



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

Workbook for Ages 16 – 19 years





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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 or famous people you may know who you look up to. They might be dead or alive.

Task:

Draw a picture or portrait (head-only picture) of one of your champions. 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.



A young champion engages in these behaviours



Awareness



Directing The Discussion



Educating



Participation



Listening



Protecting



Asking



Informing



Empowering



Fun

About

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



My favourite type of music

My favourite musician

My favourite colour

My favourite style


My best friend or Friends

My favourite food

What I am most afraid of

Your Young Champion journe

Get Me

| | |
|--|--|
| | |
| | <p>Where do you stay? Who stays with you? What do you like to do?</p>  |
| <p>My favourite song or songs</p> | |
| <p>My best outfit or outfits</p> | |
| <p>My favourite TV or radio show</p> | |
| <p>What I like about myself the most</p> | |

ney is about to start. Have fun!



*Section 1: I KNOW
about HIV*

After completing this section you will:

- Know much more about HIV.
- 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!



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 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 body 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; 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, 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 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 contaminated 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 Reference Handbook with you if you have more questions



BOY: 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.

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. 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. If you are HIV positive you can infect your partner. If your partner is also HIV positive you could both get re-infected with HIV.

BOY: So what should we do?


ADULT: Let's hear what other teenagers have to say.





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

Avoid sugar daddies and sugar mummies – they have had many more sex partners than just you so they are putting you at risk!



I think that the most important thing is to protect yourself 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 the HIV.
- Two million children are infected at birth or in infancy.
- There are young girls who get pregnant – and test positive for HIV who are as young as between ten and 14 years of age.
- 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.



Activity 1.2 The 'phases of HIV' word search

The phases of HIV without antiretroviral therapy

1. **Infection:** At this stage the virus has entered the body.
2. **Window period:** The time between infection and enough antibodies in the blood to show a positive HIV test. The window period lasts up to three months. Although an HIV test won't pick up HIV at this stage, you are much more likely to infect others - always use condoms!
3. **Seroconversion:** This is the point at which your HIV test will show a positive result. HIV has started reproducing itself in your body.
4. **Asymptomatic period:** During this period you may experience no illness. Can last from 1 to 15 years.
5. **HIV related illness:** You may experience less serious illnesses during this phase, or suffer from TB.
6. **AIDS:** Begin experiencing serious illnesses



The duration of the different phases of HIV is different for every person.

Other factors that affect the course for each person are: nutrition, emotional stress, and access to health care.

It is possible for someone to be re-infected with a different strain of HIV. When re-infection occurs, your body is weakened more rapidly

Now see if you can find all the words highlighted in the word search on the next page. Cross them out or shade them when you do.

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



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 body fluids. We can use gloves or plastic bags to protect ourselves, and make sure any cuts on our

hands are covered with a bandage
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.



The top 10 reasons that put young people at risk of HIV infection!

1. Learning about sex from movies and friends who claim to have more experience.
2. Sexual abuse or being coerced into having sex.
3. Experimenting with alcohol or drugs because that is what your friends are doing, and as a result, engaging in unsafe sex.
4. Having sex because your friends are teasing you that you are not 'doing the in-thing' – even when you are not ready.
5. Engaging in sex in exchange for food, shelter, and things you want, like cell phones or for money – or even for better grades.
6. Having a sexual relationship with someone much older (for girls the risk is higher - sugar daddies are really risky!).
7. Not paying attention to your health (taking medicines) because it is 'uncool'.
8. Sharing needles and razor blades (even in some teen rituals such as becoming blood brothers/sisters).
9. Rebelling against the rules set by your parents.
10. Not having accurate information or access to someone to talk to who does not judge you.



You Asked – We Answered section – HIV Basics Letters Page

Dear Young Champions

Why is it that we hear that young people are being infected with HIV a lot? I am a 16 year-old boy and I have not had sex yet, but I want to. I am confused on what to do when I hear so many young people have HIV, I want to know how to prevent HIV and still have sex. Please assist me.
Jabulani

Dear Jabulani,

Thank you for writing to us. There are many factors that result in high infection among young people. Many young people are sexually active and in this part of the world, HIV is spread mainly through unprotected sex. Also young people tend to experiment with sex; and few are aware about using condoms and how to use them correctly. Some young people think they are immune to HIV; others think there is no point in using protection because everyone will be infected anyway and everyone will die. You are a wise young man to delay having sex until the time that you have all the information you need on how to prevent HIV.

When you decide to have sex, be sure it is with someone you care about and discuss going for an HIV test together, as well as using condoms every time you have sex. Read this section with your friends and get more information on HIV from your nearest clinic.

And let us know what HIV prevention actions you took, to inspire other adolescents

- Young Champions Support Team

To Young Champions

I am hearing that women and girls can get infected with HIV more than men and boys, is this true? If it is, why is it true? Am I safe as a guy?

Thank you, from Matthew

Dear Matthew,

Yes it is true that women and girls are at greater risk of being infected with HIV than men and boys. This is because of how they are made (their biology). The surface area of the vagina is large and so HIV can stay there longer and has more time and space to enter their body. Also if young girls have sex very young, they can get small tears in their vagina which makes it easier for the virus to get into their blood. But this does not mean that as a young guy you are free from risk of infection. If the person you have sex with has HIV and you do not wear a condom then you can be infected with HIV as well.

Young men should consider having voluntary medical circumcision to reduce their risk for getting HIV, but they will still need to use condoms every time they have sex.

Always use condoms correctly when having sex, and go for an HIV test. Go for an HIV test together before having sex and always use condoms.

- Young Champions Support Team



Hallo

I am 17 and a shy guy, My friends always show off how they have convinced their girlfriends to have sex and say I am not 'manly'. What do I do?


Anonymous

Hello Anonymous,

Being shy is okay! Do not worry too much about your friends teasing you. Actually, real friends do not pressure us to do anything we do not want to do. Why don't you tell them that while you respect their choices, it is your choice not to have sex with your girlfriend yet until you have learnt all you need to about sex and HIV, and have discussed it with her as well.

A 'manly' guy is a smart one – he gets information and makes his decisions based on information – when he is ready. You need to think about HIV, and that your partner may get pregnant and other issues before starting sex. Your friends may be getting information about sex from the wrong places like the Internet, or movies, or their friends. We encourage you to get information from the right places, which we suggest in this section. Know the bad effects of having sex unsafely and too early, then make your decision based on correct information. And remember, your friends may just be bragging to make themselves feel grown up!

- Young Champions Support Team



Dear Young Champions

I really enjoy learning from your sections and I am trying to share with others in my class. But some of my class mates are asking me questions I cannot answer. One of these is about having sex with a person living with a disability, or an albino. They say that if we have sex with those who are disabled we can be free of HIV or cured from HIV. Is this true? The boys are also saying that they are not going to get HIV easily – it is us girls who spread HIV. Is this fair?

Thanks, Khensani

Dear Khensani,

Well done for keeping yourself informed – you are a smart young lady! And you are a young and positive champion for real, as you are sharing this information with your class mates.

It is not true that having sex with a person living with a disability or an albino will cure anyone from HIV, or that they are 'HIV free'. No-one is HIV free, unless they have tested HIV negative and are practising safe sex, abstinence or reducing their risky behaviours. Being a girl or a boy does not make a difference when it comes to becoming infected with HIV – if anyone has sex without a condom with someone who is HIV positive, they can get infected, whether female or male – though see the previous letter, which explains why it is easier for girls to be infected.

Girls who start to have sex too early, when their bodies have not developed fully, are at high risk of being infected with HIV because they can get small tears during sex. Even if they do not feel pain, these tears inside their vagina can still happen, and make it easier for HIV to enter their blood. And boys and men who have not been circumcised (had the loose skin at the tip of the penis removed) are also at high risk of HIV infection, because that skin creates a comfortable place for HIV to stay alive and enter their blood.

Keep learning more about HIV and sharing this information with others and you will stay healthy and happy and able to achieve your dreams!

- Young Champions Support Team



IN A RELATIONSHIP

- Delay starting sex until you are older
- Go together with you partner for an HIV test before having sex
- If you are having sex you must use a condom (male or female) every time – and for girls, use an additional method of contraception, as well as condoms – this is called dual protection
- Have only one sex partner at a time

WHEN CARING FOR OTHERS WHO ARE SICK

- Take care when in contact with blood and other body fluids – cover up!
- Use rubber gloves or plastic bags over your hands
- Be extra careful if you have cuts or sores
- Wash your hands afterwards with soap or ash and water



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 testing and counselling.

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



Jane's story

My name is Jane I am 17 years old. I stay with my older sister since my mother has passed away. I do many of the chores in the house to help out as my sister goes to work and pays my school fees. I am not one for sports, but I do like fashion and design. I can sew really well. One day I want to have a sewing machine of my own. That is why I went back to school.

After my mum died I was very angry. I started going out late and then I found a boyfriend. At first he was really nice to me, buying me gifts and taking me out. But soon all he wanted was sex. I felt so alone without my mum.

One day my sister decided to talk to me about my behaviour. She was really upset and sad. She explained to me that I was taking a risk with this older man. Because she was so sad I agreed to go to the clinic to get tested. 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 counselling and testing (HCT)

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 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 the emotions and what it means. If your result is negative, it will help you identify ways to stay healthy and continue preventing HIV infection.

Remember: some young people who were infected during pregnancy, birth or breastfeeding do not develop signs and symptoms of HIV until much later in life. Find out your HIV status today!

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. 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 after an HIV test, I can still finish school and go to university, get a good job, get married and have babies, as long as I live positively

| TRUE | FALSE |
|------|-------|
| | |
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| | |
| | |
| | |

CHECK FOR THE ANSWERS IN ANSWERS SECTION OF THE REFERENCE HANDBOOK



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

BOY: Our 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?

BOY: Well, a nurse from the clinic came to talk to us at school and told us that there is treatment called antiretroviral therapy or ARVs that can be taken to make someone with HIV feel better. On ARVs, a person is able to live life happily and with be healthy.

GUARDIAN: Exactly, you are right. You are a clever young man. 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 life. I will need to talk with my girlfriend too.

GUARDIAN: Yes. That's right. It is very important that your girlfriend also gets tested if you have been having sex or are planning to have sex.



Some of the challenges you might face to get 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.
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 decision for you about relationships in the future.
5. You are afraid to go the testing centre because the health workers may not be very friendly. Possible solution: Find out if there are services that are just for adolescents in your area.
6. Fear of disclosure in your locality. Possible solution: Find out more information about your rights to privacy and confidentiality and what you can do if someone discloses your status without your permission.



You Asked – We Answered section – HIV Basics Letters Page

Dear Young Champions

I am interested to go for an HIV test but I don't know what I will do if I find out I have HIV. What should I do?

Busi

Dear Busi,

Well done for wanting to go for an HIV test! You are a smart young lady. You can do many things to prepare yourself for taking the test. Start by reading more about HIV. The more you read, the more you will see that whether you test HIV positive or negative, you will be able to live a happy and healthy life. Visit any local organisation that works with HIV, or just drop in to your nearest clinic or hospital and ask them for any brochures or leaflets you can read on HIV.

Don't worry what people will think. After all you are responsible for your own life and health. If you know someone living with HIV, also have a chat with them - they can give you more guidance and encouragement about knowing your HIV status.

Before you take the test, ask the person who is doing your HIV test to give you some counselling and advice on healthy behaviour, and what you can do after an HIV positive result. If you find out you have HIV, you can plan your life around it, by eating healthy, using condoms each time you have sex so that you avoid getting re-infected (getting more HIV in your body) and also prevent from passing it to someone else. You can also join support groups for those living with HIV in your area. This will help you get more answers and support to live positively. Good luck and stay well!

- Young Champions Support Team



Hello

Tell me, is it true that someone can get infected with HIV from the needle that is used to test for HIV? My girlfriend and I want to start having sex and she keeps saying that we should go for a test, but I heard the other boys saying you can even get HIV from needles – now I don't know what to do.

Joel; 16 years

Dear Joel,

Your girlfriend is right and smart! You both need to go for an HIV test together so you know your status before you start having sex.

No it is not true that you can get infected with HIV from the needle that will be used to test your blood for HIV. The needles used for the HIV test are sterile and have never been used on anyone else. Each time someone goes for an HIV test, a fresh HIV test kit is used; the needle is sealed and is only opened in your presence.

If you decide to start having sex, make sure that you use condoms correctly each time you have sex - even if one of you or both of you are virgins, because there are different ways someone can get infected with HIV.

- Young Champions Support Team



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, so that your body does not get too weak. 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 medication for HIV, you have to take them all 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.

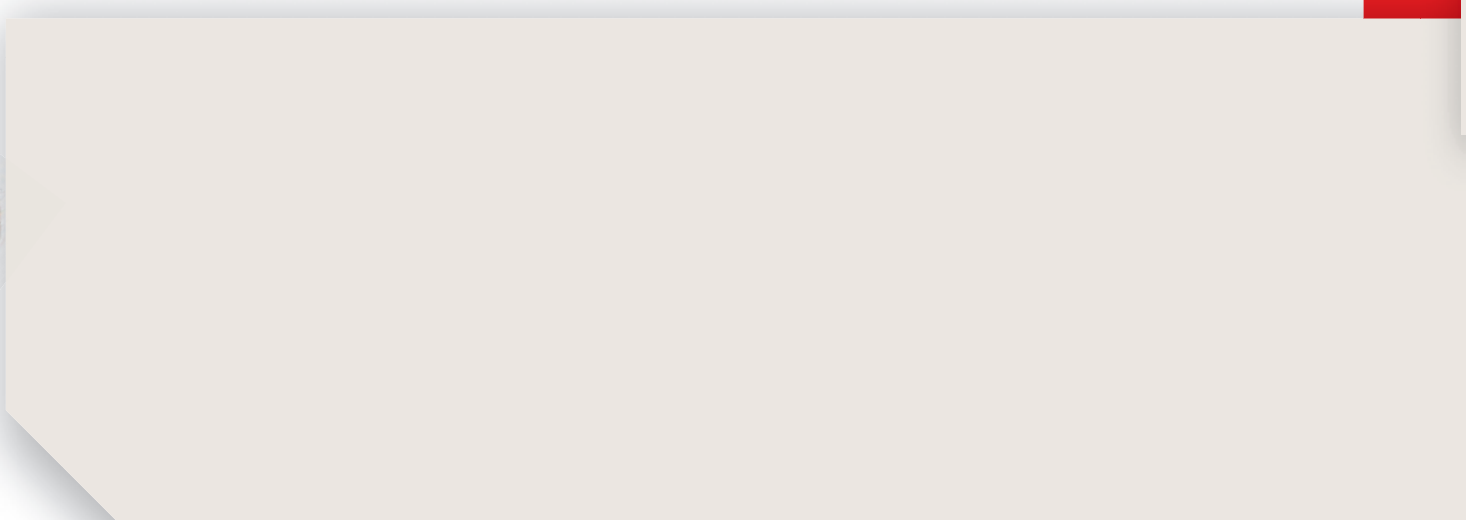


Vuyo takes his medicine every day.



“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. I take medicine because I have TB and also HIV. 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! 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? List 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 healthy 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 more about what I'm going through I start to feel a lot happier. Then I start to feel better too and stop getting so sick. 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, they have other effects on your body. These are called side effects and may 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.

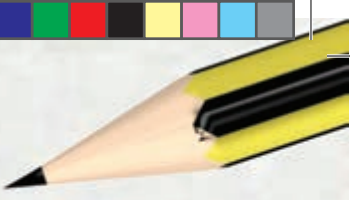


Vomiting and diarrhoea – drink plenty of water with salt and sugar (750ml boiled, cooled water mixed with 6 level teaspoons of sugar and ½ teaspoon of salt). Avoid oily and spicy foods.

Headaches – Ask for painkillers. Also put a cool towel or cloth over your head and lie down. (Do NOT take painkillers 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.

Jane talks to the nurse at the clinic about some problems she is facing...

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

JANE: I am ok, thanks. 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 medication sometimes.

NURSE: Well done Jane, 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 I your body I will give you some pain killers, but you should not stop your ART. If it continues, please come and see me again.

Carry some food with you always, 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 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.


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.

Activity 3.4 Adherence quiz

Match the answers to the questions on the next page.



Statement

1. ARVs can be taken without food.
 2. It is important to take ARVs at the correct time.
 3. It is a good idea to ask the nurse or doctor if the medication you receive from the pharmacy is different than what you expect.
 4. It is ok to share ARVs with other people because then they don't have to wait so long at the hospital.
 5. If I am two hours late for my medication, I should still take it.
 6. It is a good idea to carry one or two doses of ARVs with me at all times.
 7. HIV is the same as AIDS
 8. Teenagers should be the only ones responsible for remembering their medication and not have any help.
 9. Teenagers with HIV should not help in the house or at school because they are sick.
 10. Teenagers with HIV should not study too much at school because they don't need to learn.
 11. If you usually get three bottles of ARVs from the clinic, but this month you only got two bottles then you should quickly leave the clinic before anyone notices because now you have less medicine to take.
 12. A friend who is also taking ARVs can be a good reminder for you to take your ARVs.
 13. Young people with HIV can stay healthy, finish school, get jobs, marry and have a family.
 14. If many people at home are taking ARVs it is ok to take from any of the bottles.
 15. CD4 tests tell how much virus is in the blood.
 16. At the clinic, the nurses do a pill count so they can give patients trouble.
 17. Finishing therapy for malaria and finishing TB meds for six months is as important as taking ARVs correctly.
 18. When you have vomited after taking ARVs and it is just within 30 minutes and you see the ARVs in your vomit, it's ok to take another dose.
- 

The answers on the next page are all mixed up, e.g. number 6 is the correct answer for statement number 1. See P136 of the Reference Handbook for the correct answers.

Answers

1. YES: This is good planning to try to avoid missed doses if you forget or arrive home late.
2. NO. HIV is the virus that infects the body and kills the CD4 cells. AIDS is the condition that develops when HIV has been allowed to destroy the immune system and makes it weak.
3. YES: If it is within 30 minutes, you should take another dose of ARVs, but if it is after 30 minutes, do NOT take it again because the medicine has already being absorbed in your body.
4. NO. When people take ARVs well, they stay well and will need a good job. Good jobs require a good education.
5. YES: ARVs do not need food to work. ARVs can be taken with or without food. Do not SKIP DOSES because there is no food in the house. Take the ARVs.
6. YES. Knowing someone who also takes ARVs will help you to remind one another.
7. No. Make sure you have ALL of the ARVs you were expecting and they all look ok before leaving the clinic! You need to always make sure you have everything you need to stay healthy.
8. NO. CD4 tests count soldiers. Viral load is the measure of virus that is awake in the body.
9. YES. By taking good care of ourselves, attending clinic and taking ARVs correctly, the virus sleeps and we are able to get on with our lives and do whatever we choose.
10. NO. Do not share bottles as the medication may be different and the number of pills or strength of the medicine may be different. It is important to always take only your own medicine.
11. NO. Pill counts help them to know if you may be having difficulties in taking your medicines so we can help you problem-solve to make sure the virus stays asleep.
12. YES. This should not happen every day, but on the few days you forget, and remember within three hours of your usual time you can still take it.
13. YES: You need to take ARVs at the time it is due so they can work correctly.
14. YES. Malaria and TB are just as dangerous as HIV and without treatment can make you very sick people can even die from untreated malaria or TB, so medication must be completed.
15. NO. We all need a support team to help us as it can be difficult to remember ARVs all the time.
16. NO. You should NOT share ARVs or any medications with other people.
17. NO. Such special treatment is not needed when you are well.
18. YES. Sometimes medications come in different packaging so it looks different and sometimes people make mistakes. So if you have a doubt, you must ask!



You Asked – We Answered section – HIV Basics Letters Page

Hello

I have been taking ARV therapy for two years and I feel good, why do I have to continue to take it?

Timothy, 17 years

Dear Timothy,

First of all, well done for taking such good care of your health and taking your medication regularly. Unfortunately, once you start taking ARVs, you have to take them for the rest of your life. The ARVs do not get rid of the HIV in your body. Even when your immune system is functioning well and your viral load is undetectable, the virus is still there and will begin to multiply rapidly if you stop taking your ARVs. Stopping your ARVs will lead to your immune system weakening and your health will become significantly worse very quickly.

- Young Champions Support Team

Hi,

I was born with HIV and now I am 17 years old, and feeling pressure to have sex with my boyfriend – also from my friends who are having sex. But I am scared. I want to have sex one day, but am I allowed?

Thembi

Dear Thembi,

You are a brave young girl, living positively with HIV. Well done for not being pushed to have sex through peer pressure from your boyfriend and friends. The decision to have sex is yours alone. And as a smart young girl, you need to get all the information you can on HIV and preventing being re-infected and protecting others from it. If you are on treatment and have unprotected sex, you could get re-infected with HIV and then your treatment will not work well.

Share this section with your friends and discuss the problems that can come about with having sex early and without enough knowledge about HIV. Who knows, your friends may only be claiming to be having sex because they think it makes them 'cool'.


You have the right to have sex, even if you are living with HIV. But always use a condom plus another kind of contraception, when you decide to start having sex. For now we encourage you to focus on your schoolwork, and take your time to decide with whom to have sex, when you are ready.

- Young Champions Support Team



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 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!

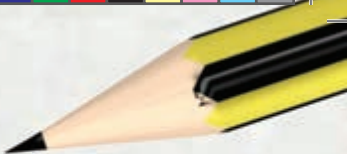


Remember: You are not alone. There are many others taking ARVs that you can talk to. People take medicines for other illnesses such as diabetes and cancer and have to take them every day of their lives. It is not easy but there are things you can do to help.



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.



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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 all 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 at school. These are the people who 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 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 below. Jane is 15 years old and here are her 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 new people who help you as time goes by.



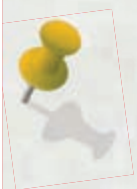


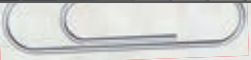
Happy activities to do at home:

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

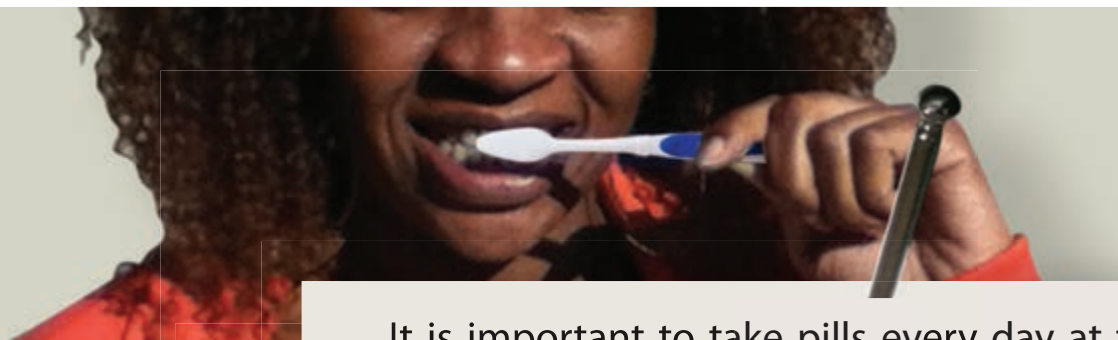
Draw a happy face or make up a cool logo for yourself. Write THANK YOU FOR SUPPORTING ME... (insert the person's name). Then give it to the person.





Family support is important to positive living

Jane's circle of care supports her with her treatment. This helps her to live positively.



1

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



2

Jane's uncle gave her something... "Here is a radio 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!



© SAFAIDS

Jane's friend on the netball team walks her 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 homework 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 check-ups.

3




© SAFAIDS

Jane used to worry when she had to go on a trip. She thought people might make fun of her or ask too many questions when she takes her pills. Now she hides the pills in a special pocket her grandmother has sewn so she can take them with her 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 calender' radio or 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.
- Make or adapt your own adherence calendar.

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)**.

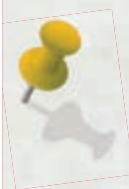
Do the role play three times, so that you each have a chance to be either red, green or blue in the play.





Activity 4.2 Overcoming stigma and discrimination

Do these kinds of things happen at your school or in your community? You can help educate others. 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 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 important?



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

6
That is true, so if your HIV test is positive we will know wether you should begin taking ART and when you should begin taking 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

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 a 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?



Here are four questions to discuss with your best friend, caregiver or other trusted person, that may help you with disclosure.

Questions to discuss:

1. What do you do when your caregiver is away and you are staying with someone who doesn't know your status? How do you remember to take your medicine?
2. How can telling your family and friends about your HIV status and your ART make adherence easier?
3. How can telling your family or a friend about your HIV status and your ART make adherence more difficult?
4. How do you decide who to disclose to when you are trying to get some help with your adherence?



You Asked – We Answered section – HIV Basics Letters Page

Hello

I am living with HIV and worried about missing classes and participating in sports because I need to go to the doctor for checkups every month. How can I get around this?

Timothy, 16 years

Dear Timothy,

First of all, well done for making the trips to the doctor for your check-ups a part of your life and regular. This is good! Secondly it is important that you consider telling your teachers that you are living with HIV and that each month you need to go for these check-ups. I am sure your teacher will be supportive and proud of you being so responsible. If you do not know how to disclose, why not ask one of your parents or a nurse from the clinic to go with you to talk with the teacher? You can also take some leaflets on HIV with you for the teacher. Then you can share the dates you need to go to the doctor, with the teacher ahead of time, so that you can plan together how you can catch up with the lessons you have missed.

If you have told some of your classmates or friends, they can also help you to catch up with your lessons, which means you need to make some extra time to do this.

If your teacher knows about your HIV status, she or he can also be understanding when you miss school if you are ill, and can arrange with your family to get you extra lessons or organise for some of your classmates to visit you and give you the lessons in brief, which you have missed.

- Young Champions Support Team

Dear support team

My boyfriend wants to start having sex. I am living with HIV, but he has refused to go for an HIV test, so I do not know his HIV status. I have been told at the clinic that I must use condoms. But he is saying it does not matter because we can have oral or anal sex only and it is safe. I even won't get pregnant. What should I do?

Sheila


Dear Sheila,

It is very good that you are thinking of using condoms during sex. This is the right thing to do. Whatever he says, never have sex – whether it is oral, anal or vaginal – without a condom, because you are placing yourself at risk of re-infection with HIV, and you also don't want to be blamed later by him if he gets infected with HIV, especially as you do not know his HIV status.

Visit your clinic or support group, and get some leaflets on HIV and share them with him. Try and explain to him the risk of having sex without a condom and why there is risk of HIV infection even when having sex orally or anally. Suggest using female condoms instead of male condoms – some men find them better. If he is willing, you can go together to the nurse at your nearest clinic so you can both get counselling – this will help you negotiate for condom use during sex.

If he refuses and still insists that you have sex without a condom you may wish to consider not dating him anymore. If someone loves you and cares for you, they will be willing to understand your concerns and that what you are suggesting is for the safety and protection of both of you.

- Young Champions Support Team



Teens living with HIV may experience stigma, even if their HIV status is not known:

- » At home caregivers may make teenagers eat alone, sleep apart or use their own cups and plates.
- »
- » At school HIV positive teens may be seen as 'sick' and not allowed to participate in activities or peers may call them names and make fun of them.
- »
- » In the community, teens with rashes or who are short may be shunned and kept apart from others.
- »
- » At some family planning/STI clinics teens are told they are 'bad' or immoral if they have sex.



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.

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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 young people 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...

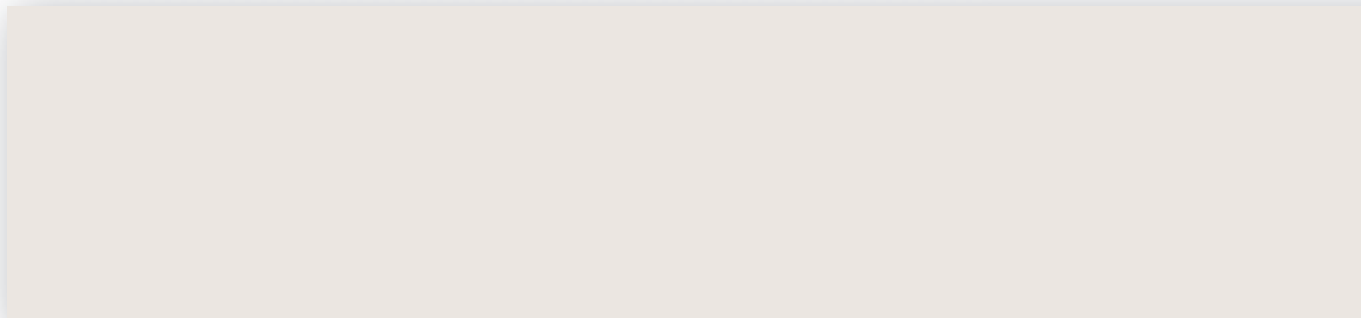




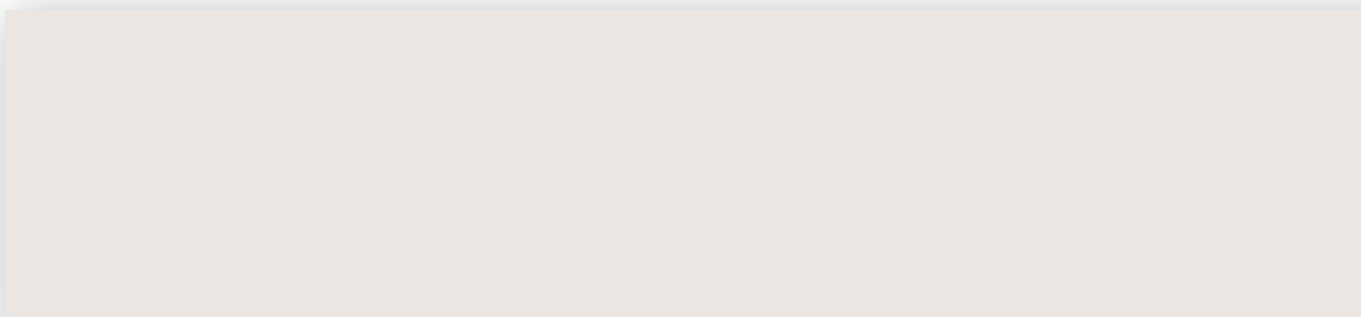
On your map mark the places on the map where boys and girls of your age meet. Write the name of the place next to your mark.

Think about:

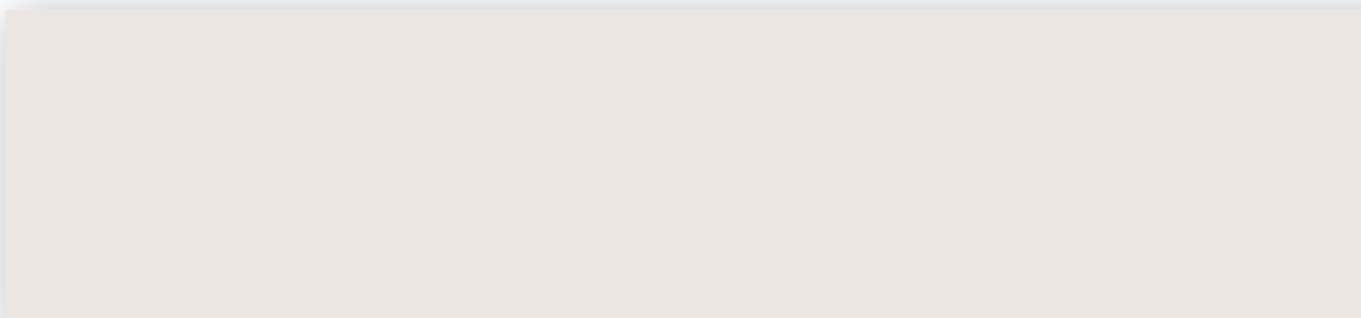
1. What activities do boys and girls do together at these places?



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



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






Activity 5.3 Designing your ideal partner

Girls: Make a list of qualities they want in a

- a) boyfriend;
- b) husband.

Boys: Make a list of qualities they want in a

- a) girlfriend;
- b) wife.



Remember: Do not just focus on physical characteristics. Think about the type of person and their personality (likes cats, wants a family, likes to go dancing, faithful).

Underline the three MOST IMPORTANT qualities.

Now consider the following. Review your three chosen qualities? Why might the qualities you want in a husband or wife be different from those you want in a boyfriend or girlfriend?

What is love?

- » Love is putting yourself in someone else's shoes and caring about their lives and how they feel.
- » Love is accepting and loving people just as they are and caring enough to help them to do better.
- » Sharing is a way to show love. Share your belongings, time, feelings and ideas.
- » You can show love in a smile, a compliment, a thoughtful act or a hug.
- » Love is treating people just as you would like them to treat you – with care and respect.
- » Love is being trustworthy and loyal.




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 to 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 getting pregnant either.

Always use a condom, as well as another kind of contraceptive, when you have sex. This is called dual

protection and will make sure you don't get pregnant, even if a condom breaks.

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.

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 get 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.

You Asked – We Answered section – HIV Basics Letters Page

Dear Team

I am a 19-year-old and I enjoy having sex with other men. I wanted to know from you how I can protect myself when having sex with another man.

James, 19 years old

Dear James,

Thank you for your question which is indeed an important one. In order to protect yourself from HIV infection when having sex with another man, you need to know some basic facts:

1. HIV is transmitted through the exchange of body fluids such as semen and blood and to a lesser extent saliva, so anal and vaginal sex are risky, as is being the person performing oral sex.
2. Contact between mucous membranes (in men, the lining of the rectum, urethra, or mouth) and your partner's semen or blood poses a risk for HIV transmission. Anal sex is very risky. The lining of the rectum is delicate and easily torn and this increases the risk of HIV transmission. You must ALWAYS use condoms, preferably with extra water-based lubricant. Female condoms may also be used.
3. Often, the best protection is having a frank conversation with your partner about STIs, safer sex, what behaviours you're willing to participate in, and whether you want to get tested.
4. Performing oral sex on a man is less risky but transmission is still possible. In this instance, it is best to use a dental dam or a condom to protect you from possible infection.
5. Kissing and mutual masturbation are safer ways of having sex.

We hope this helps you on your journey to staying healthy and safe.

- Young Champions Support Team




Hello

I met the most wonderful and perfect guy. He's everything I want and he likes me just as much as I like him. When he told me he was positive, part of me wanted to drop him, but I didn't and now I love him!


I want a relationship with him, but I don't want the risk of contracting HIV. However, the risk is almost the same isn't it? With him, I know. With everyone else, there's that maybe factor which could lead to unprotected sex...

Samantha, 18 years

Dear Samantha,



The answer to your question lies in always protecting yourself by using a condom correctly. Unfortunately, there will always be a risk of contracting HIV from your partner; but the risk is no different than having sexual relations with a partner of unknown status. Your safer sex practices should always be on red-alert status, regardless.



Your safer sex practice is no different than the safer sex practices that you should already be using. Have a serious chat with your love about your anxiety. I'm sure he has the same concerns. You both need to make sure that you always adhere to safer sex practices. You may also choose to go together for counselling to help you both deal with the anxiety of the situation. However, if your partner is on ARVs and is fully adherent, the risk of your becoming infected is much less – but you must still use condoms and another type of contraception every time. Seek prevention-of-mother-to-child (PMTCT) services if you decide to have a baby together!

- Young Champions Support Team

Hi

I am a young woman and I have fallen in love with another woman. She says its safe for us to have unprotected sex - but is this true?

Thank you. Anonymous

Dear Anonymous,

Many people think that sex between women is without risk. While women who sleep exclusively with women are typically at lower risk for sexually transmitted infections (STIs), including HIV, than their heterosexual and bisexual counterparts, some infections are still common. Because women who sleep with women are at risk for infections such as human papilloma virus (HPV), genital herpes, hepatitis and vaginitis, thinking about safer sex is still a good idea.

If you and your partner are faithful to each other and have both been tested, these STIs may be less of a concern for you. However, when you don't know your partner's status, or are not sure if they have other partners, safer sex is important.

Safer sex between two women is most risky when there is are when there is contact between body fluids, especially menstrual blood, vaginal fluids, breast milk, and secretions from STI sores.

If you decide to have sex with your partner, here is some safety advice:

- During oral sex, cover the entire vaginal or anal area with a dental dam (a square of latex), non-microwavable plastic wrap, or a cut-open condom or latex glove. Use latex gloves or condoms to cover fingers when touching the vagina or anus.
- Talking about what kind of sex you will have and the risks involved is important to keep you both safe.

We hope this helps you to continue taking responsibility for your health.

- Young Champions Support Team



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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.

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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?



MENU

Carbohydrates

Bread
Rolls
Rice
Spaghetti

Proteins

Chicken
Beef
Cashew Nuts
Kidney beans

Vitamins

Cauliflower
Carrots
Cabbage
Oranges

Dairy

Milk
Cheese
Butter

Sweets(only in small portions)

Lollipop
Jelly
Jelly Beans
Chocolate cake

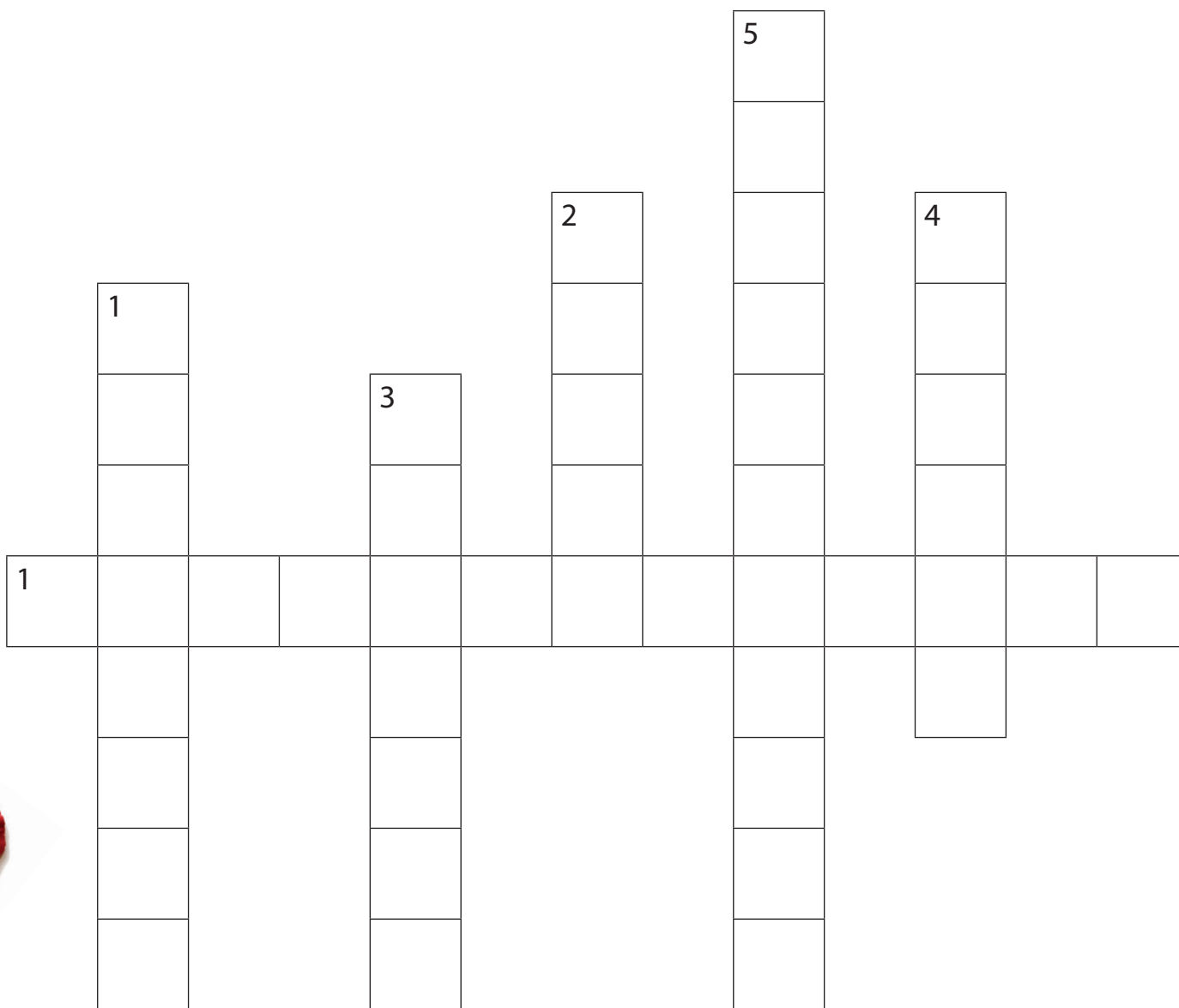
Fizzy Drinks





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

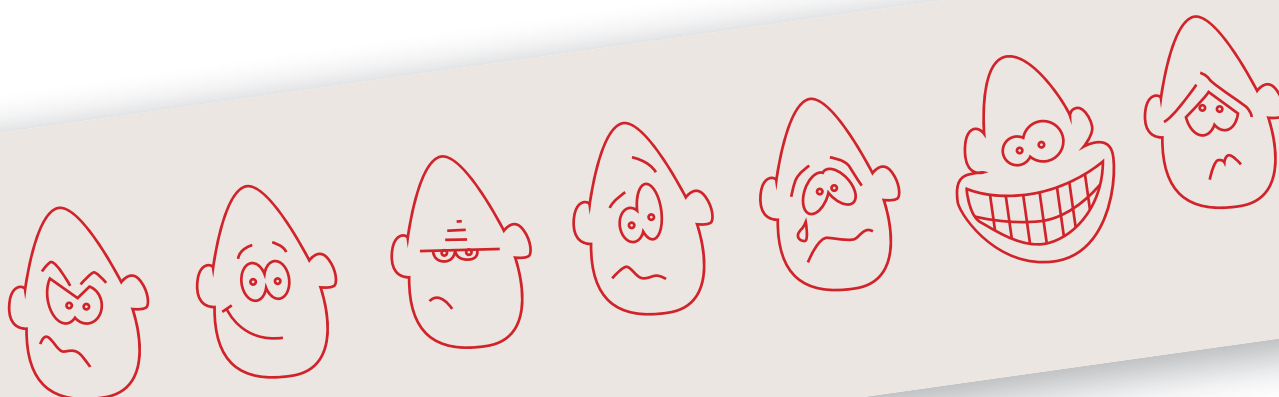
5. Do not drink too much of these (two words)



How do you feel today?

Recognising your feelings and making a decision to react positively to your feelings 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.



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 ARVs 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 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 scribble (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!

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

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 its 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 treatments, HIV can lead to _ _ _ _
7. You can find out your HIV status by going to a 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



My Notes Space:

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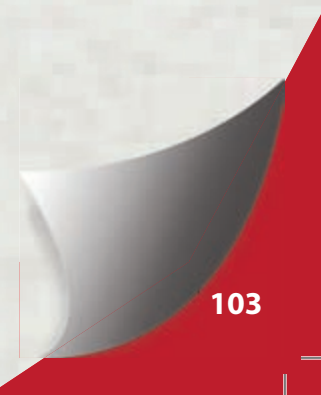
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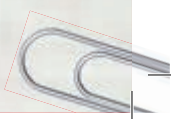
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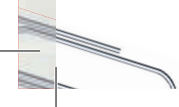
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