



United Nations
Educational, Scientific and
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Adolescents' HIV Prevention and Treatment Toolkit for Eastern and Southern Africa

Workbook for Ages 10 – 12 years





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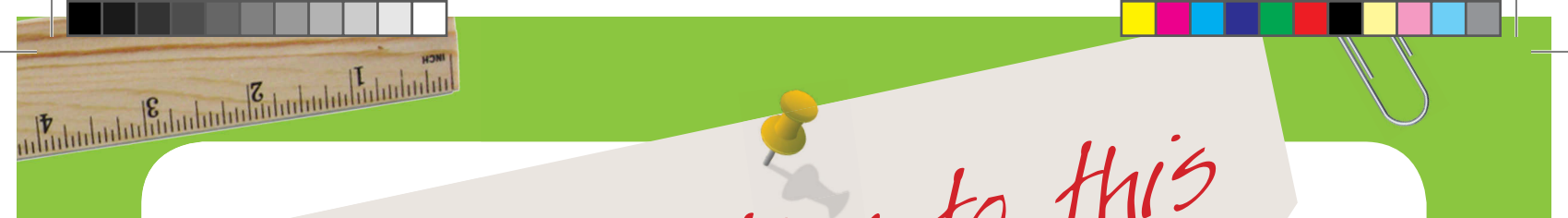


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Introduction to this Activity Workbook

Why is this book important?

HIV affects everyone, even young people. The activities you will do in this book will help you to:

- Know more about HIV as a young person
- Increase your knowledge about all the different aspects related to being a young person living with HIV, such as testing, disclosing, living positively and treatment
- Think about your hopes and goals in life
- Think about what makes it hard to achieve these hopes and goals



In this Young Champions Workbook you are the main character. This is your opportunity and space to grow as a young person.



Becoming a Young Champion!

A Young Champion is someone who is informed about HIV and positive behaviour. A Young Champion is someone who supports other young people with information and support. Let's get started.



Activity 1: Who is a champion in my life?

Do you know what a Young Champion is?

- A young champion is someone who is informed about HIV.
- A young champion knows how to use his or her tricks and tactics to get past obstacles, solve problems, and reach her or his goals.

One way to learn to be a young champion is by seeing how other heroes or champions behave. Maybe there are some champions in your life, your family, or your community that you look up to. They might be dead or alive.

Task:

Draw a picture or portrait (head-only picture) of one of your champions. Next to it, write a description of why they are a champion, and why they mean so much to you. See the example below:



My grandmother because since my parents died she has taken care of me.

She works hard and always helps me with my problems. She is always smiling and helping other people.

About Me

This is a book
about me!
I will write
or draw
anything
about myself
in these boxes



Where do
you stay?
Who stays
with you?
What do you
like to do?



Your Young Champion journey is about to start. Have fun!



Section 1: I KNOW about HIV

After completing this section you will:

- Know much more about HIV and AIDS
- Know how to prevent HIV infection, whether you are HIV positive or not
- Know about the risks of HIV for all young people

Facts we must know:

- HIV stays in your body forever.
- There are many ways to keep healthy and happy when you are HIV positive.
- With the correct care and support you can do everything that other young people do!



BOY: what exactly is HIV? I hear of it but don't know much about it?

ADULT: Well, from what I know, HIV is a virus that weakens the immune system. Once a person is infected with HIV, the virus remains in the body for life.



HIV stands for:

Human – found in people

Immunodeficiency – meaning the body can't fight infections

Virus – a germ able to cause diseases.

AIDS stands for:

Acquired – not inherited in our genes

Immune - body's fighting mechanism

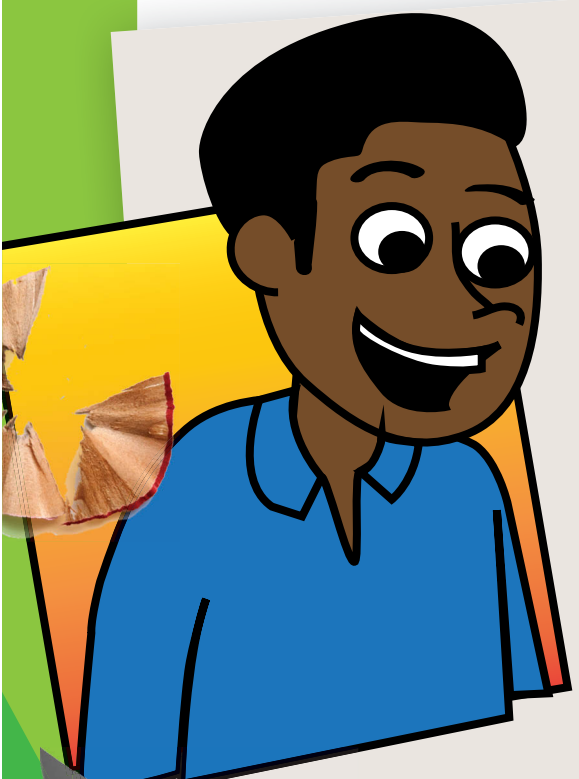
Deficiency - weakness

Syndrome – a collection of signs and symptoms of disease.

People with HIV may look and stay healthy for many, but HIV destroys the cells in the body whose job it is to fight off infection. These cells are called CD4 cells. As more and more CD4 cells are killed, people get what are called opportunistic infections (OIs).

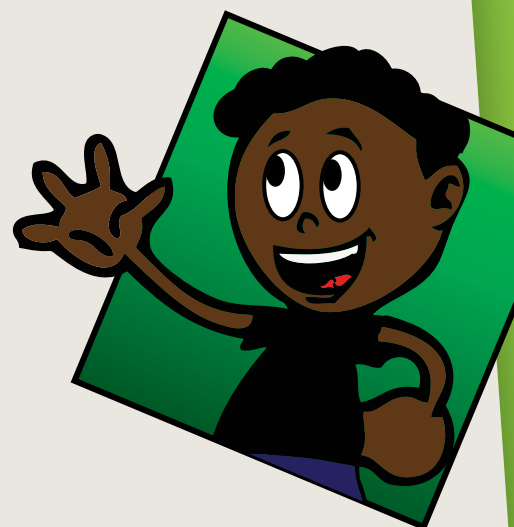
Opportunistic infections are caused by germs that are around us all the time. If our body's defence system (immune system) is working well, these germs do not usually make us sick; when we do get sick and the immune system is working well, we get better much faster.

When there is lots of HIV in the body, the immune system can no longer fight off common infections and the person gets sick more often with many illnesses. This is called AIDS.



BOY: But how does a person get HIV?

ADULT: The virus can only be passed on by contact with the body fluids of an infected person. There are a few ways that this happens.



