Fluid released from the man's penis (semen) or the woman's vagina can carry HIV and infect any person that the infected person has sex with. This is true for both heterosexual and homosexual activity i.e. men having sex with women, and men who have sex with other men.

2. Blood - Blood from one person infected with HIV can enter the body of another person in many ways, for example sharing needles, syringes and other instruments used to pierce or

cut the skin; sharing toothbrushes or through blood transfusions, although in Ethiopian hospitals, donated blood is tested for HIV before being given to someone else.

Practices such as circumcision, tattooing and scarification can spread HIV if instruments are used on more than one person without being properly sterilised – they must be cleaned using bleach and hot water.

3. Mother to Child - HIV can pass from an infected mother to her child before or during birth. HIV has been found in breast milk, so can be passed to the child during breast feeding.

What is AIDS?

When HIV has killed almost all of your body's white blood cells, then your body no longer has any protection against infection. You begin to catch diseases such as tuberculosis (TB), skin cancers, and thrush. This is commonly referred to as 'having AIDS' although AIDS is not a disease itself but a collection (syndrome) of other diseases. TB is currently the biggest killer of Africans infected with HIV.

A	= Acquired (you cannot catch it like a common cold)
I	= Immune (your body's ability to fight infection)
D	= Deficiency (a weakness or failure)
S	= Syndrome (having many different illnesses, which together, show that your body can no longer fight infections)

People live for many years with HIV and it can take up to 10 years for an infected person to show symptoms of AIDS. Once a person has AIDS they will die, usually within 2 years. ***There is no cure for HIV or AIDS.***

What Activities Are Safe?

HIV cannot live outside of human body fluids. Therefore any activity which does not involve someone's body fluids entering your body is safe.

The following list gives some examples of safe activities which have no risk of passing on HIV:

- Touching or shaking hands

- Sharing toilets or bathroom facilities
- Sharing food, cups, plates, forks and spoons
- Sharing clothes or combs
- Mosquito or other insect bites
- Playing games and sports
- Being with an infected person who is coughing or sneezing.
- Bathing in the same water or sleeping in the same bed as an infected person
- Washing the clothes or bedding of an infected person
- Donating blood to the hospital or clinic
- Hugging and social kissing - saliva contains very little of the virus, and kissing has not been shown to transmit HIV, but if there is blood in saliva from mouth sores, tooth abscesses, bleeding gums or oral STDs, there is a risk of the virus entering the bloodstream.

Remember!

You cannot get HIV through doing kind things for people living with HIV or AIDS.

You cannot get HIV through every day social contact with people who have HIV.

People with HIV and AIDS are fellow human beings. There is no reason to fear, isolate or hate people with the virus.

Don't stop playing with someone just because she or he has HIV or AIDS. Your love and friendship may even help a friend live longer.

Talking About HIV and Sex

Parents and adult family members are often unwilling to accept that their children may be involved in unsafe sexual or other practices, and are unable to talk to them about how to avoid unsafe behaviour. Often they do not have correct or adequate information on the causes of HIV/AIDS and the risks faced by adolescents, especially girls. Some families support and arrange for traditional practices which are harmful to adolescent girls and increase their risk of contracting HIV, such as female genital mutilation or child marriage.

In most countries, including Ethiopia, young people rely on each other for information about sex, pregnancy, sexual

health and reproduction, rather than talking to their parents or adult family members. Unfortunately, much of what they discuss is incorrect or half truths, which can put them at greater risk.

Anti-AIDS clubs can provide young people with honest and factual information.

Anti-AIDS clubs can provide young people with honest and factual information, as well as opportunities to discuss HIV and AIDS and how it affects them. Club members can write down all the stories they

have heard about the virus and discuss them with health workers or club patrons to understand why they are not true.

Young people need honest and accurate information about sex and sexual behaviour, to help them challenge incorrect information and to give them confidence to make safe choices about sexual behaviour, and how to avoid contracting HIV or other sexually transmitted diseases.

The UNAIDS report "Forces for Change" (1999) states that research and experience has shown that increased levels of accurate information about sex and sexuality for young people, has resulted in increased levels of abstinence, later starting of sexual activity, fewer partners and greater use of contraception.

The ABC of HIV

One of the main prevention messages supported by the government is *ABC*.



Abstinence – delay becoming sexually active for as long as possible.

Be Faithful – if you are sexually active, have sex with only one partner. The more partners you have sex with the greater the chance of having sex with someone who is infected with HIV.

