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

Workbook for Ages 13 – 15 Years

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Introduction to This Activity Workbook

Why is this book important?

HIV affects all young people. This is your very own book that will help you to understand what it is all about and what it means in your life.

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 (YPLHIV) such as testing, disclosing, living positively and treatment.
- Think about your hopes and goals in life.
- Think about what kind of obstacles are getting in the way of these hopes and goals.
- Think about how you can give and get more love and support in your life.

In this Young Champions Work book you are the main character. This is your space to make the book your very own so that it can help you grow as a young person.

Becoming a Young Champion!

A Young Champion is someone who is informed about HIV and positive behaviours and strives to implement them in their own life. A Young Champion is someone who also supports other young people, where possible, with information. They do this through sharing and asking for help when they need it. This is a good way to live a young and positive life. This is being an active citizen.

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 each one write a description why they are champions, and why they mean so much to you. See the example below:

My maths teacher because she always finds time to help me. She knows things are not easy for me at home but she never makes a fuss about it.

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 when you are HIV positive.
- With the correct care and support you can do everything that other young people do!

GIRL: 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 body's defence system (immune system).

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 years, but HIV destroys the cells in the blood whose job is to fight off infection. These are called CD4 cells. As more and more 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 (immune) system is working well, these germs usually do not make us sick, or when we do get sick and the immune system is working well we get better 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.

GIRL: But how does a person get HIV?

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

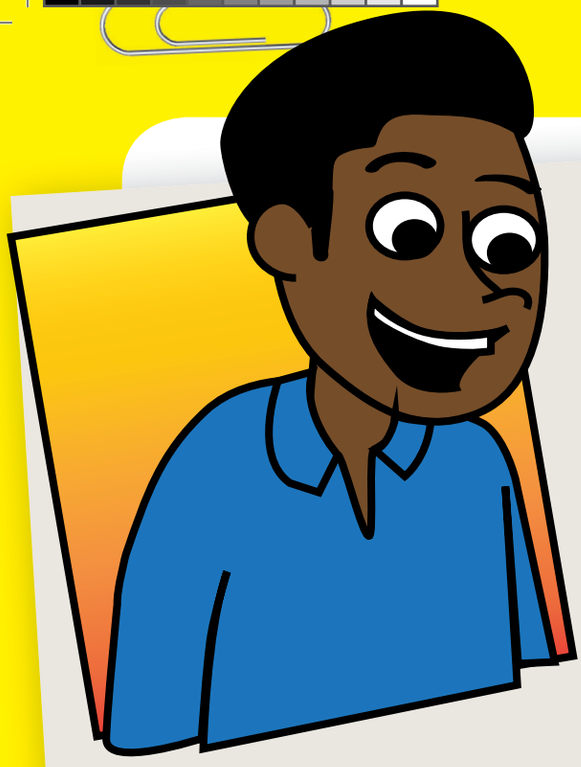
Activity 1.1 How HIV is spread

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

People can get HIV by…	YES	NO
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 Reference 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



GIRL: How do teenagers get HIV?

ADULT: They may have been born with HIV. 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.

GIRL: 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, but now there are ways of reducing that number even further.

GIRL: 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 with a partner whose status you do not know and who may be HIV POSITIVE is dangerous.

GIRL: So what should we do?

ADULT: Lets hear what other teenagers have to say.

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

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

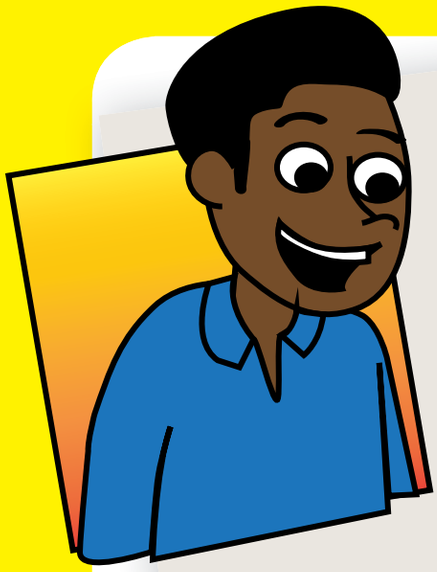
Well maybe that doesn't work for everyone. I think that the most important thing is to protect oneself by using condoms that prevent HIV from entering the body.

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.

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 the HIV.
- Two million children are infected at birth or infancy.
- There are young girls who got pregnant – and tested positive for HIV – between the ages of ten and 14.
- About five million adolescents contract HIV at a young age through unprotected sex and drug use.
- More young girls are infected with HIV than young boys of the same age.



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	WHEN CARING FOR OTHERS WHO ARE SICK
• Delay having sex until you are older. • If you are having sex you must use a condom every time. • Do not have many sex partners.	• 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 Notes Space:

Write down at least three new things you have learnt about HIV or that you now know more about after reading 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 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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Let's Take Action... Become a Young Champion!

As a young person you have energy and creativity and can use these to take action in your school and community. You can be a change maker in the response to HIV.

After having learned the information in this section, you can become a Young Champion, and:

You Can Make a Difference by:

- Drawing some posters about what HIV and AIDS are, and doing the activities or reading this book with your friends.
- Learning more about how HIV can be prevented and sharing this information with your friends. Identify at least three other young people in your school that you will speak with about HIV and share this book with
- Reminding others in your school and community about the ways that HIV CANNOT be transmitted, so that they do not reject YPLHIV and run away from them.

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 counselling and testing.

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

Henry's story

My name is Henry I am 15 years old. I stay with my aunt, uncle and cousins as my mother has passed away. I help my cousins do their homework, and do many of the chores in the house to help out. I like to play soccer and I am the goalkeeper for my team. I have to be very careful not to get too many cuts and scrapes so I always wear long sleeves and tuck my trousers into my socks when I play - it looks cool though!

When I was younger I was always getting sick. After my mum died I was taken to the hospital where they took blood and found I was HIV positive. The counsellor told me my HIV positive 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 counselling and testing and (HCT)

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

- If you get infected with HIV, your body will make antibodies 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.

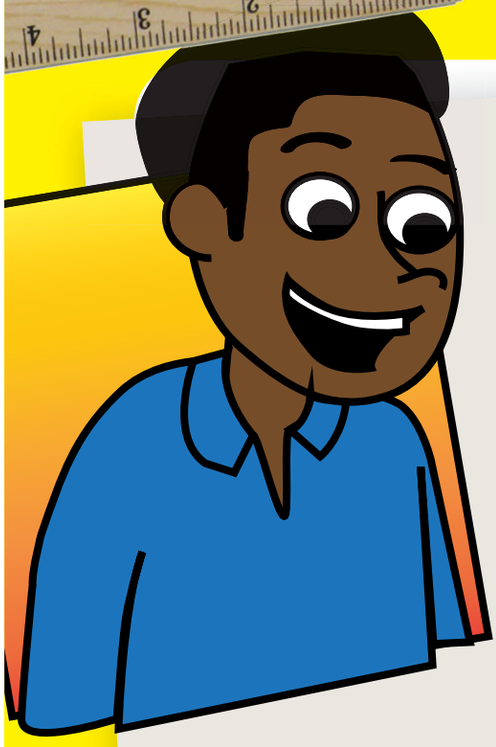
Before you get tested, somebody will explain to you what it means and what the procedure is. This is what is known as pre-test counselling.

