



TINGIM LAIP

DISCUSSION GUIDE



**HIV SIK
LONG KOAP**



WHAT IS TINGIM LAIP?

Tingim Laip is Papua New Guinea's largest peer-led HIV prevention and care project, operating in over 10 provinces. Tingim Laip is a project of the National AIDS Council and is helping to implement the National HIV Strategy, 2011-2015.

Tingim Laip works with people who are most at risk for HIV: women in sex work, men who have sex with other men, mobile men with money and people living with HIV.

Tingim Laip selects and works in locations where there are people who are most at risk for HIV infection. 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.

Peer volunteers are selected in each location and lead the effort to reduce the risk of HIV transmission in their environment.

This discussion guide has been developed to assist key affected populations respond to HIV and STIs in their environments.





TABLE OF CONTENTS

WHAT IS TINGIM LAIP?.....	3
INFORMATION FOR THE VOLUNTEER	6
TOPIC 1: WHAT IS HIV?.....	13
TOPIC 2: WHAT DOES HIV DO TO OUR BODY?	19
TOPIC 3: WHAT IS AIDS?.....	25
TOPIC 4: WHICH BODILY FLUIDS CONTAIN HIV?.....	31
TOPIC 5: HOW DOES HIV SPREAD?.....	37
TOPIC 6: HOW DOES HIV TRANSMISSION HAPPEN IN PNG?.....	43
TOPIC 7: HIV TESTING	49
TOPIC 8: HIV MEDICINE AND TREATMENT	55
TOPIC 9: SEX AND REPRODUCTION	61
TOPIC 10: WHY DO PEOPLE HAVE SEX?	69
TOPIC 11: WHO IS AT RISK OF GETTING HIV?	77
TOPIC 12: HIV TRANSMISSION FROM SHARING NEEDLES OR RAZORS.....	85
TOPIC 13: MOTHER TO BABY TRANSMISSION.....	91
TOPIC 14: HOW TO STOP MOTHER TO BABY TRANSMISSION	97
TOPIC 15: HIV TRANSMISSION AND VAGINAL SEX	103
TOPIC 16: HIV TRANSMISSION AND ANAL SEX	109
TOPIC 17: WHAT ABOUT ORAL SEX?	115
TOPIC 18: HIV TRANSMISSION AND OTHER STIS	121
TOPIC 19: SAFE VAGINAL AND ANAL SEX - CONDOMS.....	129
TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY	137
TOPIC 21: HOW TO USE A FEMALE CONDOM PROPERLY.....	147
TOPIC 22: SAFE SEX - OTHER WAYS TO STAY SAFE.....	153
TOPIC 23: LIVING WITH HIV	161
TOPIC 24: SOME FREQUENTLY ASKED QUESTIONS	169
TOPIC 25: WOMEN IN PNG	177
TOPIC 26: HIV AROUND THE WORLD - LESSONS FOR PNG	183
TOPIC 27: PUTTING IT ALL TOGETHER AND EVALUATION.....	189
INSTRUCTIONS FOR THE FACILITATOR (TINGIM LAIP OFFICER).....	195
ICEBREAKERS	199
ENERGISERS	205

INFORMATION FOR THE VOLUNTEER

This discussion guide is designed to be delivered by Tingim Laip volunteers. When you present the topics in this guide it is always a good idea to work with a partner. This is because you can give each other support and share the workload.

Depending on the group you are speaking to it may be a good idea for a man and a woman to work together to present the topics.

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



VOLUNTEER'S HANDBOOK



If you want to build your skills as a facilitator, have a look at the Volunteer's Handbook. It contains information on the skills and knowledge you need to be a competent facilitator, including information on how adults learn, how to facilitate adult learning, and discussion techniques.

RECOMMENDED NUMBER OF PARTICIPANTS

Tingim Laip recommends that volunteers keep discussion groups small, between 5 and 10 participants. Many of these topics can be used for peer education sessions with very small groups or peers.

HOW TO USE THIS DISCUSSION GUIDE

Most volunteers will find it easiest to present only one or two topics at a time.

It is often hard to get people 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.

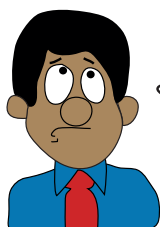
A good idea is to work out with your peers a regular time(s) each week when they can come together for one or two discussions. For example peers could come together every Monday and Thursday. It takes about one hour to present each topic.

Try and be disciplined and do at least two topics each week. If you can do two topics each week then it will take around three months to discuss all topics in this guide.

INFORMATION FOR THE VOLUNTEER

At the start of each discussion it is a good idea to do an ice-breaker. Icebreakers are short activities that help people relax and get to know each other. Examples of icebreakers are included at the end of this guidebook.

It is best to discuss topics in order because topics build on learning in earlier topics.



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

The discussions are designed so you can discuss them almost anywhere. However, when selecting a location try and think of the need for the peers' comfort and privacy. Many of the topics you will discuss are sensitive so it is important to find a place where you won't be disturbed and where everyone feels safe.



HELP EVERYONE FEEL COMFORTABLE AND SUPPORTED

Because many of the topics are about issues like sex and reproduction, which people find hard to talk about, the key skill of any volunteer will be to facilitate adult learning by helping participants feel comfortable and supported.

There is more information on how to do this in the Volunteer's Handbook



INFORMATION FOR THE VOLUNTEER

HOW TO PRESENT EACH TOPIC

The topic number and title are at the top of each page



1 hour

The amount of time it should take to present each topic is indicated in this section. This should help you plan your discussions.

MATERIALS

Sometimes there is a *tok save* at the start of the topic if there are any special materials you need to prepare before you teach the topic.

