



HIV

SIK LONG KOAP



An Australian Government, AusAID initiative

Some people in Papua New Guinea are more vulnerable to HIV infection than others. There is an urgent need to look at the environment in which these people live to help make them less vulnerable.

Tingim Laip is trying to do this.

Tingim Laip is Papua New Guinea's largest community-based HIV prevention project, operating in 36 sites over 11 provinces. *Tingim Laip* is the key project of the National AIDS Council and is helping to implement the National HIV Prevention Strategy.

Tingim Laip selects and works in sites or environments where there are people more vulnerable to HIV infection. These tend to be environments where there are large numbers of men with cash, separated from their families and communities. For example:

- Work sites
- Industries and enterprises where workers live away from their village and family
- Urban settlements where sexual violence and alcohol abuse is high
- Transport and migration hubs where sex is exchanged for money, food, shelter and security.

Site Committees are established in each site and lead the effort to reduce the risk of HIV transmission in their environment.

This training course has been developed to assist Site Committee volunteers lead their communities towards a sound understanding of HIV.

What is *Tingim Laip*?

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Icebreakers

Energisers


This course is designed to be delivered by Tingim Laip Site Committee volunteers. When you teach the topics in this course it is always a good idea to work with a partner. This is because you can give each other confidence and share the workload.



Depending on the group you are training it may be a good idea if a man and a woman can work together to deliver the training course. This is because many of the topics are about sex and gender related issues.

You are not expected to know everything about HIV. In fact it is a good idea to remind participants during the course that you are not an expert. Tell them if there is something you do not know you will try and find out the answer by the end of the course.

TRAINER'S HANDBOOK

If you want to extend yourself as a trainer have a look at the Trainers Handbook. It contains information on the skills and knowledge you need to be a competent trainer, including information on how adults learn, how to facilitate adult learning, and training techniques. 



RECOMMENDED NUMBER OF PARTICIPANTS

This is really up to you as a trainer. Five participants are enough to run the course. If you are working with a partner you should be able to handle up to fifteen participants.

HOW TO TEACH THE COURSE

Most trainers will find it easiest to teach this course one or two topics at a time.

It is often hard to get everyone together so it is a good idea to make the most of when you do get everyone together and do two topics. If you decide to do two topics at a time then make sure you have a break between topics to give everyone a chance to stretch their legs and clear their mind. Why not have a coffee break between topics!

A good idea is to work out with your participants a regular time twice a week when everyone can come together for one or two topics. For example participants could come together for a coffee night every Monday and also on Thursday afternoon after basketball practice or market. It takes about one hour for each topic.

Try and be disciplined and do at least three topics each week. If you can do three topics each week then this course will take around two months to complete. If you only do one or two topics each week the course could stretch out over many months. If this happens participants will find it hard to remember what they have learned along the way!

HOW TO DEAL WITH QUESTIONS THAT PEOPLE ASK?

If you get asked a question but you are not sure of the answer a good idea is to say:

“Mi laik givim yu trupela tok tasol. Nogut mi bekim kwestin bilong yu na i no tru. Olsem mi bai sekup pastaim na bihain bai mi bekim long yu”.

This is a good way to answer a question you are not sure of because you are not saying that you don't know anything – instead you are saying that you respect everyone enough to make sure what you tell them is completely correct.

Use Tingim Laip staff to help you find out answers to questions that you are not sure of.

If someone asks a question that will be covered later in the course then tell them that their question will be answered later in the course! This also means you must get to know every topic in the course like the back of your hand – otherwise you won't know what will be covered later in the course.

Don't get sidetracked by questions. If you try and answer questions that are off the topic you will end up introducing information into the topic that will only confuse people. More information is not always better – take it slow and teach each topic as it is presented step by step. By the end of the course the participants will have all their questions answered and they will thank you for going step by step.

TRAINING JOURNAL

Keep another exercise book for you to write notes and comments in. This is called a training journal (or training diary). The training journal should be used to:



- ✎ Write down any evidence that participants are using the information they are learning during the course. For example you might have heard that one of the participants has done some awareness. This information will help you to evaluate the course.
- ✎ Write down any observations about what works and what doesn't work during the training, or any comments people have made about the training. This will help you to learn from experience so that you are able to improve the course for next time – and so that you are able to come up with your own training style!
- ✎ Write down any questions people have asked that you could not answer. This will remind you to get back to them with the answer. It is very important to get back to people with answers to their questions (even if you have to say you couldn't find an answer!) because it shows you respect them.
- ✎ Write down the time and date you did each training, and how many people came to each training and their names. This is a valuable record that can be used to evaluate the course and to work out who should get a certificate at the end.



7

Sik flu is caused by a virus. Measles is caused by a virus. Chicken Pox is a virus.

HIV is a virus



The good news is that we do not need to be afraid of HIV. It is easy to stop HIV from spreading. If you have the knowhow you can keep yourself completely safe.

8



The other good news is that if you have HIV it is not a death sentence. HIV will change your life – *yu bai les pinis long HIV* - but HIV will not end your life! If you have the knowhow you can still live a long and healthy life.

This course will give you the knowhow so that you can spread the good news!

9

Put the poster showing different viruses and other germs *long ples kliia*.

Explain that it has photos of different viruses and other germs – including the HIV virus. Explain that the photos are taken with a very powerful camera that can take photos through a microscope.

Suggest that people come and have a look if they are interested.

Insert thumbnail of poster here

Ask the participants the key questions for this topic:

1. What is a virus?
2. What is HIV?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – WHAT DOES HIV STAND FOR?

Explain that HIV stands for Human Immunodeficiency Virus

The 'human' part of Human Immunodeficiency Virus means that it likes to live in humans (people). In fact HIV can only live in humans.

Topic 1: What is HIV?

The 'immunodeficiency' part of Human Immunodeficiency Virus means that the virus attacks the immune system. The immune system is the body's way of protecting us from all kinds of sickness. We will talk more about the immune system in the next topic.

The 'virus' part of Human Immunodeficiency Virus means that the germ is a virus

You will not need to explain what HIV stands for very much. Most people just say HIV.

SAVE MOA YET – WHERE DID HIV COME FROM?

Explain that human viruses can only survive in humans. Bird viruses can only survive in birds. However very rarely a virus can move (or jump) to another type of animal and then survive and reproduce in the new animal.

Everyone may have heard of swine flu, which started off in pigs and jumped to humans. Or bird flu, which started off in birds and jumped to humans.

There is a virus a lot like HIV in monkeys in Africa. We do not know exactly how this virus jumped from monkeys to humans but we know it happened about 60 years ago.

Experts think that hunters must have killed a monkey to eat and come into contact with the virus in the monkey's blood. Somehow the virus was able to survive and reproduce and spread from person to person.

HIV also spread from Africa around the world. In the 1970s doctors in the United States first started noticing people were getting sick from something they hadn't seen before. Scientists and doctors examined the new sickness and in 1981 they discovered that it was a new human virus.

They called it HIV. HIV first came to PNG in the 1980s.

Topic 2: What does HIV do to our body?

1 hour

Materials None

Energiser Do any energiser you like or try energiser 1 'A song'

REVISION What is a virus?
What is HIV?

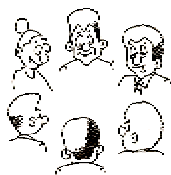
KEY QUESTIONS
FOR THIS TOPIC

- (1) What is our immune system?
- (2) What does HIV do to our immune system?
- (3) What does HIV positive mean?

1

Explain that inside our body we have our own medicine for fighting germs that do us harm – like viruses. This medicine is in our blood. It is called our immune system.

Our immune system is a *banis*. If we didn't have this *banis* then *rabis binatang* could come inside us *laik bilong ol*.



Activity (role play): Our body is really a garden. If our body is like a garden, then the fence around the garden to keep pigs out is like our immune system. The pigs trying to get into the garden are like *rabis binatang* that want to get inside.

GARDEN = OUR BODY

FENCE = OUR IMMUNE SYSTEM

PIGS = RABIS BINATANG

2

1. Select a person to stand up and pretend to be a garden.
2. Select at least three more people and tell them they are the fence that protects the garden. Ask them to hold hands around the person who is the garden.
3. Select one or two more people to be pigs. Tell them they must try to get past the fence and into the garden. When you say 'go' the people who are the fence should stop the people who are pigs from getting into the garden.
4. Tell the group that a strong fence is the same as a strong and healthy immune system. It stops *rabis binatang* from getting into our body and making us sick or killing us.
5. Next tell everyone to imagine that white ants (*binatang bilong kaikaim diwai*) have eaten the wood and now the fence is rotten. Tell the people who are the fence to touch fingers instead of holding hands.

USE MORE PEOPLE TO MAKE THE FENCE IF YOU CAN - IT IS GOOD TO INVOLVE EVERYONE IN A ROLE PLAY!

WHITE ANTS = THE HIV VIRUS

Topic 2: What does HIV do to our body?

community on what HIV does to our body? Do they think they can do the role play with their friends and family? See if someone is happy to have a go at running the role play again.

Ask the participants the key questions for this topic:

1. What is our immune system?
2. What does HIV do to our immune system
3. What does HIV positive mean?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – MORE DETAILS ABOUT THE IMMUNE SYSTEM

Explain that our immune system is in our blood. The part of our blood that fights harmful germs is the white blood cells. Whenever you have been sick in the past your white blood cells have rushed in to kill the germs before they make you too sick.

Special types of white blood cells, called T cells, are the fight leaders. The T cell's job is to produce white blood cells that know how to fight a harmful germ. If you have had the germ before then your T cells will remember how to fight it – and it will be much easier for them to make exactly the right white blood cells to fight the germ.

When you get the measles vaccination, inside the needle is a small amount of very weak measles virus. Because it is weak the virus won't do you any harm but your T cells learn how to beat it. The next time your body is attacked by a strong measles virus your T cells will be able to make exactly the right white blood cells to fight the germ.

When HIV gets inside your blood it starts to take over the fight leaders – the T cells. It turns them into factories that produce more HIV virus instead of white blood cells.

Without fight leaders your white blood cells don't know how to defeat the invader. And as more and more fight leaders are taken over you lose the memory of how to defeat other germs. After a number of years, people with HIV start to get sick from things that they would normally have been able to fight off, like TB, Malaria, Pneumonia, and Diarrhoea.

PACKET OF RICE = THE HIV VIRUS

4. Say that a drop of blood from someone with HIV has got inside now. Put a packet of rice on one of the joins in the fence (two people holding hands). The person is now HIV positive.
5. Next ask everyone if you could tell if the person has HIV inside them by looking at them? The answer is 'no' because no *rabis binatang* have gotten inside the *banis* yet – there is no sickness!
6. Explain that when HIV gets inside us it starts to *karim pikanini*. Put another packet of rice over the first packet....and another.... and another....and another. As the load of HIV increases it is harder for your immune system to stay strong – just like when the number of white ants increased in the *diwai banis*.
7. Explain that the immune system is weak now. The *banis* is weak. Ask the people holding hands to instead touch fingers.
8. Next ask everyone if you could tell if the person has HIV yet? The answer is 'no' because no *rabis binatang* have got inside the *banis* so there is no sickness.
9. Remind everyone that the pigs are viruses and other germs - *rabis binatang*. Give the pigs names of common *rabis binatang* in PNG – such as TB or pneumonia or diarrhoea or malaria. Count to three and ask the pigs to try and get inside the fence. They should all be able to get inside the *banis*.

DONT WORRY IF THE BAGS OF RICE FALL DOWN WHEN THE PEOPLE IN THE FENCE CHANGE TO TOUCHING FINGERS

When the viruses and other germs get inside the fence point out that this is called **AIDS**. AIDS is when a person's immune system is so damaged by HIV that the fence is down – *rabis binatang* like TB or pneumonia or diarrhoea or malaria get inside and make us sick.

Thank everyone for helping with the role play!



Askim ol: What is the difference between HIV and AIDS?

2

Explain that AIDS is when a person's immune system is so damaged by HIV that the fence is down and *rabis binatang* get inside and make us sick.

In PNG the *rabis binatang* that normally get inside when the fence is down are TB, malaria, pneumonia, and diarrhoea. These sicknesses cause people to have weight loss, coughing, fever, tiredness, loss of hair, skin sores and *pekpek wara*.

3

Explain that eventually one or more of the sicknesses become so bad that they kill the person. It is not HIV that kills them. The person is killed by one of the sicknesses that our immune system would normally fight off – like TB or malaria or pneumonia or diarrhoea. Or you can say that they die from AIDS.

Topic 3: What is AIDS



In my community: Ask the whole group to think back to when they first heard about AIDS. Ask them what their friends and family believed AIDS was. What did they think the difference was between HIV and AIDS? Does everyone think they can now explain to friends and family what the difference is between HIV and AIDS?

4

YOU MAY HAVE NOTICED THAT THERE ARE LOTS OF QUESTIONS TO GET PARTICIPANTS THINKING ABOUT HOW THEY COULD USE THEIR KNOWLEDGE TO EXPLAIN HIV TO FRIENDS AND FAMILY. THIS IS BECAUSE A GOAL OF THE COURSE IS FOR PARTICIPANTS TO USE THEIR KNOWLEDGE, ONCE THEY HAVE LEARNED IT – AND TO LEAD THEIR COMMUNITY'S RESPONSE TO HIV!

Explain that it normally takes a long time for a person with HIV to develop AIDS – sometimes ten years or more. Until this time people with HIV look and feel fine.

5

Unlike *sik flu* or most other viruses HIV doesn't make you sick. Because people don't get sick they don't know they have HIV so they continue to spread it.

Make sure everyone is clear that the only way to know if you have HIV in your blood is to get an HIV blood test!

We will find out all about HIV testing later in the course.



Askim ol: What is the only way to know you have HIV?

Taim bilong AIDS em i pinis!

6



Don't forget the good news that if you have HIV you can still live a long and happy life – if you do the right thing. The right thing is staying healthy and taking HIV medicine every day for the rest of your life. If you do this your *banis* will never break and you will never get AIDS.

We will learn all about HIV medicine and treatment later in the course.

Ask the participants the key questions for this topic:

1. What is AIDS?
2. What is the only way to know if you have HIV?



Topic 3: What is AIDS



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – WHAT DOES AIDS STAND FOR?

Explain that a lot of sickness happening at the same time is called a syndrome. AIDS is the name given to the syndrome that is caused by HIV

AIDS stands for Acquired Immune Deficiency Syndrome.

Acquired means you pick it up from outside your body.

Immune Deficiency means our immune system has been badly damaged (deficiency means damaged).

Syndrome means a lot of sicknesses happening at the same time.

You will not need to explain what AIDS stands for very much. Most people just say AIDS.

Topic 4: Which body fluids contain HIV?

1 hour

Materials 1 packet of rice

Energiser Do any energiser you like or try energiser 3 'Fruit salad'

REVISION What is AIDS?
What is the only way to know if you have HIV?

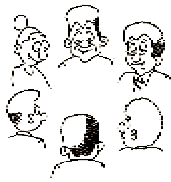
KEY QUESTIONS FOR THIS TOPIC (1) What body fluids contain HIV?
(2) Which body fluid is the home of HIV?
(3) How quickly does the HIV virus die outside of the body?



Askim ol: What are body fluids?

1 Explain that a body fluid is any liquid that comes out of our body.

Viruses like to live in anything that can come out of our body and get into someone else's body because it is the way they spread from person to person.

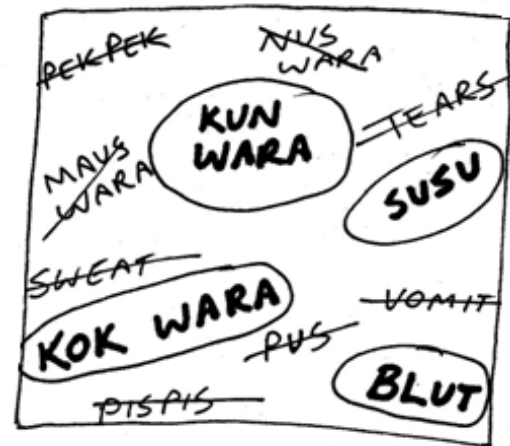


Activity (brainstorm):
Ask everyone to call out the name of different body fluids. Whatever

FOR MORE INFORMATION ON HOW TO RUN A BRAINSTORM HAVE A LOOK AT THE TRAINER'S HANDBOOK

comes into their heads! On butcher paper or a whiteboard write down whatever people call out. Examples include *pekpek, nus wara, kus, tuhot, wara bilong maus, spet, ai wara, pispis, traut, susu bilong buk, wara bilong soa, blut, sik mun, kok wara, kan wara, susu*.

1. On the butcher paper or whiteboard go through the list of body fluids and ask everyone to say if they think it could contain HIV if it came out of someone who was HIV positive?
2. Explain that the only body fluids that contain HIV are blood, semen, vaginal fluids, and breast milk. HIV doesn't like to live in any of the other body fluids!
3. Make a show of circling the body fluids that contain HIV and crossing out the body fluids that do not contain HIV.



PEOPLE REMEMBER THINGS BETTER IF THEY HEAR OR SEE IT - SO BE SURE TO MAKE A SHOW OF CIRCLING THE BODY FLUIDS THAT CONTAIN HIV AND CROSSING OUT THE ONES THAT DO NOT - SO THAT EVERYONE SEES WHAT YOU ARE SAYING. IF YOU WANT TO KNOW MORE ABOUT THE WAYS THAT PEOPLE LEARN HAVE A LOOK AT THE TRAINER'S HANDBOOK

3

Only *blut* or *kok wara* or *kan wara* or *susu* from someone who is HIV positive contains HIV



Askim ol: Which body fluid is the home of HIV?

It is important to explain that although *kok wara* and *kan wara* and *susu* contain HIV, the only body fluid that HIV can reproduce in is blood.

Blood is the home of HIV

4

HIV can spread from person to person in blood or *kok wara* or *kan wara* or *susu* but in the end the HIV virus must get into the new person's blood otherwise it will not be able to *karim pikanini*.

All viruses only live for a very short time. If the HIV virus doesn't make it into the new person's blood it will *lapun na di* without leaving behind a *lain* - the new person will not become HIV positive.



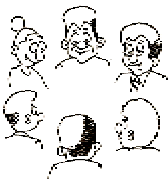
Askim ol: Can the HIV virus survive outside of our body?

It is important to remind everyone that viruses can only survive inside someone's body where it is warm and moist. Outside of the body most viruses die in seconds.

5

The HIV dies in seconds when it is outside the body.

HIV can live in *blut* or *kok wara* or *kan wara* or *susu* but once these body fluids leave the body the HIV virus dies in seconds.



Activity (demonstration): Ask everyone to think back to the roll play from the previous topic. Hold up a packet of rice and remind everyone that it represents the HIV virus – say that there can be this much of the HIV virus in a drop of HIV positive blood.