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 it means. If your result is negative, it will help you identify ways to stay healthy and continue to stay HIV free.

Activity 2.2: HCT Quiz

	TRUE	FALSE
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. You cannot ever have a girlfriend or boyfriend if you are HIV positive		
6. You can only get HIV from having sex		
7. Because my friends may reject me, I will avoid taking an HIV test, till I am sure they will accept me		
8. You do not need to tell your girlfriend or boyfriend you have HIV if you are using condoms		
9. People who get HIV are bad, they sleep around and have no morals		
10. Even if I test HIV positive I can still finish school and go to university or get a good job – as long as I live positively!		

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



GUARDIAN: Have you ever heard of HIV? Tell me what you know about it

GIRL: 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.

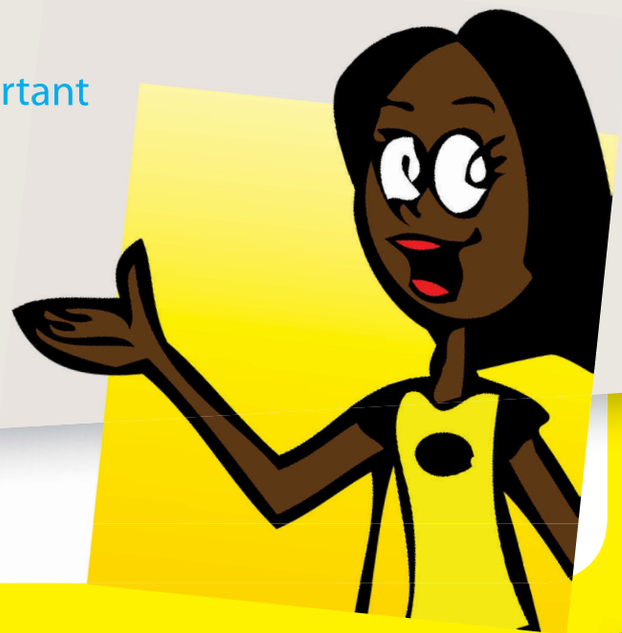
GUARDIAN: That's right. You know all about it. You have been getting sick a lot lately. We are worried that you might be HIV positive. We think you need a blood test so that we can know if you have HIV. Why do you think taking the HIV test is important?

GIRL: 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 healthily and be happy.

GUARDIAN: Exactly, you are right. You are a clever young woman. That is true, so if your HIV test is positive we will know whether you should begin taking medicines.

GIRL: Yes, I would like to know, so that if I am HIV positive I can begin taking medicines sooner and enjoy my school. I will need to talk with my boyfriend too.

GUARDIAN: That's right. It is very important that your boyfriend gets tested too.



Some of the challenges you might face in getting tested

1. Your parents 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 hang out 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 centre with another errand they are going for. The test is free

4. Relationships – you may feel like it is not possible to have a relationship or even a family and feel sad and depressed. **Possible solution:** Find a teen support group. You are not alone and you can get all the advice you need to make the right decisions about your relationships in the future.

My Notes Space:

Write down at least three things you have learned about HIV counselling and testing 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.

Let's Take Action... Become a Young Champion!

As a young person you have energy and creativity and can use these to take action in your school and community. You can be a change maker in the response to HIV. After having learned the information in this Section, you can become a Young Champion, and :

You Can Make a Difference by:

- Learning more about what it means to take an HIV test.
- Finding out where you can get an HIV test and encouraging your friends to also take an HIV test.
- Reminding others in your school and community that getting an HIV test is a sign that one cares for their body and health, and that of their loved ones as well.
- Going to get an HIV test together with your partner.
- Making sure that you always wear a condom during sex, before and after taking an HIV test.

Try this later:

- Identify where you can for an HIV test in your community and set a date to go and get an HIV test.
- Discuss with your best friend or parents to go for a test together.

Section 3: Understanding HIV Treatment and Adherence

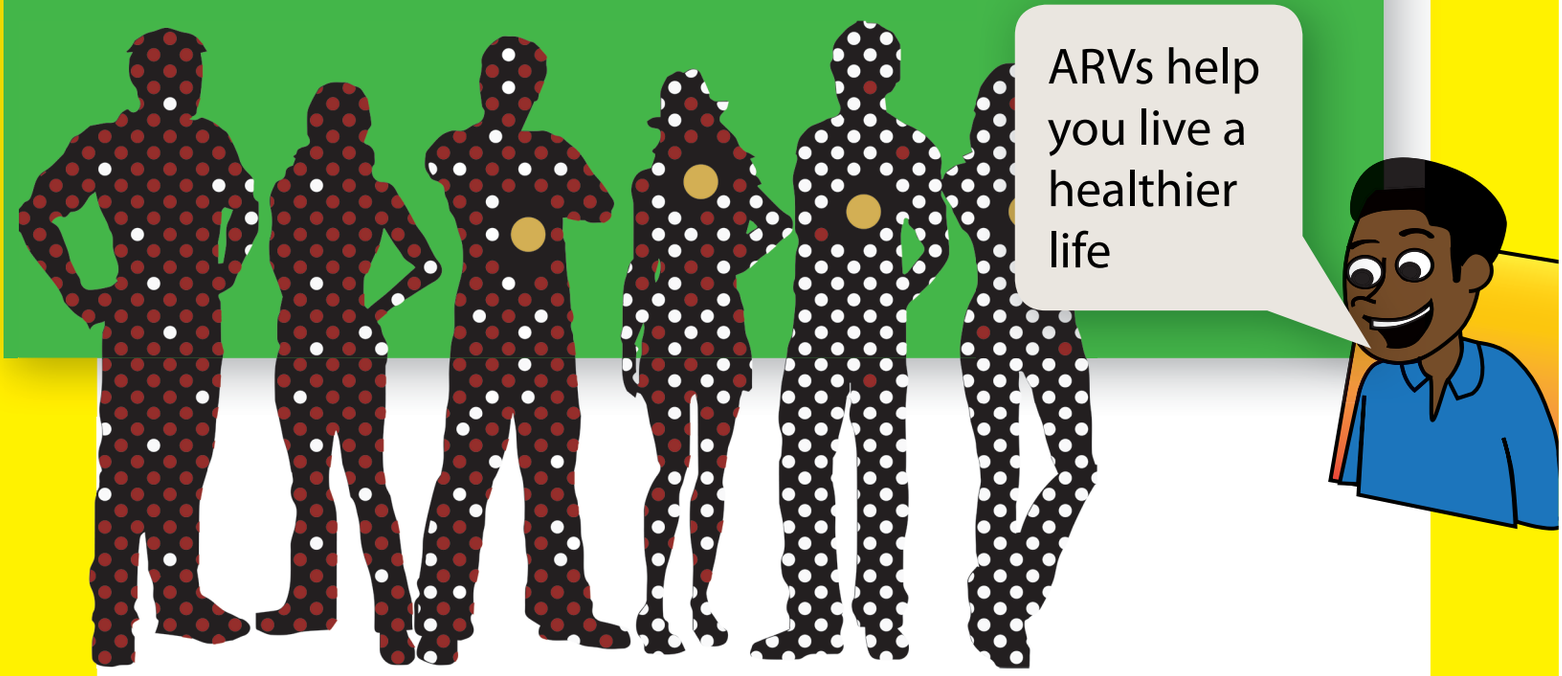
After completing this section you will:

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

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

ARVs to the rescue - for life

When you are confirmed HIV positive, you will be started on antiretroviral medicines (ARVs) so that your body does not get too weak. 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 you well.