ENERGISER

Before you start each discussion it is a good idea to do an energiser. Energisers are short activities that help to increase everyone's energy level. At the end of this guidebook there are examples of energisers. There are enough examples to do a different energiser for every topic or just do the ones you like. At the start of each topic there is a reminder to do an energiser and a suggestion from the energisers at the end of this guidebook.

REVISION

At the start of each topic there are revision questions. These are the key questions from the previous topic. Ask everyone these questions to focus their minds on what they should already know. This is also a good opportunity to see if participants understand the key messages.

KEY TOPIC QUESTIONS

Next there are the key questions that you want participants to be able to answer at the end of the topic. Tell the participants these questions at the start of the topic and if possible write them somewhere *long ples klia* so that participants can refer back to them during the topic.

INFORMATION FOR THE VOLUNTEER

Next is the information participants need to understand. All of the information for each topic, including the activities, is broken into steps. Each step has a number on the left side of the page. This is so it is easier for you to keep track of the information you need to get across to the participants.

A good idea is for you to present one step then for your discussion partner to present the next step. If you try and cover more than one step at a time you might forget things. When your partner is presenting their step it is a good idea to use the opportunity to review the next step you will present so that you are ready.

1

Be sure to cover each step AND be sure to cover all the information in each step.

When you explain the information in each step make sure it is clear to your peers. This will probably mean translating the information into pidgin or local language. Be very careful when you translate the information that the meaning doesn't change.

When you become very familiar with the steps in each topic you will be able to style things a little more. In time you will come up with your own presentation style! Reading the TL Facilitation Handbook will help you improve your presentation skills.



There are also activities for the participants/peers to do. Mostly these activities are whole group activities. However if you have too many participants you may want to break people into two or more groups. Whenever there is an activity the picture on the left appears.

2

Activities can take a long time if you don't control them so you will need to keep an eye on the clock and give time limits.



There are also questions for the participants/peers that require them to think about what the situation is like in their own community. When this happens the picture on the left appears.

3



Sometimes there is a question for you to ask your peers. Whenever there is a question the picture on the left appears. The question helps everyone to be on the same step before moving on. Sometimes the question is an introduction to the next discussion topic.

INFORMATION FOR THE VOLUNTEER

*Sometimes there will be a
VOLUNTEER INFORMATION NOTE
with some extra ideas to help you
present the topic*

4



Sometimes when there is good news the picture on the left appears. For example it might be the good news that HIV can be prevented if you use a condom properly.



When you come to the end of the information that participants need to understand you will find the key questions for the topic listed again. Ask the whole group these key questions. If the participants can answer the key questions then the discussion has been a success. Don't forget to see if the quiet participants also know the answers. This is a good time to go back over important information so you can clear up any misunderstanding.



Next there is a reminder to help you remember things that you could forget. For example it reminds you to discuss with everyone when the next discussion will be.

SAVE MOA YET – SOMETIMES THERE IS A SAVE MOA YET BOX

This contains extra information that you can present to the group if you think it is worthwhile or appropriate. Use your own judgement or ask the participants if they want to do it. The amount of time you have or the education level of the participants may be a factor.

INFORMATION FOR THE VOLUNTEER

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 in another topic then tell them that their question will be answered in another discussion. This also means you must get to know every topic in the guidebook like the back of your hand – otherwise you won't know what will be covered.

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.

VOLUNTEER PEER EDUCATION JOURNAL

Keep an exercise book to write notes and comments in. This is called a **Volunteer Peer Education Journal**. The journal should be used to:

- Write down any signs that participants are using the information they are learning from the discussions. For example you might have heard that one of the peers has done some awareness.
- Write down any observations about what works and what doesn't work during the discussions, or any comments people have made about the discussion. This will help you to learn from experience so that you are able to improve the discussion for next time – and so that you are able to come up with your own 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 discussion, and how many people came to each discussion and their names. This is a valuable record that can be used to evaluate the guidebook.

MATERIALS THE VOLUNTEER WILL NEED TO RUN THESE DISCUSSIONS

You will always need the following materials whenever you present a topic:

- A copy of this Guidebook.
- An exercise book to use as a Journal
- Butcher paper and a marker (or a whiteboard and a whiteboard marker)

You will also need extra materials to present most of the topics. If there are extra materials needed to present a topic there will be a box at the start of the topic which tells you what extra materials you need to have ready.

There are a number of materials (i.e. posters) which have been produced to help you present this course. However if you do not have the materials or you have lost them you can always make up your own. This Guidebook includes pictures of the materials so that you can make up your own if necessary.



TOPIC 1: WHAT IS HIV?

TOPIC 1: WHAT IS HIV?



1 hour

ENERGISER

Instead of an Energiser - as this is the first topic, do an ICEBREAKER so everyone relaxes and gets to know each other - 'White Lies' is a good one!

Also it is a good time to talk about the discussion and any rules you want everyone to follow. A good idea is to get everyone to come up with their own rules.

MATERIALS

Poster showing different viruses and other germs.

KEY TOPIC QUESTIONS

- What is a virus?
- What is HIV?



ASKIM OL: WHAT ARE GERMS?

1

Explain that our body is alive with tiny living things. These tiny living things are called germs. *Kain olsem liklik binatang tasol liklik nogut tru!*

Germs are too small to see with your eyes but if you have a microscope you can see them. They live in our stomach, in our mouth, in our nose. They live all over us and in us.

Our body is really a walking talking garden full of the most amazing tiny life!

If you weighed all the living things that live on us and in us it would weigh more than a 1 kilogram bag of sugar. If you weigh 71 kilograms then only 70 kilograms is you and 1 kilogram is germs.

Why not show them something that weighs 1kg, so its easy to understand?