Activity 1.1 How HIV is spread

Do YOU know the answers? Fill in the table below, tick either under "yes" or "no".

	YES	NO
People can get HIV by...		
Sitting next to each other		
Having unprotected sex		
Shaking hands		
Hugging		
Sharing injection needles		
Playing		
Coughing and sneezing		
Using the same cups, cutlery or food		
Sharing razor blades		




Sharing the same toilet		
Blood transfusions		
Touching animals and pets		
Bites from mosquitoes and other insects		
Sharing baths, showers or buckets		
Being in swimming pools		
Pregnancy, childbirth and breastfeeding		
Kissing		



HOW DID YOU DO?

Check your answers from the answers section in the Young Champions handbook

Ask your teacher, club leader, carer or health worker to go through section 1 of the handbook with you if you have more questions





BOY: How do young children get HIV?

ADULT: HIV can pass from a mother to her baby before the baby is born, when the baby is being delivered or when the baby is being breastfed. HIV can be passed on through blood and breast milk.

BOY: Does this happen to all children if their mother has HIV?

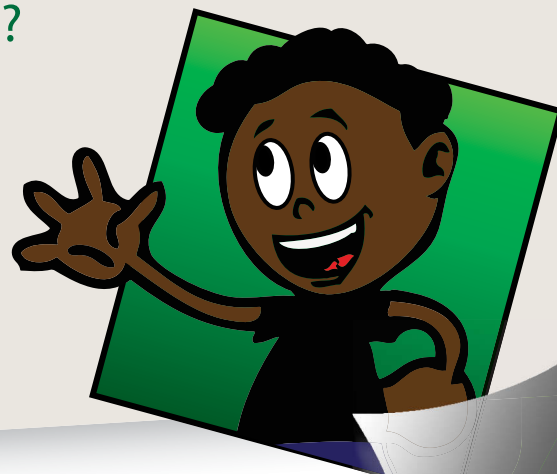
ADULT: Not all babies born to HIV positive mothers are infected by HIV – only about one in three.


BOY: But this is not the only way?

ADULT: Sex is a part of life so let's talk about it! Being a youth in this time of HIV means you have to find ways to express yourself without putting your life at risk. Having unprotected sex (sex without a condom) with a partner whose status you do not know and who may be HIV POSITIVE is dangerous.

BOY: So what should we do?

ADULT: Let's hear what others have to say.






Delay the age when you start having sex – there are lots of ways of enjoying a relationship without having sex.

Well maybe that doesn't work for everyone. I think that the most important thing is to protect oneself by using condoms that prevent HIV from entering the body.


Yes, and to have an HIV test together first!. And then they have to stay faithful to each other, and keep on using condoms.

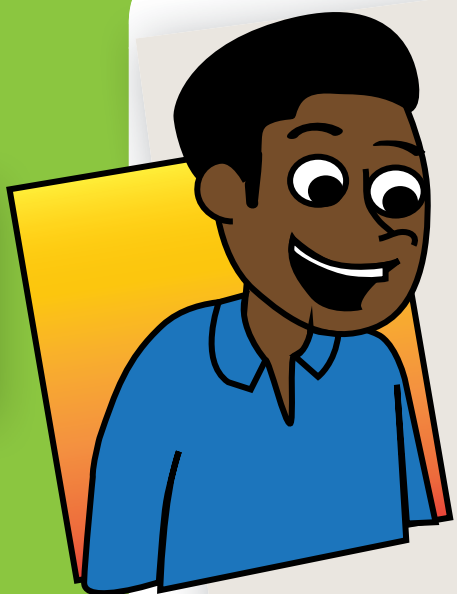
But still there is a chance that something will go wrong with the condom so we need to think about that too.



Drugs like alcohol, marijuana and sniffing glue can make you take risks or put you at risk from others.

Some facts for you to know!

- 
- More than seven million young people are living with HIV. Over three million children in the world under 15 are living with HIV
 - Two million children are infected at birth or in infancy.
 - There are young girls who get pregnant – and tested positive for HIV – who are reportedly between the ages of ten and 14.
 - About five million adolescents contract HIV at a young age through unprotected sex and drug use.



ADULT: Don't forget that sex is not the only way to get HIV. We should always take precautions when cleaning someone who is bleeding as the virus can be in their blood. We can use gloves or plastic bags to protect ourselves. And also when we are receiving a blood transfusion, we should be sure the blood has been screened for HIV. We can ask the doctor or nurse to confirm this.



IN A RELATIONSHIP

- Delay having sex until you are older
- If you are having sex you must use a condom every time
- Know your and your partner's HIV status
- Do not have many sex partners

WHEN CARING FOR OTHERS WHO ARE SICK

- Take care when in contact with blood – cover up!
- Use rubber gloves or plastic bags over your hands
- Be extra careful if you have cuts or sores, or a sexually transmitted infection (STI)
- Wash your hands afterwards with soap and water



My Scribble Space:

Write down at least three new things you have learnt about HIV or that you now know more about HIV after reading this section:

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You can use the space on the left to write how you feel and the space on the right to draw how you feel now that you have learnt about HIV from this section. Are there any questions you still have and need answered?

Write them down here too.



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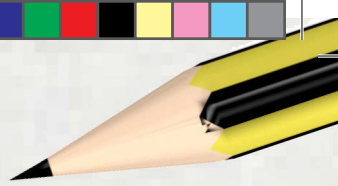
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Section 2: KNOWING MY HIV STATUS

After completing this section you will:

- Know why it is important to know your HIV status
- Know about HIV counseling and testing

Read the story below and think about what it was like for Justice to find out about his status.

Justice's story



My name is Justice I am ten years old. I stay with my grandmother and cousins, as my mother has passed away. I help my cousins with the goats and sheep that belong to our family. I like to play with marbles and a soccer ball. My football club collected some coins for a ball but it burst. I enjoy my soccer club and I am going to help them save to get another ball!

When I was seven years old, I got very ill – I was taken to the hospital where they took blood at the clinic and found I was HIV positive. The counsellor told me my status and helped me to think about how I should deal with it and what it means in my life.



Activity 2.1: Getting an HIV test

Why do you think it is important for someone to get an HIV test? Write your answers below.

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Do you think it is hard to find out you are HIV positive? Why? Write your answers below.

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About HIV testing and counselling (HTC)

The only way to know for sure if you are HIV infected is by getting tested. If you think that you have been infected with HIV, keep in mind that:

- » If you get infected with HIV, your body will make antibodies (special cells in the blood) to fight it.
 - » The HIV test (a simple blood test) looks for these antibodies.
 - » It can take 8 to 14 weeks (about three months) after you get infected for your body to produce enough antibodies to show up in the blood test.
 - » A few people get flu-like symptoms (fever, sore throat, swollen glands) when they first get infected, but most people don't get any symptoms at all.
- 

You may need to ask your parent or guardian to go with you to get a test or get their consent (permission) to get tested for HIV.

