

Introduction & Overview of the “My Life” Positive Living Toolkit

Facilitator's Booklet

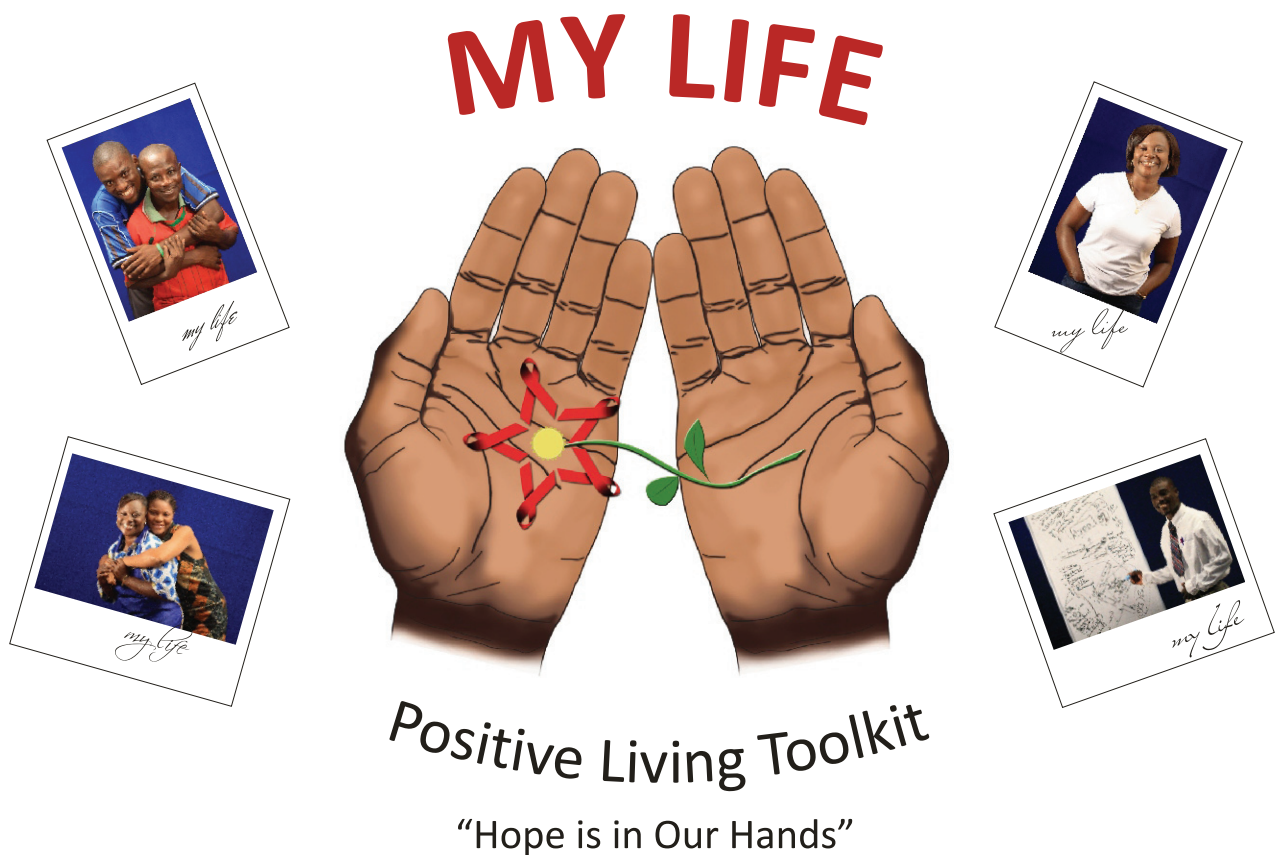


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MODULE 1:

Overview of HIV/AIDS
(Activities 1-4)

ACTIVITY 1- Landscape of HIV/AIDS

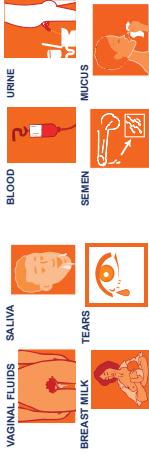
- Reference Sheet on Number of PLHIV

ACTIVITY 2- HIV Transmission Game

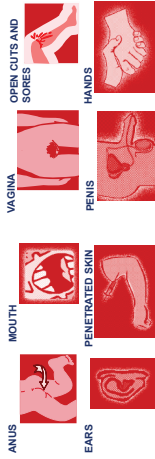
- 2 Header Cards



8 Body Fluid Cards



8 Route Cards



Inside Kit



Support Group

ACTIVITY 3- Safe or Risky Game

- 2 Header Cards



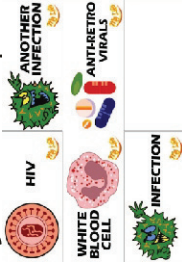
- 12 risky and safe actions cards



ACTIVITY 4-What happens in the body of someone who has HIV or AIDS?