Condoms – use a condom every time you have sex, unless you are 100% certain that you or your partner is not infected and that they, and you, are always faithful to each other. The only way to be 100% certain is to have a blood test.

Anti-AIDS clubs can give young people the opportunity to discuss some of the complex issues about abstinence, being faithful and when to use condoms.

Teenagers need a lot of support to be able to follow the advice of abstaining from sexual practices. They need to learn skills of how to delay sex. If they are sexually active they should know about other, non-penetrative and safe ways to have sex.

They need to understand the health risks involved, and should be able to discuss with their peers the risks they face

through certain behaviour such as unsafe sexual practices, multiple partners, use of alcohol or drugs.

Boys need support to resist the pressure from their friends to have sex. Girls need support to resist the pressure to have sex with boys or to have sex with "sugar daddies" and older men for money or other 'gifts' or 'rewards'.

Many practices, which are often taboo – that is they are not usually spoken about – can have put somebody at risk of infection in the past. So even if they are not sexually active, or are faithful to one partner, they may have been exposed to the virus in the past. For example through

child abduction, rape, female circumcision or scarification using shared instruments, or blood transfusion.

One of the major affects of AIDS on young people is the increasing number of children who are orphaned. UNAIDS estimates that 1.2 million children in Ethiopia have lost their mother or both parents to AIDS. Many then become destitute and are forced to leave school and work to earn money, often through practices such as prostitution. This makes abstinence from sex very difficult and puts them at further risk of contracting HIV.

Some Club Activities

Club activities should encourage club members to teach and learn from one another about making wise decisions about their health and lifestyle. Club members should be encouraged to examine their own behaviour and should be committed to being positive examples and role models to their friends.

Here are some suggestions for club activities, but each

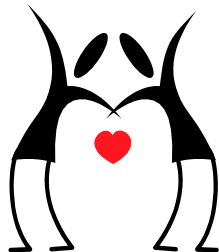
club should develop its own activities to suit the issues, traditions and practices of its community. It is important that club members have done some of the activities and know the facts about HIV and AIDS before doing activities in the community.

Discussion Groups

Club members can organise discussion groups so that people can talk openly about HIV/AIDS, sexually transmitted diseases, and pregnancy. They can discuss with their peers the dangers they face if they have sex, or use drugs or alcohol. They can discuss how best to delay sex and resist the pressures to have a sexual relationship.

Some ideas for things to discuss are:

- ✚ what is 'friendship' and what is a 'relationship' ?
- ✚ what do boys or men say to get sex, and how girls and women can say 'no'?
- ✚ is faithfulness important in a relationship?
- ✚ does having sex with a boy/girl prove that you love him/her?
- ✚ does a boy have to have sex before he can be a man?
- ✚ why do some men pay for sex?



The aim is to learn that relationships between boys and girls are not based on sexual intercourse, but on true friendship.

Panel discussions

Invite guest speakers from a health centre or teacher training colleges to talk about sex, sexuality and the health risks from having sex. You can have a questions box, so that people can ask the panel written questions. This is a useful way for people to ask questions that they may find embarrassing, or if they are not comfortable asking questions in a meeting.

Debates

The club decides a statement or issue to debate. The members form two teams. One team will be in favour of the statement and the other team will be against.

The teams should then spend some time brainstorming what their main arguments are going to be before the debate. They should then elect 2 or 3 people to represent their team.

A chairperson should be chosen to make sure order is kept during the debate. The chairperson should not take sides. A time keeper should make sure each speaker does not go beyond the time limit – about 5 minutes for each speaker.

One speaker from one team and then one from the other team should present their views until all the speakers have had a turn.

Once all the speakers have finished the other club members can question the speakers on their views. They can then vote on which team has best convinced them of their views.

Some example topics for debate are:

- ✚ Faithfulness is not important in a relationship
- ✚ It is not good to tell your sexual partner that you are HIV positive
- ✚ People with AIDS should be separated from the community

Clubs should find other issues and topics which are of importance in their community.

Dramas

Drama can be a fun way to give information about HIV, sexually transmitted diseases and changing behaviour. It is one of the main activities of many anti-AIDS clubs.

The plays/dramas should be about real life situations and problems faced by the club members to help them recognise that HIV/AIDS is a problem that affects them – it should help them to understand the risks in their own lives.

The plays should avoid focusing on other groups, such as bar girls / commercial sex workers, as it is easy for people to just associate HIV with bar girls and think they are not at risk themselves.

Make sure the information in the play is correct and focused on the most common way for HIV to be passed on – unprotected sexual intercourse. Plays can be written to give many different messages. Here are some suggestions

- ✚ Showing choices on how young people can protect themselves, and the importance of decision making about sexual behaviour.