Before you get tested, somebody will explain to you what it means and what the procedure is. This is what is known as pre-test counseling.



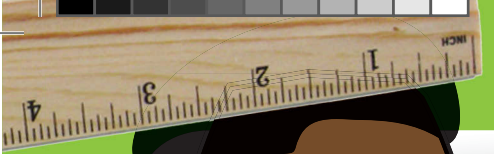
Once you get your results, you will get more care and support – which is what we call post-test counselling. If your result is positive, this will help you deal with your emotions and what the result means. If your result is negative, it will help you identify ways to stay healthy and make sure you stay HIV free.

Activity 2.2: HCT quiz

1. Nothing can be done when someone finds out they are HIV positive
2. Since I am healthy and strong and the best soccer player in the school, I know that it is not possible for me to have HIV
3. An HIV test is expensive, I can only take it when I get some money
4. Some people are born with HIV, which they got from their parents
5. Because my friends may reject me, I will avoid taking an HIV test till I am sure they will accept me
6. Even if I test HIV positive after an HIV test, I can still finish school, go to university or get a good job and get married and have children, as long as I live positively

TRUE	FALSE

CHECK FOR THE ANSWERS IN ANSWERS SECTION OF THE YOUNG CHAMPIONS HANDBOOK



BOY: I remember when I first found out I was HIV positive.

ADULT: Have you ever heard of HIV? Tell me what you know about HIV.

BOY: At school the teacher said it is a virus in your blood that makes you sick and you can never get it out of your blood. She said it makes your body weak and so you get sick a lot.

ADULT: That's right. You know all about it. You have been getting sick a lot lately. We are worried that you might be HIV positive. We think you need to take a blood test so that we can know if you have HIV. Why do you think taking the HIV test is important?

BOY: Well, our teacher invited a nurse from the clinic who told us that there is some treatment called 'antiretroviral' medicines (ARVs) that can be taken to make someone with HIV feel better. On medicines a person is able to live life happily and be healthy.

ADULT: Exactly. You are a clever boy. That is true. So if your HIV test is positive we will know whether you should begin taking medicines.

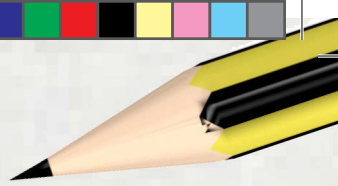
BOY: Yes, I would like to know, so that if I am HIV positive I can begin taking medicines sooner and enjoy my school and playing with my friends again.





Some of the challenges you might face in getting tested

1. Your parents or guardians may be unwilling to agree to or to accompany you to be tested. Possible solution: Find another adult that your parents respect to talk to them about the benefits of testing.
2. Fear of stigma and discrimination – what if no one wants to spend time or play with you anymore. Possible solution: Find someone who can support you and who can have an information session with your friends/peers.
3. Money worries – your parents may not be able to afford the travelling costs or be worried that they have to pay for a test. Possible solution: Find out where the nearest testing centre is and ask your parent/guardian to combine a trip to the closest one with another errand they are going for.






Section 3: Understanding HIV Treatment and Adherence

After completing this section you will:

- Know what ART is
- Know how ART works
- Know how to manage taking your medicines correctly every day



Antiretroviral therapy (ART) is treatment of people infected with HIV. The medicines are called antiretrovirals, or ARVs, for short.

ARVs to the rescue - for life

If you are very sick with HIV, the doctors will say that you have AIDS. you will then be given ARVs. these medicines are shown as **yellow** pills in this picture. Can you see there are now more **white** CD4 dots and less **red** HIV dots? The ARVs do not get rid of every red dot, but they help your body to make enough CD4 cells to keep well

ARVs help you live a healthier life




When you take medicines for HIV, you **MUST** take them at the same time every day for the rest of your life.

Activity 3.1: Your medicines are important

Read the short story on the next page and then answer the questions that follow as best you can.




Vuyo takes his medicine every day



“I take AZT, 3TC, and NVP. I take them at 7 in the morning and 7 at night. I hear on the radio what the time is. My uncle is also taking his pills at 7 and 7. I take other medicines too, because I have TB as well as HIV. I have been taking the ARVs for a long time, and I will take them for the rest of my life, but I will stop taking the TB medicines after six months. I forgot once to take my ARVs, but I do not forget anymore. When they test me at my clinic check-ups and my CD4 count has gone up, I know I’m taking the tablets properly.”

What medicine do you take? Draw or write them here:

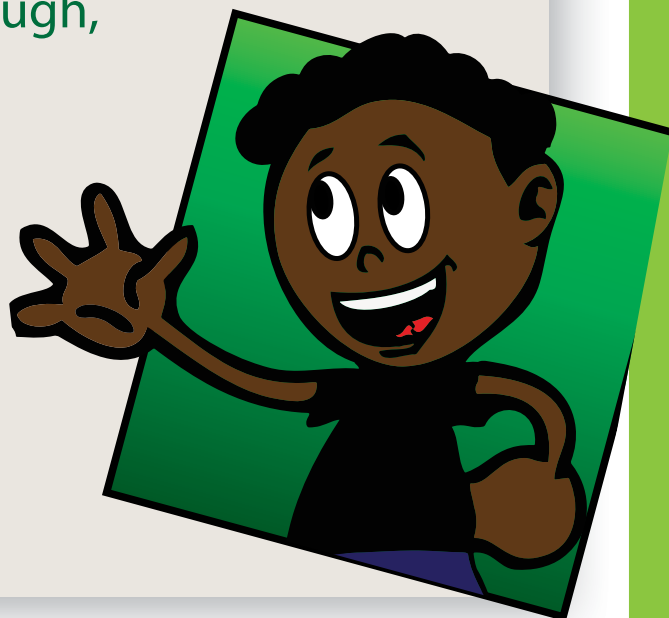


(If you do not know, make a plan to find out and then fill this section in - it is important to know your medicines in case you need to tell someone, like a new health care worker)

Facts we must know:

Our bodies, thoughts, experiences and feelings are all connected and can affect each other. ART can really help you feel a lot better – it will help your body get stronger and therefore help your mind and feelings be positive as well – as it gives you a longer and healthier life.

BOY: I've noticed that when I am really scared or unhappy I start to feel sicker and sicker. But once I've talked to someone I trust and love and who understands what I'm going through, I start to feel happier, and then I start to feel better too and stop getting so sick. You must always talk to someone you trust when you are feeling scared or unhappy, and ask them to help you through those times so you can get better.