6

1. Make sure everyone is clear that there is normally more of the HIV virus in blood because blood is the home of HIV. Hold up a packet of rice and say that if there was this much HIV in a drop of someone's blood then there would be about a handful of rice in a drop of the same person's *kok wara* or *kan wara* or *susu*.

PACKET OF RICE = THE HIV VIRUS

2. Next tell everyone to imagine that you are HIV positive. Take your shoes off. Go for a walk and pretend to tread on something sharp. Say that there is blood on the ground now. Point to the blood and then throw the packet of rice on top.

Topic 4: Which body fluids contain HIV?

2

Remind everyone that the packet of rice shows that there is HIV in the blood.

3. *Next ask everyone if the HIV virus in the blood on the ground is dead or alive?*
The answer is 'dead' – tell everyone that by the time you asked them the question the HIV in the blood was already dead.
4. Take the packet of rice away. Make sure everyone is clear that HIV dies in seconds when it is outside of the body.
5. At the end tell everyone that if it was a very large pool of blood, like in a car accident, the HIV virus could survive a little longer. This is because the large amount of blood would keep the virus warm and moist for just a little longer. But even in a large pool of blood the HIV virus dies in less than a minute.

2

7

Lastly remind everyone again that the only body fluids that can contain HIV are *blut* or *kok wara* or *kan wara* or *susu* from someone who is HIV positive.

2

Ask the participants the key questions for this topic:

1. What body fluids contain HIV?
2. Which body fluid is the home of HIV?
3. How quickly does the HIV virus die outside of the body?



- (1) Ask if there are any questions or comments
- (2) Do a *save moa yet* box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – DO OTHER BODY FLUIDS CONTAIN HIV OR NOT?

Explain that it is true that other body fluids can contain very tiny amounts of HIV.

Hold up a packet of rice and say that if there was this much HIV in a drop of someone's blood then there would be about a handful of rice in a drop of the same person's *kok wara* or *kan wara* or *susu*.

But in a drop of saliva or tears or sweat you wouldn't find anything. You would have to have about eight buckets of saliva or tears or sweat to find any HIV virus. Ask everyone to imagine one grain of rice in eight buckets of saliva or tears or sweat.

By the time eight buckets of saliva or tears or sweat found their way inside you and somehow the HIV virus got into your blood it would be well and truly dead. Don't forget HIV dies in seconds outside the body.

No one in the world has caught HIV from saliva or tears or sweat or any other body fluid. The only body fluids to worry about are *blut*, *kok wara*, *kan wara*, and *susu*.

Topic 5: The three rules of HIV transmission

Tell everyone that there are extra statements at the bottom of the poster that make the rules of HIV transmission clearer. Explain that we will find out about these extra statements as we go through the course.

Insert thumbnail of poster to replace the image below



Askim ol: To even have a chance of getting HIV what three things have to happen?

2

Tell everyone that you will bring this poster to every training from now on because it will help everyone to answer almost every question that they will ever have about how HIV spreads from person to person.

8

Give everyone their own copy of the RULES OF HIV TRANSMISSION POSTER. Explain that by the end of the course everyone should be able to explain everything on the poster to other people in their community.

Give everyone their own copy of the rules of HIV transmission poster

Ask the participants the key questions for this topic:

1. Where is our skin *banis* weak enough for HIV to pass through?
2. What are the three rules of HIV transmission?



Topic 5: The three rules of HIV transmission



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

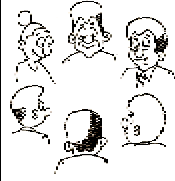
Topic 6: How does HIV transmission happen in PNG?

1 hour

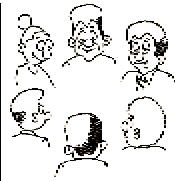
Materials	RULES OF HIV TRANSMISSION POSTER, the 3 pictures of unsafe sex, sharing needles and razors, and mother to baby transmission, 3 packets of rice
Energiser	Do any energiser you like or try energiser 5 'The human knot'
REVISION	Where is our skin <i>bani</i> s weak enough for HIV to pass through? What are the three rules of HIV transmission?
KEY QUESTIONS FOR THIS TOPIC	(1) What are the three ways that HIV spreads in PNG? (2) What is unsafe sex?

1 Go through the RULES OF HIV TRANSMISSION POSTER with everyone again. Remind everyone that the poster will help them to answer almost every question they will ever have about how HIV spreads from person to person.

MAKE SURE THAT FOR THE REST OF THE COURSE YOU PUT THE POSTER LONG PLES KLIA

2  Activity (group work): Get everyone to work in a group. Ask them to use the RULES OF HIV TRANSMISSION POSTER to work out if you can get HIV by stepping in someone else's *pispis*. Ask them to go through each rule to see if it could happen. Ask someone to be a spokesperson and to report back at the end.

Answer:
RULE CANNOT HAPPEN. HIV does not live in *pispis*!
*To even have a chance of HIV transmission all three rules must happen
Therefore you cannot get HIV by stepping in someone else's pispis!*

3  Activity (group work): Get everyone to work in a group. Ask them to use the RULES OF HIV TRANSMISSION POSTER to work out if you can get HIV by touching fresh blood on someone's arm. Ask them to go through each rule to see if it could happen. Ask someone in the group to be a spokesperson and to report back at the end.

Answer:
RULE CAN HAPPEN. HIV lives in *blut* and there is a chance it is from someone who is HIV positive!
RULE CAN HAPPEN. The blood is fresh so it can survive long enough to make the journey
RULE CANNOT HAPPEN. HIV cannot get through the skin on your hand and into your *blut*.
*To even have a chance of HIV transmission all three rules must happen
Therefore you cannot get HIV by touching fresh blood on someone's arm!*

4 To even have a chance of getting HIV the three rules of HIV transmission must all happen. Explain that in PNG there are only three ways that all of the three rules of

Topic 7: HIV testing

1 hour

Materials RULES OF HIV TRANSMISSION POSTER

Energiser Do any energiser you like or try energiser 6 'Chinese whispers'

REVISION What are the three ways that HIV spreads in PNG?
What is unsafe sex?

KEY QUESTIONS FOR THIS TOPIC (1) Why do you need a second HIV test even if the first test is negative?
(2) What are the three Cs of HIV testing that must be followed?

1 Explain that over sixty thousand people in PNG are believed to be HIV positive but less than twelve thousand people know they are HIV positive.

There are a lot of people in PNG who don't know they have HIV. One reason for this is that it has been hard to get an HIV test.

But now HIV testing services are becoming widely available. These testing services are called VCT (Voluntary Counselling and Testing).



Askim ol: Who should get tested for HIV in PNG?

YOU should get an HIV test if

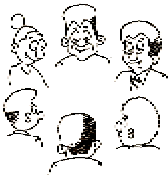
2 You are someone who has shared a razor or needle some time in your life

You are someone who has had vaginal or anal sex with someone without using a condom properly some time in your life

You are thinking of having a baby and you want peace of mind

You want peace of mind. If you are at all worried that you might have HIV then get an HIV test –*nogut yu wari nating!*

3



Activity (group work): Get everyone to work in a group. Ask everyone to discuss why some people do not want to get an HIV test? Why is it good to know if you are HIV positive or HIV negative? Ask someone to be a spokesperson and to report back at the end.



Askim ol: Which body fluid is the home of HIV?

HOW does HIV testing work?

4

Remind everyone that HIV must get into your blood for it to be able to *karim pikanini*. If you have HIV it will be in your blood. A health worker (such as a doctor

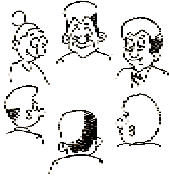
Topic 7: HIV testing

8



In my community: Ask everyone if they know where men and women in their community can go to get an HIV test? Are people going to get tests? Why or why not?

9



Activity (group work): Get everyone to work in a group. Ask everyone to discuss ways to encourage friends or family members to get an HIV test. For example you could tell someone that you are going to get an HIV test and it would be a big support if they also came and got one. Or get a group to go for testing together. Ask someone to be a spokesperson and to report back at the end.

Ask participants the key questions for this topic:

1. Why do you need a second HIV test even if the first test is negative?
2. What are the three Cs of HIV testing that must be followed?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – MORE DETAILS ON HIV TESTING IN PNG

The part of our immune system that fights germs is the white blood cells. Special types of white blood cells, called T cells, are the fight leaders. T cells identify exactly what type of germ it is and then tell the white blood cells what weapons to use to fight the germ. These weapons are called antibodies. The T cells know which antibodies are best to use to fight each germ and they tell your immune system to produce the right ones. When you have flu your immune system produces flu antibodies. When you have malaria it produces malaria antibodies. If you have had flu or malaria before then the T cells will remember how it was defeated so it will be easier to defeat again.

When you have HIV your immune system produces HIV antibodies. The antibody test checks your blood for HIV antibodies. But it can take up to three months for there to be enough antibodies to show up in an antibody test. This is why if your test result is negative you will still need to get another test in three months to confirm your result.

Unfortunately HIV antibodies don't win the battle against HIV. This is because HIV also attacks the T cells (the fight leaders) so the white blood cells can't do their job properly.

It can take up to two weeks from the time of testing to getting a result. However there are now rapid tests for HIV antibodies in use in PNG. The health worker will place a drop of your blood in a test kit and give you a result straight away. However because the

Topic 7: HIV testing

rapid tests still tests for antibodies a negative result may just mean you haven't had HIV long enough so you will still need to get a second rapid test in three months time to confirm your result.

Topic 8: HIV medicine and treatment

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, long rope (as long as a car)²

Energiser Do any energiser you like or try energiser 7 'Balloon bust'

REVISION Why do you need a second HIV test if the first test is negative?
What are the three Cs of HIV testing that must be followed?

KEY QUESTIONS FOR THIS TOPIC (1) How can a person with HIV stop themselves getting AIDS?
(2) What happens if you forget to take your ARV medicine?



Askim ol: What does HIV do to our immune system?

1

Ask everyone to think back to the role play about the fence around the garden. When HIV first gets inside us it starts to *karim pikanini*. As the load of HIV increases it is harder for your immune system to stay strong.

The fence around the garden only broke when we loaded heaps of packets of rice on the fence. If you can keep the load of HIV in your blood low then the fence around your garden will never break – this means you will never get AIDS.

2



The good news is that you can reduce the load of HIV virus in your blood and keep it low by staying healthy and by getting HIV treatment. If you stay healthy and get HIV treatment you should never get AIDS.

Taim bilong AIDS em i pinis!

staying healthy

Explain how you can keep your load of HIV virus low by staying healthy.

3

Ask everyone to think back to the role play about the fence around the garden. Imagine the fence around the garden was made of strong timber. The stronger the timber the harder it is for white ants to survive and reproduce – *strongpela diwai bai stap longpela taim!*

If you are strong and healthy your immune system will be strong and healthy. To *strongim banis bilong yu yet* do the following four things:

1. Eat lots of fruit, vegetables, meat, milk and water²

2. Try not to smoke or drink alcohol, and get plenty of rest²

3. Wash your hands after going to the toilet and before eating to prevent sickness²

4. Get treatment quickly if you get sick



Askim ol: What are the four ways to *strongim banis bilong yu yet?*

5

HIV treatment

Explain that the best way to reduce your load of HIV virus and keep it low is by getting HIV treatment. HIV treatment is called ARV.

Four things to remember about ARV medicine

6

ARV STOPS HIV FROM *KARIM PIKANINI*. *Nogat planti pikanini nau* the load of HIV virus will go down!

ARV MAKES HIV WEAK. As long as your immune system is strong and healthy then HIV will be too weak to do any damage to your *banis*.

ARV MUST BE TAKEN EVERY DAY. ARV will only work if you take the medicine every day for the rest of your life!

ARV IS NOT A CURE. You can never get rid of HIV. There will always be HIV in your blood and *kok wara* and *kan wara* and *susu* even if you take ARV medicine every day. This means you will always be able to spread HIV to someone else.



Activity (tug-a-war): Explain that having HIV is like a tug-a-war between you and the HIV virus. If you lose the tug-a-war you get AIDS! Lay a long rope on the ground (about as long as a car is long enough).

7

1. Pulling against you is the HIV virus. Ask one person to hold the rope on one side – they are the HIV virus. Boo and hiss!
2. Pulling for you is a strong and healthy immune system. The stronger your immune system the more it will be able to pull against HIV. Ask the strongest person in the group to hold the rope on the other end to HIV – explain that they are your strong and healthy immune system!
3. Pulling for you is ARV medicine. *Ask everyone what are the four things to remember about ARV medicine?*
Ask another person to hold the rope on the other end to HIV – explain that they are ARV medicine.
4. There should now be one person on one side (the HIV virus) and two people on the other side (a strong and healthy immune system and ARV medicine). Ask the two teams to pull.

HIV should not be able to win!

If you have a strong and healthy immune system and take ARV medicine every day HIV will not win. But HIV can never lose! No matter what you do HIV will never let go of the rope! All you can do is stop HIV from winning!

Topic 8: HIV medicine and treatment

1. Next get ready to run the tug-a-war again. Ask the same people to get back into position and get ready to pull. Remind everyone that on one side is the HIV virus and on the other side is a strong and healthy immune system and ARV medicine.
2. But this time ask everyone to imagine that the person has forgotten to take their ARV medicine. Ask the person pretending to be ARV medicine to let go of the rope.
3. If you forget to take your ARV medicine then there is nothing to stop HIV from *karim pikanini*. Ask another person to join the tug-a-war on the side of HIV.
4. If you forget to take your ARV medicine then HIV will become stronger and it will damage your immune system. Ask the person who is pretending to be the strong and healthy immune system to put one hand behind their back.
5. There should now be two people on one side (the HIV virus and its *pikanini*) and on the other side there should be one person with one hand behind their back (a weaker immune system). Ask the two teams to pull again. It will now be much harder to stop HIV from winning.

If you forget to take ARV your side gets weaker and HIV gets stronger!

Thank everyone for helping with the role play!

8



Remind everyone of the good news - if you take ARV medicine every day for the rest of your life and if you keep your immune system strong and healthy you should never get AIDS!

9



In my community: ARV medicines used to be too expensive to be available in PNG but there are now programmes that are making them available. Ask everyone if they know where someone from their community could go to get HIV medicine and treatment?

Ask participants the key questions for this topic:

1. How can a person with HIV stop themselves getting AIDS?
2. What happens if you forget to take your ARV medicine?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

Topic 9: Sex and reproduction

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, posters of male and female sex parts (or make your own)

Energiser Do any energiser you like or try energiser 8 'Animal crackers'

REVISION How can a person with HIV stop themselves getting AIDS?
What happens if you forget to take your ARV medicine?

KEY QUESTIONS FOR THIS TOPIC (1) How is a baby made?

IF POSSIBLE ASK A HEALTH WORKER TO HELP YOU TEACH THIS TOPIC. THEY WILL BE ABLE TO GIVE MORE INFORMATION AND ANSWER ANY QUESTIONS. REMEMBER THAT EVERYONE FEELS UNEASY TALKING ABOUT SEX AND REPRODUCTION. RE ASSURE EVERYONE THAT THIS IS A SAFE PLACE. IN ORDER TO PROTECT OURSELVES AND OUR FAMILY FROM HIV WE HAVE TO BE OPEN AND HONEST ABOUT SEX AND REPRODUCTION. ASK EVERYONE FOR THEIR PERMISSION TO TALK OPENLY AND HONESTLY!



Activity (handout): Ask everyone to look at the poster showing the male body parts used for sex and reproduction. If you have extra posters give them out so people can have a good look. As you explain the picture be sure to discuss the following male sex parts:

Kok

1

Bilum bilong bol This is the sack that holds the *bol*.

BOI

This is where sperm are made. Sperm are the male 'eggs' that a woman's body will use to make a baby. Sperm live in *kok wara*.

Rot bilong pispis

This is where the *pispis* and *kok wara* comes out of the *kok*.



Askim ol: Where do the male 'eggs' live?



Activity (handout): Ask everyone to look at the poster showing the female body parts used for sex and reproduction. If you have extra posters give them out so people can have a good look. As you explain the picture be sure to discuss the following female sex parts:

2

Kan

Bilum bilong pikinini This is also called the womb

Rot bilong kiau These are the tubes between the ovaries (*ples kiau bilong meri i kamap*) and the womb

Ples kiau bilong meri i kamap This is also called the ovaries. A woman's ovaries release one egg every month. The egg stays in the *rot bilong kiau* for one month waiting for the sperm in a man's *kok wara*.



Askim ol: How is a baby made?

3

Explain that to make a baby the sperm in a man's *kok wara* must get inside the woman's body and fertilize (*maritim pinis*) the woman's egg. This happens during sex or *koap*.

4

Explain that when a man gets excited by sex his penis fills with blood and becomes stiff (or erect). This is called an erection.

5

Explain that if the woman's body is ready to have sex then her *kan* will produce *kan wara*. *Kan wara* helps to grease the *kan* so that it is not painful when a man puts his *kok* inside her *kan*.



Askim ol: What is *kan wara* for?

6

Explain that when a man puts his erect *kok* inside a woman's *kan* his excitement will end in a nice feeling called an orgasm. Excitement for a woman can also end in an orgasm.

7

During the man's orgasm he will *kam o kapsait*. This is when the *kok wara* containing the sperm travels out of the end of the man's *kok* and into the *kan*.

Sperm in *kok wara* then swim into the woman's *rot bilong kiau* in search of her egg.



Askim ol: What happens if the man's sperm reaches the woman's egg?

8

Explain that if a single sperm combines with the woman's egg then her egg becomes fertilized (*maritim pinis*). The woman is pregnant.

The fertilized egg buries itself in the soft womb and stays there for the next nine months growing into a baby. As the baby grows the womb stretches like a *bilum*.

After nine months the unborn baby will move from the womb, through her *kan*, and come out of the woman during delivery or childbirth.


Topic 9: Sex and reproduction

- ↪ His voice gets deeper.
- ↪ His *kok* gets bigger.
- ↪ He starts to get excited by the idea of sex and starts to have erections.
- ↪ He also starts to produce sperm in his *bol*.

