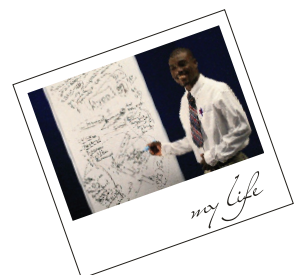
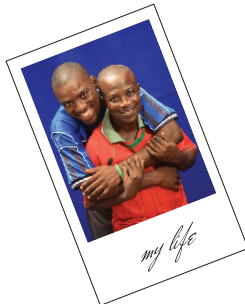
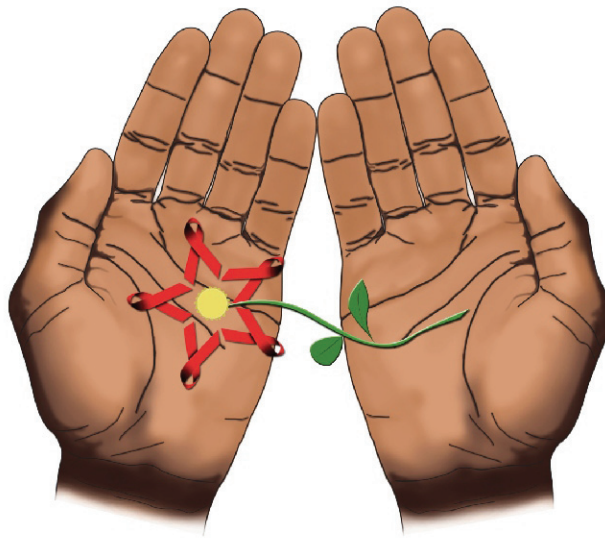


MODULE 3

Positive Living

Facilitator's Booklet

MY LIFE



Positive Living Toolkit

"Hope is in Our Hands"



MODULE 3: Positive Living

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TECHNICAL CONTENT MANUAL

Module 3 POSITIVE LIVING

Activity 1- Self Esteem and Well Being

Objectives

- To understand that positive feelings powerfully impact our wellbeing and our health.

Time

- 20 minutes

Materials

- CD Player
- “My Life” CD (Disc 2) Track 1: Self Esteem and Well Being

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell the participants the following:

Today we will talk about the effect positive feelings have on our wellbeing

We will now listen to the story of Edna:

When Edna was diagnosed as HIV positive about 10 years ago, she was shocked because she had been faithful to her husband for many years and the diagnosis meant that he had been having sex with other women while he was married to her. When she told her husband about the test HIV results he told her to leave, and he kept their two children. Then her family rejected her because they did not know that you cannot get HIV just from being near someone.

Edna had no home, no family, and no job. She left the village and went to the city to get a job so she could feed herself. This was not easy, and many nights she slept outside on the pavement. One day she was desperate and she went to a local church to seek help. At first people there, did not want her to stay, but a kind man gave her food and helped her get a job at a fish factory nearby. Edna often asked God why he

was punishing her in this way. One day she heard a voice inside her telling her that she needed to do something to keep her job in the fish factory. She needed to accept what was happening to her and she needed to learn to live with it because no one else could do that for her; she had to do it for herself. Over the next few years she realized that there were many people living with HIV and AIDS that were being rejected by their families and their communities. So she began to speak to people about her experience and offered help where she could. Edna was determined to live and she believed that she had to do it herself first before she could change the way other people thought, and then she did not feel alone any more.

Facilitator:

Divide participants into small groups and ask them to do the following:

- Discuss what happened to Edna's self-esteem.
- Describe Edna's attitude about herself.
- Have groups share their findings with other groups.

Possible Answers:

Self-Esteem

- Self-esteem is essential for living a hopeful and healthy life with HIV.
- Some PLHIV might feel guilty for contracting or passing on HIV.
- Any negative feelings can be very damaging.
- Low self-esteem can shorten our lives because we are unlikely to do things that are good for us.
- Facing the challenge of living with HIV is very important.
- We need to do everything in our power to remain or get healthy.
- We need to learn to forgive ourselves and others in order to move toward creating a happy life.
- We must first believe in ourselves, or love ourselves, and then we will take good care of ourselves.

Positive Attitude

- A positive attitude can be powerful.
- When optimistic people become ill, they tend to recover more quickly. On the other hand, people with a more pessimistic attitude tend to report poorer health.
- Pessimists are more likely to deny a problem, concentrate on the negative aspects of a situation or allow the stressor to interfere with living their life to the fullest.
- Positive attitudes help because we can focus energy on solving our problems.

Facilitator

Ask participants the following question:

WHAT DID EDNA DO TO HELP HERSELF?

Possible Answers:

- She believed that she was the only one that could help her live her life.
- Edna needed to accept her current situation and she could change her future.
- She needed to focus all her energy on staying health.
- She reached out and asked others to help her.
- She realized she was not alone.
- She used her experience to help others.

Ask Participants the following questions:

1. After learning you HIV test results what did you do to improve your self esteem and keep a positive attitude?
2. What has been most helpful?

POSITIVE THINKING AND POSITIVE TALKING

Facilitator

TELL PARTICIPANTS THE FOLLOWING:

Propose that our thoughts and what we say inside to ourselves have the power to hurt us or to make us stronger. Many PLHIV are constantly thinking negative thoughts, like “I am not worth anything”, “I am bad”, or “I am useless”. We need to live “positively”. Living positively doesn't just mean living as an HIV positive person. It also means thinking positively and talking positively.

Ask participants to practice saying a simple sentence aloud that is positive about themselves. Ask the group to say the sentence together. They should practice saying it loudly three times.

Examples for the group to say together:

“We are good people!”

“We are worth it!”

“We are strong and we rely on ourselves!”

Examples for each member of the group to take turns saying:

“My name is..... and I am a good person.”

“My name is..... and I am worth it.”

“My name is.... and I am strong and rely on myself.”

Ask each participant to take turns saying the positive sentence aloud in front of the group.

Module 3: Positive Living

Activity 2- Talking to the Virus

[Adapted from Empowerment Concept's "Positive Living Manual"]

Objectives

- To understand the stress that a virus inside your body is causing you trouble and affecting your wellbeing.

Time

- 20 minutes

Materials

- CD Player
- "My Life" CD (Disc2) Track 2: Talking to the Virus

HOW TO RUN THIS ACTIVITY

Facilitator:

- Tell participants that today we will learn how to reduce the stress of living with HIV.

Listen to the recorded story:

Efua is 26 years old and she has just learned that she is HIV-positive. Nurse Mary has been helping her to accept the results of her test, but Efua is devastated. Nurse Mary has been a counselor for a few years now and has helped many people in the same situation. Nurse Mary knows that this is something that will help Efua, so she tells Efua: If she had the chance to talk with her HIV, what would she tell the virus? At first Efua thought Nurse Mary was joking, but Nurse Mary was serious. She asked Mary to trust her and try to pretend the virus is a person and talk to it as though it were a person. So Efua stopped crying and she started slowly talking to the virus...

Yes, Ms. Virus, since I met you I have felt very upset and you have made me cry a lot. I feel like I am being cheated from my life, that you are taking it away from me. I feel upset and unhappy. Why do you like to stay in my body? Why can't you just leave me alone? All of a sudden Efua started to pretend like the virus was talking back to her and responding to her questions. Efua started to make agreements and bargain with Ms. Virus. Efua was asking Ms. Virus to respect her and to help her get her life back. Efua told Ms. Virus that now she was going to take control now because she had to learn to live with Ms. Virus now and Ms. Virus agreed with her.

Facilitator:

Ask participants to discuss the following:

1. What happened with Efua?
2. What did she learn after talking with the virus?

Possible Answers:

1. Reducing the level of stress definitely helps improve wellbeing.
2. When you express feelings out loud, you feel better.

ROLE PLAY OF TALKING TO THE VIRUS:**Facilitator:**

Tell participants the following:

We will now practice this exercise of talking to the virus.

1. Close your eyes and pretend that you can see the virus in front of you.
2. Give it a name.
3. Imagine that it can hear what you have to say and also talk back to you.
4. Tell it how you feel about it being in your body. Listen to what it says in reply. You can speak silently to yourself or out loud. Whatever makes you feel more comfortable.
5. Make an agreement with the virus so that you could both respect each other, within certain limits that are acceptable to you.
6. Have this discussion with the virus as often as you feel it is necessary.

Module 3: Positive Living

Activity 3- Laugh A Lot

[Adapted from Empowerment Concept's "Positive Living Manual"]

Objectives

- To understand that laughter can help strengthen the immune system

Time

- 20 minutes

Materials

- CD Player
- "My Life" CD (Disc 2) Track 3: Laugh A Lot

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell participants the following:

Today we will discuss the importance of laughter and strengthening the immune system.

- Laughter causes you to breathe deeply, which stimulates the lymph glands that release T Cells, disease fighting cells, into your blood stream to fight germs.
- Laughing releases stress from your body lowering stress chemicals.