- Something to create a boundary for the 'body' (i.e. string, chairs, tape, chalk, etc.)

- 5 Labels to represent each role



Inside Kit



Support Group





MODULE 1: Overview of HIV/AIDS (Activity 5)

ACTIVITY 5-Video Activity

- “Siyayinqoba Beat It! HIV” DVD
Episode 1: Introduction of HIV-Part A & B
Episode 2: The Immune System
- DVD Player
- Module 1 Discussion Guide

Inside Kit	Support Group
☒	
☒	☒

Below is an overview of all of the materials needed for this activity. Some of the materials are '**Inside the Kit**'; other materials will need to be provided by your '**Support Group**'. The checkmark will show you where to find the required material.

MODULE 2:

All about STIs
(Activities 1-6)

Below is an overview of all of the materials needed for this activity. Some of the materials are '**Inside the Kit**'; other materials will need to be provided by your '**Support Group**'. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 1- The Basics about STIs		
• STI Flipchart	☒	☒
• Flipchart with stand and markers		☒
• Masking Tape		☒
ACTIVITY 2- Assessing Risk and Prevention of STIs		
• Paper and pens	☒	☒
• 2 Wooden Penises	☒	
• 1 Box of Condoms		
ACTIVITY 3- STI True/False Game	☒	
• True/False Questionnaire		☒
• Optional: Prizes for correct answers		☒
• Paper and pens		☒
ACTIVITY 4- Health Worker- Patient RolePlay		
• 5 Health Worker and Patient Role Cards (Angry Lion, Nurse, Sheep, Queen Mother, King)	☒	
• List of friendly STI clinics	☒	
ACTIVITY 5-The Relationship Between HIV and STIs		☒
• List of friendly STI clinics		
ACTIVITY 6-Video Activity		
• “Siyayinqoba Beat It! HIV” DVD Episode 3: Sex and the Positive Person	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 4: Human Rights	☒	
• DVD Player	☒	
• Module 2 Discussion Guide		☒

MODULE 3:

Positive Living (Activities 1-8)



Below is an overview of all of the materials needed for this activity. Some of the materials are 'Inside the Kit'; other materials will need to be provided by your 'Support Group'. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 1- The Basics about STIs		
• CD Player	☒	☒
• “My Life” CD (Disc 2) Track 1: Self Esteem and Well Being	☒	
ACTIVITY 2- Talking to the Virus		
• CD Player	☒	☒
• “My Life” CD (Disc 2) Track 2: Talking to the Virus	☒	
ACTIVITY 3- Laugh A Lot		
• CD Player	☒	☒
• “My Life” CD (Disc 2) Track 3: Laugh A Lot	☒	
ACTIVITY 4- Love Heals		
• CD Player	☒	☒
• “My Life” CD (Disc 2) Track 4 Love Heals	☒	
ACTIVITY 5- Forgiveness		
• CD Player	☒	☒
• “My Life” CD (Disc 2) Track 5: Forgiveness		☒
ACTIVITY 6-Gratitude		
• CD Player		☒
• “My Life” CD (Disc 2) Track 6: Gratitude		☒
ACTIVITY 3- Laugh A Lot		
• CD Player	☒	☒
• “My Life” CD (Disc 2) Track 7: Relax and Exercise	☒	
• Any musical CD		
ACTIVITY 8- Good Hygiene		
• CD Player		☒
• “My Life” CD (Disc 2) Track 8: Good Hygiene		☒

MODULE 3:

Positive Living
(Activities 9-12)

Below is an overview of all of the materials needed for this activity. Some of the materials are **'Inside the Kit'**; other materials will need to be provided by your **'Support Group'**. The checkmark will show you where to find the required material.