Between about 10 and 17 years old a girl turns into a woman:

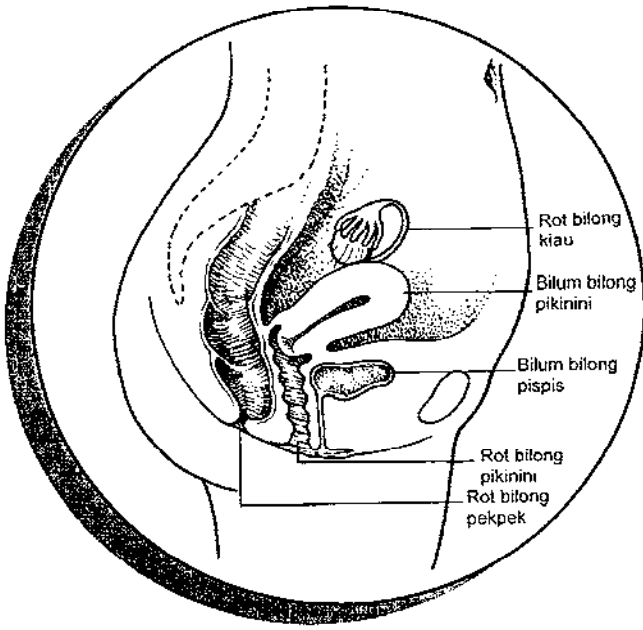
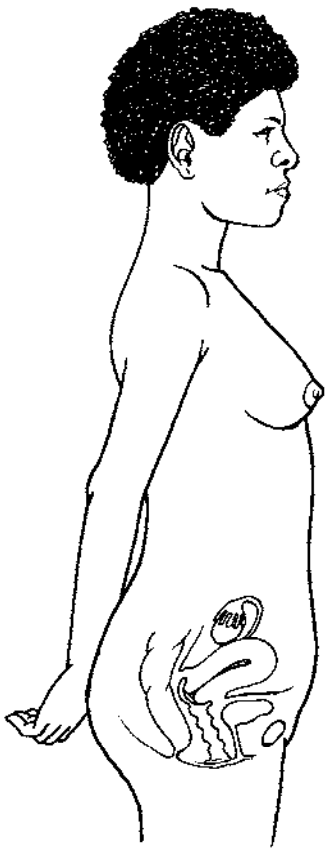
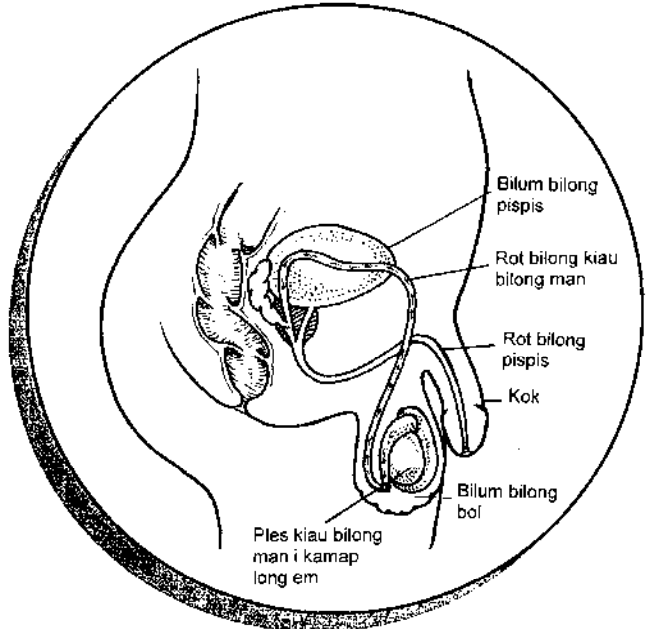
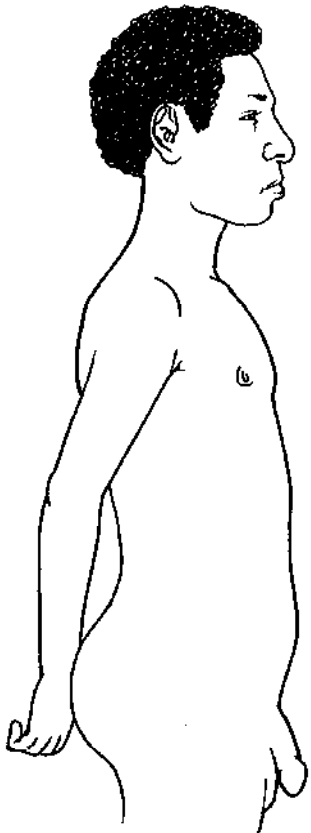
- ↪ Her body gets bigger and hairier.
- ↪ Her breasts and hips get bigger.
- ↪ Each month her ovaries release a fresh egg.
- ↪ Each month she has her 'period' or *sik mun* to get rid of the old egg.



In my community: Explain that puberty is when a young person's body changes into an adult's. Ask everyone what else a boy or girl must do before they are considered to be an adult in their community? 

Topic 9: Sex and reproduction

Insert thumbnails of poster (or posters?) showing male and female sex parts.



Topic 10: Why do people have sex?

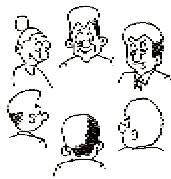
1 hour

Materials RULES OF HIV TRANSMISSION POSTER

Energiser Do any energiser you like or try energiser 9 'Energiser long ples'

REVISION How is a baby made?

KEY QUESTIONS FOR THIS TOPIC (1) What are some different reasons people have sex?
(2) What problems are caused by mobile men with cash?



Activity (brainstorm): Ask everyone to think about reasons that people have sex. If possible write down what they say on butcher paper or a whiteboard. The following list includes some examples of the reasons people have sex – if people don't think of them then be sure to mention them yourself.

1

TO FEEL CLOSE TO SOMEONE
BECAUSE THEY WANT TO START A RELATIONSHIP
FOR FUN
BECAUSE THEY NEED MONEY OR FOOD OR PROTECTION
TO FEEL LIKE THEY ARE WANTED
BECAUSE IF THEY DONT THEY WILL BE BEATEN UP OR REJECTED
TO MAKE A BABY
BECAUSE THEY WANT TO FIND OUT WHAT IT IS LIKE
BECAUSE THEY ARE BORED OR LONELY

2 Explain that people have sex for many different reasons. The reasons people have sex normally changes as they go through their lives.

2 The important thing to remember is that if someone makes the decision to have sex it is for a reason that is important to them at the time.

If you were living their life you would probably make the same decision they made!



Askim ol: Are all people given the chance to decide whether they want to have sex or not?

3 Explain that in PNG many women have sex out of fear – to avoid being beaten up or rejected.

And many women don't even get the chance to make a decision – they are raped!

4



In my community: Ask the group if they think rape is becoming more common? Why? What problems does it cause for the woman who is raped? Can anything be done to reduce the amount of rape?

Topic 10: Why do people have sex?

5



In my community: Ask the group if they think sex is becoming more common in their community? Is everyone having more sex or is it just some people who are having sex more often? Who? Why?

6

Explain that in PNG there are many changes happening. Cash is becoming more and more important in everybody's life.

People – especially men – are moving around the country to work.

In PNG there are now lots of **MOBILE MEN WITH CASH**. Mobile men with cash live away from their family and community and customs and have spare cash to spend.



Askim ol: What do mobile men with cash often spend their money on?

7

Explain that mobile men with cash often spend their money on alcohol and sex. Alcohol and sex are a dangerous mix.



Askim ol: Why is alcohol and sex a dangerous mix?

8

Explain that when you are drunk you *no gat tingting*. Alcohol does the thinking for you. Alcohol doesn't worry about what could go wrong!

When people mix alcohol and sex they often have unsafe sex! *No gat tingting!*

And when men have too much alcohol they can be violent – a lot of rape in PNG happens after men have been drinking. Rape is almost always unsafe sex!

Mobile men with cash who spend money on alcohol and sex are spreading HIV!



Activity (group work): Get everyone to work in a group. Is there anything that can be done to stop mobile men with cash from spending money on alcohol and sex? Give an example of a community that negotiated for local night clubs to close by midnight. Ask someone to be a spokesperson and to report back at the end.

9

Make the point that it is hard to stop people having sex. The best way to try and stop the spread of HIV is to encourage people to have safe sex.

**We can't stop people having sex
but we can try and stop people getting HIV
when they have sex**



Askim ol: What does homosexual mean?

Topic 10: Why do people have sex?

10

Explain that while most people are attracted to the opposite sex some people in our community are attracted to the same sex.

People who are attracted to the same sex are sometimes called 'homosexual'. Sometimes they are called 'gay' if they are a man or 'lesbian' if they are a woman.

11

Make sure everyone is clear that people do not choose to be homosexual. They are born homosexual in the same way people are born with strong legs or a big nose.



Askim ol: Is being attracted to the same sex new to PNG?

12

There have always been people who are attracted to the same sex in PNG – in some cultures men were allowed to have sex with other men and women were allowed to have sex with other women. In other cultures in PNG they were not allowed and they had to cover it up.

It is not true that being attracted to the same sex is new to PNG.



Askim ol: Are there more people attracted to the same sex now than before?

13

Explain that it is not true that there are now more people attracted to the same sex.

What has changed is that people who are attracted to the same sex are no longer covering it up – so we hear more about it and talk more about it.



Askim ol: Why do people who are attracted to the same sex sometimes want to cover it up?

14

Explain that there is a lot of discrimination and violence against men and women who are attracted to the same sex in PNG. Many homosexual men and women have been rejected by their families, beaten and attacked, and even killed.

For this reason many people who are attracted to the same sex cover up who they really are. This can be very harmful to them because it causes low self-esteem, depression, alcohol and drug use, and sometimes suicide.

15



In my community: Ask the group how people who are attracted to same sex are treated in the community? Why? What can be done to improve the way they are treated?

Ask the participants the key questions for this topic:

1. What are some different reasons people have sex?
2. What problems are caused by mobile men with cash?



Topic 10: Why do people have sex?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – DON'T PUT OTHER PEOPLE INTO GROUPS

Explain that all people everywhere have a kind of *sik* inside their *kru pamkin*.

We all like to be part of a group – *mi stap wantaim* Blues or *mi stap wantaim* Maroons.

Is good to feel like you belong to a group. If we say we are part of a group – like the Blues – we feel good about ourselves when our group does well – *tingim* state of origin!

But we also feel good about ourselves when the group we don't belong to does badly.

It makes you feel good to hear someone say that highlanders are raskols or *nambis* are lazy or white skins are *bik het* or women are stupid or gays are not real men or Chinese steal money or Blues are soft– if you are not part of those groups. Tru a?

This is the *sik* inside our *kru pamkin* – we want the group that we are not in to do badly because it makes us feel good about our own group.

We get together with people from our own group and *tok nogut* about the other group – *ol rabis lain ino olsem mipela!* It doesn't matter if it is true or not because it feels good. So we convince ourselves it is true! *Em mas tru ya!*

If no one stops this *sik* then it can get out of control! *Ol rabis lain! Maski, yumi kilim ol.*

Sometimes people put other people into groups based on the colour of their skin or what clan they are from or whether they are a man or woman or what religion they are from or what sex they are attracted to.

If we put people into groups then the *sik* inside our *kru pamkin* *kikstats*. Always be concerned whenever someone is putting other people into groups – like black skin or white skin or *meri tasol* or gay – because the *sik* gets out of control!

SAVE MOA YET – MEN WHO HAVE SEX WITH MEN

In PNG and around the world health experts normally prefer the term 'men who have sex with men' instead of 'gay' or 'homosexual'. There is a good reason for this:

There are many men who don't say they are gay or homosexual but who do have sex with other men. In PNG this happens!

Topic 10: Why do people have sex?

If we say gay or homosexual then men who don't say they are gay or homosexual, but who do have sex with other men, might think we were not talking about them.

They would not listen if a health worker was explaining how gay or homosexual men can have sex with other men safely!

It doesn't matter whether a man thinks of himself as gay or homosexual – what matters is whether they have sex with other men safely or not.

SAVE MOA YET – HOW DOES DRINKING TOO MUCH ALCOHOL AFFECT YOU?

Drinking too much alcohol destroys your ability to learn and to concentrate. Over time it affects every part of your body. It causes liver disease, infertility (you can't have children), skin problems, heart problems, brain damage, cancer, and stroke.

Alcohol also affects the bit of your brain that deals with controlling your impulses, so after a few beers you find it harder to say no to things you would normally say no to.

This means you are more likely to take risks, such as drink driving.

You are also more likely to do something you later regret, such as having unsafe sex.

Alcohol can also make you aggressive and violent.

So how much is too much? Experts say that drinking 2 or 3 stubbies or cans per day is safe. After 2 or 3 cans you start to make bad decisions!

Topic 11: Who is at risk of getting HIV?

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, eight risk cards, small bell

Energiser Do any energiser you like or try energiser 10 'Nose condom'

REVISION What are some different reasons people have sex?
What problems are caused by mobile men with cash?

KEY QUESTIONS FOR THIS TOPIC (1) Who is at risk of getting HIV in PNG?



Askim ol: What are the three ways HIV spreads in PNG?

1

If you have a risk of getting HIV it means you have a chance that you will get HIV.

If you have a high risk of getting HIV it means that there is a high chance that you will get it.



Askim ol: Who has a high risk of getting HIV in PNG?

2

You have a high risk of getting HIV in PNG if you have unsafe sex or you share needles or razors or you are an unborn or newborn baby and your mother has HIV.

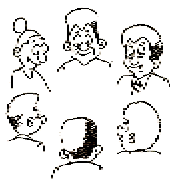
If you have a high risk of getting HIV it doesn't mean you will definitely get HIV - but it does mean you (or your parents!) should worry about it and take action.

3



The good news is that if you use a condom properly every time you *koap* and if you never share a razor or needle you have no risk of getting HIV. It is also possible to stop mother to baby transmission. We will find out more about how to stop the risk of HIV transmission in the following topics.

4



Activity (risk cards): Get everyone to work in a group. Give out the eight risk cards. Each card is a behaviour or scenario. Ask everyone to work together to put the cards into two groups – high risk that *saming nogut bai kamap* or low risk that *saming nogut bai kamap*. Get them to do it in on the floor so everyone can see and participate.

Explain that it may be hard for everyone to agree because whether you think something is high risk or low risk depends on your experiences and the stories you have heard and the knowledge you have. You don't measure risk with a tape measure – you measure it with your *tingting*.

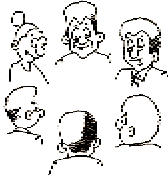
The cards are shown below in the groups that most people would put them in:

is less than the risk of a plane falling out of the sky on top of you



Askim ol: Do we need to worry about any other way to get HIV besides sharing needles or razors, unsafe sex, or mother to baby?

7



Activity (demonstration): Ring a little bell. Explain that normally if you think something is a high risk then alarm bells ring in your head when you think about the behaviour. If alarm bells ring in your head then normally you avoid the behaviour or you protect yourself.

Ask everyone to look at the risk cards they put in groups earlier in the topic. Read some of the cards they put in the high risk group and ring the little bell so it reminds everyone of alarm bells going off.

8

Explain that alarm bells go off for people more if they feel the pain straight away. For example young children learn very quickly to not put their hand in the fire to pick up a *kaukau*.

Unfortunately many behaviours cause us pain in the future - not straight away!

If you smoke too many cigarettes or drink too much beer you don't get cancer or liver failure for years. Smoking and drinking is enjoyable at the time so even if people know the risks they often don't want to listen to the alarm bells.



Askim ol: In what way does nearly all HIV spread?

9

Remind everyone that nearly all HIV spreads through unsafe sex.

Unfortunately having unsafe sex is like smoking and drinking – it is enjoyable at the time – but the pain for you and your family and everyone else comes later!

If only unsafe sex was like putting your hand in the fire!

10

1. Explain that in PNG some people don't have alarm bells going off in their head when they have unsafe sex because they don't know about HIV.
2. Explain that some people know about HIV but don't want to hear the alarm bells – they ignore them! For example many people don't listen to the alarm bells because sex is fun and the pain comes later. And often young people or people affected by drugs and alcohol ignore the alarm bells.
3. Explain that some people hear the alarm bells going off but don't have the power to do anything about it. For example many women don't have the power to protect themselves if a man wants to have sex without a condom.

Topic 11: Who is at risk of getting HIV?

11



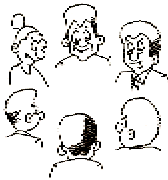
Activity (group work): Get everyone to work in a group. Ask everyone to work out who the people are in their community who don't have alarm bells going off when they have unsafe sex because they don't know the risks? Ask everyone to come up with ideas to help these people understand the risks of unsafe sex? Ask someone to be a spokesperson and to report back at the end.

12



Activity (group work): Get everyone to work in a group. Ask everyone who the people are in their community who know the risks of unsafe sex but don't want to hear the alarm bells – they ignore them! Ask everyone to come up with ideas to encourage these people to stop ignoring the alarm bells? Ask someone to be a spokesperson and to report back at the end.

13



Activity (group work): Get everyone to work in a group. Ask everyone who the people are in their community who hear the alarm bells going off when they have unsafe sex but don't have the power to do anything about it? Ask everyone to come up with ideas so that these people have the power to protect themselves? Ask someone to be a spokesperson and to report back at the end.

Ask participants the key questions for this topic:

1. Who is at risk of getting HIV in PNG?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – REVISION

Say that now is a good time to do another revision. Read out the first question below and give everyone in the group time to discuss the answer. These questions are key questions from the topics. Emphasise that this is not a test – it is a chance to get the story straight.

When everyone is happy with the answer go on to the next question.

1. Why do you need a second HIV test even if the first test is negative?
2. What are the three Cs of HIV testing that must be followed?
3. How can a person with HIV stop themselves getting AIDS?
4. What happens if you forget to take your ARV medicine?

Topic 11: Who is at risk of getting HIV?

5. How is a baby made?
6. What are some different reasons people have sex?
7. What problems are caused by mobile men with cash?
8. Who is at risk of getting HIV in PNG?

Topic 12: HIV transmission from sharing needles or razors

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, picture of sharing needles or razors

Energiser Do any energiser you like or try energiser 11 'Charades'

NOIZIV3R Who is at risk of getting HIV in PNG?

KEY QUESTIONS FOR THIS TOPIC

- (1) How can HIV spread when sharing a razor?
- (2) What is the best way to avoid HIV transmission from sharing a razor?
- (3) Can HIV get through your skin or through an ordinary cut or sore?



Askim ol: Can the HIV virus get through your skin?

1 In an earlier topic we learned the good news that our skin is tough and won't let HIV pass through. The only place HIV can get through our skin *banis* is where it is weakest – inside the vagina and anus and inside the penis.


2 Explain that if our skin *banis* gets cut, and blood from someone who has HIV gets through the skin and inside our blood quickly enough to survive, then HIV transmission can occur. This is called blood to blood HIV transmission.



Askim ol: What is blood to blood HIV transmission?


3 In PNG blood to blood HIV transmission occurs when more than one person is tattooed or pierced or cut or shaves at the same time. Put the picture showing sharing razors or needles *long ples klia*.