Facilitator:

Tell participants the following:

- Very few people do not enjoy laughing.
- We can start by pretending to laugh.
- Take a deep breath and say: Hah!!!! As you breathe out... Do it three times....Sounds silly but it works.....
- So let us do it now....

Ask participants the following:

- What are some of the things you do that can make you laugh?

Possible Answers:

- Ask your friends to tell you funny jokes, or tell them a joke too.
- Laugh at yourself too, for making mistakes, instead of feeling guilt.
- Think about a funny story or jokes that they want to share with the group.

Ask for volunteers to tell a funny story or a few jokes to the rest of the group.

Module 3: Positive Living

Activity 4- Love Heals

[Adapted from Empowerment Concept's "Positive Living Manual"]

Objectives

- To understand that love heals the mind, the soul and the body, strengthening the immune system

Time

- 20 minutes

Materials

- CD Player
- "My Life" CD (Disc 2) Track 4: Love Heals

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell participants the following:

- Today we will discuss the importance of love in healing the mind, body and soul and strengthening the immune system.
- When you do something in your mind, your body feels good feelings and this helps strengthen your immune system as it reduces the level of stress.

DIVIDE PARTICIPANTS INTO SMALL GROUPS.

Ask participants the following:

- What is your opinion about "Love Heals" do they agree with it?
- Why do they agree or disagree with this idea?

Possible Answers:

- Love can heal the mind, body and soul and strengthening the immune system.
- Positive ideas are powerful, when you change something in your mind, your body feels the effects.
- Changing your negative thoughts to positive thoughts reduces the level of stress.
- Good feelings help to strengthen your immune system as it reduces the level of stress.

Facilitator:

Tell participants the following:

We will now practice doing something that will help us, so please sit down comfortably and follow the instructions:

1. Close your eyes, breathe slowly and deeply, relax and feel comfortable.
2. Let all the worries in your life move away from you.
3. Imagine that you see yourself, as you are now, with all your strength and weaknesses. Smile and say: I Wish you well (feel this truly).
4. Now imagine that a good friend is standing in front of you, with all his or her strength and weaknesses. Smile at your friend and say I wish you well (feel this truly).
5. Now imagine that you see someone you know whom you have no strong feeling for (good or bad) standing in front of you, for example a person who works at the local shop. In your mind, smile and say I wish you well (feel this truly).
6. Now imagine that a person whom you are having trouble with is standing in front of you. Notice their good points and their bad points. Smile and say: I wish you well. It is important that you feel this to be true. Take as long as you need until you say this and really mean it.
7. Imagine that the good feelings inside you are like a warm sun. Imagine that this warm sun warms your whole body. Then allow the warmth to shine further, through your home, into the town where you live, and even further outwards
8. When you are finished, take a deep breath and open your eyes.

Tell participants the following:

This exercise may be done every day. It may take a while until you follow all the steps. It is not easy to love yourself, let alone your enemy!!!

Module 3: Positive Living

Activity 5- Forgiveness

Adapted from Empowerment Concept's "Positive Living Manual"]

Objectives

- To understand importance of forgiveness by relieving the pain and anger that causes stress.

Time

- 20 minutes

Materials

- CD Player
- "My Life" CD (Disc 2) Track 5: Forgiveness

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell participants the following:

Today we will discuss the importance of relieving pain and anger through forgiveness.

DIVIDE PARTICIPANTS INTO SMALL GROUPS.

Ask participants to discuss the following:

What is meant by forgiveness, based on their experience?

After a few minutes of discussion, bring groups together and ask them to share responses.

Possible Answers:

- Forgiveness is deciding to get on with my life.
- Forgiveness is to refuse to be a victim.
- Releasing the anger one feels towards oneself.
- It is the opposite of revenge, revenge contains anger.
- Forgiveness is like justice as it seeks to rehabilitate and not hurt.
- True forgiveness is not a lie.
- Forgiveness does not ask you to pretend something did not happen.
- Forgiveness does not mean that the other person's actions are suddenly 'okay' now.

- Forgiving someone also does not mean that you should continue to tolerate their bad behavior, or that you should embrace them back into your life, especially when they continue to act harmfully.

Facilitator:

Ask participants to the following:

Can someone volunteer to share their story about what forgiveness means to them?

After each story, ask the volunteer:

How did you forgive this person?

Possible Answers:

- If you feel upset when thinking about something that someone has done to you in the past, it is time for you to forgive the person and release yourself from the pain. This helps you!
- We can not change the past, but we can do something about today and change.
- Make the decision to move forward in your life and not dwell on past.
- Release the anger and hurt feelings that you have and so they do not cause you more stress.

Facilitator:

Tell participants the following:

We will now practice a very important exercise to help us deal with anger and releasing our anger. Here are the steps:

- **Step 1. Release the anger.**
 - Make a decision to move forward with your life. Choose to see yourself as a survivor, not a 'victim' of the past.
- **Step 2. Imagine what the person who hurt you felt and thought just before they acted to hurt you.**
 - Try to discover their pain or their fear.
- **Step 3. Think about what they needed to act differently.**
 - What did they need to feel, right before they hurt you?, so they would have acted differently with you.
 - What positive feeling was missing in them at that time?

- **Step 4. Find the missing positive feeling inside yourself.**
 - Imagine what positive feeling could have made that person who hurt you act differently. Find that feeling inside yourself. Is it love? Respect? Worthiness? Self confidence?
- **Step 5. Feel the positive feeling inside you.**
 - Focus on the positive feeling, notice where in your body do you feel it?
- **Step 6. Give the positive feeling a shape, size and a color.**
 - Imagine that this feeling, the missing positive feeling has a shape, a size and a color.
- **Step 7. Make the feeling bigger and stronger.**
 - Imagine that you can make this feeling shape brighter and twice as big. Do this several times until the shape is larger than your entire body.
- **Step 8. Give half away, and make more.**
 - Double the feeling shape one more time. Then imagine that you take half of the feeling shape and give it to the person who hurt you. Imagine them receiving this. Double the feeling shape again, and then give them half again.

Facilitator:

Tell participants the following:

You can repeat this process, always creating more and more positive feelings until you feel that the other person has received enough.

What is enough? When you feel that they would have acted differently towards you if they would have had that amount of good feeling. You can always create more. You have given them what they needed and you have forgiven them.

Key Message

- Forgiveness is all about how YOU feel. Not about that other person.
- Forgiveness is about freeing yourself from pains in the past.
- It is not about finding the person and saying or doing anything to them.
- They do not even have to know what you have done.

Module 3: Positive Living

Activity 6- Gratitude

[Adapted from Empowerment Concept's "Positive Living Manual"]

Objectives

- To understand importance of identifying the good things we have and are grateful for at this time.

Time

- 20 minutes

Materials

- CD Player
- "My Life" CD (Disc 2) Track 6: Gratitude

Preparation

- Play the CD to make sure it works.

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell participants the following:

Today we will discuss the time we spend worrying about the future and about our fears of what might happen to us and how this stress affects our immune system.

Ask participants to give examples of the following:

1. Things that worry them.
 1. Things they are afraid of.

Possible Answers:

1. They will die and leave their children
2. Depression
3. Getting really sick

Tell participants the following:

Now we will hear the story of David.

David is 43 years old and has been HIV positive for 4 years. He has been taking care of a friend who was very ill. His friend had lost his sight, was breathing with difficulty and could not walk any more. David was sitting around one day, feeling depressed about the fact that he too might one day also be so ill.

His friend called him closer and said: Listen carefully; I am blind, unable to walk, and gasping for breath, while you can go outside, smell the air, walk outside on the field and see the sun rise and set. How dare you are so miserable? I am the one who is dying, not you! You are surrounded by beauty, you are free to choose what you want to see and do, and yet you sit here feeling unhappy? Get out, you are so ungrateful!

As you can imagine David was shocked at his friend's anger towards him. Yet he knew his friend was right. Every second of life is precious and full of possibilities. It did not matter whether he was ill or in good health. What mattered was that he lived life to the fullest, appreciating every second as it came his way.

Facilitator:

Ask participants to discuss David's story.

- What happened to David?
- What made David change his mind about his situation?
- What is David grateful for now?

Possible Answers:

- There are many things we take for granted.
- There are so many small things or big things of beauty around us.
- We have the ability to see, smell, hear, taste and touch to appreciate them.
- It is good to appreciate what we have now and be grateful.

Facilitator:

- Ask participants to make a list of 10 things they are grateful for today.
- Ask for volunteers to share from their list.

Module 3: Positive Living

Activity 7- Relax And Exercise

[Adapted from Empowerment Concept's "Positive Living Manual"]

Objectives

- To understand importance of relaxation and exercise in strengthening our immune system

Time

- 20 minutes

Materials

- Any Musical CD
- CD Player
- "My Life" CD (Disc 2) Track 7: Relax and Exercise

Preparation

- Play the CD to make sure it works.