TOPIC 1: WHAT IS HIV?



ASKIM OL: HOW IS OUR BODY LIKE A GARDEN?

2

Explain that most of the germs in our body do us no harm and even help us. In fact we need them to survive and they need us. *Rait binatang!*

For example when we eat food we have *marasin* in our *bel* which breaks the food down into things our body can use. But there are many types of food that our *bel* cannot break down on its own – like milk. Lucky for us there are germs that live in our *bel* that eat milk and break it down for us.

3

But sometimes we get germs that are harmful. The most common and nastiest type of harmful germ is called a **virus**.

Viruses and other harmful germs are *rabis binatang*.



ACTIVITY (ROLE PLAY):

It is good to think of our body as like a garden. Ask a volunteer/peer to stand in the middle of an open space. Ask them to pretend to be a garden full of *kaukau* and *aibeka* and banana and *muli* and *kainkain samting*.

4

1. Next ask two more people to stand up. Ask one person to be a pig and the other to be a cat. Ask them to make their animal's noise (everyone can help!)
2. Next ask the cat to find a rat in the garden and eat it.
3. Most germs are like the cat – they get a benefit from living in our garden (like food) and we get a benefit from having them in our garden (fewer rats).
4. Next ask the person pretending to be a pig to raid the garden. Ask them to eat the *kaukau*. *Pik em save bagarapim gaden!*
5. But some germs are *rabis binatang*. The pig is like a *rabis binatang* – it does damage if it gets inside our garden (eating the *kaukau*).

Thank everyone for helping with the role play!

Try and encourage jokes and laughter so everyone relaxes

TOPIC 1: WHAT IS HIV?



ASKIM OL: WHAT IS A VIRUS?

Explain that a virus is the most common and nastiest type of *rabis binatang*. There are four things everyone needs to know about viruses:

FOUR THINGS YOU NEED TO KNOW ABOUT VIRUSES

1. Explain that when a virus gets inside us it starts to reproduce or *karim pikanini*.
2. Viruses spread from person to person by living in anything that can come out of one body and get into another body - such as *pekpek* or *wara bilong maus* or *traut* or *kus* or *kok wara* or *susu bilong soa* or *blut*.
3. Most viruses increase the chance that they will spread by making us sick. When we are sick we produce more of the things that come out of our body and get into someone else's body – *tingim kus na traut na pekpek wara!*
4. But a virus has to make the journey from person to person very quickly. This is because a virus can only survive inside someone's body where it is warm and moist. Outside of the body most viruses die in seconds.

5




ASKIM OL: WHAT ARE THE FOURS THINGS WE NEED TO KNOW ABOUT VIRUSES?

6 Explain that *sik flu* is caused by a virus! The flu virus makes us *kus* and it lives in our body. When we sneeze the flu virus gets into the air or on our hands and then spreads to someone else when we cough or shake their hand.

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

HIV IS A VIRUS

8  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 know how you can keep yourself completely safe.

TOPIC 1: WHAT IS HIV?

9



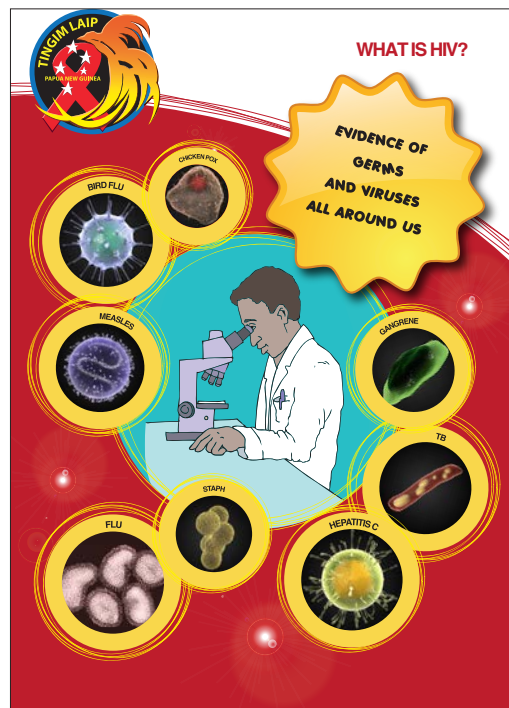
The other good news is that if you have HIV it is not a death sentence. HIV will change your life – *yu bai les pinis long HIV* - but HIV will not end your life! If you have the know how you can still live a long and healthy life.

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

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.

10



ASK THE PARTICIPANTS/PEERS 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

TOPIC 1: WHAT IS HIV?

SAVE MOA YET

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.

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

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 was first reported in PNG in the 1980s.

TOPIC 2: WHAT DOES HIV DO TO OUR BODY?

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 TOPIC QUESTIONS

- What is our immune system?
- What does HIV do to our immune system?
- What does 'HIV positive' mean?

1

Explain that inside our body we have our own system for fighting germs that do us harm – like viruses. 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.

2

GARDEN = OUR BODY

FENCE = OUR IMMUNE SYSTEM

PIGS = RABIS BINATANG

TOPIC 2: WHAT DOES HIV DO TO OUR BODY?

2

Continued...

1. Select a person to stand up and pretend to be a garden.
2. Select 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.

WHITE ANTS = THE HIV VIRUS



ASKIM OL: WHAT IS OUR IMMUNE SYSTEM?

3

Explain that when HIV gets into our body it begins to damage our immune system - just like when the white ants ate the wood and damaged the garden fence.

As the number of white ants increases the damage to the fence gets worse and worse until eventually the fence is down!

The same thing happens with HIV. As the virus starts to *karim pikanini* the amount of virus increases and the damage to our immune system gets worse and worse.