THIS IS THE PICTURE THAT YOU USED IN THE TOPIC 'HOW DOES HIV TRANSMISSION HAPPEN IN PNG'

4  In my community: Ask everyone to think of practices in their own community where more than one person is tattooed or pierced or cut or shaves at the same time? How often does it happen? What do people use to tattoo or pierce or cut or shave?

5 Explain that when someone uses a razor to cut their skin *banis* some blood is left behind on the razor. When someone else uses the razor to cut through their skin *banis* they put any blood on the razor directly into their own blood.

If the blood on the razor is from someone who is HIV positive and if the next person uses it quickly (within seconds) then HIV transmission can occur.

6  Activity (role play): Make sure you prepare for this role play with a volunteer or your training partner before hand. Pretend that you and a friend are both shaving together because you are going out for a night on the town. You go first and pretend to cut yourself just as you are

HAVE FUN MAKE JOSES!

Topic 12: HIV transmission from sharing needles or razors

finishing. Then hand the razor to your friend and ask them to pretend to cut themselves while shaving.

Next ask everyone if it is possible for HIV to be spread in this way? Help everyone to use the three rules of HIV transmission to explain if HIV could be passed on.

THIS IS A GOOD CHANCE TO GO BACK OVER THE RULES OF HIV TRANSMISSION SO IT IS FRESH AGAIN IN EVERYONES MIND.

Answer: HIV transmission could be passed on but the first person who shaved would have to be HIV positive and the second person would have to cut themselves very quickly after the first person cut themselves (within seconds). If either of these two things didn't happen there would be no HIV transmission.



Askim ol: What is the best way to avoid HIV transmission when sharing a razor or needle?

The best way to avoid HIV transmission from sharing a razor or needle is to not share the razor or needle – use a new one each time. If the razor or needle or knife or bamboo or tin lid has not been used before then there is no way that HIV transmission can occur.

7 Always use a new razor or needle when tattooing or piercing or cutting or shaving

All health centres in PNG use a brand new razor or needle each time one is used.



Askim ol: Can you get HIV if blood from someone who is HIV positive gets on your cut or sore?

Explain that if a cut or sore is not fresh and there is no blood flowing out of it then nothing can go the other way either – the break in the skin *banis* is closed! There is no way that HIV in *blut* or *kok wara* or *kan wara* or *susu* can get inside.

However even if the cut or sore is fresh it is almost impossible for the HIV virus to get through the cut or sore and into your blood quickly enough to survive. This is because of two reasons:

8

If there is blood flowing out of the cut then it is very difficult for anything to go against the flow. Think about a plastic bag full of water. If you cut the plastic bag water flows out of the cut. It is hard for anything go the other way!

WHY NOT GET A PLASTIC BAG FULL WITH WATER AND CUT IT TO SHOW WHAT YOU MEAN

By the time HIV in *blut* or *kok wara* or *kan wara* or *susu* comes out of someones body, gets on someone else's fresh cut or sore, and makes it

Topic 12: HIV transmission from sharing needles or razors

against the flow through the skin *banis* and into the blood, it will be dead. HIV dies in seconds outside the body.

9



The good news is that there is almost no risk that HIV can get through your skin even if you have a cut or sore. You would have to have a horrible open cut or sore and there would have to be lots of blood – a pool of blood – for the HIV virus to survive long enough to get inside your blood.

For peace of mind, if you are touching a person or an object and there is fresh blood then cover your hands with gloves or plastic bags – or try to avoid the blood.

10

Lastly ask everyone to look at the RULES OF HIV TRANSMISSION POSTER. Read through the poster from the start and stop after you read the statement that says:

and HIV can't get through an ordinary cut or sore

Ask participants the key questions for this topic:

1. How can HIV spread when sharing a razor?
2. What is the best way to avoid HIV transmission from sharing a razor?
3. Can HIV get through your skin or through an ordinary cut or sore?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – HOW TO STERILIZE A RAZOR OR NEEDLE PROPERLY

Emphasise that the best way to avoid HIV transmission from sharing a razor or needle is to not share the razor or needle – use a new one each time.

But if you must go ahead and share a needle or razor then you will need to sterilize it first. If you sterilize something it means you kill all the viruses and germs.

How to sterilize a razor or needle properly

To sterilize anything that has already been used to cut or pierce or tattoo or shave you need to put it in **ALREADY BOILING WATER** for at least **TWO MINUTES** before it is used by another person.

Don't forget you have to sterilize the razor or needle again after each use.

Topic 12: HIV transmission from sharing needles or razors

Two minutes is long enough – as long as the water was already boiling when you started and it kept boiling for at least two minutes then the boiling water will have killed the HIV virus and any other viruses in the blood.

And you can reuse the pot again – any viruses or germs will be long dead

If you think it would be helpful you could demonstrate how to sterilize a razor or needle properly either by doing it or by pretending to do it in a role play!

SAVE MOA YET – THE BLOOD BIN

Explain that if a referee can see fresh blood on a rugby league player he should take the precaution of sending them to the blood bin until the blood stops flowing and is cleaned up. This helps other players avoid touching fresh blood.

There is almost no risk that HIV transmission will occur during sport – even a contact sport like rugby league. In fact there has been no recorded case of HIV transmission from playing sport anywhere in the world.

However it is still a good idea to take precautions, for peace of mind.

SAVE MOA YET – HIV TRANSMISSION THROUGH BLOOD TRANSFUSION

Explain that in the past some people were infected with HIV because they received blood at hospital from a blood transfusion. During a blood transfusion blood to blood contact occurs. However this does not occur anymore in PNG.

Hospitals have extra blood on standby in case a patient needs blood. The blood used for blood transfusions is donated by healthy people and stored carefully so the blood stays fresh. Because the blood stays fresh any HIV virus living in the blood can survive.

However these days blood used for transfusions is now tested for HIV. In PNG all donated blood is tested for HIV before it is given to anyone. You do not need to worry about getting HIV from a blood transfusion in PNG.

Topic 13: Mother to baby transmission

Ask everyone to think back to the role play about the fence around the garden. Imagine the fence around the garden was made of strong timber. The stronger the timber the harder it is for white ants to survive and reproduce – *strongpela diwai bai stap longpela taim!*

If you are strong and healthy your immune system will be strong and healthy. To *strongim banis bilong yu yet* do the following four things:

1. Eat lots of fruit, vegetables, meat, milk and water

2. Try not to smoke or drink alcohol, and get plenty of rest

3. Wash your hands after going to the toilet and before eating to prevent sickness

4. Get treatment quickly if you get sick



Askim ol: What is the home of our immune system?

Remind everyone that blood is the home of our immune system. The mother and the baby share blood – *tingim rop bilong beli baton* – so a mother and baby share their immune system!

10

If the mother has a strong and healthy immune system then the baby in her womb will also have a strong and healthy immune system

**If the baby has a strong and healthy immune system
it will be able to fight against HIV when it is in the womb and after it is born.**



11

In my community: Ask everyone if pregnant women are given extra help and support to stay healthy and strong. Are fathers good at giving their wives help and support when they are pregnant? What can be done so that mothers get more help and support when they are pregnant?

Make the point that all pregnant mothers should stay as healthy and strong as possible, not only in case they have HIV or get HIV, but also because a healthy and strong mother will give birth to a strong and healthy baby.

12

In the next topic we will look at how taking ARV medicine every day not only helps a mother to stop herself from getting AIDS – but it is also the best way to stop HIV from spreading to her baby.

Topic 13: Mother to baby transmission

Ask participants the key questions for this topic:

1. How does HIV spread from a mother to her baby?
2. How does staying healthy help a mother stop HIV spreading to her baby?



?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – PARENT TO BABY HIV TRANSMISSION

Explain that many people don't like the term 'mother to baby HIV transmission'. They prefer the term 'father to mother to baby HIV transmission' or 'parent to baby HIV transmission'.

Ask the group why they think some people don't like the term 'mother to baby transmission'?

Almost all mother to baby transmission starts with the mother getting HIV from her husband. So it may be more accurate to say father to mother to baby transmission. Another way to say this is parent to baby transmission.

If we say parent to baby transmission it makes it clearer to the father that he is also involved - he should also support the mother to help her take her ARV medicine every day and to help her stay strong and healthy. We will find out how a father can help the mother to do this in the next topic.

Topic 14: How to stop mother to baby transmission

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, 5 packets of rice, baby doll

Energiser Do any energiser you like or try energiser 13 'Ha Ha'

REVISION How does HIV spread from a mother to her baby?
How does staying healthy help a mother stop HIV spreading to her baby?

KEY QUESTIONS FOR THIS TOPIC (1) What are the four things a mother with HIV can do to stop HIV spreading to her baby?

1



Don't forget the good news that there is a way for a mother with HIV to stop the virus from spreading to her baby. The really good news is that what she has to do is what she should be doing anyway to stop herself from getting AIDS – staying healthy and taking ARV medicine every day.

Remind everyone that if a mother with HIV stays healthy she will have a strong and healthy immune system. If the mother has a strong and healthy immune system then the baby in her womb will also have a strong and healthy immune system.

2

Don't forget that the mother and the baby share blood – *tingim rop bilong beli baton* – and blood is the home of the immune system. So mother and baby share their immune system!

If the baby has a strong and healthy immune system it will be better able to fight against HIV when it is in the mother's womb and after it is born.



Askim ol: What is the best way for someone with HIV to stop themselves getting AIDS?

3

HIV treatment

Remind everyone that taking ARV medicine is the best way to stop yourself getting AIDS. If you take ARV medicine every day the HIV virus is unable to *karim pikinini* and the HIV virus also becomes weak

If you take ARV medicine every day there will be less HIV virus fighting your immune system and any HIV virus in your blood will be too weak to do much damage – especially if your immune system is strong and healthy!

4

How taking ARV medicine every day helps a mother stop HIV spreading to her baby

Taking ARV medicine every day reduces the amount of HIV virus in your *blut* or *kok wara* or *kan wara* or *susu*. If there is not much HIV virus in a mother's *blut* and *susu* there is only a small chance she will pass on HIV to her baby.



Activity (demonstration): Hold up a packet of rice and remind everyone that it represents the HIV virus.

PACKET OF RICE = THE HIV VIRUS

5

- 1. Place the baby doll in the middle of the floor.
- 2. When HIV gets inside us there is not much of the virus at first. Place one bag of rice on the floor next to the baby.
- 3. But as HIV starts to *karim pikanini* the load increases. Place another packet of rice on top of the first bag, and another and another and another.
- 4. Next say that the mother has taken her ARV medicine every day. Take away all of the packets of rice except for one packet.

The more HIV virus there is in a mothers *blut* or *susu* the more chance there is that her baby will get HIV during pregnancy or delivery or breastfeeding.

If the mother has a small amount of HIV virus in her *blut* or *susu* there is only a small chance that she will pass on HIV to her baby - especially if the baby has a strong and healthy immune system!

6



The good news is that if a mother with HIV stays healthy and takes ARV medicine every day there is only a small chance she will pass on HIV to her baby during pregnancy or delivery or breastfeeding.



Askim ol: Can a new born baby take ARV medicine?

7



More good news! You can give your baby ARV medicine within 3 days of birth. If your baby takes ARV medicine within 3 days of birth then there is almost no chance the baby will get HIV.

There are now programs in PNG that offer treatment to HIV positive mothers and their babies. These are called PPTCT (Prevention of Parent to Child Transmission) or PMTCT (Prevention of Mother to Child Transmission).

8



In my community: Ask everyone if they know where the nearest PPTCT or PMTCT programs are? Where else can an HIV positive mother and the father get help?



Askim ol: Should a mother with HIV breastfeed her baby?

9

Explain that the answer is yes!

But a mother with HIV should stay strong and healthy and take ARV medicine every day to reduce the amount of HIV virus in her *susu*.

And a mother with HIV should also follow the two rules to reduce HIV transmission when breastfeeding.

Two rules to reduce HIV transmission when breastfeeding

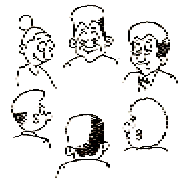
1. *Susu* and only susu for the first 4 months of the baby's life.

10

This means that the baby has only breast milk – no water, no infant formula, no tea, no fruit or fruit juice, no honey, no sugar, no rice and no dummies. These other foods can damage the weak skin in the baby's mouth and stomach and make it easier for HIV to get inside the baby's blood.

2. After the first 4 months stop *susu* all together.

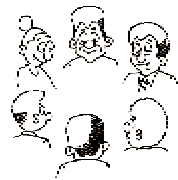
The baby should be started on other foods and liquids after 4 months and all breast milk should stop. A mother will need a lot of support during this time because it will take extra work to give the baby the food it needs to be healthy.



11

Activity (group work): Get everyone to work in a group. Ask them to think of the four things that a mother with HIV can do to stop HIV spreading to her baby. Ask someone to be a spokesperson and to report back at the end. The answer is:

- Stay strong and healthy
- Take ARV medicine every day
- Get ARV treatment for their new born baby
- Follow the two rules to reduce HIV transmission when breastfeeding



12

Activity (group work): Get everyone to work in a group. Ask everyone in the group to think of how a father could help the mother to do the four things that will stop HIV spreading to their baby? Ask someone to be a spokesperson and to report back at the end.



13

The best news is that a women will not pass HIV on to her baby if she stays strong and healthy, takes ARV medicine every day, gets ARV treatment for her new born baby, and follows the two rules to reduce HIV transmission when breastfeeding.

Ask participants the key questions for this topic:

1. What are the four things a mother with HIV can do to stop HIV spreading to her baby?



Topic 14: How to stop mother to baby transmission



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – IS BREASTFEEDING WHEN YOU ARE HIV POSITIVE REALLY A GOOD IDEA?

Ask everyone to discuss why the PNG Health Department recommends that a mother with HIV should still breastfeed her baby instead of using instant formula? In the discussion make the following points:

- If a mother knows she has HIV then she can take action to lower the risk of HIV transmission through breastfeeding. However even if a mother takes no action only about 1 in 7 babies who are breastfed by HIV positive women will get HIV. This is because there is not a large amount of HIV virus living in *susu* (if there is a packet of rice in a drop of blood there might only be a spoonful or less in a drop of *susu*)
- Breast milk is very healthy and stops the baby getting sick from other things.
- A different option to breast milk is infant formula. Infant formula is a powder that can be mixed with water and given to a baby. However infant formula is expensive and sometimes getting clean drinking water to mix with it is not easy. It is also difficult to keep baby bottles clean and to store them safely.
- 'Wet nursing' is an option if the woman who breastfeeds your baby for you is HIV negative (and if they have not done anything to put themselves at risk of HIV transmission since their HIV test). However wet nursing is not common in PNG.

Topic 15: HIV transmission and vaginal sex

1 hour

Materials	RULES OF HIV TRANSMISSION POSTER, picture of unsafe sex, 2 packets of rice, bilum rop, diwai kok with condom on it.
Energiser	Do any energiser you like or try energiser 14 'Right finger right leg'
REVISION	What are the four things a mother with HIV can do to stop HIV spreading to her baby?
KEY QUESTIONS FOR THIS TOPIC	(1) How can HIV spread from a man to a woman during vaginal sex? (2) How can HIV spread from a woman to a man during vaginal sex?



Askim ol: In what way does almost all HIV spread in PNG?

Explain that almost all HIV in PNG and around the world spreads through unsafe sex with an HIV positive person. Put the picture showing HIV transmission from unsafe sex long ples klia.

THIS IS THE PICTURE THAT YOU USED IN THE TOPIC 'HOW DOES HIV TRANSMISSION HAPPEN IN PNG'

1

Unsafe sex happens When a man puts his penis inside the vagina of a woman or inside the anus of a woman or man Without using a condom properly

When a man puts his penis inside the vagina of a woman it is called vaginal sex.



Askim ol: What is vaginal sex?

2

Point to the RULES OF HIV TRANSMISSION POSTER and use the rules to explain how HIV can spread from a man with HIV to a woman during vaginal sex.

2

RULE CAN HAPPEN. If a woman has vaginal sex with an HIV positive man then HIV can leave his body in kok wara.

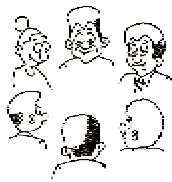
RULE CAN HAPPEN. Because kok wara travels quickly from inside his penis to inside her vagina the virus can survive the journey.

RULE CAN HAPPEN. The skin inside the vagina is weak so HIV can pass through the skin and get inside her blood.

To even have a chance of HIV transmission all three rules must happen. Because all three rules happened HIV transmission could occur.

3

Topic 15: HIV transmission and vaginal sex



Activity (group work): Get everyone to work in a group. Ask everyone to use the RULES OF HIV TRANSMISSION POSTER to work out how HIV can spread from a woman with HIV to a man during vaginal sex. Get them to go through each rule to see if it can happen. Ask someone to be a spokesperson and to report back at the end.

Answer:

RULE CAN HAPPEN. If a man has vaginal sex with an HIV positive woman then HIV can leave her body in kan wara.

RULE CAN HAPPEN. Because kan wara can get inside his penis quickly the virus can survive the journey.

RULE CAN HAPPEN. The skin inside the penis is weak so HIV can pass through the skin and get inside his blood.

To even have a chance of HIV transmission all three rules must happen Because all three rules happened HIV transmission could occur.

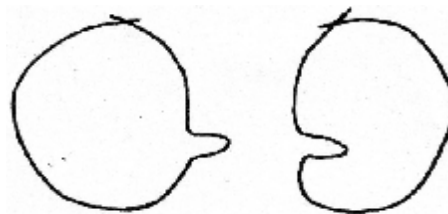
3



Activity (demonstration): Find some space and ask everyone to think back to the role play about the garden. The garden is our body. The fence around the garden is our immune system. Pigs are *rabis binatang* that want to get inside our body. You don't need to set up this role play but get everyone to picture it in their mind!

BE SURE TO PRACTICE THIS ACTIVITY WHEN PREPARING FOR THE TRAINING SO THAT IT GOES SMOOTHLY

1. Say that the immune system is one *banis* but we have a second *banis* – our skin. Using *bilum rop* (or draw on the ground) make a large circle. This is our second *banis* – our skin. Make a small indent in the *bilum rop* and say this is a vagina.
2. Next make a second large circle next to the first circle. Make a small protrusion and say this is a penis. Have the penis facing the vagina.
3. Next ask everyone to imagine that the circle with a penis is an HIV positive man. Place two packets of rice in the circle with a penis to show that the man is HIV positive.
4. Next ask everyone to imagine that the man and woman have vaginal sex. Ask everyone to explain how HIV transmission can occur – how can HIV COME OUT, SURVIVE, and GET INSIDE?
5. When you are happy with the explanation pick up one packet of rice from the circle with a penis and *stori* as you go about how HIV in *kok wara* leaves the penis during vaginal sex and quickly gets inside the vagina. Then when you get to the vagina explain how HIV gets through the weak skin inside the vagina and into the blood.
6. Place the packet of rice inside the circle with a vagina to show that HIV transmission has occurred – now both the man and the woman have HIV!