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell participants the following:

The body needs to rest and relax to strengthen our immune system. Resting allows our body to heal. Relaxing will help us to rest well. There are simple things we can do to recharge our bodies.

Ask participants to give examples of simple things they can do at home to relax.

Possible Answers:

- Prayer or Meditation
- Deep breathing
- Take a nap, sleep
- Exercise, dance
- Sing or listen to music
- Spend time with a friend or a loved one
- Read
- Take a walk
- Cooking favorite meal
- Start a new hobby

Divide participants into small groups and ask them to explain how they feel after practicing their favorite activity to relax?

Bring groups together and ask volunteers to share their answers

Possible answers:

- More energetic
- Calmer
- Better attitude
- More enthusiastic

Facilitator:

Tell participants the following:

Exercise improves muscle mass, strength and endurance, helps fight fatigue and depression, reduces stress, and enhances your well-being.

Ask participants to give examples of exercises they are already doing or want to do.

Possible Answers:

- Dancing
- Walking
- Playing a sport

Facilitator:

Tell participants that we will practice getting active now by dancing.

- Ask participant to stand in a circle and start to dance when they hear the music.
- Turn music on and start dancing.
- Repeat a couple of times until participants are relaxed, smiling and energized.

Module 3: Positive Living

Activity 8- Good Hygiene

[Adapted from Empowerment Concept's "Positive Living Manual"]

Objectives

- To understand the importance of practicing good hygiene to prevent the spread of germs that causes people to get sick.

Time

- 20 minutes

Materials

- CD Player
- "My Life" CD (Disc 2) Track 8: Good Hygiene

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell participants the following:

Today we will discuss the importance of practicing good hygiene and cleanliness to prevent the spread of germs that cause people to get sick.

Divide participants into small groups

- Half of the groups discuss: "What is good hygiene at the personal level?"
- The other groups discuss: "What is good hygiene at the house/home level?"

Possible Answers:

- Good hygiene refers to practices associated with ensuring good health and cleanliness.
- Getting rid of germs in water and food is important in preventing diseases.
- Good hygiene can be both personal and environmental.

Examples of these hygienic activities include:

- Washing hands with warm water and soap often, especially before eating and after toileting
- Using a latrine
- Purifying/boiling water
- Washing cooking and eating utensils
- Washing clothes, bed sheets, etc.
- Proper disposal of waste

Facilitator:

Tell participants the following:

Why is good hygiene very important for PLHIV?

Possible Answers:

- Common germs are a lot more serious for people with HIV/AIDS because their immune system is weaker.
- A major cause of illnesses among PLHIV is dirty water. This causes stomach and intestinal problems such as diarrhea and dysentery which can lead to death.
- HIV can be spread if someone, such as a family member, comes into contact with bodily fluids or blood from a person with HIV from clothing, bedding or bandages.

Facilitator:

Ask participants to make a list of good hygiene practices focusing on Clean Body, Clean Water and Clean Food.

Possible Answers:

CLEAN BODY

- Washing hands with warm water and soap often, especially before eating and after toileting.
- Use a latrine and immediately wash your hands.

CLEAN WATER

- Drinking clean water is important to good health.
- Drinking dirty water causes stomach and intestinal problems like diarrhea.
- Cover clean water to prevent animals and insects to either fall in or mosquitoes from breeding.
- If you can, filter dirty water then boil it.
- If you can't boil water you can treat it with bleach (Add 1/8 teaspoon (or 8 drops) of regular, unscented, liquid bleach for each gallon of water, stir it well and let it stand for 30 minutes before you use it).

CLEAN FOOD

- Wash all food with clean water vegetables, eggs and meat.
- Keep raw meat separate from other food.
- Before eating, wash your hands with clean water.
- After working with food, wash your hands with clean water.
- Wash cooking surfaces and utensils with clean water before using them to eat.
- Cook meat well until it is no longer pink.
- Throw waste in a garbage can, etc.

Facilitator:

Ask some volunteers to give some examples of good hygiene practices that they do at home to prevent from getting sick.

CLEAN BODY

- Washing hands with warm water and soap often, especially before eating and after toileting.
- Use a latrine and immediately wash your hands.

CLEAN WATER

- Drinking clean water is important to good health.
- Drinking dirty water causes stomach and intestinal problems like diarrhea.
- Cover clean water to prevent animals and insects to either fall in or mosquitoes from breeding.
- If you can, filter dirty water then boil it.
- If you can't boil water you can treat it with bleach (Add 1/8 teaspoon (or 8 drops) of regular, unscented, liquid bleach for each gallon of water, stir it well and let it stand for 30 minutes before you use it).

CLEAN FOOD

- Wash all food with clean water vegetables, eggs and meat.
- Keep raw meat separate from other food.
- Before eating, wash your hands with clean water.
- After working with food, wash your hands with clean water.
- Wash cooking surfaces and utensils with clean water before using them to eat.
- Cook meat well until it is no longer pink.
- Throw waste in a garbage can, etc.

Module 3: Positive Living

Activity 9- Eating And Nutrition

[Adapted from Empowerment Concept's "Positive Living Manual"]

Objectives

- To understand the importance of eating healthy and nutritious foods to strengthen our immune system and prevent illness.

Time

- 20 minutes

Materials

- CD Player
- "My Life" CD (Disc 2) Track 9: Eating and Nutrition
- Paper and pens

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell participants the following:

- Today we will discuss the importance of eating healthy food that is good for the body, especially if you are HIV positive.
- Food that helps us build muscles and gives us strength like proteins;
- Foods that are good sources of energy to help us to fight tiredness and fatigue;
- Protective food like fruits and vegetables that help us boost our immune system..
- Ideas to help make sure that we eat regularly when we are on ART.

Facilitator:

Tell participants the following:

Good nutrition is always a key to disease prevention. With HIV, good nutrition helps prevent the diseases the body has become too weak to fight off.

Ask participants:

Why is good nutrition important for PLHIV?

Possible Answers:

- Keeps the immune system strong, enabling the body to better fight diseases.
- Maximizes the effectiveness of ARVs since the body can better process medications.

- Ease symptoms, such as fatigue and nausea, from HIV and other illnesses.
- Reduce the risk of chronic illnesses, such as diabetes and cardiovascular disease.
- Reduce the likelihood of weight loss and malnutrition.
- Contribute to a better overall quality of life.
- When your body is fighting HIV, it uses up more energy than before. At the same time, when you feel sick, you eat less than normal.
- If you don't eat enough, then you might lose fat or lean body weight, such as muscle.

Facilitator:

Tell participants the following:

We will now discuss the importance of eating different kinds of foods to help us to be strong and healthy.

- Divide participants into three groups
- Ask group 1 to discuss the following: What are the foods they currently eat as sources of energy? (Encourage them to use local names for different food)
- Ask group 2 to discuss the following: What are the foods they currently eat as sources of body strength? (Encourage them to use local names for different foods)
- Ask group 3 to discuss the following: What are the foods they currently eat as sources to build up their immune system? (Encourage them to use local names for different foods)
- After they discuss, bring the groups together and let them present their findings

Possible Answers:

- **Body-building Foods:** Proteins like milk, meat chicken, fish, eggs, lentils, peanuts, beans and sprouts. They build muscle and give us strength
- **Energy Foods:** Foods rich in carbohydrates like maize meal, yam, rice, cassava, banku, pasta, bread and potatoes. And oils which include margarine, butter, and sunflower oil and ground nuts. They give us energy to use our muscles.
- **Protective Foods:** Foods that help our immune system because they have a lot of vitamins like fruits and vegetables especially green leafy vegetables, okra, tomatoes, turnips, bananas, mango, papaya, grapefruit. Proteins also may help strengthen the immune system.

In addition to eating a balanced diet, it is also important to consume enough fluids

Water is essential for living. It is important to prevent dehydration. Fluid lost through diarrhea, vomiting, and sweating must be replaced.

Facilitator:

Tell participants the following:

We will now listen to a story about PLHIV and nutrition:

Nurse Asante lives next door to Rose, a young mother who received the positive HIV test results about one year ago. On her way to the market last weekend, Rose met Nurse Asante and she noticed that Rose was looking tired. Nurse Asante asked Rose what was going on with her because she did not look healthy. Rose explained that she has been getting very tired and losing weight recently and she just does not feel like eating these days. She just does not have enough energy like before.

Nurse Asante reminded her of how important it for PLHIV to eat different kinds of food to keep the body strong and fight infections. She told Rose that when the body is fighting HIV, it uses up more energy than before. At the same time, when you feel sick, you eat less than normal. So Rose asked Nurse Asante to help her because she wanted to be strong and healthy again.

Nurse Asante told Rose that she needed to eat more food every day, not just three meals but add some snacks like peanuts or fruits that she could eat during the day when she was out of her home.

Ask participants the following:

What else can Nurse Asante tell Rose about the different things a PLHIV needs to eat to keep healthy and strong?