When you take medication for HIV, you have to 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.

Henry 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. I have been taking them for a long time, and I will take them for the rest of my life. I forgot once to take my pills, I was sort of in a 'I do not care' mood. This put my health at risk, but I do not forget anymore. My teen club really helps me stay positive! I also take medicine for TB. I will stop taking the TB medicine after 6 months, becasue then the TB will be cured. When they test me at my clinic check-ups and my CD4 count has gone up, I know I'm taking the tablets properly.

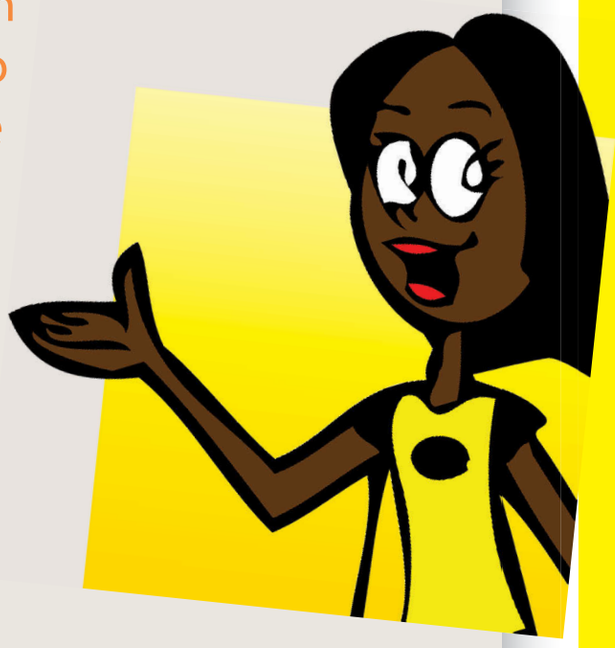
What medicine do you take? Draw or write them here:

(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, our thoughts, our experiences and our 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.

GIRL: 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 understand more about what I'm going through, I start to feel a lot happier. Then I stop getting so sick too. I have learned to always talk to someone when I am feeling scared or unhappy. They help me through those hard times.



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

Sometimes when you take medication, it has other effects on your body. These are called side effects. They can be headaches or nausea or feeling down. 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 for more than five days in a row).

Skin rashes – Add garlic to your Vaseline to stop rashes getting 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.

Henry talks to the nurse at the clinic about some problems he is facing…

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

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

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?

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

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

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

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.

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.

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!

Write down any problems you face on a separate piece of paper. 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.

A treatment buddy is someone whom you see every day and 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.

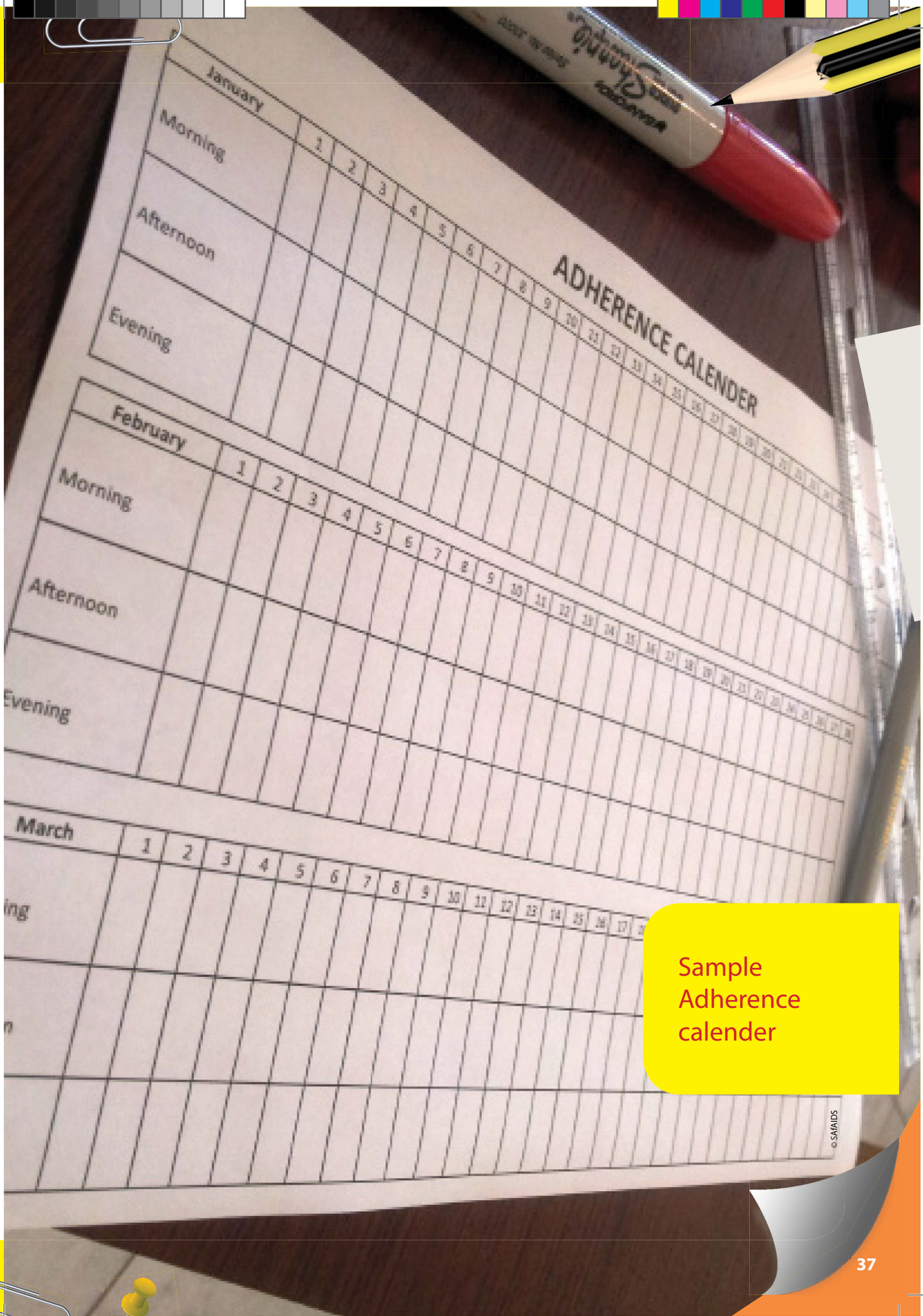
Activity 3.4 Make your own ART adherence calendar!