IT IS GOOD TO LAUGH AT THE PENIS SHAPE YOU MAKE -EM MAN TRU YA!

4

Topic 16: HIV transmission and anal sex

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, picture of unsafe sex, 2 packets of rice, *bilum rop*

Energiser Do any energiser you like or try energiser 15 'Pass it along'

REVISION How can HIV spread from a man to a woman during vaginal sex?
How can HIV spread from a woman to a man during vaginal sex?

KEY QUESTIONS FOR THIS TOPIC (1) How can HIV spread to a man who puts his penis in someone's anus?
(2) How can HIV spread from a man who puts his penis in someone's anus?

Explain that almost all HIV in PNG and around the world spreads through unsafe sex with an HIV positive person. Put the picture showing HIV transmission from unsafe sex *long ples klia*.

THIS IS THE PICTURE THAT YOU USED IN THE TOPIC 'HOW DOES HIV TRANSMISSION HAPPEN IN PNG'

1

Unsafe sex happens When a man puts his penis inside the vagina of a woman or inside the anus of a woman or man Without using a condom properly

When a man puts his penis inside the anus of a woman or man it is called anal sex.



Askim ol: What is anal sex?

Point to the RULES OF HIV TRANSMISSION POSTER and use the rules to explain how HIV can spread to a man who puts his penis inside the anus of someone who has HIV.

2

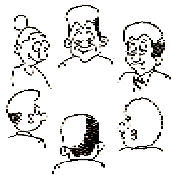
RULE CAN HAPPEN. The skin inside the anus is weak and breaks easily during anal sex – there is often blood! If a man puts his penis inside the anus of someone who has HIV then the virus can leave their anus in blood.

RULE CAN HAPPEN. Because blood travels quickly from inside their anus to inside his penis the virus can survive the journey.

RULE CAN HAPPEN. The skin inside the penis is weak so HIV can pass through the skin and get inside his blood.

To even have a chance of HIV transmission all three rules must happen
Because all three rules happened HIV transmission could occur.

3



Activity (group work): Get everyone to work in a group. Ask everyone to use the RULES OF HIV TRANSMISSION POSTER to work out how HIV can spread from a man with HIV if he puts his penis in someone's anus. Get them to go through each rule to see if it can happen. Ask someone to be a spokesperson and to report back at the end.

Answer:

RULE CAN HAPPEN. If an HIV positive man puts his penis inside someone's anus then HIV can leave his body in kok wara.

RULE CAN HAPPEN. Because kok wara travels quickly from inside his penis to inside their anus the virus can survive the journey.

RULE CAN HAPPEN. The skin inside the anus is weak so HIV can pass through the skin and get inside their blood.

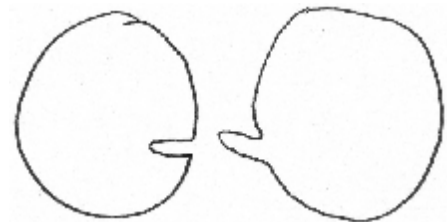
To even have a chance of HIV transmission all three rules must happen
Because all three rules happened HIV transmission could occur.



Askim ol: What are the two *banis* that protect our body?



Activity (demonstration): Using *bilum rop* (or draw on the ground) make a large circle. Say that the immune system is one *banis* but we also have a second *banis* – our skin. Make a small indent in the *bilum rop* and say this is an anus.



4

1. Next make a second large circle next to the first circle. Make a small protrusion in the *bilum rop* and say this is a penis. Have the penis facing the anus.
2. Next ask everyone to imagine that the circle with a penis is an HIV positive man. Place two packets of rice in the circle with a penis to show that the man is HIV positive.
3. Next ask everyone to imagine that the man puts his penis in the anus of the other person. Ask everyone to explain how HIV transmission can occur – how can HIV COME OUT, SURVIVE, and GET INSIDE?
4. When you are happy with the explanation pick up one packet of rice from the circle with a penis and story as you go about how HIV in *kok wara* leaves the penis during anal sex and quickly gets inside the anus. Then when you get to the anus explain how HIV gets through the weak skin inside the anus and into the blood.
5. Place the packet of rice inside the circle with an anus to show that HIV transmission has occurred - now both people have HIV!

-
1. Next take the packet of rice out of the circle with a penis and put it inside the circle with an anus (next to the other packet).
 2. Pick up the *billum rop* you used to make the circle with a penis.
 3. Say that the person has HIV (point to the two packets of rice in the circle with an anus). Say that this person has just met a new man who does not have HIV. Remake the circle with the penis again to show it is a new man who does not

have HIV.

4. Next ask everyone to imagine that the new man puts his penis in the anus of the person who is HIV positive. Ask everyone to explain how HIV transmission can occur – how can HIV COME OUT, SURVIVE, and GET INSIDE?
5. When you are happy with the explanation pick up one packet of rice from the circle with an anus and story as you go about how the skin inside the anus is weak and breaks easily during anal sex. HIV in blood from inside the anus leaves the body during anal sex and quickly gets inside the penis. Then when you get to the penis explain how HIV gets through the weak skin inside the penis and into the blood.
6. Place the packet of rice inside the circle with a penis to show that HIV transmission has occurred – now both people have HIV!

Leave the circles where they are because you will need them in the next step.

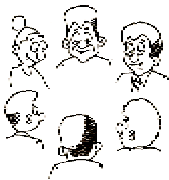


Askim ol: What is the best way to have safe anal sex?

5



The good news is that if you use a condom properly then anal sex is safe! Condoms protect the parts of our body where our skin *banis* is weak.



Activity (demonstration): Hold up a *diwai kok* with a condom already on it. Explain that anal sex is safe if you use a condom properly because the condom stops *kok wara* from getting inside the anus and it stops *blut* from the anus from getting inside the penis.

TO LEARN HOW TO MAKE A DIWAI KOK HAVE A LOOK AT THE TOPIC 'HOW TO USE A MALE CONDOM PROPERLY'

6

1. Next go to the circle with a penis that you made in the previous activity and place the *diwai kok* with a condom already on it on top of the penis you made in the circle.
2. Next make sure both packets of rice are in the circle with a penis. Explain that if an HIV positive man puts his penis in the anus of a man or woman - but they use a condom properly - there is no way that HIV in his *kok wara* can get inside the other person's anus. Make sure everyone can see what you are saying!
3. Next take the two packets of rice out of the circle with a penis and put them in the circle with an anus. Explain that if a man puts his penis in the anus of an HIV positive man or woman - but they use a condom properly - there is no way that HIV in *blut* from the anus can get inside his penis. Make sure everyone can see what you are saying!

Explain that we will look at how to use a condom properly later in the course.

Topic 16: HIV transmission and anal sex

Ask participants the key questions for this topic:

1. How can HIV spread to a man who puts his penis in someone's anus?
2. How can HIV spread from a man who puts his penis in someone's anus?



- (1) *Ask if there are any questions or comments*
- (2) *Do a save moa yet box if you think it is appropriate*
- (3) *Discuss when the next training will be*
- (4) *Say what the next training is about*
- (5) *Prepare for the next training*

SAVE MOA YET – ARE HOMOSEXUALS AT HIGHER RISK OF GETTING HIV?

Ask everyone what the difference is between homosexuals and heterosexuals?

People who are attracted to the same sex are called homosexual.
People who are attracted to the opposite sex are called heterosexual.

Next ask everyone if they think that homosexuals are at greater risk than heterosexuals of getting HIV?

In the discussion make the following points:

- ↪ Unsafe anal sex is a higher risk than unsafe vaginal sex. However you can get HIV from anal sex without a condom and you can get HIV from vaginal sex without a condom. If you use a condom properly there is no risk of getting HIV from either anal or vaginal sex.
- ↪ Many heterosexuals have anal sex together.
- ↪ Not all homosexual men have anal sex. Many homosexual men only have sex in ways that do not involve penetration – these ways have no risk of HIV transmission. We will learn more about sex without penetration later in the course.
- ↪ Homosexual sex between women has a much lower risk of HIV transmission than unsafe vaginal sex between heterosexuals.
- ↪ More than 90% of the HIV infections in PNG are from heterosexual sex. The risk of HIV transmission depends on the sexual acts, not whether the sex is between a man and a woman or a man and a man or a woman and a woman

Topic 17: What about oral sex?

1 hour

Materials RULES OF HIV TRANSMISSION POSTER

Energiser Do any energiser you like or try energiser 16 'Portraits'

REVISION How can HIV spread to a man who puts his penis in someone's anus?
How can HIV spread from a man who puts his penis in someone's anus?

KEY QUESTIONS FOR THIS TOPIC (1) What are two reasons why oral sex is safe?



Askim ol: What is oral sex?

Oral sex is when a man or a woman puts their mouth on a woman's vagina. When this happens the man or woman gets *kan wara* in their mouth.

1 Oral sex is also when a man or woman puts their mouth on a man's penis. When this happens the man or woman gets *kok wara* in their mouth. The man or woman can get *kok wara* in their mouth even if the man doesn't ejaculate (*kam o kapsait*). This is because *kok wara* can leak out of the penis before the man ejaculates.

2



The good news is that oral sex is safe!

The two reasons why oral sex is safe

Explain that there are two reasons why oral sex is safe:

The skin in our mouth is strong

The skin inside the mouth and throat and stomach is stronger than the skin inside the vagina or anus or inside the penis. It is hard for HIV to get through!

3

Wara bilong maus save kilim HIV. Marasin bilong bel save kilim HIV i dai pinis

Our mouth is a gate in our skin *banis*. Every day we put all sorts of things in our mouth that could have viruses and other germs on them – air, dust, fingers, food, *kain kain samting*. However this gate has *sekiuriti i stap* – saliva and stomach acid!

Saliva in our mouth and throat is like weak bleach that knocks out viruses and other germs – including HIV.

Stomach acid (*marasin bilong bel*) kills most viruses and other germs that get inside our stomach – including HIV.

Topic 17: What about oral sex?



Askim ol: Is oral sex safe if you have cuts in your mouth?

6

Explain that some people have small cuts and sores in their mouth and throat. In PNG many people have cuts and sores in their mouth from chewing *buai*.

However oral sex is still considered safe even if you have cuts or sores in your mouth and throat. This is because of saliva and stomach acid.

Wara bilong maus save kilim HIV. Marasin bilong bel save kilim HIV i dai pinis.

If you have oral sex with someone who is HIV positive and *kok wara* or *kan wara* or *blut* gets inside your mouth the saliva and stomach acid will have knocked out or killed the HIV virus before it has time to get through any cuts or sores and into your blood.



Askim ol: What about if you have large fresh cuts or sores in your mouth – or oral sex safe then?

7

Explain that you would have to have large fresh cuts or sores in your mouth or throat to even have a chance of getting HIV from oral sex.

Even if you have large fresh cuts or sores in your mouth and throat and you have oral sex the risk of getting HIV is less than the risk that a plane will fall out of the sky on top of you

If you worried about risks like this you would never get out of bed in the morning!

Don't worry about getting HIV from oral sex!

For peace of mind you can always use a condom when having oral sex with a man.

8

Lastly ask everyone to look at the RULES OF HIV TRANSMISSION POSTER. Read through the poster from the start and stop after you read the statement that says:

and oral sex is safe

Ask participants the key questions for this topic:

1. What are two reasons why oral sex is safe?



Topic 17: What about oral sex?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

Topic 18: HIV transmission and other STIs

1 hour

Materials RULES OF HIV TRANSMISSION POSTER

Energiser Do any energiser you like or try energiser 18 'Gotcha'

REVISION What are two reasons why oral sex is safe?

KEY QUESTIONS FOR THIS TOPIC (1) Why does having an STI mean you could also have HIV?
(2) Why does having an STI increase the risk of HIV transmission during vaginal or anal sex?

STI means sexually transmitted infection. STIs used to be called STDs (sexually transmitted disease) or VD (venereal disease).

1 An STI is any virus or other germ that spreads through sex.

STI = ANY SIK LONG KOAP



Askim ol: Is HIV an STI?

2 Explain that HIV is an STI. But normally when someone is talking about STIs they are not talking about HIV – they are talking about all of the other *sik long koap*.

Explain that there are many other STIs that can cause a lot of damage to your body and can kill you.

In PNG common STIs are Gonorrhoea, Chlamydia, and Syphilis.

3 Unfortunately PNG has some of the highest rates of these STIs in the world!

PNG has some of the highest rates of STIs in the world

Emphasize that everyone should be worried about STIs because they cause a lot of damage to your body.

4 Some STIs cause blindness. Some make you unable to have children. Some can even kill you if you don't get treatment.

STIs can also be passed from a mother to her baby during pregnancy and delivery. This can cause still birth, or leave the baby brain damaged or blind or deaf.



Askim ol: How do you get STIs?

**PNG has some of the highest rates of STIs in the world
This is a big reason why HIV is spreading so quickly in PNG**

Explain that there are two important things to remember about STIs:

The two things to remember about STIs

11

1. STIs can cause fresh open sores and blisters inside the penis, vagina, anus, mouth and throat. If HIV gets inside the vagina or anus or inside the penis it can survive for long enough to get through the weak skin and into the blood. If there are fresh sores and blisters inside the vagina or anus or inside the penis then it is much easier for HIV to get into the blood.
2. Blood can come out of these fresh open sores and blisters. During vaginal or anal sex the blood from a fresh open sore or blister can get inside the vagina or anus or inside the penis. Because blood has more HIV virus in it than *kok wara* or *kan wara* (imagine a whole packet of rice in a drop of blood compared to a handful of rice or less in a drop of *kok wara* or *kan wara*) it is much easier for HIV transmission to occur.



Askim ol: How come HIV can get through a sore or blister caused by an STI when it can't get through an ordinary cut or sore?

12

Go through the three rules of HIV transmission with everyone again. It is important to explain that although HIV can't get through our skin if we have an ordinary cut or sore it can get through a sore or blister caused by an STI.

The sores and blisters caused by an STI are where our skin *banis* is weakest – inside the vagina and anus and inside the penis. Because it is moist and warm inside the vagina and anus and inside the penis the HIV virus can survive for more than a few seconds - long enough to get through the sores and blisters and into the blood.

**Because sores and blisters caused by an STI
are where our skin banis is weakest
and where it is moist and warm
the HIV virus can survive long enough
to get through them and into your blood**



Askim ol: Does having an STI mean you could also have HIV?

13

Remind everyone that almost all STIs are spread by unsafe sex – including HIV!

If you have an STI you probably got it through unsafe sex so there is also a chance you got HIV. And don't forget if the person you had sex with had both an STI and HIV, or if you had an STI when you had unsafe sex with someone else who was HIV

Topic 18: HIV transmission and other STIs

positive, then you were 10 times more likely to get HIV.

STIs are bad news. If you think you could have an STI, or if you have had unsafe sex, then go to a health centre or VCT clinic or STI clinic.

Ask participants the key questions for this topic:

1. Why does having an STI mean you could also have HIV?
2. Why does having an STI increase the risk of HIV transmission during vaginal or anal sex?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – SOME COMMON SIGNS THAT YOU COULD HAVE AN STI

Some common signs that you could have an STI are:

- Burning pain when pissing (*pispis*)
- Clear, white or yellow discharge/ fluid from the penis (*kok*) or vagina (*kan*)
- Sores or blisters on the penis, *bilum bilong bol*, or vagina
- Rashes on the hands, bottom of the feet or the chest
- Bad smell from the penis or vagina
- Pain in the *billum bilong bol*
- Pain in the bottom of the stomach or back
- Itchiness in the penis or vagina
- But many STIs have no visible signs at all!

If you think you have an STI, or if you have had unsafe sex with somebody, you should go to a health clinic or STI centre or VCT clinic.

SAVE MOA YET – REVISION

Say that now is a good time to do another revision. Read out the first question below and give everyone in the group time to discuss the answer. These questions are key questions from the topics. Emphasise that this is not a test – it is a chance to get the story straight.

When everyone is happy with the answer go on to the next question.

1. How can HIV spread when sharing a razor?
2. What is the best way to avoid HIV transmission from sharing a razor?

Topic 18: HIV transmission and other STIs

3. Can HIV get through your skin or through an ordinary cut or sore?
4. How does HIV spread from a mother to her baby?
5. How does staying healthy help a mother stop HIV spreading to her baby?
6. What are the four things a mother with HIV can do to stop HIV spreading to her baby?
7. How can HIV spread from a man to a woman during vaginal sex?
8. How can HIV spread from a woman to a man during vaginal sex?
9. How can HIV spread to a man who puts his penis in someone's anus?
10. How can HIV spread from a man who puts his penis in someone's anus?
11. What are two reasons why oral sex is safe?
12. Why does having an STI mean you could also have HIV?
13. Why does having an STI increase the risk of HIV transmission during vaginal or anal sex?

Topic 19: Safe vaginal and anal sex - condoms

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, prepare post-it-notes for the role play, condoms and jug of water for the *SAVE MOA YET*

Energiser Do any energiser you like or try energiser 18 'Gotcha'

REVISION Why does having an STI mean you could also have HIV?
Why does having an STI increase the risk of HIV transmission during vaginal or anal sex?

KEY QUESTIONS FOR THIS TOPIC (1) Do condoms stop HIV transmission if used properly?



Askim ol: What is unsafe sex?

Unsafe sex happens When a man puts his penis inside the vagina of a woman or inside the anus of a woman or man Without using a condom properly

1 Go through the RULES OF HIV TRANSMISSION POSTER with everyone.


If you have unsafe sex with someone who has HIV then *blut* or *kok wara* or *kan wara* or *susu* can come out of their body and in seconds get inside your blood or vagina or anus or inside your penis.

If this happens then there is a chance that you will get HIV.



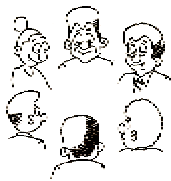
Askim ol: What is safe sex?

2 **sex is safe When blut or kok Wara or kan Wara or susu from another person does not leave their body or does not get inside you**

3  The good news is that if you use a condom properly when you have vaginal or anal sex then there is no way *blut* or *kok wara* or *kan wara* or *susu* from another person can leave their body or get inside you. You won't get HIV if you use a condom properly.

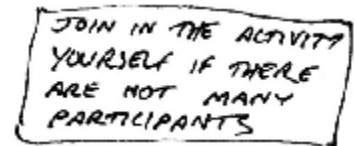
and Tony who then passed it on to Frieda and Judy and Samantha and your sister!

If the person you had sex with has had unsafe sex with other people then you also had unsafe sex with all the people they had sex with!