Side effects are any unusual feelings or changes to your body that you cannot otherwise explain.

Sometimes when you take medicines, they have other effects on your body. These are called side effects and may be headaches, nausea etc. Most side effects will go away after a few weeks, as your body gets used to the medicines.



Common side effects:

Nausea – drink some water with lemon in it when you wake up and before you eat, or try ginger tea

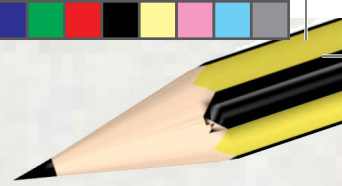
Vomiting and diarrhoea – drink plenty of water with salt and sugar (750ml boiled, cooled water mixed with 6 level teaspoons of sugar and ½ teaspoon of salt). Avoid oily and spicy foods.

Headaches – Ask for painkillers. Also put a cool towel or cloth over your head and lie down. (Do NOT take painkillers more than five days in a row).

Skin rashes – Add garlic to your Vaseline so that the rashes don't get infected.

What to do when you get side effects:


Side effects can be a way of telling us that our bodies are not happy. Whenever you get a side effect, make sure you tell someone. Side effects may be a way of showing you that you need new medicines, or some other advice and support.



Activity 3.2 Side effects!

Make a drawing of the different side effects you may have experienced when taking medication.






Justice talks to the nurse at the clinic about some problems he is facing...

NURSE: How have you been since I last saw you?

JUSTICE: I am ok. I have been trying to take my medicine as you told me but I have been having the following problems:

JUSTICE: My first problem is: Sometimes when it is time for my medicine I will still be in class and will not have eaten. And when I take the medicine I feel like vomiting. What do I do?

JUSTICE: My second problem is: I still sometimes experience a lot of pain in my body.



JUSTICE: My third problem is: I don't really feel like continuing with the medication, but mother insists that I must take them every day.

NURSE: Well done Justice, you have been very good to keep taking your medicine. Keep it up... I'll help you with your problems.

NURSE: What you are experiencing is called 'pill fatigue'. I suggest you get a treatment buddy to help you. This could be your friend at school, or someone in your family. Come together next time I see you, so that I can advise you both on ART.

NURSE: For the pain in your body I will give you some pain killers, but you should not stop your ART. If the pain continues, please come and see me again.

NURSE: Carry some food with you always – even just a piece of bread - so that you eat before taking the medicine. This will help with the nausea and vomiting. Ginger tea, or just chewing ginger, will help you too.





Activity 3.3 Adherence!

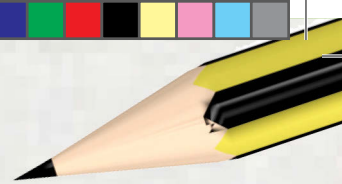
A treatment buddy is someone whom you see every day, who knows your HIV status; someone that you TRUST, who cares about you and who helps you take your medicine, especially when you feel low or are having problems.

Write down on a separate piece of paper, any problems you face. Then take this with you to the clinic and share them with your doctor or nurse. You could also ask your teacher, support group, friends, family, and your treatment buddy to help you find the solutions.

Facts we must know:

- ART is part of the daily life of the person taking it – even a child must have 100% adherence to their ARVs - meaning they should take all their pills at the right time in the right way DAILY.
- Daily activities can still be enjoyed when you are taking ART.
- If you feel sick you must STILL take your medicines. Do not stop taking them until a doctor or nurse tell you otherwise.
- Do not miss mealtimes – even if you are busy having fun at school. You need the food to grow and to help your medicines to keep you healthy and strong.
- Do not miss your clinic appointments, they are important to make sure you keep feeling the best you can!
- Talk to others when you feel down, a friend, a family member, a health care worker or your support group. A problem shared can be a problem halved!

Remember: You are not alone. There are many others taking ARVs you can talk to. There are also children, teenagers and adults who take medicines for other illnesses, such as diabetes and cancer, who have to take them every day of their lives.



My Scribble Space:

Write down at least three things you have learned about HIV treatment and adherence from this section. You can use the space on the left to write how you feel and the space on the right to draw how you feel.

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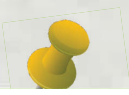
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Section 4: Positive Living

After completing this section you will:

- Know all about positive living, disclosure and how it can help
- Know your circle of care
- Know about stigma and discrimination



Living with HIV and making the decision to take ART needs courage. A good support system helps us to manage the life changes we face in this situation. Who are the special people who help and support you in different ways with our treatment for HIV? These may be people in your family, among your friends, those who go to church with you and even people you just meet in the market place and at school. These are the people whom you have chosen to tell that you are HIV positive because you trust them. Disclosure takes courage - you can have that courage!