What you need:

Paper
Scissors
Colour pens or pencils
Ruler
Stapler (or hole punch and some string)

Instructions:

1. On one piece of paper, write January at the top of the page.
2. Draw a table (like the one on the next page but with 31 columns)
3. Under the table, leave space and a few lines for making some notes
4. Repeat this for February (29 Columns), March (31 columns), April (30 columns) May (31 columns), June (30 columns), July (31 columns), August (31 columns), September (30 columns), October (31 columns), November (30 columns) and December (31 columns).
5. Make each month colourful and fun (use the seasons, animals or other drawings as you like!
6. Staple the pages together (or use a hole punch and put string through them)
7. Keep in a safe place and remember to tick when you have taken your medicine each day!



Sample Adherence calender

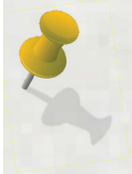
Facts we must know:

- ART is part of the daily life of the person taking it – even a child must have 100% adherence to their ART, meaning they should take all their pills at the right time in the right way every day.
- 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 who you can talk to. People also take medicines for other illnesses such as diabetes and cancer and have to take them every day of their lives. It is not easy but there are things you can do to help.

My Notes 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.



Let's Take Action... Become a Young Champion!

As a young person, you have energy and creativity – use these to take action in your school and community. You can be a change maker in the response to HIV.

After having learned the information in this Workbook, you can become a Young Champion, and

You Can Make a Difference by:

- Helping another YPLHIV to stick to an adherence calendar.
- Reminding others to take their pills regularly.
- Telling others what ART has done for you.

Try this later:

- Talk to someone this week about your experiences on ART.
- Listen to someone else's experiences on ART.
- Make sure that you have a diary or notebook to record and keep track of your emotions and your health.

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.

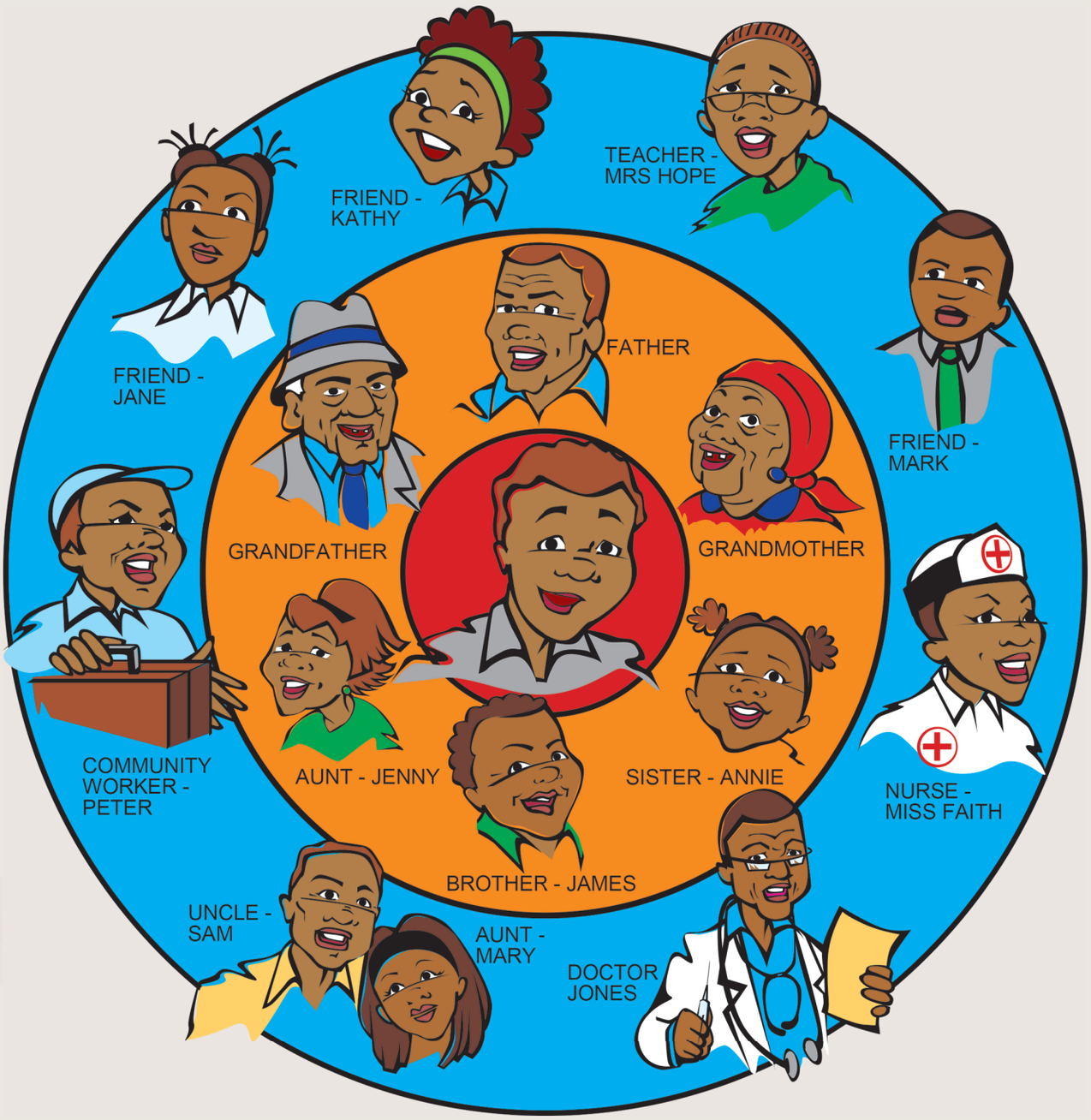
Living with HIV and making the decision to take ART needs courage. A good support system helps us to manage all the life changes we face in this situation. Who are the special people who help and support you in different ways with your HIV treatment. They may be people in your family, among your friends,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

Some people may not behave the way you hoped they would when you tell them about your HIV status. We will share some ideas with you in this booklet, 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. Henry is 15 years old and here are his support circles.


FRIEND - KATHY
TEACHER - MRS HOPE
FRIEND - JANE
FATHER
FRIEND - MARK
GRANDFATHER
GRANDMOTHER
COMMUNITY WORKER - PETER
AUNT - JENNY
SISTER - ANNIE
NURSE - MISS FAITH
BROTHER - JAMES
UNCLE - SAM
AUNT - MARY
DOCTOR JONES

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 new people who help you as time goes by.