After a while our immune system is no longer able to protect us from viruses and other harmful germs. The fence is down!



ASKIM OL: WHAT DOES HIV DO TO OUR IMMUNE SYSTEM?

TOPIC 2: WHAT DOES HIV DO TO OUR BODY?

4

Explain that blood is the home of our immune system. Blood is also the home of HIV because it can only *karim pikanini* when it is inside our blood.

BLOOD IS THE HOME OF HIV

BLOOD IS THE HOME OF OUR IMMUNE SYSTEM

TUPELA SANE BIRUA I STAP



ASKIM OL: WHAT DOES 'HIV POSITIVE' MEAN?

5

Explain that you can't tell if someone has HIV just by looking at them.

The only way to find out if you have HIV in your blood is to get an HIV blood test.

If you get an HIV blood test and you are confirmed to have HIV, you are **HIV positive (HIV +)**. If you do not have HIV, then you are **HIV negative (HIV -)**.

6



IN MY COMMUNITY:

Ask the whole group if they think the role play about the garden would be a good way to do awareness in their 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

TOPIC 2: WHAT DOES HIV DO TO OUR BODY?

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.

NOTES

TOPIC 3: WHAT IS AIDS?

TOPIC 3: WHAT IS AIDS?



1 hour

MATERIALS

5 packets of rice. If there is no rice, you can use a bag of sand/seeds/shells etc.

ENERGISER

Do any energiser you like or try energiser 2 'Story bag'

REVISION

- What is our immune system?
- What does HIV do to our immune system?

KEY TOPIC QUESTIONS

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



ACTIVITY (ROLE PLAY):

Our body is like a garden, the fence around the garden is like our immune system, the pigs trying to get into the garden are like *rabis binatang*, and white ants are like the HIV virus.

GARDEN = OUR BODY

FENCE = OUR IMMUNE SYSTEM

PIGS = RABIS BINATANG

WHITE ANTS = THE HIV VIRUS

1. Ask someone to stand in the middle and be the garden and ask other people to make the fence around the garden by joining hands. Ask one or two people to be pigs and stand around outside the fence.
2. Next remind everyone of what happened when white ants got inside the *banis*. As the number of white ants increases the fence around the garden gets weaker and weaker and the *banis* breaks. Pigs get inside and destroy the garden.
3. White ants are like the HIV virus. Put a single grain of rice/sand/seed/shell on your hand and say that this is like a single white ant or a single HIV virus. But just like when we say white ants we mean hundreds and thousands of them – when we say HIV virus we mean hundreds and thousands of them.

TOPIC 3: WHAT IS AIDS?

Continued...

Hold up a packet of rice/sand/seeds/shells and say that there can easily be this much HIV virus in a drop of HIV positive blood.

PACKET OF RICE = OUR BODY

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* 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*. 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.

1

Don't worry if the bags of rice fall down when the people in the fence change to touching hands.

TOPIC 3: WHAT IS AIDS?



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 becomes so bad the person dies. This does not mean that if you see people coughing in the community that we assume they have HIV. The only way people can be sure about whether they have HIV, or not is to go for an HIV test. It is not HIV that kills them. The person is killed by one, or more 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.

4



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?

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 the goal of the course is to get participants to use their knowledge once they have learnt it and to lead their community's response to HIV.

TOPIC 3: WHAT IS AIDS?

5

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.

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!



ASKIM OL: WHAT IS THE ONLY WAY TO KNOW YOU HAVE HIV?

6

TAM BILONG HIV EM I PINIS



Don't forget the good news that if you have HIV you can still live a long and happy life. This means 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 stay healthy for a very long time.



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?



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 discussion will be.
4. Say what the next discussion is about.

TOPIC 3: WHAT IS AIDS?

SAVE MOA YET – WHAT DOES AIDS STAND FOR?

AIDS stands for Acquired Immune Deficiency Syndrome.

Acquired means you get it from someone, or something.

Immune Deficiency means a lack of immune system. The immune system has been damaged.

Syndrome means a collection of sicknesses happening at the same time. This means a person can have TB, fever, coughing etc all at once.

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

TOPIC 4: WHICH BODILY FLUIDS CONTAIN HIV?

TOPIC 4: WHICH BODILY FLUIDS CONTAIN HIV?



1 hour

MATERIALS

1 packet of rice. If there is no rice, you can use packets of sand/seeds/shells.

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 TOPIC QUESTIONS

- Which bodily fluids contain HIV?



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.

TOPIC 4: WHICH BODILY FLUIDS CONTAIN HIV?

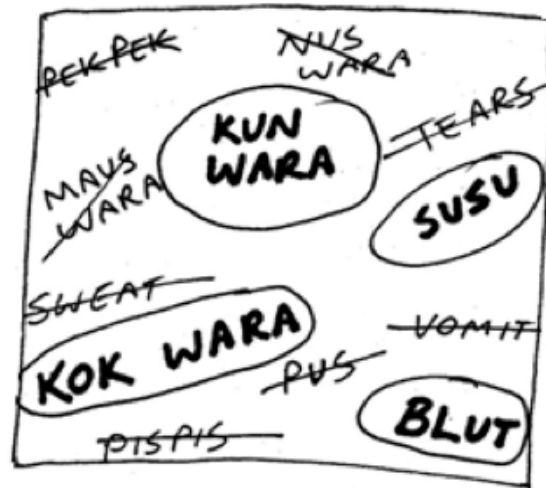


ACTIVITY (BRAINSTORM):

Ask everyone to call out the name of different body fluids. Whatever 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.
2. Explain that the only body fluids that can contain HIV are blood, semen, vaginal fluids, and breast milk.
3. Make a show of circling the body fluids that can contain HIV and cause HIV infection. Cross out the body fluids that do not contain HIV.