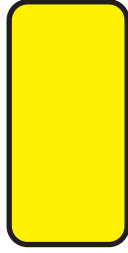
	Inside Kit	Support Group
ACTIVITY 9- Eating and Nutrition		
• CD Player	☒	☒
• “My Life” CD (Disc 2) Track 9: Eating and Nutrition	☒	
• Paper and pens		☒
ACTIVITY 10- Living Positively with Others		
• CD Player	☒	☒
• “My Life” CD (Disc 2) Track 10: Living Positively with Others	☒	
• Paper and pens		☒
ACTIVITY 11- Mind, Body and Soul		
• CD Player	☒	☒
• “My Life” CD (Disc 3) Track 1: Mind, Body and Soul	☒	
ACTIVITY 12- Video Activity		
• DVD Player	☒	☒
• “Siyayinqoba Beat It! HIV” DVD Episode 5: Rules for Better Living Episode 6: Nutritional Supplements	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 3: Sex and the Positive Person	☒	☒
• Module 3 Discussion Guide	☒	
• CD Player	☒	
• “My Life” CD (Disc 3) Track 2: Video Activity	☒	

Below is an overview of all of the materials needed for this activity. Some of the materials are **'Inside the Kit'**; other materials will need to be provided by your **'Support Group'**. The checkmark will show you where to find the required material.

9

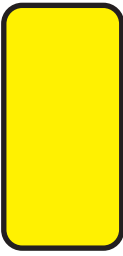
MODULE 5:

Prevention with Positives (Activities 1-6)



Below is an overview of all of the materials needed for this activity. Some of the materials are '**Inside the Kit**'; other materials will need to be provided by your '**Support Group**'. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 1- Prevention with Positives		
• CD Player		☒
• “My Life” CD (Disc 5) Track 1: Prevention with Positives	☒	
ACTIVITY 2- Ideal Future		
• CD Player		☒
• “My Life” CD (Disc 5) Track 2: Ideal Future	☒	
• Flipchart with stand and markers		☒
• Masking Tape		☒
ACTIVITY 3- Effective Prevention Methods		
• CD Player		☒
• “My Life” CD (Disc 5) Track 3: Effective Prevention Methods	☒	
ACTIVITY 4- Negotiating Condom Use		
• CD Player		☒
• “My Life” CD (Disc 5) Track 4: Negotiating Condom Use	☒	
• Flipchart with stand and markers		☒
ACTIVITY 5- Male Condom Demonstration		
• CD Player	☒	☒
• “My Life” CD (Disc 5) Track 5: Male Condom Demonstration	☒	☒
• Box of Condoms		☒
• 2 Wooden Penises		☒

MODULE 5:**Prevention with Positives**
(Activities 6-7)

Below is an overview of all of the materials needed for this activity. Some of the materials are '**Inside the Kit**'; other materials will need to be provided by your '**Support Group**'. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 6- Female Condom Demonstration		☒
• CD Player	☒	
• “My Life” CD (Disc 5)		
Track 6: Female Condom Demonstration		
• Box of Female Condoms	☒	
• Female Condom Use Flyer	☒	
ACTIVITY 7- Video Activity		☒
• DVD Player	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 3: Sex and the Positive Person	☒	
• Module 5 Discussion Guide		

MODULE 6:

Opportunistic Infections (Activities 1-6)

Below is an overview of all of the materials needed for this activity. Some of the materials are **'Inside the Kit'**; other materials will need to be provided by your **'Support Group'**. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 1- Opportunistic Infections		☒
• CD Player		
• “My Life” CD (Disc 6) Track 1: Overview of Opportunistic Infections	☒	
ACTIVITY 2- Symptoms of Opportunistic Infections		☒
• CD Player	☒	
• “My Life” CD (Disc 6) Track 2: Symptoms of Opportunistic Infections	☒	
• OI Symptom Cards (Diarrhea, Fever & Chills, Headaches & Dizziness, Mouth Ulcers, Sore Throat & Pain Swallowing, Coughing & Difficulty Breathing, Nausea & Vomiting,, Itchy Skin & Rash)	☒	
ACTIVITY 3- Opportunistic Infections-Malaria		☒
• CD Player		
• “My Life” CD (Disc 6) Track 3: Opportunistic Infection-Malaria	☒	