Happy activities to do at home:

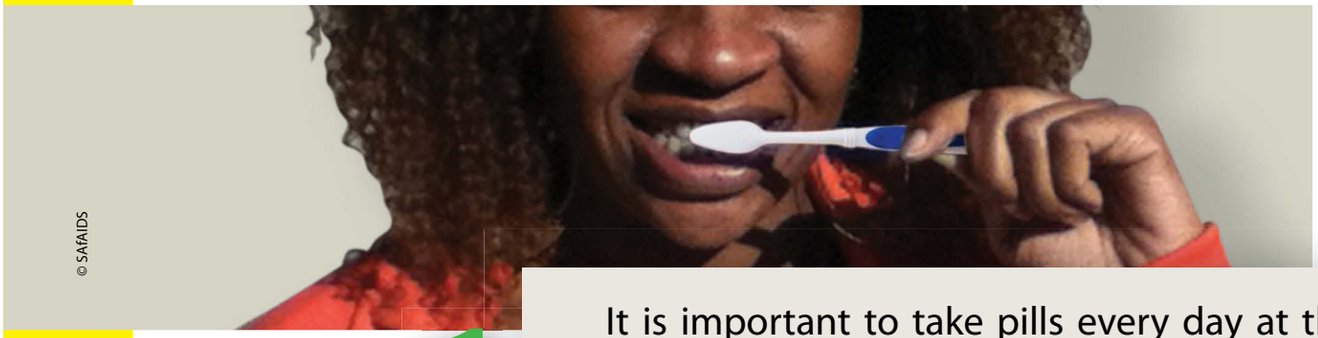
Make a bracelet using strands of different coloured wool or strips of plastic. Use a different colour for each of the people who support you in your treatment.

or

Draw a happy face or make up a cool logo for yourself. Write THANK YOU FOR SUPPORTING ME … (insert the person's name). Then give this to the person.

Family support is important to positive living

Henry's circle of care supports him with his treatment. This helps him to live positively.



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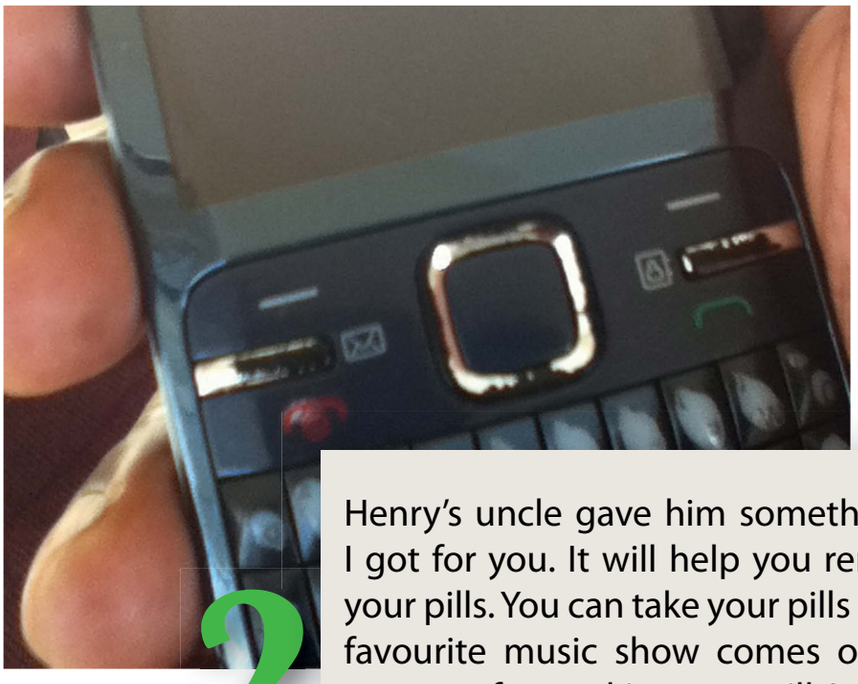
1

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



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2

Henry's uncle gave him something…"Here is a phone I got for you. It will help you remember when to take your pills. You can take your pills when the news or your favourite music show comes on!" Don't let anything stop you from taking your pills!

Henry's friend on the football team walks him home 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 the school work you may miss during your check-up, so that you don't fall back and will stay top of your class!
Henry always goes for my his check-ups

3

Henry 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.

4

Let's remember:

- Teenagers on ART do better with family love and support. Teenagers have the right to be on ART and have family support.
- Adherence to ART is VERY important – it will keep you healthy, help you do better at school, enjoy spending time with your friends and prevent you from being sick or dying.
- Use an 'adherence calendar' a radio, or your phone to check how well you are doing in taking your pills at the right time and every day.
- Support other teenagers 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 you from doing what you want to do and living a happy and enjoyable life.

How Can My Family Supports Me

You can make a difference!

- Share what you know about HIV and ART with your family. Do not be shy or afraid. Teenagers have a lot to teach others – even their parents and teachers.
- Encourage family members of another teen that you know, who is on ART, to support that young person.
- 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.

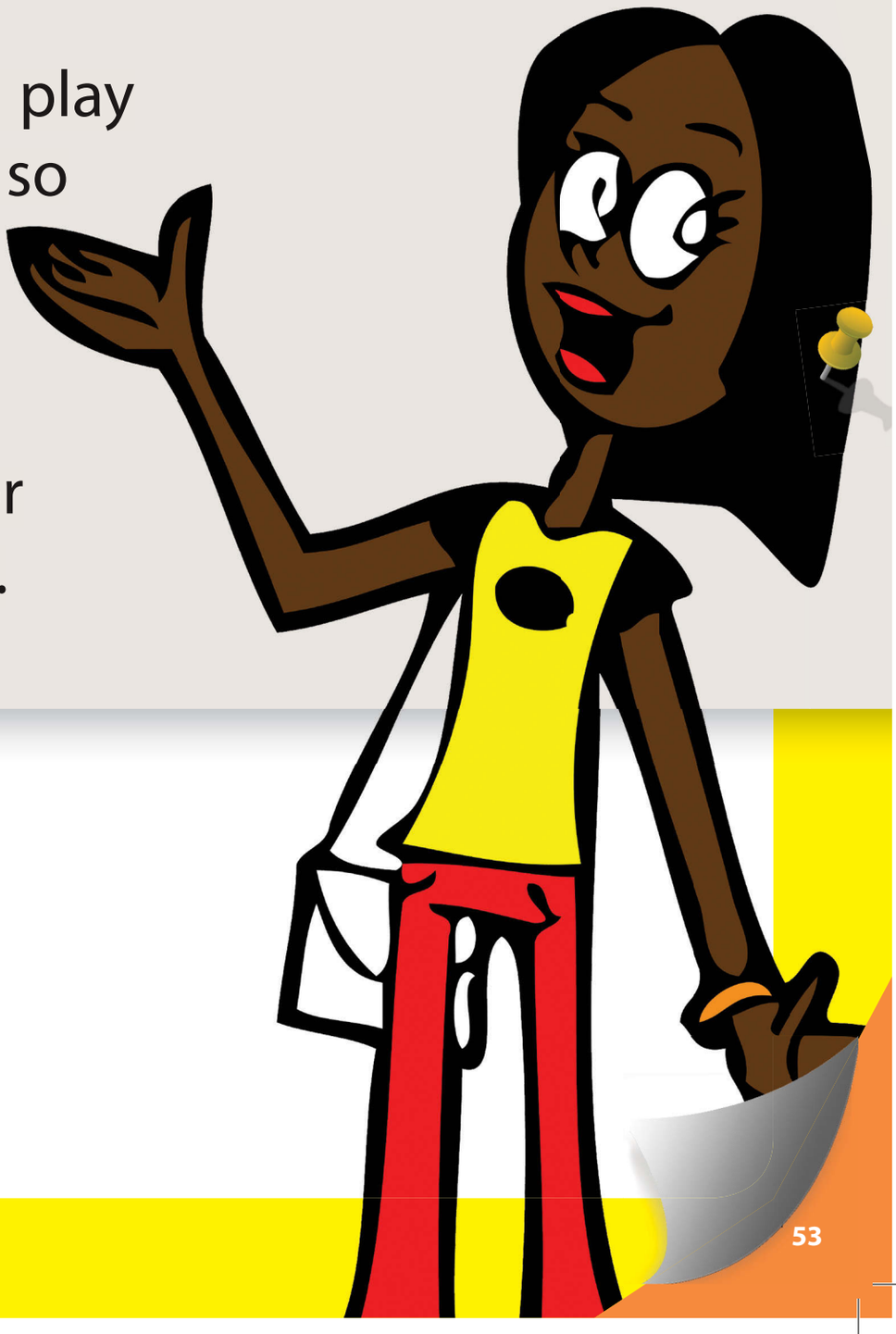
Write down all the different ways your family members can support you to adhere to your treatment. You can also tell people directly.