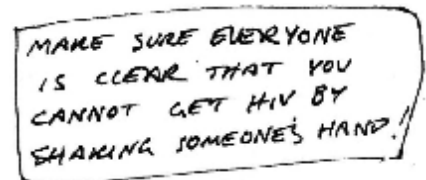
Activity (role play): Give everyone a post-it-note that is folded in half. On one piece of paper write '°' but on all the rest write '—'. Make sure the post-it-note is folded in half so that the person who gets it cannot see if it says '°' or '—'.

1. Ask everyone to stand up and walk around the room. Ask everyone to shake hands with two other people and say hello. Stop when everyone has done this.



2. Next ask everyone to open their post-it note. Ask the person who had '°' written on their post-it-note to come to the front and stand next to you. Explain that '°' means that this person is HIV positive. Everyone who had '—' written on their post-it-note was HIV negative.

3. Explain that in the role play shaking hands was the same as unsafe sex.



4. Next ask everyone who shook hands with the person who had '°' on their post-it-note to come to the front – they are now HIV positive.

5. Next ask everyone who shook hands with any of the people who are now standing at the front to also come up and join them – they are also HIV positive.

6. By now almost everyone should be standing at the front. If necessary do another round to emphasise the point that HIV spreads very quickly!

Thank everyone for participating in the role play



Askim ol: How could we have stopped HIV spreading in the role play?

Explain that in the role play we could have stopped HIV in the following ways:

If you know you are HIV positive - if you get a HIV test – then you can make sure you do not have unsafe sex with anyone else

Don't have sex

If you have vaginal or anal sex then always use a condom properly

Topic 19: Safe vaginal and anal sex - condoms

Explain that there is no evidence that condoms have holes. If condoms are used properly it is not possible for HIV to pass through. *Kok wara* and *kan wara* and blood cannot pass through either. Condoms are strong and have to be put under a lot of stress to break.

Demonstrate how strong condoms are by filling a condom up with water. Using a lot of water is a good way of showing that the condom can take a lot of fluid inside it, and that it stretches easily and that it is unlikely to break.

“CONDOMS AREN’T 100% EFFECTIVE SO THEY DON’T WORK”

If you look after the condom and use it properly then condoms are 100% effective!

All scientific studies say that condoms are between 98 and 100% effective.

These figures often come from very big research projects that have looked at hundreds or thousands of people using condoms over a long time. The reason studies almost never say condoms are 100% effective is because some people do not use them properly or look after them properly – perhaps they didn’t put the condom on properly, or they left the condom in the sun and it broke, or the condom was passed the use by date and it broke, or the condom slipped off because they didn’t hold the base of the condom when they pulled out after sex.

Condoms are 100% effective if you look after the condom and use it properly!

“I PREFER SKIN TO SKIN”

Prefer life!

It may take a while to get used to wearing a condom. True, it is not skin to skin. But once you are used to using it most people say the sex is better because you can relax and enjoy the sex knowing that you and your partner are safe.

And afterwards you do not need to worry. If you don’t use a condom you are having unsafe sex. Think about how worried you will be about what could happen!

Topic 20: How to use a male condom properly

When the man ejaculates (*kam o kapsait*) the *kok wara* will stay in the end of the condom.

5. After the man ejaculates hold the condom at the base of the penis so it doesn't slip off when the man pulls his penis out of the vagina or anus.
6. After pulling out hold the condom at the base of the penis and slowly slide the condom off the penis when it is still erect - be careful not to spill the *kok wara*.
7. Put the used condom into a pit toilet or tie a knot in the condom and put it in the bin. Do not flush it down a septic toilet because it could block the drain.



Askim ol: What is the greasy *wara* on the outside of the condom for?

Explain that the outside of the condom is covered in a greasy *wara* called lubricant.

Lubricant on the condom helps to grease the vagina so that it is easier for a man to put his penis inside. *Kondom i gat kan wara bilong em yet!*

2

Lubricant on the condom also helps to grease the anus so that it is easier for a man to put his penis inside. Anal sex can be painful without lubrication because the anus is dry and the skin is easily broken.

Lubricant also helps to protect the condom. *Nogut emi sikarap na bruk!*

If you need more lubricant (more than is on the condom already) make sure you use a water-based lubricant or spit. All lubricant for sex sold in PNG is water-based. Don't use oil because it can make the condom soft and weak.



Activity (how to use a male condom): If there are men and women in the group it is best to separate them into two groups for this activity. Distribute the male condoms and *diwai koks*.

THE MALE TRAINER SHOULD HELP THE MEN AND THE FEMALE TRAINER SHOULD HELP THE WOMEN

3

Ask everyone to have a go at putting a male condom on a *diwai kok* by following the steps from the demonstration. Suggest that someone hold the *diwai kok* at the base so people can use both their hands to practice. Go around the group and help everyone so that they become confident.

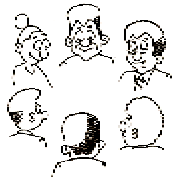
GIVING PEOPLE A CHANCE TO LEARN BY DOING IS AN IMPORTANT PART OF GOOD TRAINING. FOR MORE INFORMATION ON 'LEARNING BY DOING' HAVE A LOOK AT THE TRAINERS HANDBOOK

Tell everyone not to worry about getting lubricant on their hands – it is perfectly safe and everyone will have a chance to wash their hands at the end!

REMEMBER TO GIVE EVERYONE THE CHANCE TO WIPE OR WASH THEIR HANDS AT THE END

Topic 20: How to use a male condom properly

4



Activity (demonstration): Repeat the demonstration so that everyone has another chance to see how to use a male condom properly. Try and do this at normal speed. Explain the steps as you go. At the end ask if there is anything people are unclear about.



Askim ol: What is circumcision?

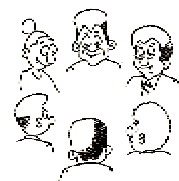
5

Explain that circumcision means removing a loose fold of skin from the head of the penis – this loose fold of skin is called the foreskin.

About half of all PNG men have had all or part of their foreskin removed. This means about half of all PNG men have not had any part of their foreskin removed.

HAVE A LOOK AT THE SAVE MOA YET BOX FOR THIS TOPIC – IT CONTAINS MORE INFORMATION ON CIRCUMCISION

6



Activity (demonstration): Hold up one of the *diwai koks* that everyone used to put on a condom. It has had its foreskin removed. It is a circumcised penis. About half of all PNG men have had all or part of their foreskin removed.

Next show them a *diwai kok* that still has the foreskin – you will need to make this beforehand and practice using it before doing this activity. To make a *diwai kok* with a foreskin have a look at the *save moa yet* box.

When you show them a *diwai kok* that still has the foreskin explain that about half of all PNG men have a penis that looks more like this.

How to put a condom on a penis that still has the foreskin

1. Next explain that when you put a condom on a penis that still has all or part of the foreskin you have to pull back the foreskin first.
2. Use one hand to roll back the foreskin over the head of the penis – roll back the mouth of the balloon over the head of the penis - the penis will now look similar to a circumcised penis.
3. Then with the other hand place the condom on the penis and gently unroll it to the base of the penis. The rest of the steps for putting a condom on a penis that still has all or part of the foreskin are exactly the same as before.

7



In my community: Ask the group where people can get condoms from in their community? Are there enough condoms? Are they available when people need them? Are they free? Do people feel comfortable getting them? How could access to condoms be improved?

Topic 20: How to use a male condom properly

Ask participants the key questions for this topic:

1. What are the steps for using a male condom properly?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – CONVINCING YOUR PARTNER TO USE A CONDOM

Ask a man and a woman to help with a role play (it is also okay to use two men or two women if you don't have a mixed group). It is a good idea to brief them on the role play first to make sure they are comfortable.

Ask the pair to sit facing each other. Explain that the couple met at a nightclub and are about to have sex. But there is a twist - the man should pretend they are the woman, and the woman should pretend they are the man.

Ask the (pretend) woman to try and convince the (pretend) man to use a condom. Encourage the rest of the group to offer suggestions to help the woman convince the man to use a condom.

Next ask the (pretend) man to try and convince the (pretend) woman not to use a condom. Encourage the rest of the group to offer suggestions to help the man convince the woman not to use a condom.

Ask everyone whose arguments were better – the man's or the woman's? But who is likely to win the argument – the man or the woman? Ask the following questions:

1. Is it hard for a woman to convince a man to use a condom if he doesn't want to?
2. Would it be harder for a young woman to convince an older man to use a condom?
3. What are some ways for a woman to convince a man to use a condom without him feeling insulted or suspicious?
4. Is it hard for a married woman to suggest to her husband that they should use a condom? What would he think?
5. Is it hard for a married man to suggest to her wife that they should use a condom? What would she think?
6. How can a married woman convince her husband to use a condom without him feeling insulted or suspicious

How to look after a condom properly

1. Don't leave a condom in direct sunlight or next to something hot.
2. Make sure the condom is not past the use by date. Check the date on the packet. However all condoms distributed in PNG are new and it takes years before a condom gets too old to use.
3. Open the packet carefully by tearing a corner. Don't cut open the condom packet because you might cut the condom inside!
4. If you need more lubricant (more than is on the condom already) always use a water-based lubricant or spit. Don't use oil!
5. Don't use a condom more than once.

Ask participants the key questions for this topic:

1. Explain how to use a female condom properly.
2. How do female condoms give women power to protect themselves?
3. How should you look after a condom properly?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – REVISION

Say that now is a good time to do another revision. Read out the first question below and give everyone in the group time to discuss the answer. These questions are key questions from the topics. Emphasise that this is not a test – it is a chance to get the story straight.

When everyone is happy with the answer go on to the next question.

1. Do condoms stop HIV transmission if used properly?
2. What are the steps for using a male condom properly?
3. What are the steps for using a female condom properly?
4. How do female condoms give women power to protect themselves?
5. How should you look after a condom properly?

Topic 22: Safe sex – other ways to stay safe

1 hour

Materials RULES OF HIV TRANSMISSION POSTER

Energiser Do any energiser you like or try energiser 21 'Wink murder'

REVISION Explain how to you use a female condom properly.
How do female condoms give women power to protect themselves?
How should you look after a condom properly?

KEY QUESTIONS FOR THIS TOPIC

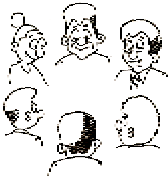
- (1) Why is sex without penetration safe?
- (2) Why should everyone be prepared to use a condom even if they plan to abstain or be faithful?

- 1 Explain that using a condom properly is the only way to have safe vaginal or anal sex. However there are other ways to have safe sex.



Askim ol: What is sex without penetration?

- 2 Explain that there are a wide range of other practices that give sexual pleasure but don't involve the man penetrating (putting his penis inside) another person. This is called sex without penetration.




Activity (brainstorm): Ask everyone to call out practices that give sexual pleasure but that don't involve a man putting his penis inside another person. Whatever comes into their head! On butcher paper or a whiteboard write down what people call out.

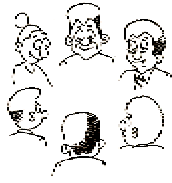
- 3 Make sure everyone understands what each practice is. Also ask what the slang terms are for each practice. The following are some examples of sex without penetration practices (although there are many different words for these practices) – if people don't think of them then be sure to include them yourself:

ORAL SEX WITH A WOMAN (PUTTING YOUR MOUTH ON HER VAGINA) IS AN EXAMPLE OF SEX WITHOUT PENETRATION SO INCLUDE IT IF YOU LIKE! HOWEVER ORAL SEX WITH A MAN INVOLVES PENETRATION

MASTURBATION KISSING GRINDING
 WANKING
 MUTUAL MASTURBATION FINGERING SPOONING
 DEEP KISSING RUBBING

- 4  The good news is that sex without penetration is safe. Sex without penetration is safe because HIV can't survive outside the body and HIV can't get through the skin or through an ordinary cut or sore.

Topic 22: Safe sex – other ways to stay safe



Activity (group work): Get everyone to work in a group. Ask the group to use the three rules of HIV transmission to work out why there is no risk of HIV transmission from masturbation (touching your own penis or vagina). Which of the three rules of HIV transmission won't happen? Ask someone to be a spokesperson and to report back at the end.

Answer: Rule 1 won't happen - only one person is involved!

Next ask the group to use the three rules of HIV transmission to work out why there is no risk of HIV transmission from fingering (touching a woman's vagina or another person's anus). Ask a new person to be the spokesperson and to report back at the end.

Answer: Rule 1 and 2 could happen but rule 3 won't happen – their *kan wara* or blood (from their anus) won't get inside your blood or vagina or anus or inside your penis. Don't forget HIV can't get through your skin and it can't get through an ordinary cut or sore.

Next ask the group to use the three rules of HIV transmission to work out why there is no risk of HIV transmission from kissing (kissing with lips) or deep kissing (kissing with tongues). Ask a new person to be the spokesperson and to report back at the end.

Answer: Rule 1 won't happen – HIV does not live in saliva.



Askim ol: Can you get HIV by kissing someone who has a cut or sore in their mouth?

Remind everyone that the skin inside the mouth and throat is strong – it is hard for HIV to get through! And saliva and stomach acid *save kilim na kilim i dai* HIV!

Remind everyone that this is why there is a statement on the RULES OF HIV TRANSMISSION POSTER that says you can't get HIV from oral sex.



The good news is that you can't get HIV if blood or *kok wara* or *kan wara* or *susu* gets inside your mouth. This means you can't get HIV by kissing someone even if they have a cut or sore in their mouth.

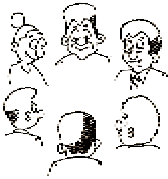
Lastly go back to the sex without penetration practices that everyone called out during the brainstorm activity. Go through each sex without penetration practice and make a show of crossing it out.

All sex without penetration is safe!

Topic 22: Safe sex – other ways to stay safe



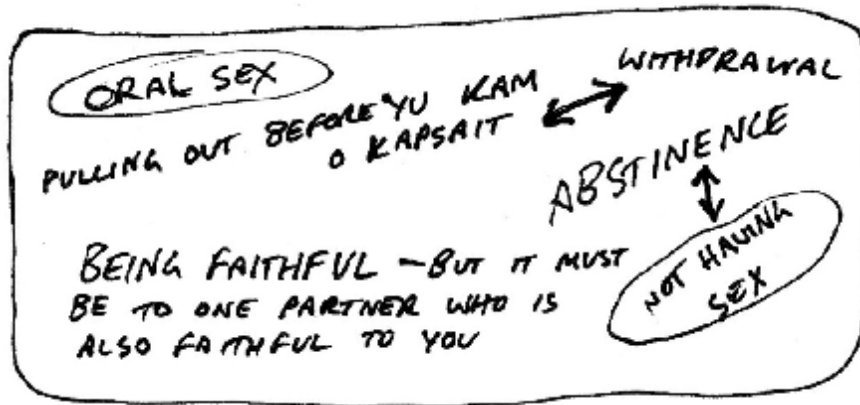
Askim ol: Are there other ways to stay safe from HIV?



Activity (brainstorm): Ask everyone to call out other ways to stay safe from HIV besides using a condom properly and sex without penetration. Whatever comes into their head! On butcher paper or a whiteboard write down what people call out.

The following are some examples of other ways to stay safe from HIV – if people don't think of them then be sure to include them yourself:

9



Askim ol: Is oral sex safe?

10

Remind everyone that **ORAL SEX IS SAFE**

The skin inside the mouth and throat is strong – it is hard for HIV to get through! And saliva and stomach acid *save kilim na kilim i dai* HIV!

Remind everyone that this is why there is a statement on the RULES OF HIV TRANSMISSION POSTER that says you can't get HIV from oral sex.



Askim ol: Is withdrawal (pulling out before you ejaculate) safe?

11

Explain that **WITDRAWAL IS NOT SAFE**

This is because small amounts of *kok wara* can leak out of the penis before the man ejaculates (*kam o kapsait*).

Also it can be very difficult for a man to pull out in time. *Tru a?*



Askim ol: Is abstinence (not having sex) safe?

12

Explain that **ABSTINENCE IS SAFE**

Topic 23: Living with HIV

2. What things help you to stay positive?
3. What help and support do you get? Where do you get help and support?
4. What can other people in their community do to help you?
5. See if anyone else has any other questions to ask.

Be sure to thank the person living with HIV for giving their time

IF YOU COULDN'T FIND SOMEONE LIVING WITH HIV TO COME AND TALK WITH THE GROUP THEN INSTEAD ASK EVERYONE TO DISCUSS OTHER THINGS THAT COULD HELP SOMEONE LIVING WITH HIV TO STAY POSITIVE - FOR EXAMPLE MANY PEOPLE FIND PRAYER AND GOING TO CHURCH HELPFUL!

Ask participants the key questions for this topic:

1. What are three ways to help someone living with HIV stay positive?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – HOME BASED CARE

If HIV wins the fight and your friend or family member gets AIDS they will become very sick from things like TB, malaria, pneumonia, and diarrhoea. Eventually they will die from one of these sicknesses. They will need love and support and a lot of care as they near the end of their life.

It is much better to care for someone with AIDS at home where they are with their friends and family and in a familiar place. This is called home based care.

If you are a home based carer you will need to:

Know where to get support before you become a home based carer. Being a home based carer is very hard. Many Churches offer support for home based carers.

Keep the house and people in the house as clean as possible to reduce the number of viruses and other germs.

Wash fruits and vegetables in clean water and make sure drinking water is boiled and clean. This will reduce the risk of diarrhoea

Topic 23: Living with HIV

Cook meat well to prevent TB

Encourage everyone to sleep under a mosquito net to reduce the risk of malaria

Get help from a health worker as soon as the person you are caring for becomes sick.

SAVE MOA YET – IS IT SAFE TO CARE FOR SOMEONE WITH AIDS?

Explain that you should not be worried about getting HIV when caring for someone who is sick from AIDS. The risk is the same as caring for someone who is HIV positive.

SAVE MOA YET – CAN YOU CONTINUE TO HAVE SEX IF YOU ARE HIV POSITIVE?

Ask everyone if they think you can continue to have sex if you are HIV positive?

Explain that if someone with HIV is completely open with their partner about having HIV then there are ways to continue to have sex if both partners want to.

For example there are many ways to have sex that do not involve penetration. Sex without penetration is safe sex. It is also safe to have vaginal or anal sex provided you use a condom properly and provided the person you have sex with knows you have HIV – they will need to decide what the risks are for themselves!

It is not safe to have vaginal or anal sex with someone else who has HIV - unless you use a condom properly! This is because more HIV virus can get into your body and into their body. This will increase your virus load and make it harder for your immune system to fight the virus.

Topic 24: Some frequently asked questions

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, post-it-notes and pens for everyone

Energiser Do any energiser you like or try energiser 23 'Coin in a cup'

REVISION What are three ways to help someone living with HIV stay positive?