Possible Answers:

- **Body-building Foods:** Proteins like milk, meat chicken, fish, eggs, lentils, peanuts, beans and sprouts. They build muscle and give us strength
- **Energy Foods:** Foods rich in carbohydrates like maize meal, yam, rice, cassava, banku, pasta, bread and potatoes. And oils which include margarine, butter, and sunflower oil and ground nuts. They give us energy to use our muscles.
- **Protective Foods:** Foods that help our immune system because they have a lot of vitamins like fruits and vegetables especially green leafy vegetables, okra, tomatoes, turnips, bananas, mango, papaya, grapefruit. Proteins also may help strengthen the immune system.

In addition to eating a balanced diet, it is also important to consume enough fluids. Water is essential for living. It is important to prevent dehydration. Fluid lost through diarrhea, vomiting, and sweating must be replaced

PLHIV need to eat more food every day, not just three meals but add some snacks like peanuts or fruits that they could eat during the day when they are away from home.

Module 3: Positive Living

Activity 10- Living Positively With Others

Objectives

To understand importance of joining support groups for PLHIV and staying engaged over time.

Time

- 20 minutes

Materials

- CD Player
- “My Life” CD (Disc 2) Track 10: Living Positively with Others

HOW TO RUN THIS ACTIVITY

Facilitator:

Tell participants the following:

Today we will discuss importance of support groups for PLHIV.

First we will hear the story of Morowa:

“When I was first diagnosed with HIV a few months ago, I was surprised since I have only had one partner in my life. I did not want to think about my diagnosis because it made me depressed. I have not told anyone about my HIV status yet because I am afraid that they will ask me to go away. I am scared about dying, and do not have anyone to turn to. I feel lonely; I am fighting this disease all by myself. I am tired and feel that I am not strong to do this any more. In the health clinic I heard that some people with HIV get together, but I am afraid that they might not want me there. Sometimes I feel like I should do something to take care of myself. I am going to ask Nurse Mary if someone can help me. Should I join a support group?”

Facilitator:

Tell participants the following:

We have just heard the story of Morowa and now we are going to do a short activity.

- Divide participants into small groups.
- Ask them to respond to the following question: Why should Morowa join a support group?
- After discussing bring groups together.
- Have a volunteer from each group present their responses.

Possible Answers:

- Provide safe, confidential, and welcoming environment.
- They provide a space where people can express their fears, thoughts, and concerns.
- Support groups reduce both emotional and physical isolation.
- Meeting other people who share similar concerns help members feel less alone.
- Participants both receive and give support.
- Provide information about HIV.
- People learn how to prevent HIV and STI transmission.
- Discuss how to speak to a healthcare provider.
- Learn how to navigate social and medical services, etc.
- Discussions about HIV and sex can take place with more candor.
- Members can help one another develop strategies for change.
- People receive support and encouragement from the group.
- Members can learn new perceptions and ways of thinking that influence their actions.
- Empower participants to search for creative solutions for overcoming their problems.
- Give the opportunity for members to become a model for positive living.
- Motivate other PLHIV to get out of depression, and come to a support group meeting.
- Can be a healing experience and give members hope.

Facilitator:

Tell participants the following:

People who live with HIV for a long time tend to be involved in helping others, whether it is involvement in HIV or another important issue. They volunteer to work on HIV/AIDS issues; or they join an advocacy group or a coalition for PLHIV. This work can help PLHIV stay active, be useful, and gain a different perspective to their situation.

Now tell participants the following:

We will now discuss your individual experiences as members of a PLHIV support group.

Ask participants to work in pairs and respond to the following question:

- How has this group helped you?
- How else would you like to be supported?

After discussing, have some volunteers share their responses with the group.

Module 3: Positive Living

Activity 11- Mind, Body, Soul

Objectives

- To understand the essential elements of positive living: well-being of the mind, body, and soul

Time

- 20 minutes

Materials

- CD Player
- “My Life” CD (Disc 3) Track 1: Mind, Body and Soul

HOW TO RUN THIS ACTIVITY

Facilitator:

- Tell participants that today we will learn about ways to improve our health by living positively
- Listen to the story of Kwezi...

Kwezi is 38 years old. He lost his job in the market three years ago when he learned that he was HIV-positive. He also lost his wife and some of his friends, and neighbors did not want much to do with him. He had to move out of his apartment in the city because he could no longer afford to pay rent. His whole life turned into a terrible nightmare. He was very angry and depressed for some time. The counselor at the clinic met him one morning and asked him to come to talk with him. So Kwezi decided to meet with him and asked him for some help on how to change his life around. The counselor talked to him and gave him ideas for improving his mind, body and soul. After the meeting Kwezi decided that no one except himself could help him. Now he wanted to do things differently. First, he stopped feeling sorry for himself, and started recognizing that there were several good things in his life despite his HIV status. The first thing was that he was alive so he needed to live. He stopped sitting around doing nothing, and started walking around his neighborhood every day. He stopped being angry at all the people who left him, and started truly forgiving everyone.

FACILITATOR:

Ask participants the following questions:

- What happened with Kwezi?
- What did he do to change his life?
- What are some good things that a PLHIV may have in his or her life?
- What are some of the key elements of a person's wellbeing?

Possible Answers:

- Mind: positive attitude, high self-esteem
- Body: nutrition, rest exercise, no drugs
- Soul: solidarity, acceptance, belonging, generosity, faith

FACILITATOR: Now we will discuss what we have done to have a positive approach to life after learning your HIV positive status

- In pairs have participants discuss what they have done to improve their health, after learning about their positive status?
- After discussions, have pairs volunteer to share their answers with the group.

KEY MESSAGES

The essential elements of positive living are well-being of the mind, body, and soul

- Mind: positive attitude, high self-esteem
- Body: nutrition, rest exercise, no drugs
- Soul: solidarity, acceptance, belonging, generosity, faith

Module 3: Positive Living

Activity 12- Video Activity

Objectives

- Use a video to increase understanding of impact of positive living in the health of PLHIV
- Use Reverend Gideon from Uganda video with testimonials from PLHIV to motivate positive living among other PLHIV

Time

- 15-30 minutes per video
- 15 minutes discussion time after the video is shown

Materials

- DVD Player
- “Siyayinqoba Beat It! HIV” DVD
 - Episode 5: Rules for Better Living
 - Episode 6: Nutritional Supplements
 - Episode 3: Sex and the Positive Person
- Module 3 Discussion Guide
- CD Player
- “My Life” CD (Disc 3) Track 2: Video Activity

Preparation

If you are showing a video, make sure that you have reserved a DVD for the space. On the day of the session, come early and test out the equipment. Familiarize yourself with the topics of OIs and the immune system.

How to run this activity

- Introductory discussion of impact of positive living in the health of persons living with HIV.
- Identify and mention the specific topic of the video to be discussed
- Prepare questions about the topic of the video to use as discussion guide after watching the video.

Facilitator

Tell participants that today we will watch a video about positive living.

- After the video, we will discuss the impact of positive living in the health of persons living with HIV.

Start the Video.

Facilitator:

After watching the video,

- Ask participants to share information they have about the positive living topic presented in the video.
- Encourage them to use their own language to describe the topic of the video.

Facilitator

Have Discussion Guide Questions available to use immediately after watching the video.

Ask Questions from Discussion guide.

Participants respond to questions in small groups or in plenary.

- Ask participants what was a surprising and new piece of information?
- Ask participants to share any questions or concerns and respond to them

CREATIVE SCRIPT

**This information can also be found as an audio recording on the “My Life” CD (Disc 2 & 3)*

Module 3: Positive Living Activity 1- Self Esteem and Well Being

SFX: Music up and down

Facilitator VO: Hello and welcome to the first activity of Module 3 on Positive Living. In this module we will be talking about how you can live positively in spite of your HIV status. Having positive feelings has a powerful impact on your wellbeing and health.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's begin.

SFX: Music up and down

Facilitator VO: We will listen to some people's stories and learn from their experiences on positive living with the HIV virus.

Let's first listen to Edna

SFX: Music up and down

Edna: My name is Edna and I learnt that I was HIV positive about 10 years ago, I was shocked because I had been faithful to my husband for many years and the diagnosis meant that he had been having sex with other women while he was married to me. When I told him about the HIV test results he told me to leave...

SFX: background while Edna continues to talk man driving his wife away, children crying

... and he kept our two children.

Then my family rejected me because they did not know that you cannot get HIV just from being near someone.

I had no home, no family, and no job. I left the village and went to the city to get a job so I could feed myself. This was not easy, and many nights I slept outside on the pavement....

SFX: night sounds of crickets and dogs.

... One day I was desperate so I went to a local church to seek help....

SFX: people singing at a church service

... At first people there, did not want me to stay, but a kind man gave me food and helped me get a job at a fish factory nearby. I often asked God why he was punishing me in this way. One day I heard a voice inside me saying that I needed to do something to keep my job in the fish factory. I needed to accept what was happening to me and I needed to learn to live with it because no one else could do that for me; I had to do it by myself.