- ✚ The importance of communicating about feelings and sexual matters
- ✚ Safer sexual behaviour and challenging unhealthy / risky behaviour
- ✚ The importance of seeking treatment early for sexually transmitted diseases
- ✚ The affect that drugs, chat and alcohol can have on sense of judgement
- ✚ Encouraging people to care for people with HIV and AIDS and to challenge ideas that create stigma and discrimination.
- ✚ A boy or man insisting on having sex, while his girlfriend is refusing because she wants to keep her virginity until she gets married.
- ✚ A young girl being tempted into a sexual relationship with an older man by giving her gifts
- ✚ A girlfriend catching her boyfriend with another girl
- ✚ A boy being teased by his friends because he wants to avoid sex until he is married

The volunteers should act as they think they would in a real life situation. The purpose is to see and discuss how people react in particular situations.

Other club members watch the role play and afterwards discuss the actions and behaviour of each person. After debating the problem, club members should suggest solutions to the problem. They can then do the role-play again showing different behaviour to show the solution.



Role Play

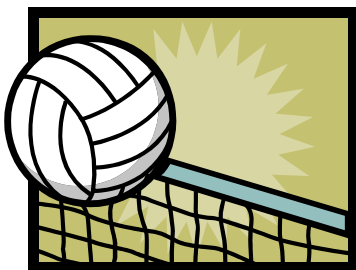
Role play is like drama but shorter (usually 5-10 minutes), and club members act out real situations. Those doing the role play should be given a situation for example:

Poems and songs



Club members can be encouraged to write poems and songs about HIV / AIDS, caring for a relative with HIV/AIDS, or coping with loved ones dying from HIV/AIDS; relationships between girls and boys. These can also be part of a competition or concert (see below)

Games & Sports



Club members can adapt popular games to include HIV /AIDS messages, or make up puzzles and crosswords.

At sporting events where there are a lot of people, you can do activities such as distributing leaflets, singing songs or preparing billboards.

Some games that club members can play are :

The Whisper Game

Everyone stands in a circle and one person whispers something to the person next to her/him. That person whispers what they have heard to the next person until it has passed round the whole circle (the message can only be said once to the person next to you). The last person tells the group what she/he heard. The first person who whispered the words tells the group what they said at first.

The group can then discuss why the message changed. This game helps to understand how wrong information and messages about sex and HIV can be passed between young people.

The Circle Game

Draw three circles on the ground, or put 3 pieces of paper in different parts of the room. On one piece write AGREE. On the next write DISAGREE, and on the third piece write NOT SURE. One person then reads out statements about HIV/AIDS or relationships. The club members (or community members) then decide without discussing the statement whether they agree or

disagree, or are not sure, and stand in that circle.

The people in each circle have to explain why they chose that answer. The person reading the statement then explains whether the most correct answer is agree, disagree, or is open to personal opinion (there's no sure answer).

This game helps to check misinformation about HIV/AIDS.

Walks



Anti-AIDS clubs can raise community awareness by organising a walk or procession. Some clubs have candlelight processions. People on the walk can sing songs, chant slogans, carry banners and posters, and give out pamphlets.

The walk should be through busy places, and at a time when there are likely to be lots of people there.

You should inform the local police office of the date, time and route of your walk.

Quizzes

Split the group into two teams, or ask for volunteers to be

contestants. A chairperson should ask the questions and record the points each team or person scores. The questions could be divided into different categories such as facts about HIV/AIDS; how to protect yourself; caring for people with AIDS or sexually transmitted diseases.



Competitions

The club can organise competitions to spread messages about HIV/AIDS. The competitions can be between club members, between local anti-AIDS clubs, or in the community.

You could speak to the school director or education bureau to get permission to publicize the competition details. You could also ask teachers to judge the competition.



There are many possibilities for competitions; some suggestions are: story or song writing, art, sports, poetry, or the best HIV slogan.

Concerts

The club could organise a concert combining singing, dancing, drama and poetry to perform to the community. This is an entertaining way to spread HIV messages to many people.

Sometimes concerts or shows will be organised by government offices or other organisations and by making links with local agencies, Anti-AIDS clubs can get involved in and contribute to their activities too.

Puppet shows

Club members can make puppets and write short puppet shows to perform in the community. This is an entertaining way to begin to raise issues about HIV with younger children.

The puppet shows could look at messages about caring and supporting people with HIV; relationships between boys and girls; or challenging traditional practices.