KEY QUESTIONS FOR THIS TOPIC
(1) Is there a cure for HIV?
(2) Does being circumcised lower a man's risk of getting HIV?
(3) Can you get HIV from mosquitoes?
(4) Is it safer to use two condoms?



Askim ol: Is there any medicine that can cure HIV?

Explain that there is no *marasin long haus sik* or *marasin long ples* anywhere in the world that can make an HIV positive person into an HIV negative person.

1 The best medicine we have is ARV which can make HIV weaker but it definitely cannot get rid of it. ARV is a treatment not a cure!

There is no cure for HIV! HIV will never let go of the rope!

2



In my community: Ask everyone if they have heard about any cures for HIV?

Explain that sometimes you see people claiming to have *marasin long ples* that can cure HIV.

3 Claiming to have a cure for HIV gives people false hope. It is also dangerous! Someone may decide to go ahead and have unsafe sex because they believe there is a cure. Or someone who is HIV positive may drink the *marasin* then have sex with someone else because they think they have been cured.

4



In my community: Ask everyone to discuss what they could say to someone in their community who claimed to have a cure for HIV. How should you challenge them?



Askim ol: What is circumcision?

Explain that circumcision involves removing a loose fold of skin from the head of the penis – this loose fold of skin is called the foreskin.

5

About half of all PNG men have had all or part of their foreskin removed. This means about half of all PNG men have not had any part of their foreskin removed.

Topic 24: Some frequently asked questions

The only way to have safe vaginal or anal sex is to use a condom properly!

9



Activity (group work): Get everyone to work in a group. Ask everyone to discuss if they think PNG should promote circumcision. Do they think men in their community would get circumcised if they had the opportunity to do it safely? Would it make men more unfaithful? Would women support it? Ask someone to be a spokesperson and to report back at the end.



Askim ol: Can you get HIV from mosquitoes?

10

Explain that mosquitoes do not transmit HIV. When a mosquito bites us it only sucks up blood - it does not put any blood from someone else inside us. There is no way HIV from someone else can be transmitted by a mosquito – *tok i dai!*



Askim ol: Is it safe to use two condoms?

Explain that it is not safe to use two condoms. In fact it is less safe. It is not safe to use two male condoms or two female condoms or a male condom and a female condom together.

11

Condoms are not designed to rub against other condoms. If they rub against other condoms there is a chance they could break.

It is also not a good idea to wash and reuse a condom because when you wash it you could damage it.

If you use one condom and use it properly there will be no HIV transmission.



Activity (questions and answers): Give out post-it notes (and pens) Ask everyone to write down any questions they still have about HIV. Ask them to write each question on a separate post-it-note. If someone cannot write then suggest that someone helps them.

Tell everyone that their questions are anonymous – this means they do not need to write their name unless they want to.

12

Put a box somewhere and tell everyone that when they have finished writing down their questions they should put their post-it-notes in the box.

Next read out the questions one by one. After you read out each question ask everyone to help answer it.

If they cannot answer it - and if you cannot answer it easily yourself - then tell everyone that you will follow-up and get back to them by the end of the course.

Topic 24: Some frequently asked questions

PUT THE QUESTIONS THAT CANNOT BE ANSWERED IN A SEPERATE PILE. MAKE SURE YOU FOLLOW-UP ON THE ANSWERS BEFORE THE END OF THE COURSE. YOU MAY NEED TO CONTACT TINGIM LAIP STAFF TO GET HELP ANSWERING THE QUESTIONS

AFTER YOU HAVE FINISHED THE TOPIC IT IS A GOOD IDEA TO WRITE ALL THE QUESTIONS THAT PEOPLE ASKED IN YOUR TRAINERS JOURNAL SO THAT YOU HAVE A RECORD.

Ask participants the key questions for this topic:

1. Is there are cure for HIV?
2. Does being circumcised lower a man's risk of getting HIV?
3. Can you get HIV from mosquitoes?
4. Is it safer to use two condoms?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – CAN GOD CURE HIV?

Case study - A church in Port Moresby welcomed a number of women who had HIV. They were all taking their ARV medicine.

The pastor told them to stop taking the ARV medicine and to trust in GOD to cure HIV. The women did what the pastor told them to do!

However one woman decided to keep taking her ARV.

The only one of these women who is still alive is the woman who kept taking her ARV.

There is no cure for HIV! There have been no miracles! No one anywhere in the world has gotten rid of HIV out of their blood – not one person!

GOD helps people who help themselves.

Topic 25: Women in PNG

1 hour

Materials None


Energiser Do any energiser you like or try energiser 24 'Team balloon'

REVISION
Is there a cure for HIV?
Does being circumcised lower a man's risk of getting HIV?
Can you get HIV from mosquitoes?
Is it safer to use two condoms?

KEY QUESTIONS FOR THIS TOPIC (1) How will the spread of HIV be slowed down if women have the power to earn their own money and make decisions?

1 In an earlier topic we looked at the parts of the body that men and women use for sex and reproduction.

However the difference between men and women is more than just the different roles they play in making a baby – it is more than just their physical differences!

2  In my community: Ask the group how women and men are seen to be different in their community. What are women good at? What are men good at? What are women not so good at? What are men not so good at?

3 Explain that normally there is no physical reason men and women are good (and not so good) at different things – but there are *kastom* reasons.

Often our *kastom* tells us that the man's role is to be the provider and decision maker, and the woman's role is to look after men and *harim tok*.

The roles our *kastom* gives to men and women are called gender roles.



Askim ol: What are gender roles?

4 Explain that our *kastom* is made up of all the wisdom and *save* that helps us survive in the world – our *kastom* should *strongim sindaun bilong mipela*.

But the world is always changing! Our *kastom* also needs to change so that it can continue to *strongim sindaun bilong mipela*. Strong *kastom* changes all the time!



Askim ol: What are some ways our *kastom* needs to change?

5 One reason our *kastom* needs to change is that women aren't having their voices heard: *Pasim maus – yu meri tasol!*

Our *kastom* tells us that the man's role is to be the provider and decision maker, and the woman's role is to look after men and *harim tok*.

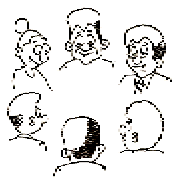
Topic 25: Women in PNG

This means only half of the adults in PNG – the men – are having their voices heard.

The *kumul* needs two wings to fly. The *kumul* is flying with only one wing. If the *kumul* doesn't start to fly with two wings *mipela bai pundaun na bagarap olgeta!*

A good example is HIV!

6



Activity (group work): Get everyone to work in a group. In many parts of PNG the *kumul* is flying with only one wing. Ask everyone to discuss how this is making the HIV problem worse. Ask someone to be a spokesperson and to report back at the end.

7

Explain that our *kastom* tells us that the man's role is to be the provider and decision maker, and the woman's role is to look after men and *harim tok*.

This makes women dependent on men. Women don't have the power to earn their own money and make decisions.

Women who don't have men to provide for them do not have many ways to get what they need. And if men cannot or don't provide for their families then there are not many ways for a woman to get what the family needs.

For many women the only way they can get what they or their family needs is to have sex.

8



In my community: Ask the group if they think women having sex for cash or food or school fees or a place to sleep or to provide other things for their family is becoming more common? Why?



Askim ol: How is most HIV spread in PNG?

9

Explain that in PNG most HIV is spread through unsafe sex between men and women – and it is being spread by mobile men with cash.

Mobile men with cash live away from their family and community and customs and have spare cash to spend. And they often spend their cash on alcohol and sex!

And there are many women in PNG who need to have sex to get cash or food or school fees or a place to sleep or to provide other things for their family.

It is **A DANGEROUS MIX**. It leads to unsafe sex and rape. It leads to HIV!

10

So what can PNG do about it?

Explain that around the world the lesson is the same – and it can be a hard lesson for many men to accept - if women have the power to earn their own money and make decisions then the family does better.

Not only is it easier if a husband and wife are both providers – *olgeta samting em i moni tasol* - but women are better than most men at making sure the family has enough food and medicine and school fees and other things they need to survive.

PNG will really develop when both men and women have the power to earn money and make decisions.

The PNG kumul needs both wings to fly

Ask the participants the key questions for this topic:

1. How will the spread of HIV be slowed down if women have the power to earn their own money and make decisions?



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

Topic 26: HIV around the world – some lessons for PNG

1 hour

Materials	RULES OF HIV TRANSMISSION POSTER
Energiser	Do any energiser you like or try energiser 25 'Three noses'
REVISION	How will the spread of HIV be slowed down if women have the power to earn their own money and make decisions?
KEY QUESTIONS FOR THIS TOPIC	(1) What are some reasons why PNG has a big problem with HIV?

Explain to everyone the following six facts about HIV around the world:

IT MAY BE A GOOD IDEA TO WRITE THESE FACTS ON BUTCHER PAPER OR A WHITEBOARD SO EVERYONE CAN READ THEM.

Six facts about HIV around the world

1

1. About 70 million people have so far gotten HIV. About half of these people have already died from AIDS.
2. HIV spreads to about seven thousand new people every day.
3. About six thousand people die from AIDS every day.
4. There are nearly 3 million children under 15 years old who have HIV.
5. There are over 17 million AIDS orphans. AIDS orphans are children under the age of 18 who have lost one or both of their parents to AIDS.
6. AIDS is now the second most common cause of death for people between 20 and 24 years old. The most common cause of death is traffic accidents!

IT IS USEFUL TO REMIND EVERYONE THAT THE POPULATION OF PNG IS ABOUT 7 MILLION – SO 70 MILLION IS ABOUT 10 TIMES THE NUMBER OF PEOPLE LIVING IN PNG



Askim ol: What part of the world has the worst problem with HIV?

Explain that the southern part of Africa has the worst HIV problem. In some countries in Southern Africa about one in every three adults has HIV.

2

IN SOME COUNTRIES IN SOUTHERN AFRICA ABOUT ONE IN EVERY THREE ADULTS HAS HIV!

3

Make sure everyone is clear that almost all HIV in southern Africa spreads through unsafe sex – just like in PNG.

Explain why the southern part of Africa has a big problem with HIV:

Five reasons why the southern part of Africa has a big problem with HIV

4

1. There is a lack of understanding about HIV and safe sex. Education levels are low. Talking about sex is considered shameful. There is a lot of wrong information about HIV and safe sex spread by some churches and politicians.
2. They are not developed. Governments do not have enough money or trained people to improve education and health care and build the economy. AND population levels have increased. There are many people looking for work but few jobs or opportunities. Many people have little hope and nothing to do. They look for ways to escape their lives. Such people are risk takers!
3. Mobile men with cash. Mobile men with cash live away from their family and community and customs and have spare cash to spend. And they often spend their cash on alcohol and sex!
4. Life is hard. Many people struggle every day to survive. Making sure you have safe sex does not seem as important as finding enough food to eat or money to pay bills. Unfortunately you don't feel the pain of unsafe sex straight away – it is not like sticking your hand in a fire – the pain of HIV comes later!
5. Women do not have the power to earn their own money and make decisions. Women are dependent on men. Women do not have the power to say 'no' to men who want sex. Women do not have the power to insist on using a condom.

5



In my community: Go back over each of the five reasons why the southern part of Africa has a big problem with HIV. Explain each reason again then after explaining each reason ask everyone if the situation in PNG is similar?

PNG ALSO HAS A BIG PROBLEM WITH HIV!

6

It is hard to know how big the problem is in PNG because not many people get tested. And people often die from things like TB or malaria or pneumonia or diarrhoea without anyone realising that they had HIV – and AIDS!

Experts believe that over sixty thousand people have HIV in PNG. We know the problem is getting worse! In the next ten years the number of people who have HIV could double. This means in ten years time there could be over one hundred thousand people who have HIV in PNG.

ONE HUNDRED THOUSAND IS ABOUT THE NUMBER OF PEOPLE LIVING IN GULF PROVINCE OR NEW IRELAND PROVINCE

Topic 26: HIV around the world – some lessons for PNG

Ask participants the key questions for this topic:



1. What are some reasons why PNG has a big problem with HIV?

* NOW IS A GOOD TIME TO ASK A SUITABLE PERSON IF THEY CAN BE THE EVALUATION FACILITATOR — YOU WILL NEED THEIR HELP IN THE NEXT TOPIC TO RUN THE EVALUATION ACTIVITY. YOU WILL NEED TO MEET WITH THEM TO PREPARE.



- (1) Ask if there are any questions or comments
- (2) Do a save moa yet box if you think it is appropriate
- (3) Discuss when the next training will be
- (4) Say what the next training is about
- (5) Prepare for the next training

SAVE MOA YET – WHAT COULD HAPPEN TO PNG BECAUSE OF HIV?

We have a good idea what could happen in PNG because what is happening here has already happened in other countries. It is likely that HIV will continue to spread because people will continue to have unsafe sex. Unless more people get tested and begin HIV medicine and treatment then the impact of HIV is likely to be:

- ↪ A very big increase in deaths and sicknesses
- ↪ Families have less money because they have to pay for funerals and health care and make contributions
- ↪ More pressure on families to adopt AIDS orphans and to care for other people in the community who have no one to help them
- ↪ The money earners in many families are too sick to work or die from AIDS
- ↪ Not enough teachers and health workers and police because they are too sick to work or die from AIDS
- ↪ Young women and girls leave school to care for relatives and help at home
- ↪ The health care system has a shortage of drugs and bed spaces
- ↪ Crime increases as families fall apart and people lose hope
- ↪ PNG will not be able to develop – it will go backwards!

SAVE MOA YET – REVISION

Say that now is a good time to do another revision. Read out the first question below and give everyone in the group time to discuss the answer. These questions are key

Topic 27: Putting it all together and evaluation

1 hour

Materials RULES OF HIV TRANSMISSION POSTER, twelve scenario cards, a copy of the 2 page evaluation form, camera, certificates

Energiser Do any energiser you like or try energiser 26 'Count to ten'

REVISION What are some reasons why PNG has a big problem with HIV?

IT WOULD BE A GOOD IDEA IF SOMEONE FROM TINGIM LAIP OR THE TINGIM LAIP SITE COMMITTEE COULD BE PRESENT FOR THIS TOPIC TO WITNESS AND PROVIDE ADVICE.

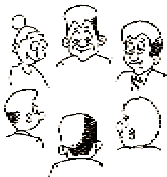


In my community: In many countries the rate of HIV transmission slows down only when people see their friends and family dying – only then do they change their behaviour, but by then it is too late!

1

Ask everyone to think about one direct and practical thing that they want to do to help their friends and family deal with HIV. Go from person to person and listen to their ideas – and give advice and encouragement to help them do it!

DEPENDING ON THE GROUP IT MAY BE A GOOD IDEA TO SEE IF EVERYONE WANTS TO ARRANGE A TIME TO DO SOME PLANNING ON HOW TO DEAL WITH THE PROBLEM OF HIV IN THEIR COMMUNITY. MOST OF THE DEEP REASONS WHY HIV IS A PROBLEM REQUIRE A WHOLE COMMUNITY RESPONSE. TINGIM LAIP CAN HELP IF THE PARTICIPANTS WANT TO GO THROUGH A PLANNING EXERCISE

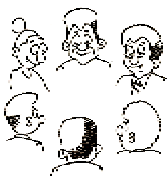


Activity (questions and answers): Remind everyone of the questions and answers activity at the end of the topic on frequently asked questions. Everyone wrote down questions they still had about HIV on post-it-notes.

2

If there were any questions that were hard to answer at the time then now is a good time to go over the answers. Read each of the questions that were hard to answer and then explain the answer to everyone.

IT IS VERY IMPORTANT THAT THE PARTICIPANTS SEE THAT YOU HAVE MADE AN EFFORT TO FIND ANSWERS TO THEIR QUESTIONS!



Activity (columns): Get everyone to work in a group. Give them the twelve scenario cards. Explain that people in the community are worried about HIV. They will ask you whether scenarios like these are safe or not safe!

3

Ask everyone to put the twelve scenario cards into two groups. One group is for scenarios that are safe (ones where people don't need to worry about HIV). The

Topic 27: Putting it all together and evaluation

other group is for scenarios that are not safe (ones where people should worry about HIV). See if everyone can agree.

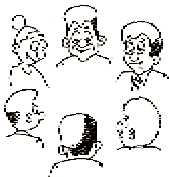
The scenarios are shown below in the groups that most people would put them in:

Insert thumbnails under the headings 'safe' and 'not safe':

Not safe	Safe
A woman had unsafe sex a few years ago	Someone getting bitten by a mosquito
Two people having anal sex without using a condom	Someone getting blood on their hand even though they have a small cut
A mother is pregnant but then finds out her husband has HIV	A woman sharing food with a HIV positive man
A man finds out he has an STI	Two people having oral sex
Someone has shared a razor with three friends during an initiation ceremony	Two people kissing
A man and woman having vaginal sex without using a condom	A man and woman having vaginal sex but they are using a condom properly

1. When everyone has finished putting the scenario cards into the two groups go through the scenarios that are safe (ones where people don't need to worry about HIV). For each scenario ask everyone to explain why it is that people don't need to worry about HIV.
2. Next go through the scenarios that are not safe (ones where people should worry about HIV). For each scenario ask everyone to explain why it is that people should worry about HIV.
3. Next for each scenario that is not safe ask what the people or person involved should do next if they are worried about HIV.
4. Next for each scenario that is not safe ask what the people or person involved should have done in the first place so that they were safe.

HOPEFULLY EVERYONE IS USING WHAT THEY HAVE LEARNED IN THE COURSE TO EXPLAIN THEIR ANSWERS. IF THEY ARE DOING THIS THEN WELL DONE! - YOU HAVE DONE A GREAT JOB AS A TRAINER.



Activity (evaluation): Hopefully someone has already agreed to be the evaluation facilitator – and hopefully you have already met with them and gone over the instructions on the evaluation form. Give them a copy of the two page evaluation form.

4

Explain to everyone what will happen. Explain that evaluating the course will help improve it for next time. Make sure everyone is clear that this is not a test.

Next hand it over to the evaluation facilitator! Say that you will leave the room while the evaluation is going on so that everyone feels free.

INSTRUCTIONS FOR THE EVALUATION FACILITATOR

Ask everyone to stand in a circle where you can see them

Say that you will read some questions to them.

Say that these questions are some of the key questions from topics in the course.

Say that the questions have been changed slightly. For example the key question 'What is HIV?' becomes "I can explain what HIV is?"



Next say to everyone that if they think they can explain what HIV is to someone else really well then they should raise their hands above them in the air – ask everyone to practice it



Or if they think that they can explain what HIV is to someone else well then they should put their hands on their head instead – ask everyone to practice it



Or if they think that they can't explain well what HIV is to someone else then they should put their hands on their hips instead – ask everyone to practice it



Or if they think that they can't explain at all what HIV is to someone else then they should put their hands on their knees instead – ask everyone to practice it

Now it is time to start. Ask everyone the first question - 'I can explain what HIV is'.