Over the next few years I realized that there were many people living with HIV and AIDS who were being rejected by their families and their communities. So I began to speak to people about my experience and offered help where I could....

SFX: muffled voice of woman speaking in the background

... I was determined to live. I had to live positively myself first before I could change the way other people thought, and then I did not feel alone any more.

SFX: Music up and down

Facilitator VO: We will now form small groups and discuss how Edna felt about herself through her story. Also describe how Edna's attitude about herself changed.

SFX: Bell rings

Facilitator VO: Let's all come together and share what we found out when we broke into smaller groups.

SFX: Bell rings

Facilitator VO: In summary, here are some points on self esteem for people living with HIV. Self-esteem is how we feel about ourselves.

- Self-esteem is essential for living a hopeful and healthy life with HIV.
- Some People Living with HIV might feel guilty for contracting or passing on the virus. But any negative feelings can be very damaging.
- Low self-esteem can shorten our lives because we are unlikely to do things that are good for us.
- Facing the challenge of living with HIV is very important.
- We need to do everything in your power to stay healthy or get healthy.
- We need to learn to forgive ourselves and others in order to move toward creating a happy life.
- We must first believe in ourselves, or love ourselves, and then we will take good care of ourselves.

SFX: Music up and down

Facilitator VO: Now here is a summary on having a Positive Attitude

- A positive attitude can be powerful because when people with positive attitudes become ill, they tend to recover more quickly. On the other hand, people with a more negative attitude tend to have poorer health.
- People with negative attitudes are more likely to deny a problem, concentrate on the negative aspects of a situation or allow the stress to interfere with living their life to the fullest.
- Positive attitudes help because we can focus our energy on solving our problems.

SFX: Music up and down

Facilitator VO: Let's take a few minutes to discuss what Edna did to help herself?

SFX: Bell rings

Facilitator VO: From our discussion you will have realized that Edna did a few things to help herself. Let's recap what she did.

- She believed that she was the only one that could help her live her life.
- Edna needed to accept her current situation and only then could she change her future.
- She needed to focus all her energy on staying health.
- Edna reached out and asked others to help her
- And Edna realized she was not alone and then she used her experience to help others.

SFX: Music up and down

Facilitator VO: Now let's try to answer these questions about our own situations. After getting your HIV test results what did you do to improve your self-esteem and keep a positive attitude? What has been most helpful?

SFX: Bell rings

SFX: Music up and down

Facilitator VO: We will now discuss Positive Thinking and Positive Talking. Our thoughts and what we say inside to ourselves have the power to hurt us or to make us stronger. Many People Living with HIV are constantly thinking negative thoughts, like “I am not worth anything”, “I am bad”, or “I am useless”. We need to live “positively”. Living positively doesn't just mean living as an HIV positive person. It also means thinking positively and talking positively.

Let us practice some positive talk. As a group repeat this sentence after me.

“We are good people!”

SFX: Bell rings

Facilitator VO: Now say it loudly three times. “We are good people!”

SFX: Bell rings

Facilitator VO: Excellent! Now say “We are worth it!” three times and loudly.

SFX: Bell rings

Facilitator VO: Very good! One more. Let's say, “We are strong and we rely on ourselves” loudly three times.

SFX: Bell rings

Facilitator VO: Now I want to give each of you an opportunity to say something positive about yourself out loud. Let's go around the group. Say your name and then something positive about yourself; for example, “My name is Yaa and I am strong and I rely on myself”.

SFX: Bell rings

Facilitator VO: That brings us to the end of the first activity in this module.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

I hope you had fun. See you at the next activity.

SFX: Music up and out.

Module 3: Positive Living

Activity 2: Talking to the Virus

SFX: Music up and down

Facilitator VO: Hello and welcome to the second activity in this 3rd module on Positive Living. Now we will learn how to talk to the virus within us. The aim of this activity is to help us understand that the virus inside us is causing trouble and affecting our wellbeing. By the end of this activity we will have learnt how we can reduce the stress of living with HIV.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's begin.

SFX: Music up and down

Facilitator VO: Let us listen to how Efua learnt to talk to the virus inside her.

SFX: Music up and down

SFX: hospital ambience with lots of people talking in the background.

Efua: Eeih, nurse Mary, how can I go on with my life? I am finished. I'm only 26 and my life has just come to an end...

Nurse: (cuts in) stop saying things like that. Your life has not come to an end. I know that this is a difficult time but listen, I have been a counselor for some years now and I know an exercise that will help you deal with your situation.

Efua: (sobbing) what is it ma'am...?

Nurse: Let me ask you, if you had the chance to talk to the virus inside you, what would you say to it?

Efua: (in between sobs) oh, aunty, are you joking? How can I speak to something like this? It will look like I am going mad.

Nurse: (laughs shortly) no, no, that is not the case. I am very serious. Trust me and try it. Pretend that the virus is a person and talk to it.

Efua: (tries to stop sobbing) Yes, Mr. Virus, since I met you I have felt very upset and you have made me cry a lot. I feel like I am being cheated from my life, that you are taking it away from me. I feel upset and unhappy. Why do you like to stay in my body? Why can't you just leave me alone?....

...aha, what did you say?... You mean there is no way you will leave me alone? ...You have come to stay?.... Then you have to stay there quietly and not trouble me too much because if you do I will trouble you also.... You've got to respect me since you are in my body. And you have to help me get my life back if you plan to stay there for long.You will have to listen to me and do what I tell you and I will also learn to live with you..... I will be in control from now on..... Agreed?.... Well then. (fades out)

SFX: Music up and down

Facilitator VO: Let's now discuss what happened to Efua and what she learnt as she talked with the virus.

SFX: Bell rings

Facilitator VO: From our discussion I am sure that you now realize that feeling in control can help to reduce your stress level. When you reduce your stress level it helps you to improve your wellbeing and you also feel much better when you express your feelings out loud.

SFX: Music up and down

Facilitator VO: We will now practice this exercise of talking to the virus.

SFX: Music up and down

Facilitator VO:

- Now close your eyes and pretend that you can see the virus in front of you.
- Give it a name.
- Imagine that it can hear what you have to say and also talk back to you.

- Tell it how you feel about it being in your body. Listen to what it says in reply. You can speak silently to yourself or out loud. Whatever makes you feel more comfortable. **(pause)**
- Make an agreement with the virus so that you could both respect each other, within certain limits that are acceptable to you.
- Have this discussion with the virus as often as you feel you need to.

I believe you now have learnt to let out your feelings and feel in control of your HIV. This will make you feel much better dealing with your situation.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

I hope you enjoyed the activity. See you at the next activity.

SFX: Music up and out.

MVO: This activity was adapted from Empowerment Concept's “Positive Living Manual”

Module 3: Positive Living

Activity 3: Laugh A Lot

SFX: Music up and down

Facilitator VO: (laughs) Hello and welcome to third activity of Module 3 on Positive Living. This activity deals with laughter. No wonder I started laughing at the beginning of the activity.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's all take a minute to have a good laugh, then we can continue with the activity.

SFX: laughter.

Facilitator VO: We will now discuss the importance of laughter and how it can strengthen the immune system. Here are a couple of facts about laughter.

- Laughter causes us to breathe deeply, which stimulates the lymph glands that release T Cells, disease fighting cells, into our blood stream to fight germs.
- Laughing releases stress from our bodies, lowering stress chemicals.

As you all know, almost everyone enjoys laughing.

Let's all start by pretending to laugh. Take in a deep breath and say Ha!!

Do it three times. It sounds silly but it works. So let's go now

SFX: Bell rings

SFX: Music up and down

Facilitator VO: Once one person starts laughing its hard for others not to join in. Now tell me, what are some of the things you do that can make you laugh?

SFX: Bell rings

Facilitator VO: There are many things we can do to make ourselves laugh. We can ask our friends to tell us funny jokes, or tell them a joke. Laugh at ourselves too for making mistakes, instead of feeling embarrassed.

Now who will volunteer to tell us a joke so that we can all have a good laugh before the activity ends?

SFX: Bell rings

Facilitator VO: That was a good one. I have really enjoyed myself in this activity.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

See you at the next activity.

SFX: Loud laughter as music fades in and out.

MVO: This activity was adapted from Empowerment Concept's “Positive Living Manual”

Module 3: Positive Living

Activity 4: Love Heals

SFX: Music up and down

Facilitator VO: Hello and welcome to activity 4 in the third Module on Positive Living. Love heals the mind, the soul and the body. It strengthens the immune system and reduces stress, which keeps us healthy. This is what we will learn about today.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

SFX: Music up and down

Facilitator VO: When we think about something good, our bodies feels good and this helps make our bodies strong and healthy.

Now let's split into smaller groups and discuss if you think that “Love Heals”. If you do, why? And if you don't, why not?

FX: Bell rings

Facilitator VO: As a whole group let's recap what you discussed in your smaller groups.

FX: Bell rings

Facilitator VO: I am sure most of your answers agree with mine. I believe that love heals because love can heal the mind, body and soul. It strengthens the immune system and makes my body strong.

Positive ideas are powerful, when we think something good, our bodies feel good.

When we change your negative thoughts to positive thoughts we reduce the level of stress, which helps our bodies.

SFX: Music up and down

Facilitator VO: Let's now sit down quietly and go through a short exercise. Just follow the instructions,

1. Close your eyes, breathe slowly and deeply, relax and feel comfortable.
2. Let all the worries in your life move away from you.
3. Imagine that you see yourself, as you are now, with all your strengths and weaknesses. Smile and say: I Wish you well (feel this truly).
4. Now imagine that a good friend is standing in front of you, with all his or her strengths and weaknesses. Smile at your friend and say I wish you well (feel this truly).
5. Now imagine that you see someone you know whom you have no strong feeling for (good or bad) standing in front of you; for example, a person who works at the local shop. In your mind, smile and say I wish you well (feel this truly).
6. Now imagine that a person whom you are having trouble with is standing in front of you. Notice their good points and their bad points. Smile and say: I wish you well. It is important that you feel this to be true. Take as long as you need until you say this and really mean it.
7. Imagine that the good feelings inside you are like a warm sun. Imagine that this warm sun warms your whole body. Then allow the warmth to shine further, through your home, into the town where you live, and even further outwards
8. When you are finished, take a deep breath and open your eyes.

SFX: Music up and down

Facilitator VO: You can do this exercise every day. It may take a little while before you can follow all the steps. Besides, it is not easy to love yourself, let alone your enemy!!

SFX: Music up and down

Facilitator VO: I hope that love has helped to heal you today.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

See you at the next activity.

SFX: Music up and out.

MVO: This activity was adapted from Empowerment Concept's "Positive Living Manual"

Module 3: Positive Living

Activity 5: Forgiveness

SFX: Music up and down

Facilitator VO: Hello and welcome to activity 5 of the third module on Positive Living. After we have learnt to laugh and love, we have to learn to forgive as well. Love cannot grow when we do not forgive. So this activity will help us to understand the importance of forgiveness by relieving the pain and anger that causes stress.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's begin!

SFX: Music up and down

Facilitator VO: Break into smaller groups and discuss what forgiveness means to you.

SFX: Bell rings

Facilitator VO: Now let's come together and share what our opinions are.

SFX: Bell rings

SFX: Music up and down

Facilitator VO: Let's recap what we have discussed.

- Forgiveness is when we decide to get on with our lives.
- Forgiveness is when we refuse to be victims.
- Forgiveness is releasing the anger we feel toward ourselves.
- Forgiveness is the opposite of revenge, revenge contains anger.

- Forgiveness is healing and not hurting ourselves or others.
- True forgiveness is not a lie.
- Forgiveness does not ask us to pretend something did not happen.
- However, Forgiveness does not mean that the other person's actions are suddenly 'okay' now.
- Also, Forgiving someone does not mean that we should continue to tolerate their bad behavior, or that we should take them back into our lives, especially when they continue to hurt us.

SFX: Music up and down

Facilitator VO: Would anyone in the group like to tell us their story about how they forgave someone?

SFX: Bell rings

Facilitator VO: Thank you for sharing. Now let's recap how we can forgive.

- If we feel upset when thinking about something that someone has done to us in the past, it is time for us to forgive the person and release ourselves from the pain. This helps us!
- We cannot change the past, but we can do something about today.
- Make the decision to move forward in our lives and not get stuck in the past.
- Release the anger and hurt feelings that we have so they do not cause us more stress.

SFX: Music up and down

Facilitator VO: We will now practice a very important exercise to help us deal with anger and releasing our anger.
Just follow these 8 steps:

- **Step 1. Release the anger.**
 - Make a decision to move forward with our lives. Choose to see ourselves as survivors, not 'victims' of the past.

(LONG PAUSE)

- **Step 2. Imagine what the person who hurt you felt and thought just before they acted to hurt you.**
 - Try to discover their pain or their fear.

(LONG PAUSE)

- **Step 3. Think about what they needed to act differently.**
 - What did they need to feel, right before they hurt you, so that they would have acted differently with you?
 - What positive feeling was missing in them at that time?

(LONG PAUSE)

- **Step 4. Find the missing positive feeling inside yourself.**
 - Imagine what positive feeling could have made that person who hurt you act differently. Find that feeling inside yourself. Is it love? Respect? Worthiness? Self confidence?

(LONG PAUSE)

- **Step 5. Feel the positive feeling inside you.**
 - Focus on the positive feeling, notice where in your body do you feel it?

(LONG PAUSE)

- **Step 6. Give the positive feeling a shape, size and a color.**
 - Imagine that this feeling, the missing positive feeling has a shape, a size and a color.

(LONG PAUSE)

- **Step 7. Make the feeling bigger and stronger.**
 - Imagine that you can make this feeling shape brighter and twice as big. Do this several times until the shape is larger than your entire body.

(LONG PAUSE)

- **Step 8. Give half away, and make more.**
 - Double the feeling shape one more time. Then imagine that you take half of the feeling shape and give it to the person who hurt you. Imagine them receiving this. Double the feeling shape again, and then give them half again.

(LONG PAUSE)

We can repeat this process, always creating more and more positive feelings until we feel that the other person has received enough. What is enough? When we feel that they would have acted differently towards us if they had had that amount of good feeling. We can always create more. We have given them what they needed and you have forgiven them.

SFX: Music up and down

Facilitator VO: The key message today is forgiveness is all about how each of us feels. Not about those other people who hurt us. Forgiveness is about freeing ourselves from pains in the past. It is not about finding the people who hurt us and saying or doing anything to them. They do not even have to know what we have done.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

I hope that you enjoyed this activity. I will see you at the next one.

SFX: Music up and out.

MVO: This activity was adapted from Empowerment Concept's “Positive Living Manual”

Module 3: Positive Living

Activity 6: Gratitude

SFX: Music up and down

Facilitator VO: Hello and welcome to the sixth activity of module 3 on Positive Living. It is time now to identify the good things we have and be grateful for them. Gratitude is very important in trying to live a positive life.

We will discuss the time we spend worrying about the future and about our fears of what might happen to us and how this stress affects our bodies and immune system.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's begin!

SFX: Music up and down

Facilitator VO: Each of you take a turn to tell us all the things that worry you and also the things that you are afraid of.

SFX: Bell rings

Facilitator VO: Thank you for sharing. There are many things we worry about or that we are scared of; for example, like we will die and leave our children or we are afraid of getting depressed or really sick.

Let's now listen to David's story and learn from his lesson.

SFX: Music up and down

David: I am 43 years old and have been HIV positive for 4 years. I have been taking care of a friend who was very ill. My friend has lost his sight, he breaths with difficulty and cannot walk any more.

I was sitting around one day, feeling depressed about the fact that I too might one day also be so ill.

Then my friend called me closer and said:

MVO: (very weak and with laborious breathing) Listen carefully; I am blind, unable to walk, and gasping for breath, while you can go outside, smell the air, walk outside on the field and see the sun rise and set. How dare you are so miserable? I am the one who is dying, not you! You are surrounded by beauty, you are free to choose what you want to see and do, and yet you sit here feeling unhappy? Get out, you are so ungrateful!

David: As you can imagine I was shocked at my friend's anger towards me. Yet I knew my friend was right. Every second of life is precious and full of possibilities. It does not matter whether I am ill or in good health. What mattered is that I live life to the fullest, and to be grateful for all the time I have.

SFX: Music up and down

Facilitator VO: Let's discuss David's story. As a group answer these three questions. What happened to David? (pause) What made him change his mind about his situation? (pause) And finally, what is David grateful for now?

SFX: Bell rings

Facilitator VO: There are many things we take for granted. There are so many small things or big things of beauty around us. Take time to enjoy all these things. Be grateful for what we have right now.

SFX: Music up and down

Facilitator VO: Now please each of you think of at least 10 things that you are grateful for today.

SFX: Bell rings

Facilitator VO: Who would like to share what they are grateful for?

SFX: Bell rings

Facilitator VO: I am grateful that you joined me for this activity.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

See you at the next activity.

SFX: Music up and out.

MVO: This activity was adapted from Empowerment Concept's “Positive Living Manual”

Module 3: Positive Living

Activity 7: Relax And Exercise

SFX: Music up and down (fades in to sounds of birds chirping and breeze blowing sweetly)

Facilitator VO: Hello and welcome to activity 7 of the third module on Positive Living. Today we will talk about how important relaxing and exercise are in keeping your body strong and healthy.

When your moderator hears this bell...

FX: Bell rings

Facilitator VO:... that means it is time to stop the tape and begin discussions or an activity in a small group. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's begin!

SFX: Music up and down.

Facilitator VO: The body needs to rest and relax. This helps to strengthen our immune system, which makes us strong and keeps our body healthy. Let's make a list of all the things you can do to relax.