2



3

ONLY BLUT OR KOK WARA OR KAN WARA OR SUSU FROM SOMEONE WHO IS HIV POSITIVE CONTAINS HIV.

TOPIC 4: WHICH BODILY FLUIDS CONTAIN HIV?

4

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

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



ASKIM OL: CAN THE HIV VIRUS SURVIVE OUTSIDE OF OUR BODY?

5

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 a very short time.

HIV dies very quickly when it is outside the body.



ACTIVITY (DEMONSTRATION):

Hold up a packet of rice and explain that it represents the HIV virus – say that there can be this much of the HIV virus in a drop of blood.

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

6

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. 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 very quickly 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 very quickly.

TOPIC 4: WHICH BODILY FLUIDS CONTAIN HIV?

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.



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. What body fluids contain HIV?
2. 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 discussion will be.
4. Say what the next discussion is about.

Remember that you can never tell just by looking whether blood has HIV or not. The rice is just to demonstrate blood that may, or may not have HIV!! Also it is very hard to keep track of how long blood, or any other bodily fluid has been outside of the body.

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*.

The only body fluids to worry about are *blut*, *kok wara*, *kan wara*, and *susu*.

NOTES

TOPIC 5: HOW DOES HIV SPREAD?

TOPIC 5: HOW DOES HIV SPREAD?



1 hour

MATERIALS HIV TRANSMISSION POSTER, 1 packet of rice, copies of the HIV TRANSMISSION POSTER for everyone

ENERGISER Do any energiser you like or try energiser 4 'Everybody who...'

REVISION

- Which body fluids contain HIV?
- How quickly does the HIV virus die outside of the body?

KEY TOPIC QUESTIONS

- How does HIV spread?



ASKIM OL: HOW DOES HIV SPREAD?

Remind everyone of some key things that we have already learned about how HIV spreads from person to person:

1

1. **THERE HAS TO BE INFECTED BODILY FLUID; KOK WARA, KAN WARA, BLUT, SUSU.**
2. **THE BODILY FLUID HAS TO ENTER DIRECTLY INTO THE BLOOD STREAM OF ANOTHER PERSON.**
3. **TO KARIN PIKANINI - IF IT DOESN'T REACH BLOOD THERE WILL BE NO HIV TRANSMISSION!**



ASKIM OL:

- HOW CAN HIV COME OUT OF SOMEONE WHO IS HIV POSITIVE?
- HOW LONG CAN HIV SURVIVE OUTSIDE OF THE BODY?

TOPIC 5: HOW DOES HIV SPREAD?

2

Explain that there is one more thing we need to know about how HIV gets inside another person.

The immune system is our *banis*. It protects us from viruses and other harmful germs. But we have another *banis* – our skin. *Rabis binatang* have to get past two fences to get into our garden.



ACTIVITY (DEMONSTRATION):

3

1. Tell everyone to imagine that someone is HIV+ and they are tattooing themselves. They then pass on the same needle to someone else so they can also tattoo.
2. Ask them the question, “Is there any infected bodily fluid involved?”. What is the name of the bodily fluid? Is the bodily fluid going directly to the other person’s blood? How? Is it possible that the other person can get HIV through tattooing?
3. Remind them that the skin is tough and won’t let the virus pass through. Explain that there has to be a cut or opening on the skin in order for the virus to get to another person.

4

There are places on our body where our *skin banis* is weak. Our *skin banis* is weakest inside the vagina and anus and inside the tube that runs down the penis (*rot bilong pispis*).

**HIV CAN GET THROUGH THE SKIN WHERE IT IS WEAKEST!
INSIDE THE VAGINA AND ANUS AND INSIDE THE PENIS.**

TOPIC 5: HOW DOES HIV SPREAD?



ASKIM OL: WHERE CAN HIV GET THROUGH OUR *SKIN BANIS*?

5

It still takes time for HIV to get through the *skin banis* where it is weakest. Unlucky for us that our *skin banis* is weakest where our body is warm and moist – inside the vagina and anus and inside the penis.

Because our body is warm and moist in these places the HIV virus can survive for longer – long enough to get through the weak skin and into the blood!



ASKIM OL:

- HOW CAN HIV COME OUT OF SOMEONE WHO IS HIV POSITIVE?
- HOW LONG CAN HIV SURVIVE OUTSIDE OF THE BODY?
- HOW CAN HIV GET INSIDE SOMEONE ELSE?

Explain that the key things we have learned so far about HIV transmission are true all around the world.

Put the poster HIV transmission *long ples klia*. Tell everyone that everything written on the poster is true.

Go through the poster line by line with everyone.

HIV TRANSMISSION POSTER (OPPOSITE)

Tell everyone that you will bring this poster to every discussion 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.

6

Give everyone their own copy of the HIV TRANSMISSION POSTER.

TOPIC 5: HOW DOES HIV SPREAD?



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 two things that need to happen for someone to get 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 discussion will be.
4. Say what the next discussion is about.

HIV TRANSMISSION POSTER

HIV TRANSMISSION

YOU CAN GET HIV FROM

BLUT OR KOK WARA OR KAN WARA OR SUSU WITH HIV MUST GET INSIDE ANOTHER PERSON'S BLOOD

Vaginal Sex without a male or female condom

Having an STI and having vaginal or anal sex without a condom

Anal Sex without condom

Sharing needles

Sharing razor blades

An HIV+ mother can pass HIV to her baby when breastfeeding

YOU WILL NOT GET HIV FROM

BLUT OR KOK WARA OR KAN WARA OR SUSU DOES NOT GET INSIDE ANOTHER PERSON'S BLOOD

Mosquitoes

Always using a male or female condom properly when you have sex

Kissing

It is very unlikely you will get HIV from oral sex

Sharing glasses

Eating together

REDUCE YOUR CHANCES OF GETTING HIV BY

Always using a male or female condom properly when you have sex

Get tested for STIs & HIV regularly. Know your status and get treated

Always use fresh razor blades and needles

If you're an HIV+ and pregnant - get advice from a health worker to reduce the chances of your baby getting HIV

NOTES

TOPIC 6: HOW DOES HIV TRANSMISSION HAPPEN IN PNG?