World AIDS Day

Every year on December 1st, events are organised around the world to highlight the issues of HIV and to remember those who have died of AIDS. Anti-AIDS clubs can find out what is being done locally from the woreda HIV/AIDS Council and organise activities for the day.

Projects and campaigns

Some anti-AIDS clubs organise projects or campaigns which may be conducted over several weeks or even a year. Some clubs adopt a theme for the year or support the UNAIDS annual theme (last years theme was Stigma and Discrimination).

A project or campaign should have a specific objective, and should be chosen by the club members. Some projects are to collect information, for example, on the common beliefs young people or the community has about HIV/AIDS.

Others can be around giving help and support to people with HIV and AIDS such as doing shopping or cleaning, or to support orphans.

A plan must be drawn up on what is going to be done, how, by whom and by when.

The local woreda HIV/AIDS Council may be able to help you with ideas, funding and

other resources for project and campaign work.

Helping People Living with HIV & AIDS

The number of people with HIV/AIDS in Ethiopia is very high – the third highest in the world. It is estimated by UNAIDS that about 3 million Ethiopians are already infected with the virus, so HIV and AIDS is something we all have to live with in some way. Whether it is you who is HIV positive, or your partner, a child, other family member, friend, neighbour or colleague, HIV and AIDS is a problem that needs our care and understanding.



AIDS is **not** an act of God, sent to punish us. Different traditions and practices encourage boys and girls to be sexually active. The natural bodily changes when girls and boys reach adolescence also makes them interested in sexual activity.

Poverty is one of the main causes of the spread of HIV in Ethiopia. Poverty can lead young people into having sex for money or food.

If somebody has HIV, it is because they did not understand the risks they were taking, or because poverty, exploitation or abuse put them at risk.

A person with AIDS needs both moral support and physical care. Hospitals and health workers cannot cure AIDS, they can only try to treat the symptoms of AIDS and provide medicine for pain relief. In most cases people can be best cared for at home.

- Try to be a good listener. Sit and talk to the person and ask them how they are feeling. If she or he does not want to talk, just sitting with them can help reduce loneliness.
- Collecting firewood and water, or going to the market or washing and cleaning the house can help them.

There are various organisations that can provide training for family members and volunteers on how to care for people at home. The SNNPR Regional HIV/AIDS Prevention and Control Office can provide you with contact details.

There is no risk in caring for someone with AIDS at home, but good hygiene practice should be followed:

- If you have cuts or sores on your hands use waterproof gloves or cover your hands with plastic bags before touching anything with contaminated blood or other body fluids.
- Wash any clothes or bedding with blood or body fluids on them with soap and water and dry in bright sunshine.

Living with HIV

If you are infected with HIV, it is important to try and take care of your health to reduce the progression towards AIDS.

There is no cure for AIDS, and no medicines can remove the virus from your body once you are infected.

In Ethiopia there is very limited access to the drugs

that can slow down the harm caused by HIV to the body.

However, simple things can help you to live longer:

- Try to eat a healthy diet, which includes fruit and vegetables, so that your body gets vitamins and nutrients to help fight the virus.
- Exercise regularly – simple exercises like walking can help you feel better and reduce stress.
- Avoid all forms of infection. People with other infections such as colds and TB are a greater risk to a person with HIV, than a person with HIV is to them.
- Avoid alcohol and tobacco
- Do not use illicit drugs.
- See your doctor regularly. If you have health problems, go as soon as possible
- Have plenty of rest and sleep, as it makes your body stronger
- Boil water for drinking for at least 5 minutes. Avoid drinking water that has not been boiled.
- Practice good hygiene. Cleanliness helps you to avoid other diseases.
- Do activities that make you feel happy

If you are HIV infected....

To prevent further transmission you should always:

tell any sexual partners that you are HIV infected.

avoid sexual penetration, and always use a condom.

inform any doctors or dentists that you see.