SFX: Bell rings

Facilitator VO: Let's see if I can add any more ideas on how to relax to your list.

- Pray or Meditate
- Take in Deep breaths
- Take a nap or sleep
- Do exercise, such as dancing
- You can also sing or listen to some good music
- It is very relaxing also to spend time with a friend or a loved one
- Reading can also be very good
- If you don't feel too tired, you can take a walk
- Some people like cooking so yes, you can cook your favorite meal
- If you do not have a hobby, start a new one.

SFX: Music up and down

Facilitator VO: Now you can divide yourselves into smaller groups and discuss how you feel after doing your favorite activity to relax.

SFX: Bell rings

Facilitator VO: Let's come back together as one group and share some of your answers.

SFX: Bell rings

Facilitator: That was a good discussion. Let's sum them up. Relaxing is good for us as it gives up more energy to do other things or it makes us calmer. We also have a better attitude when relax and we may feel like we can do more.

SFX: Music up and down

Facilitator: Exercise is as important as relaxing. Exercise makes our bodies stronger and prevents us from getting tired too quickly. Exercise also reduces stress and helps make us feel better.

What are some of the exercises you do already or want to do?

SFX: Bell rings

Facilitator VO: Good. Some of us dance, others walk and others may play a sport. Unfortunately this place is not big enough for certain sports but there is definitely enough space for dancing! Let's all come together and form a circle. We will all dance when the music starts. This is meant for us to relax and smile and recharge our bodies.

SFX: Music starts

Facilitator VO (facilitator comes in after 30 seconds of the music and talks over the music): Very good. You are all wonderful dancers. It's been a great activity. Remember to relax and exercise.

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See you at the next activity.

MVO (music keeps playing voice is over the music): This activity was adapted from Empowerment Concept's "Positive Living Manual"

Music continues for 5 minutes.

Module 3: Positive Living

Activity 8: Good Hygiene

SFX: Music up and down

Facilitator VO: Hello and welcome to the 8th activity of Module 3 on Positive Living where we will talk about good hygiene.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's begin!

SFX: Music up and down

Facilitator VO: It is important to practice good hygiene to prevent the spread of germs that can cause you to be sick.

We will now divide into 2 groups. One group will discuss what good hygiene means for your body. The other group will discuss what good hygiene means in the home.

SFX: Bell rings

Facilitator VO: Let us now all come together. Each group should select one person from their group to tell us all about what they discussed.

SFX: Bell rings

Facilitator VO: From the discussions we now know that good hygiene refers to things we do to stay clean and healthy. We need to take care of ourselves and our homes. Getting rid of germs is important in preventing diseases.

Here are a few examples of hygienic activities that we can do to keep our bodies and homes clean at all times:

- Wash our hands with warm water and soap often, especially before eating and after visiting the toilet
- Use a latrine
- Purify or boil water before drinking it.
- Wash our cooking and eating utensils carefully after using them
- We also need to wash our clothes, bed sheets, pillow cases and other belongings regularly
- And finally, it is very important that we get rid of waste properly

SFX: Music up and down

Facilitator VO: Let's take a minute to talk about why good hygiene is important for people living with HIV.

SFX: Bell rings

Facilitator VO: Excellent. Let's recap why good hygiene is so important for people living with HIV.

- Common germs are a lot more serious for people with HIV because their immune system is weaker.
- A major cause of illnesses among people living with HIV is dirty water. This causes stomach problems such as diarrhea and dysentery which can lead to death.
- HIV can be spread if someone, such as a family member, comes into contact with bodily fluids or blood from a person with HIV that is on clothing, bedding or bandages.

SFX: Music up and down

Facilitator VO: Now let us try to come up with ways we can make sure we have a clean body, clean water and clean food.

SFX: Bell rings

Facilitator VO: Well done. Let me just recap what we have discussed.

For a clean body you have to wash your hands with warm water and soap often, especially before eating and after visiting the toilet.

Use a latrine and always wash our hands afterwards.

Drinking clean water is important to good health. Dirty water causes stomach problems like diarrhea. We have to be sure to cover clean water to prevent animals and insects from falling in or mosquitoes from breeding in it. If we can, filter dirty water then boil it before drinking it.

In case we can't boil water we can treat it with bleach Just add 8 drops of regular, liquid bleach for each gallon of water, stir it well and let it stand for 30 minutes before using it.

Now let's talk about how we can ensure that we eat clean food at all times.

We must wash all our food, especially vegetables, eggs and meat with clean water. Keep raw meat separate from other food. Wash our hands with clean water before touching or eating our food. Also wash our hands with clean water after working with food. It is also important that we wash cooking surfaces and utensils with clean water before using them to eat. We must cook your meat well until it is no longer pink and then throw all waste in a garbage can.

SFX: Music up and down

Facilitator VO: Good hygiene is so important for healthy living. Take care of ourselves and our families.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays. See you at the next activity.

SFX: Music up and out.

MVO: This activity was adapted from Empowerment Concept's “Positive Living Manual”

Module 3: Positive Living

Activity 9: Eating And Nutrition

SFX: Music up and down

Facilitator VO: Hello and welcome to activity 9 of the third module on positive living. In this session, we will talk about eating and nutrition. What you eat is important to how healthy you will be. Your immune system depends on the goodness from the food you eat in order to prevent illness.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

SFX: Music up and down

Facilitator VO: It is important, especially for people living with HIV, that you eat healthy food that is good for your body. Food like meat and fish help us to build muscles and give us strength. Fruits and vegetables help us boost our immune system and prevent illness. Food is also a good source of energy when we feel tired. We also need to make sure that we eat regularly when we are on anti-retroviral drugs.

SFX: Music up and down

Facilitator VO: Good eating helps prevent illness. With HIV, good nutrition helps prevent the diseases that the body has become too weak to fight off.

Now let's take a little time to discuss why else good nutrition is important for people living with HIV?

SFX: Bell rings

Facilitator VO: Thank you. So to recap, good eating is important for people living with HIV because it keeps the immune system strong, helping the body to better fight diseases. It helps anti-retroviral drugs to work better. Good nutrition helps us feel less tired or sick when we are ill. It reduces the risk of life long illnesses, such as diabetes and cardiovascular disease. When our bodies are fighting HIV, we use up more energy than before. So, even when we feel sick we need to eat well. Eating well also means we are less likely to lose weight and suffer from malnutrition. Eating helps us have a better overall quality of life.

SFX: Music up and down.

Facilitator VO: Let's now split into 3 groups and discuss the importance of eating different kinds of foods to help us to be strong and healthy.

Group 1: you will discuss among yourselves what foods you eat for energy. Use local names to describe the foods you mention.

Group 2: you will discuss what foods you eat for body strength. Use local names also, to describe the foods that you mention.

Group 3: will discuss what foods you currently eat to build up your immune system.

SFX: Bell rings

Facilitator VO: Now let's come together and hear what each group came up with.

SFX: Bell rings

Facilitator VO: From the discussions we have learnt what different food can do for our bodies. Lets quickly recap.

The first group of foods is the Energy giving foods. They are rich in carbohydrates. Examples of these are maize meal, yam, rice, cassava, banku, fufu, noodles, bread and potatoes. We also have oils as energy giving foods. These include margarine, butter, palm oil, sunflower oil and ground nuts. All these give us energy.

The next group of foods is the Body-building foods. Body-building foods are foods that help us to build muscle and give us strength. These are proteins like milk, meat chicken, fish, eggs, lentils, peanuts, beans and sprouts.

Finally we have the protective foods that help us stay healthy. Examples of these are fruits and vegetables especially green leafy vegetables, okra, tomatoes, turnips, bananas, mango, papaya, and pineapple. Proteins also help make the immune system strong.

It is not only important to eat well, we must also drink a lot. Water is very important for living. It prevents dehydration. Water lost through diarrhea, vomiting, and sweating must be replaced.

SFX: Music up and down

Facilitator VO: Now let's listen to a story that talks about people living with HIV and nutrition.

SFX: Music up and down

SFX: street ambience

Nurse: Hello Rose, how are you doing today?

Rose: Not too good maame nurse.

Nurse: Yes, you look very tired and not well. What is the matter?

Rose: Hmm, since I tested positive for HIV, I have been growing tired easily and losing weight. These days, I hardly feel like eating anything. I don't have as much energy as before...

Nurse: eh! That is not good. You have to eat very well in order to remain healthy. Especially since you are HIV positive, it is very important to eat. It is very important that you eat different kinds of food to keep your body strong enough to fight infections. You know, when your body is fighting HIV, it needs more energy than normal. Moreover, when you feel sick you tend to eat less, so you have to make an extra effort to eat a lot more so that you can build up some energy.

Rose: Then you have to help me with what to eat, and since you live next door you could pop in from time to time to check on my diet and advise me. I want to be strong and healthy again.