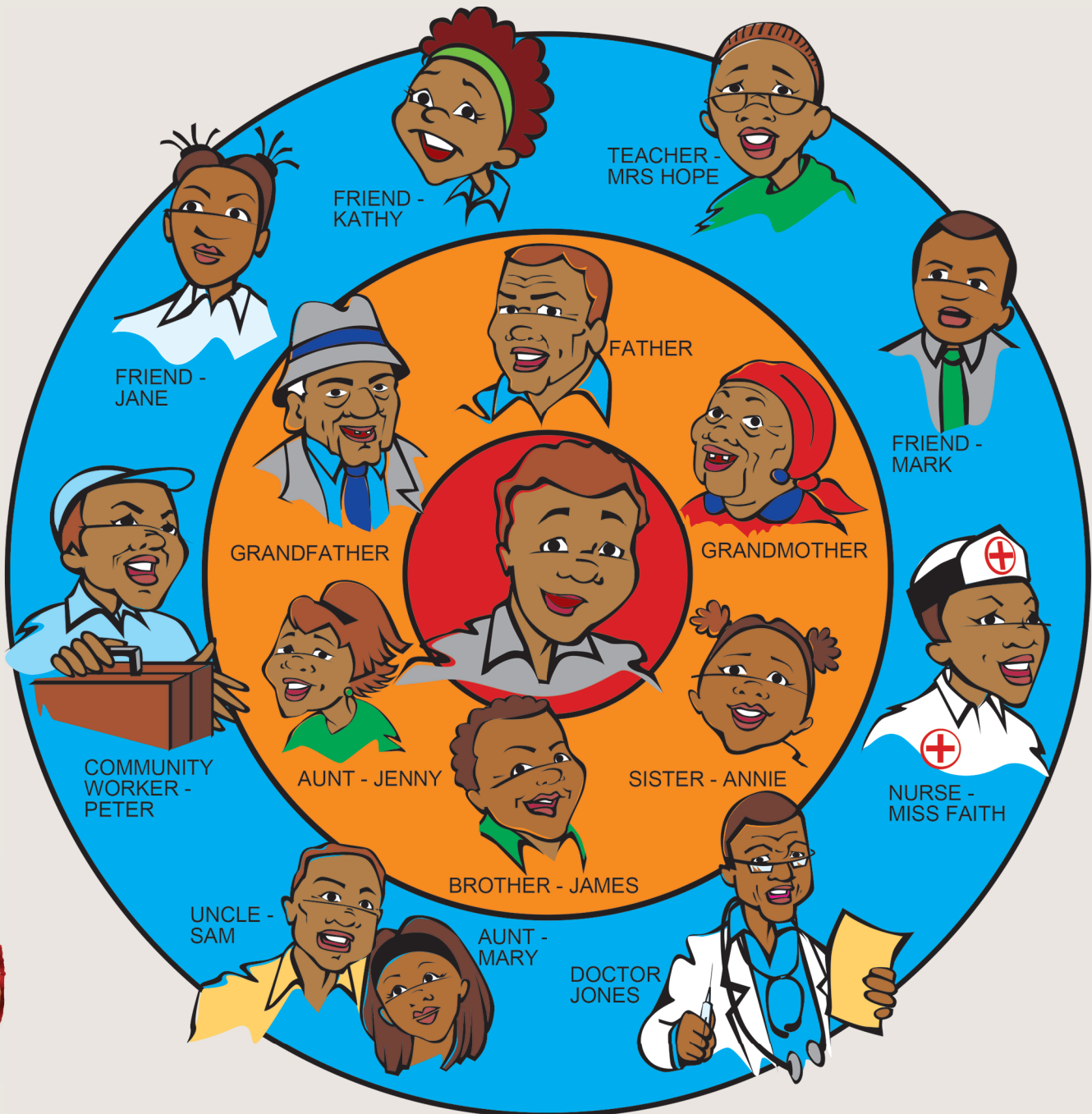
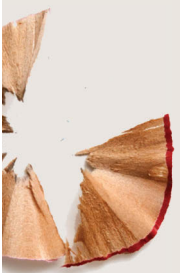
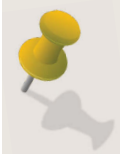
Some people may not behave the way you hoped they would when you tell them about your HIV status. In this booklet, we share some ideas with you to help you think of your own special ways to live life fully, by carefully choosing people to help you.



Facts we must know:

- Positive living means making sure we have what we need to stay healthy and strong and live a happy and enjoyable life
- Helping others can make us feel good, and also to be helped when we need it.
- Disclosure of your HIV status is important as more people will know how and when to support you – but you need to think carefully and choose who to disclose to.
- Do not let stigma and discrimination get you down - your HIV status is your business and you have the same rights as everyone else.

Look at the diagram on the next page. Justice is ten years old and here are his support circles.





Activity 4.1 People who support me

Now fill in your own circles with all the people in your life who help you. When you have completed it, show it to others at home. Remember to keep adding the names of any new people who help you as time goes by.







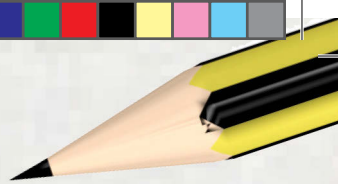
Happy activities to do at home:

Make a bracelet using strands of different coloured wool or strips of plastic. Use a different colour for each of the people who support you in your treatment.

or

Draw a flower for each person who supports you. Write THANK YOU FOR SUPPORTING ME ... (insert the person's name), and use a different color for each flower. Then give this flower to the person.



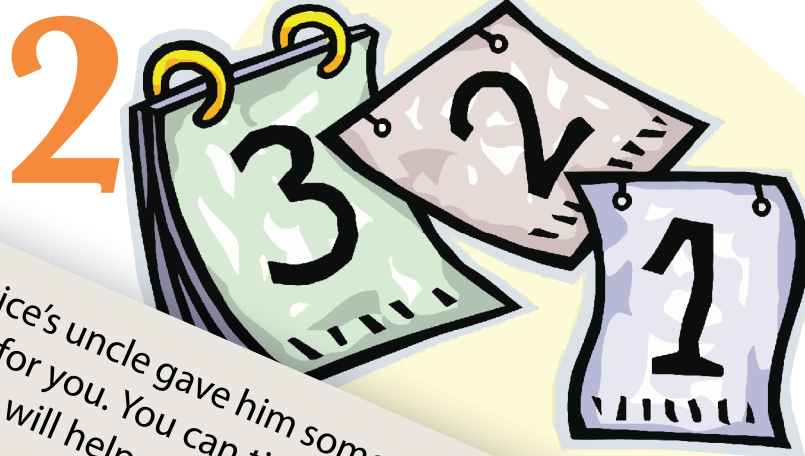


Family support is important to positive living

The members of Justice's circle of care support him with his treatment and help him to live positively.



It is important to take pills every day at the same time - this is called adherence. Justice takes his pills when he brushes his teeth in the morning and then again at night.



Justice's uncle gave him something... 'here is a calendar I got for you. You can tick each day when you take your pills. It will help you remember when to take your pills.' Other things that can help you remember when to take your pills are by using the clock, your phone or your favourite radio programme! Don't let anything stop you from taking your pills!

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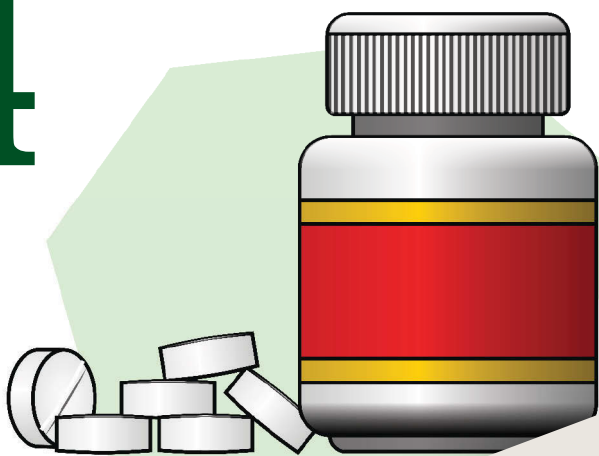


Justice's friend on the football team walks home with him after school

"Tomorrow is the day for your check-up with the doctor. I will come with you, if you like? Or I can help with any school work you may miss during your check-up, so that you don't fall back and stay top of your class!"

I always go for my doctor check-ups.


4



Justice used to worry when he had to go on a trip. He thought people might make fun of him or ask too many questions when he takes his pills. Now he hides the pills in a special pocket his grandmother has sewn so he can take them with him so nobody knows.



Let's remember...