TOPIC 6: HOW DOES HIV TRANSMISSION HAPPEN IN PNG?



1 hour

MATERIALS

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

- What are two things that need to happen for the HIV transmission to happen?

KEY TOPIC QUESTIONS

- What is unsafe sex?

1

Go through the HIV TRANSMISSION POSTER with everyone. 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 that you put the poster long ples klia

2



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask them to use the HIV TRANSMISSION POSTER to work out if you can get HIV by stepping in someone else's *pispis*. Ask someone to be a spokesperson and to report back at the end.

ANSWER:

HIV does not live in *pispis*



You cannot get HIV by stepping in *pispis*

TOPIC 6: HOW DOES HIV TRANSMISSION HAPPEN IN PNG?

ACTIVITY (GROUP WORK):



Get everyone to work in a group. Ask them to use the HIV TRANSMISSION POSTER to work out if you can get HIV by touching fresh blood on someone's arm. Ask someone in the group to be a spokesperson and to report back at the end.

ANSWERS:

3

HIV lives in *blut* and there is a chance it is from someone who is HIV positive!

The blood is fresh so it can survive long enough to make the journey

HIV cannot get through the skin on your hand and into your *blut*.

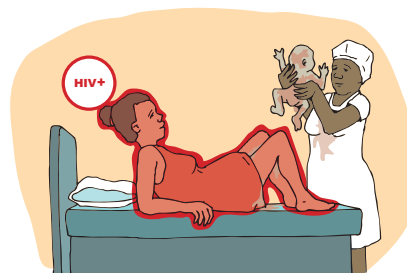
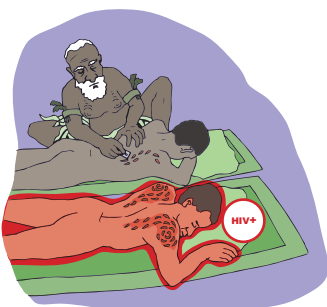
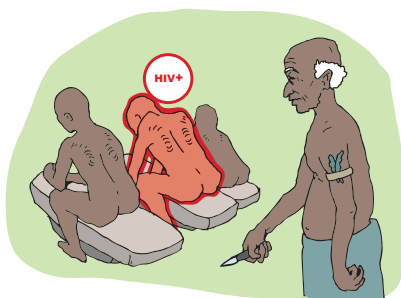
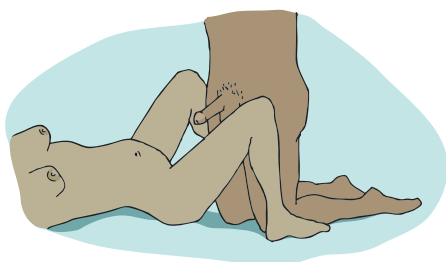


You cannot get HIV by touching fresh blood on someone's arm!

To even have a chance of getting HIV there has to be infected bodily fluids like *kok wara*, *kan wara*, or *blut* and that the virus must enter directly into the bloodstream of the other person. In PNG there are three main ways people can get HIV. These are:

- **UNSAFE SEX**
- **THROUGH INFECTED BLOOD IE SHARING NEEDLES IN TATTOOING, RAZORS IN SHAVING, OR SCARRING**
- **MOTHER TO CHILD**

4



TOPIC 6: HOW DOES HIV TRANSMISSION HAPPEN IN PNG?

5

SHARING NEEDLES OR RAZORS

HIV can be passed on through blood to blood contact – this is when blood from an HIV positive person directly touches the blood of someone else.

In PNG this happens from sharing needles or razors (or anything else used for tattooing or cutting or piercing or shaving).

There is more information about how HIV can be spread when sharing needles or razors in Topic 12.

6

MOTHER TO BABY

HIV can be passed on from mother to baby if the mother is HIV positive. This can happen when the baby is in the womb, during birth, or through breast feeding.

There is more information about how HIV can spread from a mother to her baby in Topic 13.

7

UNSAFE SEX

ALMOST ALL HIV IN PNG AND AROUND THE WORLD SPREADS THROUGH UNSAFE SEX

8

Explain what unsafe sex means:

UNSAFE SEX HAPPENS WHEN A MAN PUTS HIS PENIS INSIDE A WOMAN'S VAGINA, OR A MAN OR A WOMAN'S ANUS WITHOUT USING A CONDOM PROPERLY.

TOPIC 6: HOW DOES HIV TRANSMISSION HAPPEN IN PNG?

9



The good news is that all other ways to have sex are safe! We will find out why in later discussions.

The other good news is that if you use a condom properly you will not get HIV even if you have sex with an HIV positive person. We will find out how to use a condom properly in later discussions.



ASKIM OL: WHAT IS UNSAFE SEX?

ACTIVITY (BRAINSTORM):



Ask everyone to call out any other ways that people think HIV can spread in PNG – like sharing food or mosquitoes or oral sex. Whatever comes into their heads! On butcher paper or on a whiteboard write down whatever people call out.

At the end make it clear to everyone that HIV does not spread in any of these ways. Make a show of crossing out all the other ways that people think HIV can spread in PNG.