	Inside Kit	Support Group
ACTIVITY 4-Opportunistic Infection: Tuberculosis		☒
• CD Player	☒	
• “My Life” CD (Disc 6) Track 4: Opportunistic Infection- Tuberculosis		
ACTIVITY 5- Health Worker-Patient Role Play		☒
• CD Player	☒	
• “My Life” CD (Disc 6) Track 5: Health Worker-Patient Role Play	☒	
• Health Worker and Patient Role cards of Queen Mother/King		
ACTIVITY 6- Healthy Body, Healthy Home and Healthy Food		☒
• CD Player	☒	
• “My Life” CD (Disc 6) Track 6: Healthy Body Healthy Home And Healthy Food		

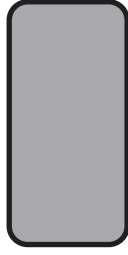
MODULE 6:**Opportunistic Infections
(Activities 7)**

Below is an overview of all of the materials needed for this activity. Some of the materials are '**Inside the Kit**'; other materials will need to be provided by your '**Support Group**'. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 7- Opportunistic Infections	☒	☒
• “My Life” CD (Disc 6) Track 7: Video Activity	☒	☒
• DVD Player and CD Player	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 8: OI's of the Skin	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 9: OI's of the Nervous System Episode 10: OI's of the Mouth	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 11: OI's of the Respiratory System	☒	
• Module 6 Discussion Guide	☒	

MODULE 7:

Antiretroviral Therapy (ART) (Activities 1-7)



Below is an overview of all of the materials needed for this activity. Some of the materials are '**Inside the Kit**'; other materials will need to be provided by your '**Support Group**'. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 1- Defining ART		
• CD Player	☒	☒
• “My Life” CD (Disc 7) Track 1: Defining ART	☒	☒
ACTIVITY 2- Starting ART		
• CD Player	☒	☒
• “My Life” CD (Disc 7) Track 2: Starting ART	☒	☒
ACTIVITY 3- Drug Options		
• CD Player	☒	☒
• “My Life” CD (Disc 7) Track 3: Drug Options	☒	☒
ACTIVITY 4- Side Effects of ART		
• CD Player	☒	☒
• “My Life” CD (Disc 7) Track 4: Side Effects of ART	☒	☒
ACTIVITY 5-Importance of Adherence		
• CD Player	☒	☒
• “My Life” CD (Disc 7) Track 5: Importance of Adherence	☒	☒
• Paper towel or piece of cloth		☒
• Glass of water		☒
ACTIVITY 6- Adherence Strategies for ART		
• CD Player		
• “My Life” CD (Disc 7) Track 6: Adherence Strategies for ART		



MODULE 7:

Antiretroviral Therapy (ART)

(Activities 1-7)

Below is an overview of all of the materials needed for this activity. Some of the materials are '**Inside the Kit**'; other materials will need to be provided by your '**Support Group**'. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 7- Video Activity		☒
• CD Player and DVD Player	☒	
• “My Life” CD (Disc 7) Track 7: Video Activity	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 12: Children with ARV	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 13: ARV Side Effects,	☒	
• “Siyayinqoba Beat It! HIV” DVD Episode 14: ARV Adherence	☒	
• Module 7 Discussion Guide		

MODULE 8:

Reproductive Health (Activities 1–6)

Below is an overview of all of the materials needed for this activity. Some of the materials are **'Inside the Kit'**; other materials will need to be provided by your **'Support Group'**. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 1- Defining Family Planning		
• CD Player	☒	☒
• “My Life” CD (Disc 8) Track 1: Defining Family Planning	☒	
ACTIVITY 2- Beliefs on Family Planning		
• CD Player	☒	☒
• “My Life” CD (Disc 8) Track 2: Beliefs on Family Planning	☒	
• Samples on different family planning methods (i.e. condoms, birth control pills, etc.)	☒	
• Paper and Pens	☒	
ACTIVITY 3-Children or No Children		
• CD Player	☒	☒
• “My Life” CD (Disc 8) Track 3: Children or No Children	☒	
• Samples on different family planning methods (i.e. condoms, birth control pills, etc.)	☒	
ACTIVITY 4 Involve Your Partner		
• CD Player	☒	☒
• “My Life” CD (Disc 8) Track 4: Involve Your Partner	☒	
ACTIVITY 5- Health Worker-Patient Role Play		
• CD Player	☒	☒
• “My Life” CD (Disc 8) Track 5: Health Worker-Patient Role Play	☒	
• Health Worker and Patient Role cards (refer to module 2)	☒	
ACTIVITY 6- Family Planning Methods		
• CD Player	☒	☒
• “My Life” CD (Disc 8) Track 6: Family Planning Methods	☒	
• Contraceptive Methods Reference Chart	☒	
• Referral List of Organizations (refer to Module 4)	☒	
• Samples of family planning Methods (i.e. Condoms)	☒	