- Children on ART do better with family love and support. Children have the right to be on ART and have the support of their families.
 - Adherence to ART is VERY important – it will keep you healthy, help you do better at school, enjoy playing with your friends and prevent you from being sick or dying.
 - Use an 'adherence calendar' to check how well you are doing in taking your pills at the right time and every day.
 - Support other children who are on ART to adhere to their treatment and to identify which of their family members will support them.
 - Do not let fear of others knowing stop doing what you want to do and to live a happy and enjoyable life.
- 

How Can My F



You can make a difference!

- Share what you know about HIV and ART with your family. Do not be shy or afraid. Children have a lot to teach others – even their parents and teachers.
- Encourage family members of another child you know, who is on ART, to support that child.
- Help someone on ART to use an adherence calendar.

Happy activities to do at home...

Write down all the reasons you love your family and display your list at home for everyone to see.

Write down all the different ways your family members can support you to adhere to your treatment. You can also tell people directly.

ly Family Support Me

Do not let stigma and discrimination get you down!

Read the blue, red and green teen chats below, then do the activity

I do not like it when people point at me and make fun

Be strong and keep taking your ART you'll soon be healthy and then they'll see there is nothing wrong with being on ART. They'll see that you can still get good marks and win in our games

Do you really think so

Yes of course. I say this because this is what it has done for me

look at her ugly thin hair

he is that one whose father has been with many women

Don't speak to her you might catch that ugly illness

She is always sick and can't run fast anymore, and is always missing classes

Imagine if it was you being made fun of, would you like it? No. So lets be nice and kind, the way we would want others to be to us when we are sick and unwell

No it's not nice to be mean they are our peers

Remember this can happen to any of us

I will tell teacher she told us not to use those kinds of words. Every child has a right to enjoy life - wether they are sick or not, wether they are wearing nice clothes or not

Group activity time!

Role play the above scene, some of you should be the **stigmatising adolescents (red)** and some of you the **supportive young people (green)** and some of you can play the **young people living with HIV (blue)**.

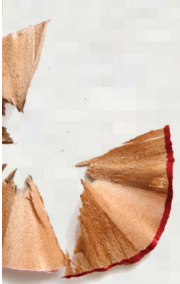
Do the role play three times, so that you each have a chance to be either red, green or blue in the play.





Activity 4.2 Overcoming stigma and discrimination

Do these kinds of things happen at your school too? You can help educate your school mates. How about suggesting to your teacher that you perform some dramas, song or poem about this? Share your suggestion for the drama, poem or song here...



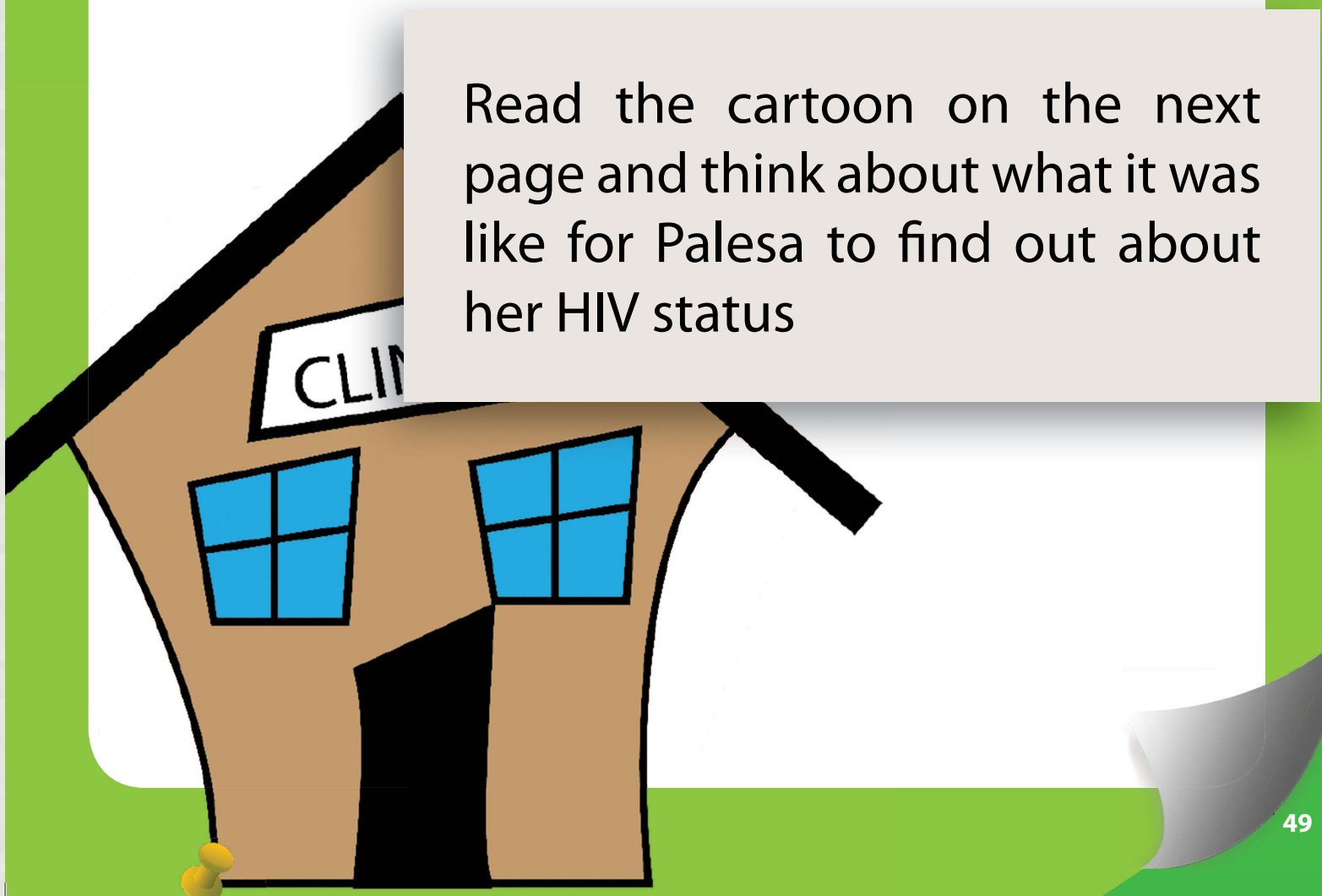


Facts we must know:

- Stigma and discrimination related to HIV must be stopped. They go against the Rights of the Child (ask your teachers, carer or health worker about these rights).
- Stigma means that when people find out that you are HIV positive, they think bad things about you. They discriminate against you by avoiding you and treating you unkindly.

Should I tell?