Knowing that there is more information to find out in later discussions should be motivation for people to come back for more.

Be sure to write down all examples in your journal. Make sure you follow up if there is something not covered in the discussion.

10

11

Lastly say again that in PNG HIV transmission mainly occurs through unsafe sex, sharing needles or razors, and from mother to baby.

Almost all HIV in PNG and around the world spreads through unsafe sex.

TOPIC 6: HOW DOES HIV TRANSMISSION HAPPEN IN PNG?



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. What are the three ways that HIV spreads in PNG?
2. What is unsafe 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion..

SAVE MOA YET – REVISION

Now is a good time to do a revision of all that we have learned so far. 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. What is a virus?
2. What is HIV?
3. What is our immune system?
4. What does HIV do to our immune system?
5. What does HIV positive mean?
6. What is AIDS?
7. What is the only way to know if you have HIV?
8. What body fluids contain HIV?
9. How quickly does the HIV virus die outside of the body?
10. How is HIV spread?
11. What are the three ways HIV transmission happens in PNG?
12. What is unsafe sex?

TOPIC 7: HIV TESTING

TOPIC 7: HIV TESTING



1 hour

MATERIALS HIV TRANSMISSION POSTER

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

REVISION • What is unsafe sex?

KEY TOPIC QUESTIONS • What are the three Cs of HIV testing that must be followed?

1

Explain that as of 2010, 31,609 people were reported to be living with HIV in PNG.

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?

2

YOU SHOULD GET AN HIV TEST IF:

1. You are someone who has had vaginal or anal sex with someone without using a condom properly some time in your life
2. You are someone that has shared a razor or needle some time in your life
3. You are thinking of having a baby and you want peace of mind

GET AN HIV TEST - NOGUT YU WARI NATING!

TOPIC 7: HIV TESTING

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: HOW DOES AN HIV TEST WORK?

4

HOW DOES AN HIV TEST WORK?

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 or nurse) will need to take a small amount of your blood. Your blood will be checked to see if there is any sign of the HIV virus inside.

If you have only recently gotten HIV there may not have been enough time for the signs to show up in your blood.

The time between getting HIV and signs of HIV showing up in your blood is called the 'window period'. The window period can be as long as three months.

The window period is when there is not enough HIV in the blood to show in the test.



ASKIM OL: WHAT IS THE 'WINDOW PERIOD'?

5

If you get an HIV test and the health worker says the test result is positive, then this means that it is clear that HIV is already in your blood.

But if the health worker says the test result is negative you could still have HIV (and you could pass it on to someone else). This is because of the window period.

If your test result is negative the health worker will always ask you to come back three months later for a second HIV test.

If you do not have unsafe sex or share a razor or needle in the three months leading up to the second test then when the health worker says the second HIV test is negative it means for sure you do not have HIV.



ASKIM OL: IF YOUR FIRST TEST IS 'NEGATIVE' DOES IT MEAN YOU DON'T HAVE HIV?

THE THREE C'S OF HIV TESTING - CONSENT, CONFIDENTIAL, COUNSELLING

In PNG the law says three things must be followed when anyone gets an HIV test:

6

CONSENT

The test is your choice - no one can force you!

CONFIDENTIAL

No one will be told about the test or the result of your test UNLESS you agree to it.

COUNSELLING

To know what to do next.

ACTIVITY (ROLE PLAY):



Make sure you prepare for this role play with a volunteer or your partner before hand. This role play will help everyone to understand HIV testing. Say that one of you is going to pretend to be someone who wants to get an HIV test (the client) and the other is going to pretend to be the health worker.

7

1. The client enters an VCT clinic and says that they want to get an HIV test but they are a little scared.
2. The health worker makes them feel at ease and explains the three C's of HIV testing. Explain to the client that they will need to give their consent first. Explain that the results will be confidential. And explain that there will be counselling before they take the test and when they get their results.
3. The health worker then asks the person if they give their CONSENT
4. The client says that they give their consent – they agree to be tested for HIV
5. The health worker then gives them COUNSELLING to explain what will happen and what the results could be. Explain that you will take a small amount of blood to do a rapid test. Explain that the result could be positive or negative.

*Read the **save moa** yet box so you know what a Rapid Test is.*

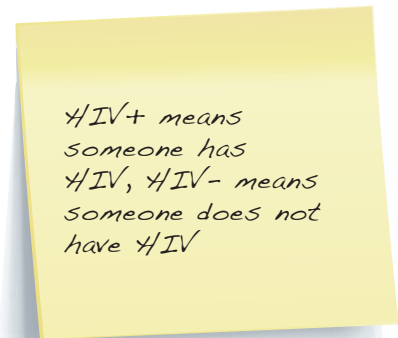
TOPIC 7: HIV TESTING

7

Continued...

If it is positive it means you have HIV in your blood. If it is negative it means you will need another test in three months because of the 'window period'. Ask the client if they have any questions.

6. The client asks what the 'window period' is and the health worker explains that it can take up to three months for signs of HIV to show up in your blood – this is called the 'window period'. If you got HIV in the last three months there may not have been enough time for the signs to show up in your blood.
7. The health worker then pretends to take some blood from their arm. Thank the client. Ask them to wait for 10 minutes. Offer them a cup of tea.
8. Pretend that 10 minutes have past. The health worker asks the client to sit.
9. The health worker explains that the test result is negative.
10. The health worker then gives the client COUNSELLING so that they understand what the results mean and so that they know what to do next. Explain that a negative result doesn't mean that they definitely do not have HIV because of the 'window period'. The only way to be sure is to come back in three months for a second test. Ask the client if they have any questions.
11. The client says that they have no questions.
12. The health worker reminds the client to use a condom properly every time they *koap* and not share a needle or razor with anyone. Explain that if they do this then they cannot get HIV. If they do this and if the result of the second test is negative it means for sure they do not have HIV.
13. The health worker thanks the client and says "see you in three months!"