Do not let stigma and discrimination get you down!

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

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

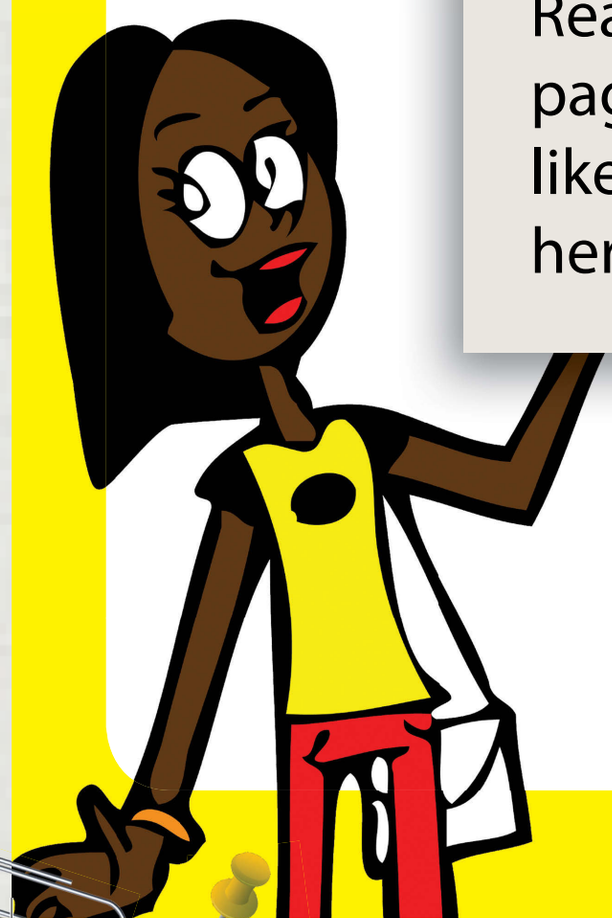
Do these kinds of things happen at your school too? You can help educate your school mates. How about suggesting to your teacher that you perform some dramas, song or poem about this? Share your suggestion for the drama, poem or song here...

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 on the next page 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 it

2

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

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 important?

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

5

I would like to know if I am HIV positive, 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. So if your HIV test is positive we will know wether you should begin taking ART and when you should begin taking it

Activity 4.3 Sharing your HIV status

It is not easy to share your HIV status with someone. The first step is to understand and accept your own status. This takes time. But sometimes you need to share with others, such as with a teacher or someone you live with or a boyfriend or girlfriend. Sharing your HIV status is about being safe and responsible and making sure you get the support and care you need.

Here are some other things to think about:

Do you think it is easier if your parent 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?

What are the advantages of sharing my HIV status?

What are the disadvantages?

My Notes 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.
- 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, because we also start to think more about relationships. Often there are changes in our bodies before what 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 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 (or even the same sex – think about having a crush on your teacher) 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 up and down won't stop you from falling pregnant. Use condoms and another contraceptive!

QUESTION: If someone buys you presents, takes you places, does you favors, 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.

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

ANSWER: YES

- You must know your partner's HIV status, and they should know yours!
- If you do not you could end up re-infected with HIV.
- If you are thinking about such a big decision you must take time to talk with your boyfriend or girlfriend about what you will do if you fall pregnant, get a sexually transmitted infection (STI), etc.
- You must talk about making sex as safe as possible by using condoms and family planning. **If you feel too embarrassed to talk about these things with your partner, then you are definitely not ready for sex!**

Facts you need to know:

- Young girls aged 10-14 years are five times more likely to die in pregnancy or childbirth than women aged 20-24.
- Unintended pregnancies can lead to unsafe abortion. Do not have sex until you are older and able to make good decisions about avoiding pregnancy.
- Even if both of you are HIV positive, you STILL need to use condoms every time you have sex. If you do not you can become re-infected with a different type of HIV and your ARV medicines may not work as well.
- If you cannot talk about sex and being safe with your partner, you are not ready for sex. Delay sex until you are older.

My Notes 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

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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?

MENU

Carbohydrates

Bread
Rolls
Rice
Spaghetti

Proteins

Chicken
Beef
Cashew Nuts
Kidney beans

Vitamins

Cauliflower
Carrots
Cabbage
Oranges

Dairy

Milk
Cheese
Butter

Sweets

Lollipop
Jelly
Jelly Beans
Chocolate cake

Fizzy Drinks

© SAfAIDS

IWISA
No 1
SUPER MAIZE MEAL
RAJ MAHAL
RICE
COUNTRY KITCHEN
Light
WHEAT
Marconi
Lay's
First Choice
full cream milk
long life
SOHAR