consider pregnancy carefully – you can infect your unborn child

cover any cuts or scratches with a dressing until it is healed

do not share toothbrushes, razors, syringes, needles or other sharp instruments

do not donate blood, semen or organs

Example Constitution for Anti-AIDS Clubs

- 1.** The name of the club shall be [-the name of your school or kebele-] anti –AIDS Club, hereafter referred to as " the club"
- 2.** The club will have two or more patrons who will act as guides and advisers for the clubs activities.
- 3.** The objectives of the club are
 - i. to educate and raise awareness among young people and the community about HIV and AIDS
 - ii. to reduce the stigma and discrimination experienced by people living with HIV and AIDS
 - iii. to care and support people affected and infected by HIV and AIDS
- 4.** To become a full member of the club, a person has to be between 12 and 25 years old, and will have to correctly answer 10 questions about HIV and AIDS.
- 5.** The club will have a Committee of up to 15 people. The committee will be elected for one year, by the club members at an annual general meeting (AGM). Any club member can nominate himself or herself or be nominated to the committee. They must have at least two other club members who support their nomination.
- 6.** The elected committee members will appoint a Chairperson, Vice Chairperson, Secretary, Treasurer and Publicity Secretary as well as up to 10 ordinary committee members.
- 7.** The committee is responsible for planning and managing the activities and resources of the club.
- 8.** The Secretary is responsible for informing club members of club meetings, and committee members of all committee meetings. She /he will take notes at each committee meeting of any decisions agreed by the committee.
- 9.** At least 5 committee members must be present at each meeting, otherwise no decisions can be taken. The committee will meet at least 6 times in a year.
- 10.** The treasurer is responsible for keeping all the clubs financial records up to date and for managing the bank account. He or she will report to each committee meeting on the clubs income, expenditure and balance.
- 11.** The constitution cannot be amended unless the proposed amendment is supported by the majority of all club members.

Example Membership Test for Anti-AIDS Clubs

To become a member of the Anti-AIDS club you must first correctly answer at least 8 of the following questions:

1. All symptoms of AIDS are symptoms of other diseases too. Your blood must be tested for HIV before you can tell if you have AIDS

TRUE FALSE

2. The most common route of HIV transmission is through sexual intercourse

TRUE FALSE

3. You can catch HIV by sharing toilet facilities with an infected person

TRUE FALSE

4. The best way to avoid becoming infected with HIV is to abstain from sexual intercourse

TRUE FALSE

5. Drinking alcohol or taking drugs can make you lose your judgement and make you more likely to engage in risky behaviour

TRUE FALSE

6. People living with AIDS should avoid simple exercise

TRUE FALSE

7. People living with AIDS should be put in special hospitals to avoid infecting others

TRUE FALSE

8. Traditional healers can cure AIDS

TRUE FALSE

9. It is important to give people living with AIDS care and friendship

TRUE FALSE

10. A pregnant woman with HIV can infect her unborn child

TRUE FALSE

MEMBERSHIP TEST ANSWERS

1. True – you cannot tell if someone has HIV or AIDS just by looking at them. Because symptoms of AIDS are also the symptoms of other diseases, a person's blood must be tested to know if she / he has HIV.
2. True – the most common way of getting HIV is through having unprotected penetrative sexual intercourse. It can be transmitted through blood and from mother to child but most people are infected through unprotected sex.
3. False – you cannot catch HIV by sharing toilet facilities or any casual contact or through sharing food.
4. True – The only way to be absolutely sure that you will not become infected is to abstain from sexual intercourse
5. True – alcohol and drugs affect the way people think. When a person judgement is affected they may be lead into risky behaviour.
6. False – people living with HIV/AIDS need exercise. With proper care, good nutrition and exercise people infected with HIV can live for many years.
7. False – people living with HIV/AIDS are human beings and need the love of family and communities to help them live as long as possible. Caring for a patient at home causes no risk to the family or community.
8. False – traditional healers sometimes say they can cure AIDS but this is not true. Nothing can remove the virus form the body and no medicine or drug can cure AIDS. Traditional medicines may sometimes ease the symptoms of AIDS.

9. True – People living with HIV/AIDS need love, just as they need care and food. This can help them live longer.

10. True – a woman who has HIV may pass the virus to her baby. An HIV infected woman should seek counselling about becoming pregnant as there are greater risks of infection at different stages of pregnancy and the level stage of HIV and symptoms of AIDS.

Example Format for Financial Records

Date	Description	Ref nos.	Amount received	Amount spent	Balance (birr)
			<i>Opening balance</i>		500.00
2.3.96	10 notebooks and pens for club members	001		45.00	455.00
7.4.96	Donation from ----- church members	002	500.00		955.00

Contact Details

The following contacts may be useful to speak to if you are planning to start an Anti-AIDS club, or to work with existing clubs on your activities:

Government Offices:

SNNPR HIV/ AIDS Prevention & Control Office

PO Box 906

Tel. 06-205409

Fax.

SNNPR Regional Health Bureau

Tel.

SNNPR Regional Education Bureau

Tel.

SNNPR Youth, Sports and Culture Commission

Tel :

Some other organisations working with anti-AIDS Clubs:

Useful websites:

Zonal HIV/AIDS Councils: