

HIV AIDS

What Are You Doing About It?

Facilitator's Guide Community Conversation Toolkit



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COMMUNICATION FOR CHANGE

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Introduction

Community Conversation Toolkit

This toolkit contains a Facilitator’s Guide plus six different tools to help people and communities to take action to prevent HIV from spreading.

The tools are:

Community Mobilizer’s Cards

Throw Boxes

Role Play Cards

Playing Cards

Finger Puppets

Dialogue Badges

The HIV and AIDS information in the toolkit focuses on multiple partners, intergenerational sex, gender-based violence, and alcohol abuse.

Each tool is designed to be used in an activity that gets people thinking and talking about HIV and AIDS in their lives, families, communities and society. The tools can be used by both young people and adults – including people who do not read confidently. Use the tools at an organised event or give them to people in communities to use in their social activities.

This Facilitator’s Guide offers suggestions on how to use

the tools to encourage participants to try different games/ activities as they think and talk about HIV and AIDS; support community members to use the tools in ways that suit them.

Guide participants to use the Community Mobilizer's Cards to develop action plans for HIV prevention at home and in their communities.

Learning Objectives

When you use the tools in this kit effectively, people will:

- Think and talk about how HIV and AIDS affect them, their families, their communities and society
- Realise that they already know things about HIV and AIDS
- Discuss questions they have about HIV and AIDS
- Work out where to go to get answers to these questions
- Plan actions to reduce their own, and their families risk of getting HIV
- Plan actions to prevent HIV from spreading in their communities.

Planning

To create an environment that gives people the best chance of achieving the learning objectives, you need to plan well. Here are some tips:

Prepare:

- Make sure you know how to use the tools confidently (use this Facilitator's Guide)
- Think about what place is best
- Decide what specific aspect of HIV prevention you want people to learn or think about (use this Facilitator's Guide)
- Write down some points to start off the discussions/ group event

Plan your time:

- Think about how long each activity will take
- Leave time to summarise discussion and action points in the middle or at the end

Group Dynamics

In each group make sure that everyone:

- understands the activity
- feels comfortable to share freely (you may need to have separate men's or women's groups and/or to have people of the same age group together)
- listens to the views of other participants.

Discussion

Discussion helps participants to summarize what they have learnt. If it is difficult to start off a discussion, here are some tips:

- Talk about how you feel about discussing the topic and why.
- Encourage participants to share their feelings about the activity and topic.
- Share an experience or some thoughts of your own on the topic.
- Talk about some generally held beliefs on the topic that participants might share or reject. e.g. condoms reduce sexual pleasure.

At the end of the discussion, along with participants, summarise the main points. Write down decisions that have been made and actions that will be taken. If there are actions to plan, write down who is responsible, when they will do the action and when and how they will report back to the group.



Community Mobilizer's Cards



What are Community Mobilizer's Cards?

They are nine cards that outline a step-by-step process for community members. They suggest how to:

- Form an Action Group
- Organise gatherings with interested community members
- Use the materials in this toolkit to mobilize more community members
- Develop an Action Plan for HIV-prevention in their community.

Who are they for?

These cards are for Community Mobilizers. Community Mobilizers are community members who are involved in organizing HIV prevention activities in their community. Skilled Community Mobilizers:

- Listen to others opinions
- Are respected and trusted by their peers
- Think carefully about problems and ways to solve them
- Do not give up easily
- Are involved in HIV prevention in their community.

When to use them?

Use the cards to prepare for and guide Action Group meetings and community events that focus on HIV prevention.

How to use them?

The step-by-step information on the cards helps community members to prepare, plan and mobilize successfully. Community Mobilizers should work through the cards to learn how to form an Action Group, hold Action Group meetings and plan and organize community events.

Your Action Group may need some support to use the Community Mobilizer's Cards. If you do, find someone who has been involved in community organising in the past and ask them to guide you.

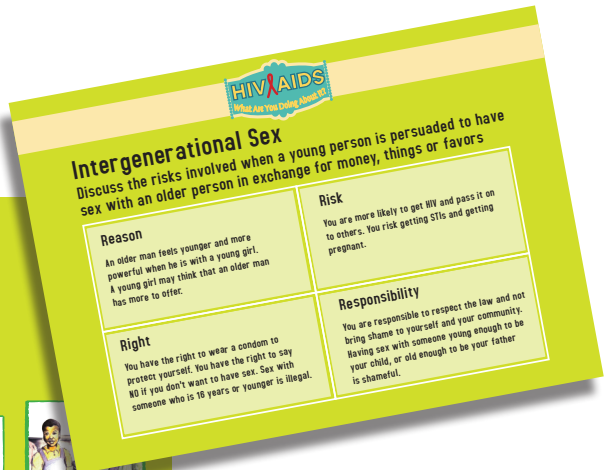
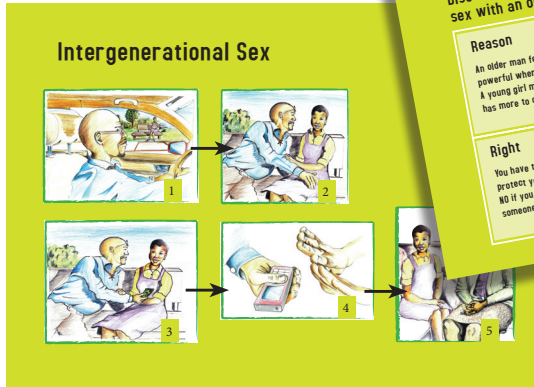
Criteria for effective mobilization

When organizing meetings and events, use these four points to guide you:

- Set clear goals and objectives for each gathering.
- Mobilize the same community members at least 3 different times (this is more effective than a onetime event).
- Make sure there are no more than 25 people per activity to ensure in-depth discussion.
- Decide who will be in the groups for each activity (e.g. set an age range, gender)
- Check which tool works best for each event.



Role Play Cards



What are the Role Play Cards?

They are four fold-out cards, each of which illustrates a behaviour that puts people at risk of getting HIV. Let community members use the cards to develop personal dramas.

Discussion points on the back of each card focus on:

- 1) Reasons why people engage in this risk behaviour
- 2) Risks of the behaviour
- 3) Rights involved with the behaviour
- 4) Responsibilities one has with regard to oneself and others affected by the behaviour.

Who are they for?

Adults from age 20 upwards – both men and women.

When to use them?

These Role Play Cards can be used in small groups or at a larger event organized by Action Group members.

How to use them?

You may want to give community members some time to look at the cards. Here are some questions to ask:

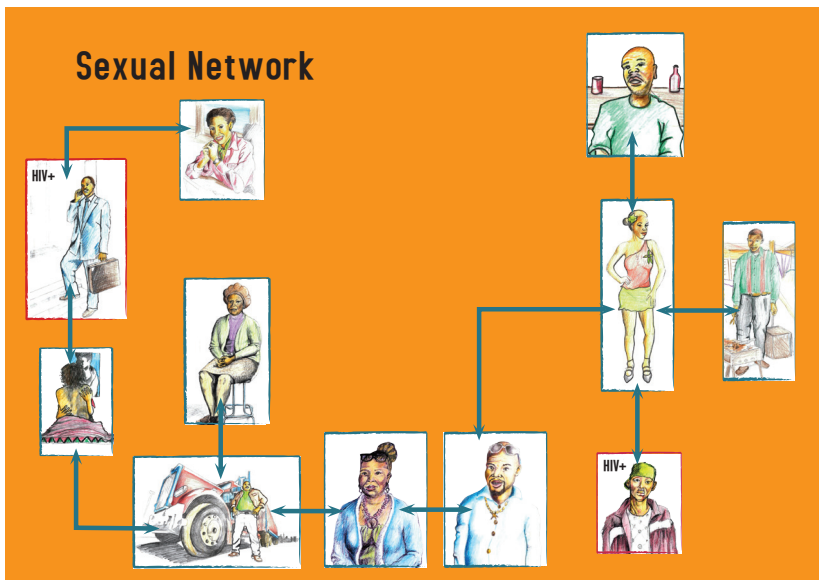
- What do you see happening here?
- What do you think of the characters in the picture?
- Are there people like this in our community?
- What will they do next?
- Role-play the story you described. Make different endings to the story. Allow other group members to come in and change the plot.

Note: Participants may also like to use the finger puppets from this toolkit to act out their role-plays.

Now:

- Consider discussing each other's role plays.
- You can look at the points on the back of the cards and talk about these statements and questions.

Card 1 Sexual Network



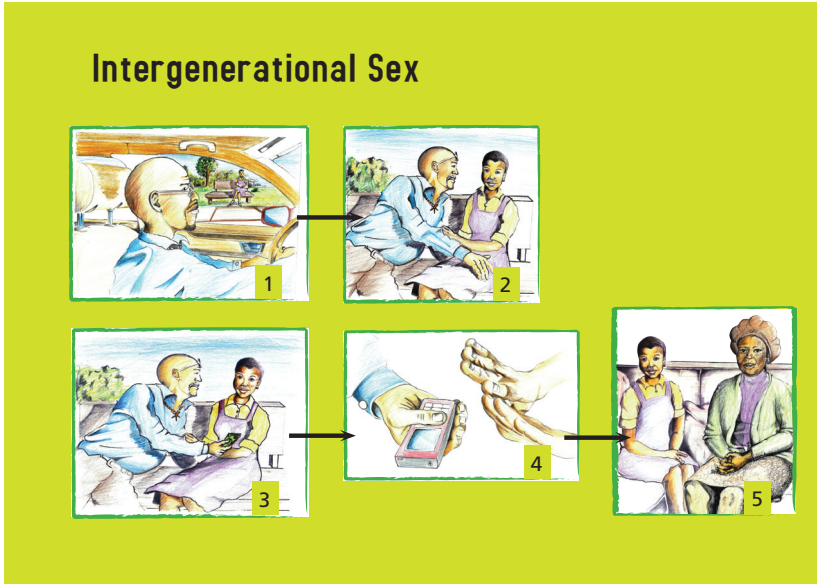
You are part of a sexual network when you have more than one sexual partner at the same time. You can also be part of a sexual network, if your sexual partner has other partners.

The picture shows a sexual network. If there is one HIV positive person in the network, anyone can get infected who does not use protection.

After discussing the points on the backs of the card, you may want to talk about:

- Are there Sexual Networks in this community?
- How does that affect the community?
- What can people do about it?
- What are the obstacles to people changing?
- What actions can people in this community take to stop being part of a Sexual Network:
 - for themselves?
 - for their families?
 - for their communities?

Card 2 Intergenerational Sex

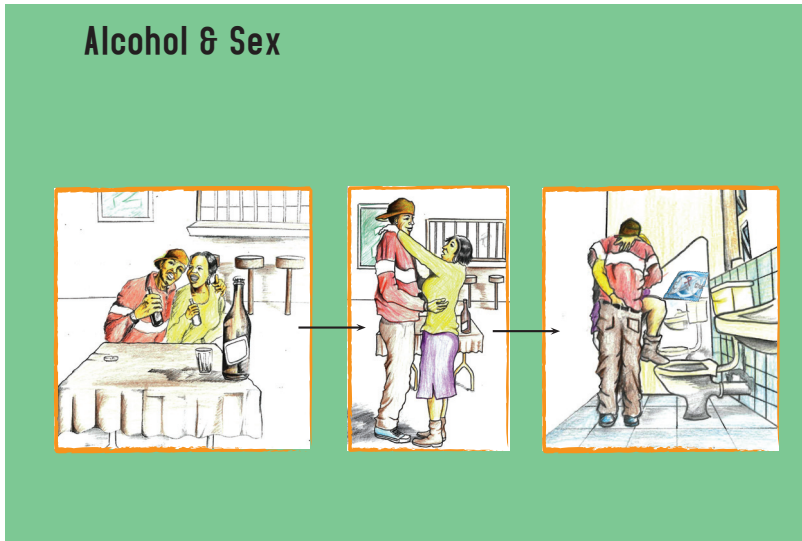


Intergenerational sex is when a young man or woman has sex with a much older woman or man. We often call the older person a 'sugar daddy' or 'sugar mommy'. Intergenerational sex puts people at very high risk of getting HIV because older men often don't use condoms. This card shows an older man offering a young girl a cell phone in exchange for sex.

After discussing the points on the backs of the card, you may want to talk about:

- How does intergenerational sex affect this community?
- What are the obstacles to changing this situation?
- What can people do about sugar daddies and mommies?
- What actions can people in this community take to stop intergenerational sex:
 - for themselves?
 - in their families?
 - in their communities?

Card 3 Alcohol & Sex



When people drink alcohol we often do things we would not do if we were sober. Sometimes we put ourselves at risk of getting HIV. This poster shows a man and woman drinking and dancing together and then having unsafe sex.

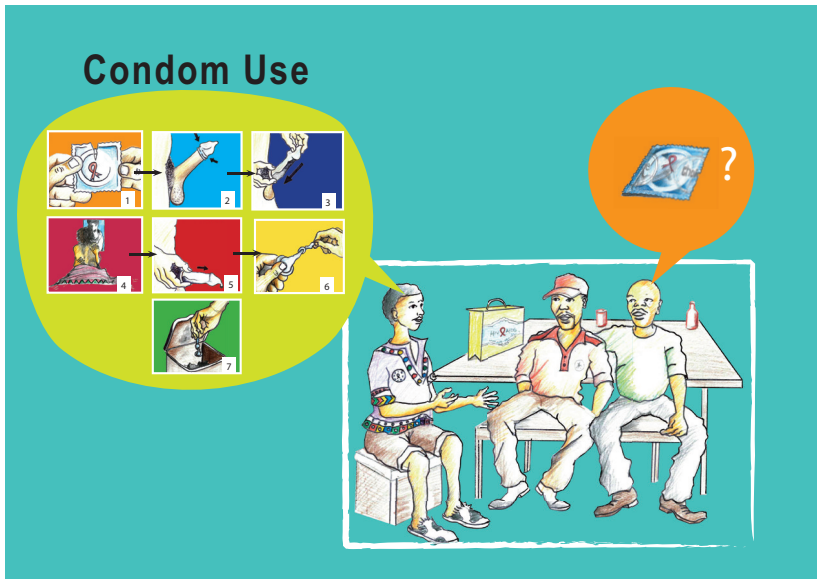
After discussing the points on the back of the card, you may want to talk about:

- How is alcohol abuse a problem in this community?
- What are the obstacles to people changing this risk situation?

- What can people do about drinking too much alcohol and having unsafe sex?
- What actions can people in this community take to stop alcohol abuse:
 - for themselves?
 - in their families?
 - in their communities?
-



Card 4 Condom Use



When you know you to wear a condom it can make you a safer and more experienced lover. You and your partner worry less and can enjoy sex more. This card shows a per educator talking to older men about how to put on a condom correctly. The men are still not convinced about using condoms.

After discussing the points on the back of the card, you may want to talk about:

- How do people really talk about condoms in your community?
- Do older men in this community know how to use them?
- Do older men worry about sexual performance if they use condoms?
- How can we help older men practice putting on condoms to overcome their fear?
- What actions can people in this community take to encourage condom use:
 - for themselves?
 - in their families?
 - in their communities?

Puppets



What are the Finger Puppets?

A set of 6 finger puppets of different characters. Use them to do role-plays and tell stories about HIV prevention in a community.

Who are they for?

Adults from age 20 upwards – both men and women.

When to use them?

The finger puppets can be used in small groups or at a larger event organized by Action Group members.

How to use them?

Give the finger puppets to a group of people and invite them to use the characters to develop a story related to HIV and AIDS.

The finger puppet characters are:

- A young boy and a young girl
- A sugar mommy/ older woman
- A sugar daddy/ older man
- A nurse
- A traditional healer

If people are struggling to develop their own story you can use the Role Play Cards to inspire them. When a group finishes a story, have a discussion about the characters and their behaviour or situation. Use the questions on the back of the Role Play Cards to raise issues/ guide discussion.

Find instructions on how to make puppets and a puppet theatre at the back of this guide.



This is an example of how to make your own puppets.

You can use whatever material that you have available for the puppets and the theatre.

Step 1:

Find the materials



- A sheet of paper or cardboard toilet roll
- Pen, crayon or koki
- Old fabric
- Grass or wool
- Glue
- Big cardboard box

Step 4:

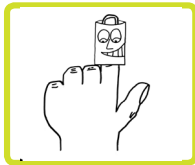
Build the character



- Give the character its own look. Add hair and simple clothes. You can glue some old fabric around the tube, letting it hang around the finger. Make a few puppets so that you can tell a story.

Step 2:

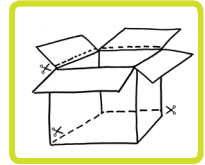
Make the body



- Take a sheet of paper and make a roll just the right size for a finger. You can also use a cardboard toilet roll.

Step 5:

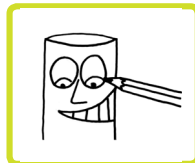
Make a theatre



- You can make a puppet theatre. Cut away one of the long sides and the flaps from the top of the box so you are left with a four-sided box.
- Cover the box with wrapping paper or cloth to decorate it.

Step 3:

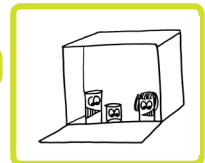
Make it human



- Draw on eyes, nose, mouth, etc.
- Use grass or wool to make the hair.

Step 6:

Hold a puppet show



- Let the show begin! Use the puppets you have made to tell your own story about how HIV and AIDS affects the community.

Playing Cards



What are Playing Cards?

A set of standard playing cards with questions about HIV and AIDS. Use them to get people talking about HIV prevention as they play.

Who are they for?

Adults from age 20 upwards – both men and women.

When to use them?

Anywhere that people usually play cards and at events organised by a facilitator or an Action Group.

How to use them?

Let the group play a card game they know and decide how and when to discuss the questions on the cards. If people are not discussing the questions on the cards, suggest a point in the game for them to read and answer questions. For example, if any players have cards in their hand at the end of the game, the group can discuss the questions on those cards.

If people don't know any card games, here is one called Crazy 8s:

- Take the joker out of the pack.
- Deal 8 cards to each player.
- Put the remaining cards in the centre.
- The dealer puts down one card. e.g., 4 of spades.
- The player on the dealer's left must put down a card of the same suit or number. e.g., any 4 or any other spade card.
- The number 8 card is special – it can be put on any other card. The person who plays the 8 can also choose a new suit.

- If a player cannot play a card they must pick up cards from the pile until they can.
- The winner is the first person with no cards left in their hand.
- The players left with cards read the questions on them and the group can discuss answers.

Note: At community events and in group meetings, you always have people who are not as interested in participating. You can still involve them productively by giving them the cards to play by themselves. They can give their thoughts about the cards to the whole group at the end of the event/meeting.

Throw Box: Catch and Talk

What are Throw Boxes?

They are boxes with different coloured sides. Each side has a message to get people talking about HIV prevention.



Best Kept Secrets Throw Box: Each side has a question about sex.



Proverbs Throw Box: Each side has a different proverb.

Who are they for?

Adults from age 20 upwards – both men and women. Older participants may especially like the proverb throw box.

When to use them?

In small groups organised by a facilitator or at a larger event organized by Action Group members.

How to use them?

You and the community might have your own ideas about how to use the cubes for discussion. Here is another suggestion:

People can sit or stand in a circle and throw the cube to each other. Each time a person catches the cube they should read the proverb or question that faces them to the others. That person can comment and/ or ask the rest of the group to share their thoughts on the message.

Proverbs that Bind Us

Think about how we use culture to explain the way we behave.

Discussion

- What does the proverb mean?
- Do you agree or disagree? Why?
- Would your parents agree or disagree? Why?
- What would other people in the community think?
- Culture is not fixed. It changes over time. Rewrite this proverb to say something different in relation to HIV prevention.

Best Kept Secrets

Use humour to encourage community members to talk about sex and sexual behaviours that put people at risk of getting HIV.

Discussion

- Use the questions on the sides of the box to guide a discussion.



Dialogue Badges



What are Dialogue Badges?

They are coloured badges to pin on clothing. The badges show that the wearer is involved in HIV prevention and get people talking about HIV prevention. Each colour has a message about behaviours that can lead to HIV: Grey= Multiple Concurrent Partnerships; Blue=Intergenerational Sex; Green=Violence; Orange=Alcohol.

Who are they for?

The badges can be worn by people of any gender and age. If you are giving them to high-school children get permission from teachers or parents.

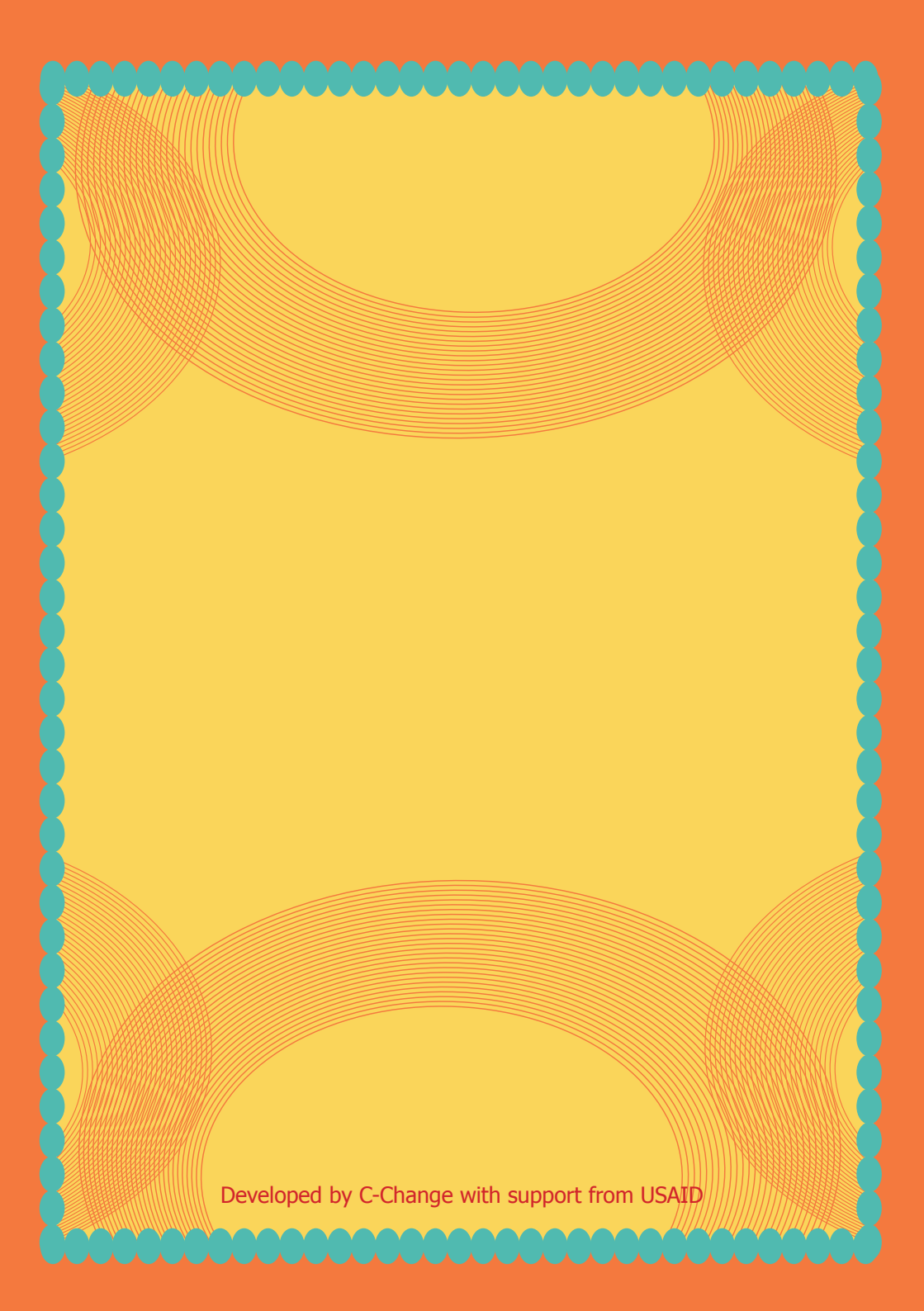
When to use them?

Community members can wear badges in any place at any time. People will recognize those wearing them as people involved in HIV prevention. People can discuss the messages on the badges in a small group.

How to use them?

You will have your own ideas about using the badges in your communities. Here is one suggestion:

- First, make a competition for the most original way of wearing a badge.
- Then ask participants to sit in a circle.
- Ask each person to read the badge of the person on their right and say what they think about the message.
- Let participants choose 5 messages that interest them and talk about these.
- If you want to have a focussed discussion on one particular HIV issue, choose badges in only one colour. e.g., If you want to talk about alcohol and HIV and AIDS, choose the orange badges.



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