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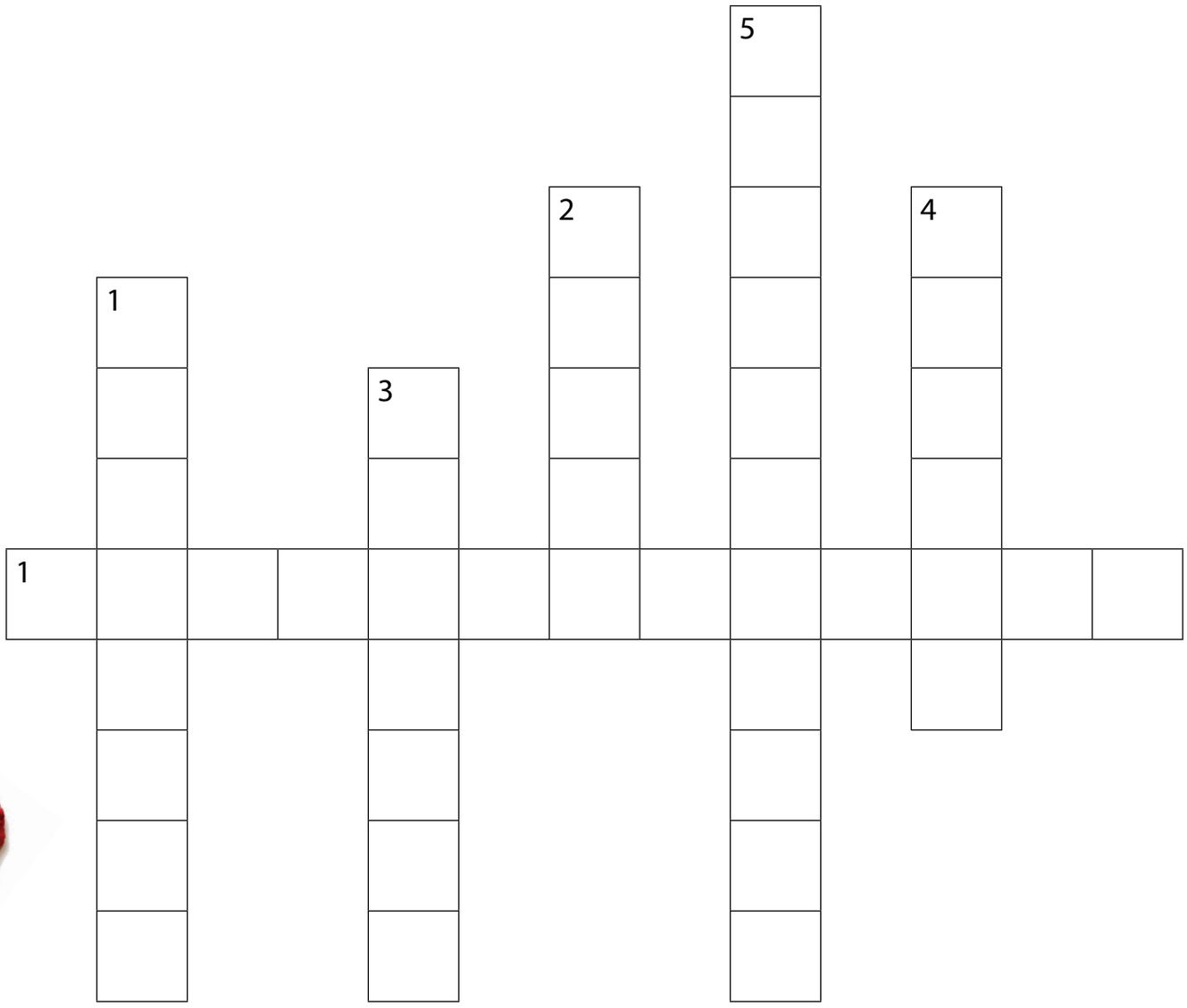
Activity 6.1 My healthy diet!

Look at the picture on the previous page and put together a healthy plate of food. Now, see if you can solve the crossword puzzle below. You can find the answers in the Young Champions Handbook.



Across

1. Where most of your energy comes from

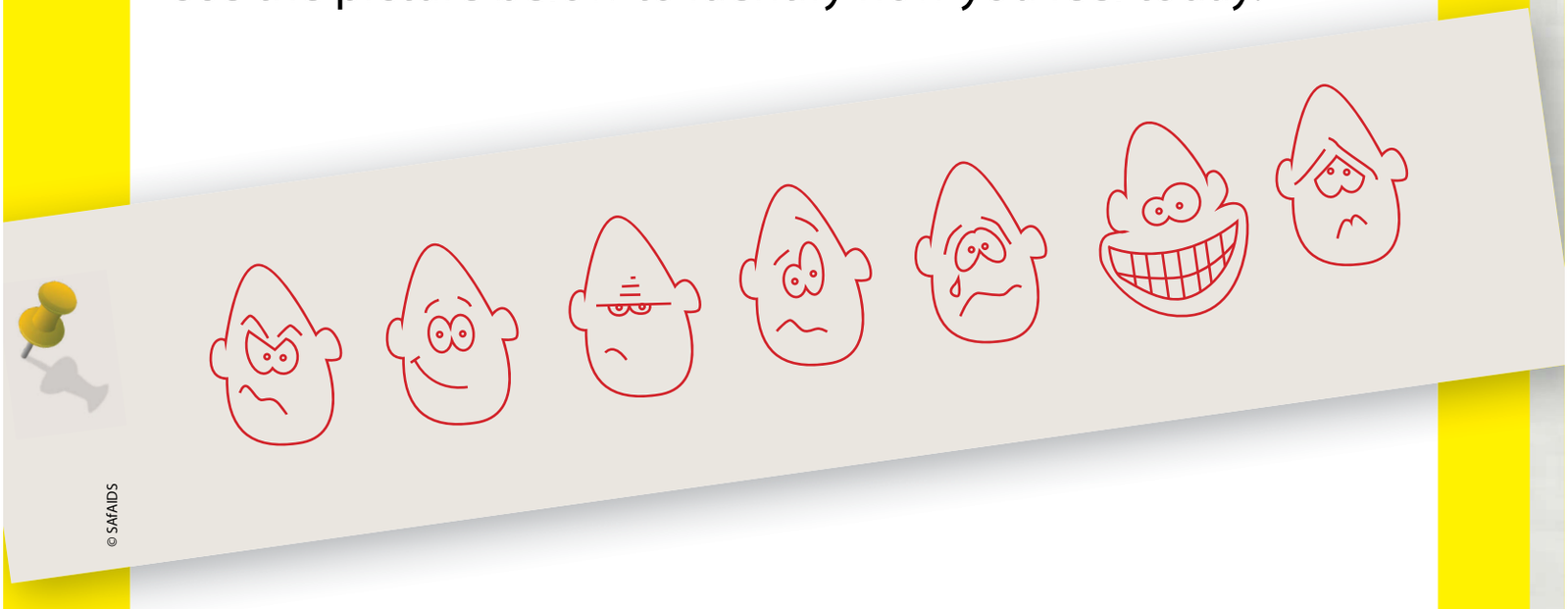
Down

1. You get these from vegetables
2. Helps to keep your teeth, nails and bones strong
3. You get lots of this in meat, nuts and beans
4. Sweet and full of good sugar for energy
5. Do not drink too much of these (two words)

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 ability to make this the best day of your life!

Use the picture below to identify how you feel today.