Telling others can be hard to do, even scary. Think about the story below and practice in your head how you would tell someone that you are HIV positive if you needed to.



Read the cartoon on the next page and think about what it was like for Palesa to find out about her HIV status

1
Palesa, Have you ever heard of HIV? Tell me about what you know about HIV

2
At school the teacher said it is a virus in you in your blood that makes you sick and you can never get it out of your blood. She said it makes your body weak and so you get sick alot

3
That's right Palesa. You know all about it. YOU have been getting sick a lot lately and daddy and I are worried that you might be HIV positive. We think you need a blood test so that we can know if you have HIV. Why do you think taking the HIV test is imprtant?



5
Yes I would like to know, so that if I need ART I begin taking it sooner and enjoy my school and playing with my friends again

6
Exactly you are a clever girl. That is true, so if you're HIV test is positive we will know wether you should begin taking ART and when you should begintaking it

4
Well our teacher invited a nurse from the clinic who told us that there is some treatment that can be taken to make someone with HIV feel better. On ART a person is able to live life happily and with stronger health

Activity 4.3 Sharing your HIV status

Why not get together with a few of your friends and design a play, or put together a poem or song that shows a few scenes of a father and son (who is on ART), discussing the need to disclose the son's HIV status to his school teacher. End the play or song or poem with the following questions to the audience or listeners...

“What would you do in this situation - if you were the father and if you were the son – and if you were the teacher?”

“What choices does one have when disclosing their HIV status?”

“What can be done to make disclosure easier? ”

This will encourage a lot of discussion and everyone will learn about better ways of handling disclosure of HIV status.

Here are some other things to think about:

Do you think it is easier if your mother or someone else in your family helps you tell others? Can a counsellor help when you want to tell someone new about your HIV status?



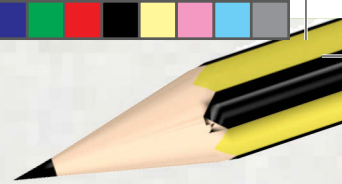
How else can I share my HIV status?



Who can I share my HIV status with?



Why should I share my HIV status?



My Scribble Space:

Write down at least three things you have learned about positive living from this section. You can use the space on the left to write how you feel and the space on the right to draw how you feel.





Section 5: Sexual and Reproductive Health

After completing this section you will:

- Know more about your changing body
- Be prepared for relationships
- Know about staying safe in relationships.

Knowing more about our body helps us stay healthy and safe. How much do you know about your body?

Activity 5.1 Body basics

Look at the list on the next page. Tick (✓) the box that you think is correct (that is you think this happens for boy, girl or both).

(NB: The answers are in the Reference Handbook)




Who does this happen to?	Only boys?	Only girls?	Both boys & girls
Body changes start at an older age			
Voice deepens			
Facial hair			
Involuntary erections and ejaculations			
Production of sperm			
Coming of age practices			
Expected to be strong, brave and a provider			
Body changes start at a younger age			
Breasts development			
Menstruation starts			
Coming of age practices			
Receive sexual attention from same age or older men			
Expects me to be pretty, caring and get married			
Bodies begin to produce chemicals called hormones. Hormones cause changes in our bodies.			
Growth of pubic hair and underarm hair			
Sexual and reproductive organs grow and mature			
People around me start treating me differently			
Society starts expecting me to 'act like an adult'			
Increased need for good nutrition and exercise			
Pressure of drugs/alcohol/peers			



Relationships


As our bodies change we need also to talk about relationships. As our bodies change we start to think more about our relationships with others. Often there are changes in our bodies before how we feel about each other changes. So we have to be careful!

Activity 5.2 Where boys and girls meet



Draw a map of where you live below. Be sure to mark your house, your school, where the shops are and your church and any other important places. It should be a map from above (so you are looking down from the sky on your community).

Where I live...



On your map mark the places on the map where boys and girls of your age meet. Write the name of the place next to your mark.

Think about:

1. What activities do boys and girls do together at these places?

2. What are the good and risky things about these activities?

3. How boys and girls can spend time together without the risky activities?




Safe relationships

The correct information can keep you safe. You can make good decisions and avoid dangerous mistakes. Read through these questions and answers with a friend, and see how many of the answers you already knew.


QUESTION: Is it normal to begin to feel emotions and sexual feelings towards members of the opposite sex when your body starts to change?


ANSWER: YES

- 
- » During puberty hormones are present in the body. These hormones cause the physical changes in our bodies and also changes to our emotions, including the beginning of romantic and sexual feelings.

QUESTION: If you are having sex for the very first time can you get pregnant?

ANSWER: YES

- 
- » Once a girl has her period (and even just before) and a boy reaches puberty and can ejaculate sperm, you can fall pregnant or make a girl pregnant if you have unprotected sex. You can get pregnant if you have sex standing up, lying down, day time, night time, in water, before bathing, after bathing, Jumping won't stop you from falling pregnant. Use condoms!



QUESTION: If someone buys you presents, takes you places, does you favours, calls you often or helps you with things, do you have to have sex with them even if you don't want to because you owe them?

ANSWER: NO.

- » You NEVER owe someone SEX
- » You have the RIGHT to choose who you have sex with and when you want to have sex.
- » You should NEVER be forced to have sex with someone as payment or out of guilt or because they are your elder or boyfriend/girlfriend or any other reason.

QUESTION: If I'm in a relationship with someone and I like them a lot do I have to have sex with them to show them how I feel?

ANSWER: NO

- » There are many ways to show someone that you care about them including hanging out together, playing sports, sharing stories, talking, going out. If someone puts pressure on you to have sex with them, they are not really your friend.




QUESTION: Should you talk about sex with your partner before you have sex with your partner?

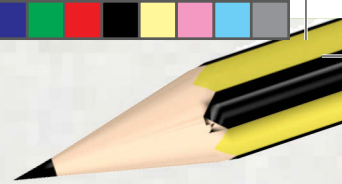
ANSWER: YES

- » You must know your partner's HIV status, and they should know yours!
- » If you do not, you could end up re-infection with HIV
- » If you are thinking about such a big decision you must take time to talk with your partner about what you will do if you fall pregnant, get an STI, etc.
- » You must talk about making sex as safe as possible by using both condoms and family planning



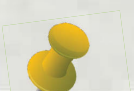
Facts you need to know:

- Young girls aged 10-14 years are five times more likely to die during pregnancy or childbirth than women aged 20-24.
 - Delay first sex as long as possible to stay safe!
 - Unintended pregnancies can lead to unsafe abortion. Do not have sex until you are older and able to make good decisions about avoiding pregnancy.
- 



My Scribble Space:

Write down at least three things you have learned about your sexual and reproductive health from this section. You can use the space on the left to write how you feel and the space on the right to draw how you feel.