MODULE 8:

Reproductive Health (Activities 7-10)



Below is an overview of all of the materials needed for this activity. Some of the materials are '**Inside the Kit**'; other materials will need to be provided by your '**Support Group**'. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 7- Myths and Truths about Family Planning		
• CD Player	☒	☒
• “My Life” CD (Disc 9) Track 1: Myths and Truths about Family Planning	☒	
ACTIVITY 8- Preventing Mother to Child Transmission		
• CD Player	☒	☒
• “My Life” CD (Disc 9) Track 2: Preventing Mother to Child Transmission	☒	
• Flipchart with stand and markers	☒	☒
ACTIVITY 9-Infant Feeding Do's and Don'ts		
• CD Player	☒	☒
• “My Life” CD (Disc 9) Track 3: Infant Feeding Dos and Don'ts	☒	
ACTIVITY 10 Video Activity		
• DVD Player	☒	☒
• “Siyayinqoba Beat It! HIV” DVD Episode 15: PMTCT	☒	
• Module 8 Discussion Guide		☒

MODULE 9:

Stigma and Discrimination (Activities 1-4)



Below is an overview of all of the materials needed for this activity. Some of the materials are **'Inside the Kit'**; other materials will need to be provided by your **'Support Group'**. The checkmark will show you where to find the required material.

	Inside Kit	Support Group
ACTIVITY 1- Stigma, Discrimination and Your Life		☒
• CD Player	☒	
• “My Life” CD (Disc 10) Track 1: Stigma Discrimination and your Life		
ACTIVITY 2- Coping with Stigma and Discrimination		☒
• CD Player	☒	
• “My Life” CD (Disc 10) Track 2: Coping with Stigma and Discrimination		
ACTIVITY 3- Stigma, Discrimination and Your Health		☒
• CD Player	☒	
• “My Life” CD (Disc 10) Track 3: Stigma, Discrimination and Your Health		
ACTIVITY 4 Health Worker-Patient Role Play		☒
• CD Player	☒	
• “My Life” CD (Disc 10) Track 4: Health Worker-Patient Role Play		
• 5 Health Worker and Patient Role cards (Queen Mother, King, Nurse, Angry Lion, Sheep)	☒	

CREATIVE SCRIPT

**This information can also be found as an audio recording on the “My Life” CD (Disc 1)*

INTRODUCTION AND OVERVIEW OF THE MY LIFE POSITIVE LIVING TOOLKIT

SFX: Melody of song fades in (music continues playing while lyrics are sung)

“My Life” Song

It's My Life, I'm in control

My Life is mine to share and hold

Along life's way I'm the master of my plan

I'm living proof that Hope is in my hands

SFX: Melody for song fades out

SFX: Music up and down

VO: Man and Woman together

Welcome to the “My Life” Positive Living Tool Kit, where “hope is in our hands”.

VO: Woman

The My Life Tool Kit will help us learn how to better manage our health, our relationships with our loved ones, and to have a positive outlook on life. The kit includes games, role plays, video activities, as well as exciting discussions that we can use during our support group meetings. The aim of the “My Life” Positive Living Tool Kit is to inspire us to play an active role in our well being, to protect ourselves and loved ones, and to lead happier, healthier and more productive lives.

Let's take a look inside the “My Life” Tool Kit. We can see it has 10 modules, each with fun and exciting activities.