Next ask everyone to think about it carefully first then do one of the four actions that is closest to how they feel. Ask them to try and not be influenced by what other people do – the trainers want honest feedback so that they can improve the course for next time.

Next go around the group one by one and place a tick in the column that shows their action. If there are 10 participants there should be a total of ten ticks for each question (and don't forget to include your own tick!)

Then do the same thing for all the remaining questions.

Give the completed evaluation form to the trainer at the end – thanks for helping!

Evaluation form page 2

					
	<i>Example:</i>		P	PPPP PP P P	P
1.	I can explain what HIV is				
2.	I can explain what HIV does to our immune system				
3.	I can explain what body fluids contain HIV				
4.	I can explain the three rules of HIV transmission				
5.	I can explain the three ways HIV transmission happens in PNG				
6.	I can explain how a person with HIV can stop themselves getting AIDS				
7.	I can explain why having an STI increases the risk of HIV transmission during vaginal and anal sex				
8.	I can explain why sex without penetration is safe				
9.	I can explain why you need a second HIV test even if the first test is negative				
10.	I can explain what happens if you forget to take your ARV medicine				

Icebreakers are short activities at the start of a training course to help people relax and get to know each other.

People come to training courses with lots of anxiety:



I DON'T KNOW ANYONE!
I HOPE THE TRAINER DOESN'T ASK ME ANY HARD QUESTIONS
EVERYONE WILL FIND OUT I DON'T ACTUALLY KNOW ANYTHING!
WILL I MAKE A FOOL OF MYSELF?
DID I LOCK THE HOUSE BEFORE I CAME?

Icebreakers are short activities which are good to use at the start of a training course. How you begin the training course is very important as it sets the tone for the rest of the course and it creates first impressions. Often trainers will begin by going around the room and asking each person to say their name and give other information. While the intention is good this can be boring, and often everyone can't hear each other so the activity achieves very little.

Icebreakers let people know each other in a more meaningful way. If the group already knows each other quite well you can try to use activities that provide interesting information that they may not know about each other. Icebreakers:

- Help people relax
- Get their attention
- Help people to get to know each other
- Show to the group that participation is important
- Set the pace for the course – it's not just going to be more boring lectures!
- Tell you about the type of people in the group – are they outgoing or shy?

Below are some suggested icebreakers. Many of them are based on popular games – so think about some games you know and try and come up with your own ideas.

Some icebreakers you can use:

Icebreaker 1: My favourite is...

Materials: None

1. Ask the group "what is your favourite team – Blues or Maroons?" They then divide quickly into groups with the people who shared their preference.
2. They then have 5 minutes to introduce themselves to everyone in their group.

3. Then use this same process to break into different groups a few times so that everyone has had a chance to meet most people in the course. For example you could also ask “what is your favourite food – rice or *kaukau*?” and “what is your favourite drink – tea or coffee?” and “what is your favourite meat – beef or lamb?”

Icebreaker 2: Name Game

Materials: None

1. This game helps the trainer and the participants to remember each other's name. Stand or sit in a circle. The first person says “My name is”. The second person then has to say: “Her name is..... and my name is.....”. The third person has to then say the names of the first and second person, and then their own name.
2. Keep going on like this around the whole circle until the last person has to be able to remember everybody's name.

Icebreaker 3: White lies

Materials: None

1. Ask everyone to think about or write down four things about themselves. However one of the things they say has to be untrue (a lie). This can be difficult for people to do so it is a good idea if the trainer does it first so that everyone gets the idea.
2. Go around the group one by one and ask each person to say their four things about themselves. The others have to guess which fact is a white lie.
3. The trainer then needs to ask for a bit more information about the three things that were true – this will help other people in the group to get to know the person.

Icebreaker 4: Jigsaw Pieces

Materials: Shapes on paper – such as circles, squares, names, or animal shapes.

1. Make some shapes on paper such as circles, squares, names, or animal shapes. Cut them into two and mix them up.
2. Each participant then chooses one piece.
3. Tell everyone to find the person with the other half of their shape. When they find their match they can get to know each other.
4. After 2 or 3 minutes ring a bell and participants have to return their shape and choose another shape. This can be repeated again so that everyone meets everyone else. Otherwise you can do it once and ask them to introduce their partner to the group.

Icebreaker 5: Race track

Materials: None

1. This is a good game if there are a lot of participants. Get everyone to stand in a circle. Starting at one end, get the first person to say their first name – let's say David. Then the next person repeats David's name, and then the next person also repeats David's name,

and then keep getting the next person to repeat David's name until you get back to David (the beginning).

2. Then get them to do it again but faster. The sound of David's name being quickly repeated around the circle one after the other will sound like a car going around a racetrack.
3. When everyone has got the hang of it repeat the game with the next person's name. Go around the whole group. Get everyone to speed it up as fast as possible, and encourage them to try and make each other's names sound like the engine of a car.
4. As a variation say that anyone can say "beep beep" instead of the person's name - if they say this then the 'car' must skip the next person. Or anyone can make the sound of a car breaking - if they make this noise then the 'car' must go in the opposite direction.

Icebreaker 6: Ball Toss Name Game

Materials: 3 balls (You can just use balls of paper if you don't have other balls or other soft objects like cushions or fruit.)

1. Have the group stand in a circle. This game will help everyone learn each other's names.
2. Start by getting everyone in the circle to say their name, one by one. Repeat this once or twice and remind the group to call out their names slowly and clearly so that the others have a chance to remember their name.
3. Give one person a ball and tell them to call out the name of someone in the group and then throw the ball to him or her.
4. The person who receives the ball then calls out someone else's name in the group and they throw the ball to them. And so on....
5. After a couple of minutes add in a second ball and tell the group to continue throwing and catching both balls. After another minute add a third ball to the game. If a ball is dropped tell the person to pick it up and start again.

Energisers are short activities you can use at any time during a training course when you feel that the participant's energy level is low or their minds are beginning to wander.

Energisers are designed to get people's minds and bodies warmed up and active. Energisers are really good to do after a lunch break. When people eat their stomach does the thinking instead of their brain. Doing an energiser after lunch helps the blood to flow back to the brain. Energisers are meant to be energetic and active, and should not take more than 10 minutes.

Some energisers you can use are:

Energiser 1: A song

Materials: None

1. A good energiser is singing. Ask different people to lead the group in a song – if possible songs which are energetic and have actions.



Energiser 2: Story bag

Materials: Put five unrelated items into a bag. Suggestions for materials include a condom, bottle cap, hat, diaper, kitchen item, food item, school item, tool, coins, video disc, toy, leaf, flower, stick, beer bottle, sock, etc.

1. Firstly give the bag to the group and say there are five items in the bag.
2. Tell them that they have to *mastamain* the story behind the five items (they have to make up a story with the five items in it!)
3. Give them a theme for the story to get them going – for example “Sam has an accident” or “Sewage got kicked off a PMV” or “Jen lost her job at the supermarket”.
4. Then give the group time to come up with a story – 5 minutes should be enough. At the end they will need to tell their story so ask one person to be the story teller.
5. If you want to the group could act out their story.
6. You can repeat this energizer as many times as you like during the course – just have five new items in the bag, a new theme, and ask a different person to be the story teller.

Energiser 3: Fruit salad

Materials: Chairs (one less than the number of participants) or you could have mats instead of chairs or you could draw circles in the dirt or place leaves on the ground instead of chairs

1. Make sure there is one less chair than the number of people
2. Put the chairs in a circle facing inwards
3. Give everyone the name of one of four fruits, such as apple, mango, pawpaw and banana.
4. Ask everyone to sit on the chairs and select one person to stand in the centre of the circle (there won't be enough chairs for everyone to sit down anyway).
5. The person in the centre calls out the name of a fruit and all the people with that fruit name must stand up and run to a new seat. The person in the centre also finds a seat, so that a new person will be left out.
6. Ask the new person to stand in the middle and then call out the name of a fruit so that they can get a seat. They may also choose to call two fruits at a time, and if they call "fruit salad" everyone must move.

Energiser 4: Everybody who...

Materials: Chairs (one less than the number of participants) or you could have mats instead of chairs or you could draw circles in the dirt or place leaves on the ground instead of chairs

1. This game is the same as Fruit Salad, but rather than calling out fruit salad the person in the middle makes a statement such as "*everybody who is wearing black shoes*" or "*everybody who likes buai*" or "*everybody who is wearing a watch*" or "*everybody who can play a guitar*".
2. Anyone who matches or agrees with the statement has to stand up and try and find a new seat, while the person in the middle takes over someone else's seat.
3. The person left standing moves into the middle and then makes up a new statement so that they can get a seat. They may also choose to call two statements at a time, or they could call "*everybody who is human*" (or *samtng olsem*) so that everyone must move.

Energiser 5: The human knot

Materials: None

1. Ask everyone to stand in a circle.
2. Ask everyone to reach into the circles and grab the hand of two other people *not standing next to them*. The result is a big tangle of people.
3. Then ask everyone to try and untangle the knot *without anyone letting go of hands*. They may have to step over arms and under other people. It should be a lot of fun. And encourage everyone to communicate to try and *mastamainim* a solution.
4. If they are successful then everyone should be back in the original large circle or in a few smaller circles that are connected.

Energiser 6: Chinese whispers

Materials: None



1. Ask everyone to stand in a line
2. Start with the first person in the line and whisper a funny message to them. For example you could whisper "*smelly socks and coffee are rait*" (or *samting olsem*)
3. Then the first person in the line must whisper it to the next person and so on until you get to the end of the line. Make sure it is a whisper and say that no one else should be able to hear what you say.
4. The last person whispers the message to the trainer who reveals to the class what the message has become.

Energiser 7: Balloon bust

Materials: A few balloons (or condoms)

1. Blow up a balloon and tie it off (have a few spares!). If you don't have balloons you could try blowing up condoms.
2. Ask two people to come to the front.
3. Ask them to stand facing each other with their hands behind their backs.
4. Put a balloon on the ground between them.
5. Tell them that they have to break the balloon *between* each other (not on the ground) and that they are *not allowed to use their hands*. This means they will have to try and get the balloon off the ground using parts of the body so that it is in a position that the pair can bash into each other or press against each other and break the balloon.
6. If one pair is successful or cannot do it then invite another pair to have a go.

Energiser 8: Animal crackers

Materials: None

1. Ask everyone to find a partner and choose an animal.
2. Get them to work out the sound the animal makes.
3. Then get all the partners on one side of the room and the other partners on the other side of the room.
4. Tell everyone to close their eyes.

- When you say “go”, they must make their animal sound and find their partner WITHOUT looking. Keep track of which pair finds each other first. This is noisy and a lot of fun!

Energiser 9: Energiser *long ples*

Materials: *Buai*

Chewing *buai* can also be an energiser. Bring along enough for everyone!

Energiser 10: Nose condom

Materials: A few condoms (or balloons)

- Blow up a condom (or a balloon) and tie it off (have a few spares)
- Invite a pair to come to the front and stand face to face.
- Place the condom at their feet between them.
- Ask the pair to try and get the condom up off the ground so that it ends up between their noses *without using their hands or lower arms*.
- Tell them they can talk to each other. If they cooperate and think about how to do it first it can be done. (Hint: the best way is if one person stand still and the second person uses their body to roll the condom up the other person until it gets between their noses).
- If one pair is successful or cannot do it then invite another pair to have a go.

Energiser 11: Charades

Materials: None

- Ask one person to come to the front.
- Give the person a common phrase or collection of words that has to be acted out in complete silence to the larger group. For example it could be the name of a song or an expression or a movie.
- The person doing the acting can use gestures but they cannot use words. The gestures they can use are in the box below. The larger group must guess what the phrase or collection of words are.
- If you have time ask a second or third person to have a go.

👉 Number of words in the phrase: Hold up the number of fingers.

👉 Which word you're working on: Hold up the number of fingers again. (Example: one finger if you are trying to get everyone to guess the first word, two fingers for second word.)

👉 Length of word: Make a “little” or “big” sign as if you were measuring a fish.

👉 “On the nose” (meaning someone has made a correct guess): point at your nose with one hand, while pointing at the person with your other hand.

👉 “Sounds like”: Cup one hand behind an ear.

Energiser 12: Simple Simon

Materials: None

1. Ask for a volunteer. Have the volunteer face one wall of the room (or one side of an open area) and have the rest of the group line up against the opposite wall facing them. The volunteer should have their backs to the rest of the group.
 2. Tell the group that whenever the volunteer calls out 'Simple Simon' and turns around to face them they must freeze where they are.
 3. When you say 'Go' the group must start moving across the room towards the volunteer. The volunteer can turn around quickly whenever they choose to with the aim of 'catching' people out before they reach them.
 4. If anyone doesn't freeze before the volunteer looks at them or if they cannot hold their 'freeze' the volunteer can call them out.
 5. Anyone who reaches the volunteer without being caught out has a turn in that role.
-

Energiser 13: Ha Ha

Materials: None

1. Ask one person from the group to lie down on the floor.
 2. Ask a second person to lie down so that their head is touching the lower leg of the first person.
 3. Ask a third person to do the same thing, with their head touching the lower leg of the second person, and so on until everyone is lying down on the floor.
 4. Have the first person call out 'Ha', followed by the second person calling out 'Ha Ha', the third calling out 'Ha Ha Ha' and so on. Each person should add an extra 'Ha' when it is their turn.
 5. The group has to get through the game to the last person without laughing. Any laughing means the game has to start again.
-

Energiser 14: Right finger right leg

Materials: None

1. Ask everyone to take their right finger and point it at someone else.
2. Next tell them to move their finger in a circle in the same direction that the hands move on a clock.
3. Tell everyone to continue to move their finger in a circle – "don't stop" – then ask everyone to lift their right leg and point their foot to the front. Ask everyone to move their leg in a circle but in the opposite direction to their right finger (in the opposite way to the hands on a clock).

4. What happens is the brain cannot move the right finger in one direction and the right leg in the opposite direction at the same time – the brain gets confused - the leg starts moving in the same direction as the finger.
5. Tell everyone that if anyone thinks they can do it successfully then demonstrate it – if they can do it they might be a genius!

Energiser 15: Pass it along

Materials: A *buai* or orange or keys or any object

1. Ask everyone to hold hands in a line. Tell everyone they have to keep holding hands no matter what happens.
2. Put a *buai* (or similar object) in the hand of the person at the end of the line.
3. Tell everyone they need to pass the *buai* along the line until it gets into the hand of the last person and then it needs to come back along the line until it gets back into the hand of the person who started.
4. If the *buai* is dropped then it can be picked up off the floor as long as everyone continues to hold hands.
5. You could time them to see how fast they can do it and then repeat the activity to see if they can beat their time. If there is a large group have two separate lines and have a race!

Energiser 16: Portraits

Materials: None

1. Give everyone a piece of paper (you can pull apart an exercise book to get paper) and a pen or pencil.
2. Ask everyone to draw themselves on the paper or to draw something about themselves that other people should recognize. For example if they are *kela* they could draw an egg. Of perhaps they are a basketball star so they could draw a basketball. Explain that it is important that everyone keeps their drawing a secret from other people. Don't forget to do a drawing yourself!
3. Give everyone 5 minutes or so to complete their drawing – then collect everyone's drawing and put them all *long ples klia*.
4. Then go around each drawing one by one and ask everyone to guess who drew it.

Energiser 17: Balloon in the air

Materials: Balloons (or condoms)

1. Blow up a balloon (or a condom).
2. Explain to everyone that they can only use their breath to keep the balloon in the air – no one can use any other part of their body.
3. Do it a few times to see if everyone can beat their record.

Energiser 18: Gotcha

Materials: None

1. Participants stand in a circle, arms out to the side. Their left hand should be palm up. The index finger (the pointing finger) on their right hand should be pointing down and touching their neighbours palm.
2. They tell everyone that when you say go they should try and grab the finger in their left hand, and at the same time prevent their own right finger from being grabbed.
3. 1 ... 2 ... 3 ... [add suspense] ... Go!"
4. Repeat several times.

Energiser 19: Screamer

Materials: None

1. Ask everyone to stand in a circle.
2. Ask everyone to look at the ground. Then count to three and ask them to look into someone else's eyes. Emphasize that they should only look into one other persons eyes – don't look from person to person.
3. If you make eye contact with another person you both have to scream and are out.
4. Repeat the game until only two people are left.

Energiser 20: The Holy Grail

Materials: An object (like a pencil or a bottle of water)

1. Ask everyone to stand up in a circle.
2. Show everyone an object (like a pencil or a bottle of water). Say that the object is the Holy Grail.
3. Ask someone to close their eyes and blind fold them.
4. Place the object somewhere (it doesn't have to be in the circle).
5. Next everyone has to tell the person with the blindfold how to find the Holy Grail – everyone will be trying to tell him or her what to do so the tricky thing for the person with the blindfold is who to listen to!

Energiser 21: Wink murder

Materials: None

1. Make sure everyone can see everyone else.
2. Explain that you will ask everyone to close their eyes and then you will tap someone on the shoulder. They will be the murderer.

1. Blow up a balloon (or a condom).
2. Ask everyone to hold hands. Explain to everyone that they must try and keep the balloon in the air without letting go of anyone's hand.
3. Do it a few times to see if everyone can beat their record.

Energiser 25: Three noses

Materials: None

1. Ask everyone to move around.
2. Call out a command like 'two left elbows' – everyone has to try and get with another person and they must have their left elbows touching. If there are six people in the group then call out three left elbows – this will make two groups. If there are five people then call out two left elbows – this will make two groups and one person will be left out (until the next round).
3. Do whatever command you like – for example three bottoms, two right feet, three noses, four belly buttons.

Energiser 26: Count to ten

Materials: None

1. Ask everyone to count upwards from 1 to 10. However there are rules:
 - ☛ Everyone must shut their eyes.
 - ☛ Only one person in the group can say a number – if at any stage two people speak at the same time the group has to go back to 1 and start again.
 - ☛ The same person cannot say two numbers in a row.
 - ☛ No one can speak unless they are saying a number.
 - ☛ No one can move or touch anyone or anything.

Energiser 27: Mirror

Materials: None

1. Ask everyone to find a partner (if there is an odd number then you the trainer may need to be someone's partner).
2. Explain that one person in the pair is a mirror – the other person is looking in the mirror to try and get themselves ready for going out – doing their hair or putting on lipstick or picking their nose or cleaning their teeth. The person in the mirror has to reflect back what the other person is doing.
3. After a while tell everyone to swap roles so that both people have a turn to be the mirror.
4. Select a pair that you think have done it well and ask them to demonstrate for the group.