Section 6: My Healthy Future

After completing this section you will:

- Know about foods that are good for your health
- Understand that every day is a good day if you manage your emotions



No matter how a young person gets HIV, it is not his or her fault.

I did not choose HIV, but I can choose to live positively: with health, happiness and hope.

Your body is beautiful, unique and special the way you are. Take care of it



Eating well

It is important to eat a balanced diet that includes a variety of foods from all the food groups so that you get all the nutrients you need. Your body needs 45 nutrients to grow, have energy, and stay healthy.



Fats (3 types)

Proteins (8 types)

Minerals (14 types)

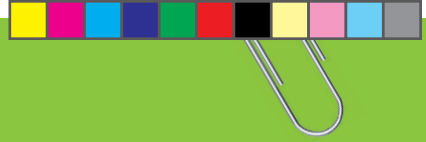
Vitamins (16 types)

Carbohydrates (3 types)

Water

Eating a variety of natural foods is better than eating the same food all of the time or lots of sweet foods, fast food and snacks!

What is YOUR favourite food?



Dairy

Your bones need calcium

Fruits

Focus on fruits and eat different coloured ones



Proteins

Go lean



Grains

Make half your grains whole



Vegetables

Eat different colours



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Activity 6.1 My healthy diet!

Look at the picture above. Now see if you can solve the puzzle below. When you find a word, draw a line through it.

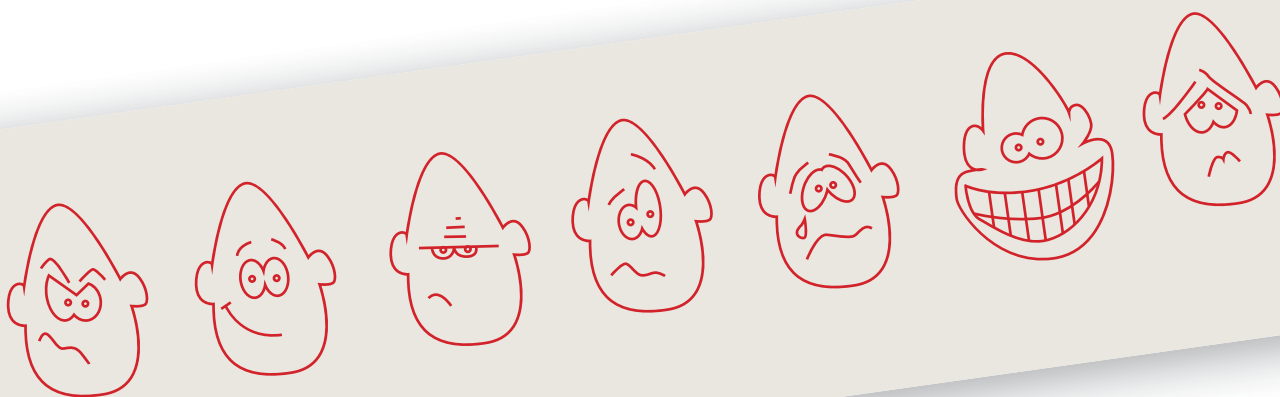
C	F	B	M	O	M	X	V	K
O	S	J	M	C	H	V	H	E
P	N	O	E	R	B	I	F	M
O	A	O	Q	S	A	U	Q	C
V	E	G	G	I	E	T	U	B
F	B	G	R	A	I	N	S	K
X	R	Y	X	N	U	A	F	Y
W	Q	U	T	T	D	I	R	C
Z	P	B	I	T	O	I	L	S
J	D	F	G	T	A	B	X	O
F	J	A	S	D	S	R	W	X

GRAINS
OILS
FRUITS
FIBRE
DAIRY
BEANS
VEGGIE

How do you feel today?

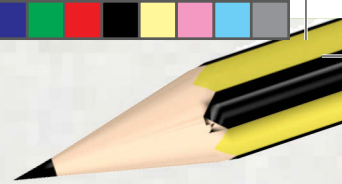
Recognising your feelings and making a decision to react positively to them is the difference between a good day and a bad day. You have the choice to make this the best day of your life!

Use the picture below to identify how you feel today.



Activity 6.2 Being more aware of your emotions "I am..."

Once you determine your emotional feelings, you can respond by making smart choices as you interact with others throughout the day. Finish all the sentences on the next page.



"I AM....."

Emotional self-awareness is the ability to recognise one's feelings in the spaces below complete statement according to how you feel. Use the blanks to add your own feeling words.

Example:

I am most happy when

I feel embarrassed when

I think negative thoughts about myself when

I am		when	
I feel		when	
I think		about	when

I am		when	
I feel		when	
I think		about	when

I am		when	
I feel		when	
I think		about	when

I am		when	
I feel		when	
I think		about	when

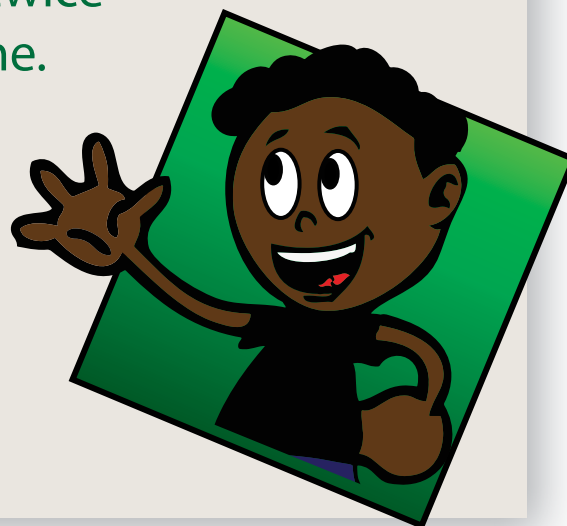


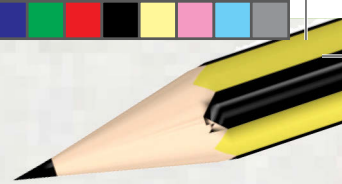
Facts you need to know:

- Meeting and talking with others helps you to deal with your own daily problems – you are not alone!
- Good nutrition every day, taking your ARVs every day and keeping active will help your ART to work better for you and keep you healthy and strong
- Take time to think about how you feel each day. This will help you stay happy and manage your emotions better.

 BOY: I go to my support group twice a week and it is really helping me.

I can talk about my worries and the other children help me to find solutions. It is also a lot of fun, I like having good friends I can trust. Do you?





My Scribble Space:

Write down at least three new things you have learnt about a healthy future with HIV. You can use this space to scribble (left) and draw (right) how you feel – now that you have learnt about HIV from this section.



Notes Space:



Notes Space:







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