SFX: drum beat introduction (3 seconds)

VO: Man

MODULE 1 is Overview of HIV/AIDS. To find the materials for this module look for cards that have the color red printed on the back. MODULE 1 includes the following 4 activities:

Activity 1- Landscape of HIV/AIDS

Activity 2- HIV Transmission Game

Activity 3- Safe or Risky Game

And Activity 4- What Happens in the Body of Someone who has HIV or AIDS

SFX: drum beat introduction (3 seconds)

VO: Woman

MODULE 2 is called All about STIs. To find the materials for this module look for cards that have the color dark blue on the back. MODULE 2 includes the following 5 activities:

Activity 1- The Basics about STIs

Activity 2- Assessing Risk and Prevention of STIs

Activity 3- STI True/False Game

Activity 4- Health Worker-Patient Role Play

and Activity 5- The Relationship between HIV and STIs

SFX: drum beat introduction (3 seconds)

VO: Man

MODULE 3 is about Positive Living and the materials for this module have the colour green printed on the back of the cards. MODULE 3 includes 12 fun activities. They are:

Activity 1- Self Esteem and Well Being

Activity 2- Talking to the Virus

Activity 3- Laugh a Lot

Activity 4- Love Heals

Activity 5- Forgiveness

Activity 6- Gratitude

Activity 7- Relax and Exercise

Activity 8- Good Hygiene

Activity 9- Eating and Nutrition

Activity 10- Living Positively with Others

Activity 11- Mind, Body and Soul

and Activity 12- Video Activity

SFX: drum beat introduction (3 seconds)

VO: Woman

MODULE 4 is called Safe Disclosure and the materials required for this module have orange printed on the back the cards. MODULE 4 has 5 activities:

Activity 1- Why Disclose?

Activity 2- How to Prepare to Disclose

Activity 3- What to Say and Do when Disclosing

Activity 4- Disclosure Practice

and Activity 5- Disclosure and Violence

SFX: drum beat introduction (3 seconds)

VO: Man

MODULE 5 is Prevention with Positives. All of the materials for this module have yellow on the back of each card. MODULE 5 includes 6 activities.

Activity 1- Prevention with Positives

Activity 2- Ideal Future

Activity 3- Effective Prevention Methods

Activity 4- Negotiating Condom Use

Activity 5- Male Condom Demonstration

and Activity 6- Female Condom Demonstration

SFX: drum beat introduction (3 seconds)

VO: Woman

MODULE 6 focuses on Opportunistic Infections. The materials in this module should have the color light blue printed on the back of the cards. MODULE 6 has 7 activities.

Activity 1- Overview of Opportunistic Infections

Activity 2- Symptoms of Opportunistic Infections

Activity 3- Opportunistic Infections: Malaria

Activity 4- Opportunistic Infections: Tuberculosis

Activity 5- Health Worker-Patient Role Play

Activity 6- Healthy Body, Healthy Home and Healthy Food and Activity

Video A and Activity 7- Video Activity

SFX: drum beat introduction (3 seconds)

VO: Man

MODULE 7 looks at Antiretroviral Therapy. The colour grey is printed on the back of the cards. MODULE 7 includes 7 activities. They are:

Activity 1- Defining ART

Activity 2- Starting ART

Activity 3- Drug Options

Activity 4- Side Effects of ART

Activity 5- The Importance of Adherence

Activity 6- Adherence Strategies for ART

and Activity 7- Video Activity

SFX: drum beat introduction (3 seconds)

VO: Woman

MODULE 8 is about Reproductive Health. The cards in this module should all have the colour purple printed on the back. This module has 9 different activities.

Activity 1- Defining Family Planning

Activity 2- Beliefs on Family Planning

Activity 3- Children or No Children

Activity 4- Involve Your Partner

Activity 5- Health Worker-Patient Role Play

Activity 6- Family Planning Methods

Activity 7- Myths and Truths about Family Planning
Activity 8- Preventing Mother to Child Transmission
and Activity 9- Infant Feeding Dos and Don'ts

SFX: drum beat introduction (3 seconds)

VO: Man

MODULE 9 is called Stigma and Discrimination. The cards used for this module should all have the colour brown printed on the back. There are 4 fun activities within MODULE 9.

Activity 1- Stigma, Discrimination and Your Life
Activity 2- Coping with Stigma and Discrimination
Activity 3- Stigma, Discrimination, and Your Health
and Activity 4- Health Worker-Patient Role Play

SFX: drum beat introduction (3 seconds)

VO: Woman

MODULE 10 is called Testimonies from People Living with HIV. The printed materials for this module will have the colour pink printed on the back. MODULE 10 has 5 real people telling their stories about living positively with HIV.