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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 the 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 _____

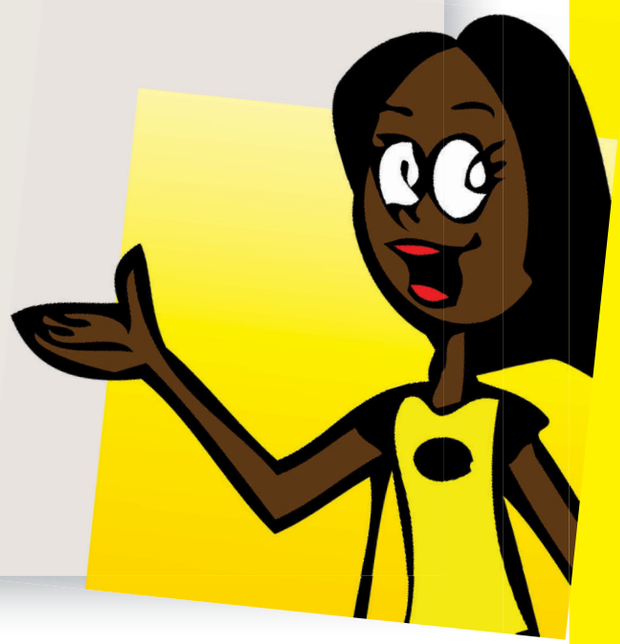
I am _____ when _____
I feel _____ When _____
I think _____ about _____ when _____

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 and, taking your ARV medicines 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.

GIRL: I go to my support group twice a week and it is really helping me. I can talk about my concerns and the other teenagers help me to find solutions. It is also a lot of fun, I like having good friends I can trust, do you?



My Notes Space:

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

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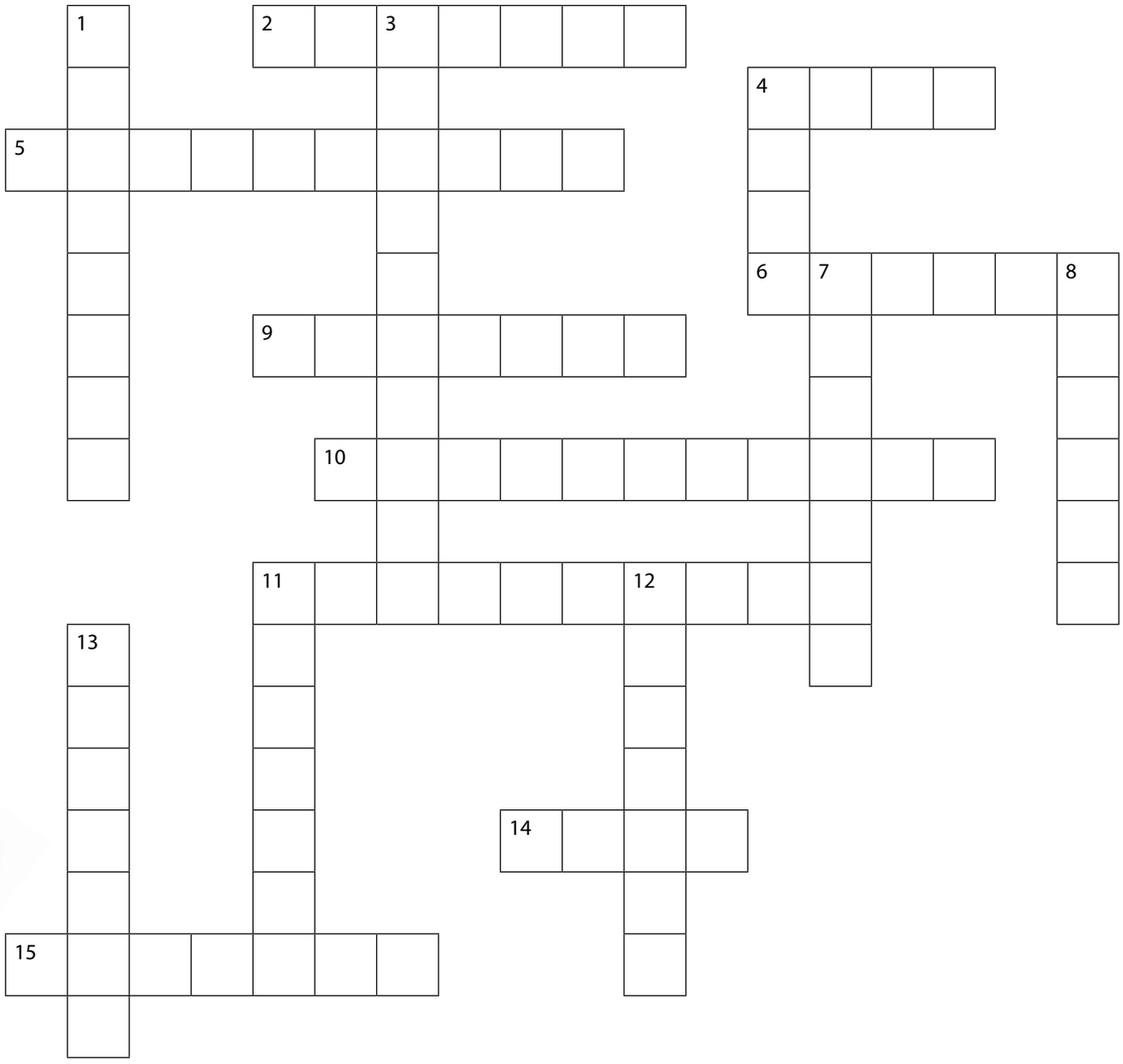
Check how much you have learnt by filling out this crossword using the clues below!



Across

2. Having a good diet, getting plenty of rest and getting any other infections treated is part of _ _ _ _ _ _ _ Living

4. The name given to medicines which are used to treat HIV

5. When you tell someone you trust you are living with HIV it's called _ _ _ _ _ _ _ _ _ _

6 . Everyone should know their HIV _ _ _ _ _ _

9. The only contraceptive which prevents against unplanned pregnancy and HIV or STI infection

10. Sex without a condom is called _ _ _ _ _ _ _ _ _ _ _ _ sex

11. _ _ _ _ _ _ _ _ _ _ _ of mother-to-child services help to protect against HIV infection of a baby during pregnancy, birth and pregnancy

14. The name given to infections that can be passed on through unprotected sex

15. Real men _ _ _ _ _ _ _ their partners

Down

1 When you only have sex with one person it is called being _ _ _ _ _ _ _ _

3 Not having sex at all is called _ _ _ _ _ _ _ _ _ _ ?

4 Without treatment, HIV can lead to _ _ _ _

7 You can find out your HIV status by going to an HIV counselling and _ _ _ _ _ _ _ centre

8. When people treat others unkindly because they think they are different, it is called _ _ _ _ _ _

11. Your HIV test results are _ _ _ _ _ _ _ which means only you and your doctor will know them

12. _ _ _ _ _ _ _ about feelings and how to protect yourselves is an important part of a healthy relationship

13 _ _ _ _ _ _ _ groups for people living with HIV help them to meet other people who are in the same situation

Notes Space:

United Nations
Educational, Scientific and
Cultural Organization

Knowledge for action: The power to make a difference!

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