Nurse: Of course I will help you. You can start by eating more food every day. Don't just eat three meals but add in some other things like snacks, peanuts and fruits during the day when you are out of the house.

Rose: Thank you maame nurse.

SFX: Music up and down

Facilitator VO: Now let me ask you an important question and see if you can remember. What else can Nurse Asante tell Rose to eat so that she keeps strong and healthy?

SFX: Bell rings

Facilitator VO: Excellent. I believe you remembered the body-building foods; Proteins like milk, meat chicken, fish, eggs, lentils, peanuts, beans and sprouts. They build muscles and give us strength

Then also the energy foods like maize meal, yam, rice, cassava, banku, fufu, noodles, bread and potatoes. And oils which include margarine, butter, palm oil, sunflower oil and ground nuts. They give us energy to use our muscles.

Finally the protective foods that help our immune system like fruits and vegetables, which are full of vitamins.

As I said before, eating a balanced diet is not enough, it is also important to drink lots of water.

SFX: Music up and down

Facilitator VO: People living with HIV need to eat more food every day, not just three meals but add some snacks like peanuts or fruits during the day when you are away from home.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

See you at the next activity

SFX: Music up and out.

Facilitator VO: This activity was adapted from Empowerment Concept's “Positive Living Manual”

Module 3: Positive Living

Activity 10: Living Positively With Others

SFX: Music up and down

Facilitator VO: Hello and welcome to the tenth activity of module 3 on Positive Living. Today we will talk about how important it is to join support groups and stay in them.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's begin!

SFX: Music up and down

Facilitator VO: It is very important for people living with HIV to have people around them who can support them. Support groups provide strength from others and counseling.

In this activity, we will discuss the importance of support groups for people living with HIV. First, let's listen to a short story about Morowa.

SFX: Music up and down

Morowa: When I was first diagnosed with HIV a few months ago, I was surprised since I have only had one partner in my life. I did not want to think about my diagnosis because it made me depressed. I have not told anyone about my HIV status yet because I am afraid that they will ask me to go away. I am scared about dying, and do not have anyone to turn to. I feel lonely; I am fighting this disease all by myself. I am tired and feel that I am not strong enough to do this any more. In the health clinic I heard that some people with HIV get together, but I am afraid that they might not want me there. Sometimes I feel like I should do something to take care of myself. I

am going to ask Nurse Mary if someone can help me. Should I join a support group?”

Facilitator VO: Let's break into small groups and answer the question: Why should Morowa join a support group?

SFX: Bell rings

Facilitator VO: The groups can all come together now and one person from each group should tell the rest of us what their group discussed.

SFX: Bell rings

Facilitator VO: Thank you. Let's recap some of the good reasons why a person living with HIV should join a support group.

Joining a support group will provide a safe, confidential and welcoming place where we can share our fears, thoughts and concerns. It means we will feel less alone because we will meet people with similar concerns.

When we join a support group we will receive as well as give support.

A support group provides information on HIV so you learn more about the virus and how to live a healthy life for a long time. We also learn how to prevent transmitting or getting re-infected with HIV and other sexually transmitted infections.

In a support group, we learn how to speak to health workers and get information from the hospitals and clinics and how to deal with social and medical services.

In an HIV support group we can talk about HIV and sex openly and honestly and through this members can help one another to find ways to live healthy. The people in the group provide support and encouragement and this will help us to learn new ways of thinking that will influence our actions.

The support group helps us to search for new ways to solve your problems. We also get the chance to become a model for positive living. In this case we will be able to motivate other people living with HIV to get out of their depression and join a support group to enhance their lives.

Most importantly, the support group can be a healing experience and give hope to its members.

SFX: Music up and down

Facilitator VO: People who live with HIV for a long time tend to be involved in helping others, whether it is involvement in HIV or another important issue. They volunteer to work on HIV and AIDS issues; or they join groups for people who live with HIV. This work can help people who live with HIV stay busy, be useful, and gain a different view of their situation.

Let's now take a few minutes to discuss your individual experiences as members of a People who live with HIV support group. You will work in pairs this time. Try to answer these questions:

- How has this support group helped you?
- How else would you like to be supported?

SFX: Bell rings

Facilitator: Let's now have some of you come up to share with the whole group what you discussed.

SFX: Bell rings

Facilitator VO: Thank you. We now know that you should not sit alone and suffer. We need people around us who understand and can support us.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays. See you at the next activity.

SFX: Music up and out.

Module 3: Positive Living

Activity 11: Mind, Body, Soul

SFX: Music up and down

Facilitator VO: Hello and welcome to activity 11 in Module 3. We have discussed positive living so far and we have learnt a great deal. We now need to understand the essential elements of positive living: Well-being of the mind, body and soul.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let us begin.

SFX: Music up and down

Facilitator VO: In this activity, we will talk about the well-being of the mind, body and soul. We will learn how to improve your health by living positively.

We will listen to Kwezi's story and then have a discussion after that.

SFX: Music up and down

Kwezi: I am Kwezi and I am 38 years old. I lost my job in the market three years ago when I learned that I was HIV-positive. I also lost my wife and some of my friends, and my neighbors did not want much to do with me. I had to move out of my apartment in the city because I could no longer afford to pay rent. My whole life turned into a terrible nightmare. I was very angry and depressed for some time. The counselor at the clinic met me one morning and asked me to come to talk with him. So I decided to meet with him and asked him for some help on how to turn my life around. The counselor talked to me and gave me ideas for improving my mind, body and soul. After the meeting I decided that no one except myself could help me. Now I wanted to do things differently. First, I stopped feeling sorry for myself, and started

recognizing that there were several good things in my life despite my HIV status. The first thing was that I was alive so I needed to live. I stopped sitting around doing nothing, and started walking around my neighborhood every day. I stopped being angry at all the people who left me, and started truly forgiving everyone.

SFX: Music up and down

Facilitator VO: Let's discuss Kwezi's situation. Firstly, what happened with Kwezi and what did he do to change his life?

SFX: Bell rings

Facilitator VO: Now let's think about what are some of the good things that a person living with HIV may have in his or her life?

SFX: Bell rings

Facilitator VO: Finally, what are some of the key elements of a person's wellbeing?

SFX: Bell rings

Facilitator VO: Let's recap now. There are three key elements of a person's well-being: Mind, Body and Soul. For the Mind to be well you need a positive mental attitude and you need to feel good about yourself. For a Body to be well you need to eat healthy food, get lots of rest, exercise and not take any bad drugs. For the Soul to be well you need to accept your HIV status, feel like you belong and to trust others and have faith.

SFX: Music up and down

Facilitator: In pairs, discuss what you have done to have a positive approach to life since you learned that you were HIV positive.

SFX: Bell rings

Facilitator VO: Let's come together as a group and share our answers.

SFX: Bell rings

Facilitator VO: To recap, the essential elements of positive living are well-being of the mind, body, and soul. We need a positive mental attitude and high self-esteem. We need good nutrition, rest, and exercise for our bodies. We also need acceptance, belonging, and faith for our souls.

Whenever you need additional help or have questions, you can use a cell phone to text the word “HELP” to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

I hope that you have enjoyed this activity. I will see you at the next activity.

SFX: Music up and out.

Module 3: Positive Living

Activity 12: Video Activity

SFX: Music up and down

Facilitator VO: Hello and welcome to the final activity in Module 3: Positive Living. In this activity we will watch a video that will help us understand the impact of positive living on the health of people living with HIV.

When your moderator hears this bell....

FX: Bell rings

Facilitator VO: ... that means it is time to stop the tape and begin the video. Once the video is finished then press play on the tape. When you here the bell again it will be time for to stop the tape and begin discussions or an activity. When the discussion or activity is over, your moderator will push play to continue the activity. Your moderator will need to make sure that he or she has the video set up.

This activity may generate a lot of questions. If possible, your moderator should try to invite a qualified health worker or a trained counselor to attend the meeting. If it's not possible, the moderator should keep track of the questions that he or she can't answer and try to find the answers for you before the next support group meeting.

Let's begin!

SFX: Music up and down.

Facilitator VO: We will have brief discussion after the video to make sure that we understand all that we have watched.

SFX: Bell rings and video begins

Facilitator VO: Let's each take a turn to share what we learnt from the video we just watched.

SFX: Bell rings

Facilitator VO: What was the new piece of information you got from this video?

SFX: Bell rings

Facilitator VO: Do any of you have any concerns or questions that you would like to share with us?

SFX: Bell rings

Facilitator VO: I believe we now understand fully what we mean by positive living and how vital it is to a person living with HIV.

Let's all try our very best to live a positive life, it is vital for long life, a happy life and good health.

Whenever you need additional help or have questions, you can use a cell phone to text the word "HELP" to 1406. This is the number for the Text Me Flash Me Helpline for people living with HIV. A friendly counsellor will call you back within 24 hours to talk with you over the phone. This helpline is open everyday, except on Saturdays, Sundays and holidays.

Have a great life and remember to have a positive well-being.

SFX: Music up and out.