VO: Man

The “My Life” Positive Living Tool Kit includes a CD with a recorded voice to help the support group leader prepare for the activity ahead of time, and to also help all of us within the support groups follow along with each activity.

Remember, as a support group we can decide which module we want to use. It is recommended that we begin with Module 1 to learn about HIV and AIDS. After Module 1, we as a support group can choose any Module in any order we wish, depending on the needs and priorities of our group members.

VO: Woman

We can do any or all of the activities within each module. We are not expected to finish an entire module in just one meeting. Also keep in mind that there are no time limits for completing an activity or a module. We should take our time when doing an activity and work at a pace that is suitable for the entire group. The goal is to complete all modules over a period of time.

We suggest that group leaders prepare for their support group meetings one day in advance. This means looking through the “My Life” module that the group selected at the last support meeting, listening to the CD-Rom ahead of time to become familiar with the contents, and checking to make sure that materials needed for the positive living activities the group plans to do at the meeting are available and are functioning.

Before we begin any of the activities in the modules, let's first remove the Content Overview Chart that you will find rolled up inside of the Kit.

SFX: To be determined

VO: Woman

Post this chart somewhere on the wall. Notice that on this chart there are some words to a song. Let's try singing this song together. Repeat after me.

It's My Life, I'm in control
(pause)

My Life is mine to share and hold
(pause)

Along life's way I'm the master of my plan
(pause)

I'm living proof that hope is in my hands
(pause)

We should try to sing this song at the beginning of every meeting. Try it and see how it goes!

VO: Man

After singing the “My Life” song, our group will begin an activity in one of the modules. Remember, there are 10 modules in the Kit. Each module has a colored card that shows a summary of what is inside. The colored summary card should be placed into the two slots cut out in the hands on the chart so that we know what activities we will do and what materials are needed. For example if we plan to do Module 8 to learn about our Reproductive Health we will look for the Module 8 summary card, which is purple.

Now that we have a full understanding of the purpose and contents of the “My Life” Positive Living Tool Kit, let's get started!

Let's learn to live positively. It's Our Life and hope is in our hands!

SFX: Music up and down

VO: Man and Women together

And now a special word from Professor Sakyi Awuku Amoah, Director of the Ghana AIDS Commission.

VO: Professor Amoah

Ladies and Gentlemen

You have heard what the “My Life” Positive Living Tool Kit is all about and it is my pleasure and delight to recommend it to you. One of the major objectives of Ghana's HIV and AIDS national response is to mitigate the impact of the epidemic on infected and affected persons and to promote healthy lifestyles of people.

The objective focuses on addressing the high level of stigma and discrimination which leads to frustration among persons living with HIV and AIDS in our society, as well as to prevent the continued transmission of HIV through new infections or through re-infection of persons already living with HIV. While the Ghana AIDS Commission is working hard to reduce stigma and discrimination through stigma reduction campaigns, it is important for persons living with HIV and AIDS themselves to engage in programmes aimed at addressing issues of self stigma, the prevention of HIV, and the promotion of positive living in their lives. Towards this end, several training sessions have been held to assist persons living with HIV and AIDS. But a lot more still needs to be done and we can save many lives being lost if most infected persons will live positively.

We are happy to note that the Academy for Educational Development with funding from the United States Agency for International Development has worked in close collaboration with local NGO partners including the Society of Women and AIDS in Africa (SWAA), Opportunities Industrialization Centers(OICI), Life Relief Foundation(LRF), Future Generations International(FUGI), Hope for future generation(HFFG) and PLHIV support groups around the country to develop this “My Life” Positive Living Tool Kit, which will enable persons living with HIV and AIDS to have hope, important new skills to help them learn to live healthy and productive lives, and a positive outlook on life.

I will urge all support groups throughout the country, regardless of the donor or NGO working with your group, to put the My Life Positive Living Tool Kit to use in all your meetings. Persons living with HIV and AIDS should remember that positive living is an essential element in prevention, treatment and care and it is therefore important for them to develop the positive living attitude. GAC is grateful to USAID, AED and the local NGO partners for providing support for the most at risk groups and rolling out this positive living tool kit for PLHIV.

On behalf of GAC and on my own behalf, I congratulate all of those who participated in developing the “My Life” positive living tool kit and I recommend it to all support groups to use it in building their lives.