Thank whoever helped you with the role play!

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

TOPIC 7: HIV TESTING

9

Continued...

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 THE 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

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

TOPIC 8: HIV MEDICINE AND TREATMENT

TOPIC 8: HIV MEDICINE AND TREATMENT



1 hour

MATERIALS HIV TRANSMISSION POSTER , long rope (as long as a car)

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

REVISION • What are the three Cs of HIV testing that must be followed?

KEY TOPIC QUESTIONS • 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 take a long time to weaken - this means you can live for a very long time without getting AIDS.

2

TAIM BILONG HIV EN I PINIS



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 can live for a very long time without getting AIDS.

3

STAYING HEALTHY

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!*

TOPIC 8: HIV MEDICINE AND TREATMENT

Continued...

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:

3

1. **EAT LOTS OF FRUIT, VEGETABLES, MILK, MEAT AND DRINK BOILED 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**
5. **SLEEP UNDER A MOSQUITO NET**



ASKIM OL: WHAT ARE THE FIVE WAYS TO STRONGIM BANIS BILONG YU YET?

4

HIV TREATMENT

Explain that the best way to remain healthy is to reduce the amount of HIV in your blood. One of the best ways to do this is to get treatment. HIV treatment is known as Anti Retroviral (ARV) treatment.

FOUR THINGS TO REMEMBER ABOUT ARV

5

ARV STOPS HIV FROM KARIM PIKANINI. NOGAT PLANT/PIKININI 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.

TOPIC 8: HIV MEDICINE AND TREATMENT



ACTIVITY (TUG-OF-WAR):

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

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 another person to hold the rope on the other end to HIV – explain that they are ARV medicine. Ask everyone what are the four things to remember about 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 will not be strong if you have a strong and healthy immune system. If you take ARV medicines everyday, you will not get sick easily. But, HIV has no cure. No matter what you do HIV will never let go of the rope! All you can do is reduce the amount of HIV in your blood so your immune system is strong to fight off sicknesses.

6

-
1. Next get ready to run the tug-of-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-of-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.

TOPIC 8: HIV MEDICINE AND TREATMENT

Continued...

6

IF YOU FORGET TO TAKE ARV YOUR IMMUNE SYSTEM GETS WEAKER AND HIV GETS STRONGER!

Thank everyone for helping with the role play!

7



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 can live for a very long time without getting AIDS.

8



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 THE 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

SAVE MOA YET – WHAT DOES ARV STAND FOR?

Explain that ARV stands for Anti Retro Viral medicine.

ARV medicine is medicine which fights against (Anti) the virus (Viral) that you already have inside you (Retro)

You will not need to explain what ARV stands for very much. Most people just say ARV or ARV medicine or ARV therapy.

TOPIC 8: HIV MEDICINE AND TREATMENT

SAVE MOA YET – I FEEL BETTER SO DO I NEED TO KEEP TAKING MY ARV MEDICINE?

YES

If you take ARV medicine and start to feel better you must still keep taking your ARV medicine – and you must take it every day for the rest of your life!

You can never get rid of HIV. HIV will always be on the end of the rope waiting for its chance. If you stop taking your ARV medicine it has a chance.

If you stop taking your ARV medicine then in no time there will be more HIV fighting your immune system and the HIV virus will be stronger.

If you start to feel better after taking your ARV medicine it is normally because you start to feel more positive or because your immune system has gotten stronger and has beaten off another sickness that is inside your body.

TOPIC 9: SEX AND REPRODUCTION

TOPIC 9: SEX AND REPRODUCTION



1 hour

MATERIALS

HIV TRANSMISSION POSTER, posters of male and female anatomy (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 TOPIC QUESTIONS

- How is a baby made?

If possible get a Health worker to help you discuss this topic. They will be able to give more information and answer any questions. Remember that everyone feels uneasy talking about sex and reproduction. Reassure everyone that this is a safe place. In order to protect ourselves and our families from HIV we need to be open and honest about sex and reproduction. Ask everyone for their permission to talk openly and honestly!

TOPIC 9: SEX AND REPRODUCTION



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:

1

- **KOK**
- **BILUM BILONG BAL** - this is the sack that holds the *bol*.
- **BOL** - This is where sperm are made. Sperm join a woman's eggs to make a baby. Sperm live in *kok wara*.
- **ROT BILONG PISPIS** - of the *kok*.



ASKIM OL: WHERE DO THE MALE SPERM 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*)
- **PLES KIAU BILONG MERI I KAMAN**



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.

TOPIC 9: SEX AND REPRODUCTION

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 comfortable when a man puts his *kok* inside her *kan*.



ASKIM OL: WHAT IS KAN WARAFOR?

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*.

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 the mothers *kan*, and come out of the woman during delivery or childbirth.



ASKIM OL: WHAT IS SIK MUN?

9

Explain that if the egg is not fertilized then the woman's body needs to get rid of it. Her body gets rid of the old egg by flushing it away with blood. The blood and the old egg flow out of the *kan* once a month just before a new egg is released by her ovaries. This flow of blood is called the 'period' or *sik mun*.

TOPIC 9: SEX AND REPRODUCTION

10



IN MY COMMUNITY:

Being able to talk openly about sex is an important part of staying safe from HIV. Ask everyone whether they think people in their community are able to talk about sex openly. Do young men and women feel able to talk openly about sex? Why not?

11



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask them to come up with ways to encourage people in their community to talk more openly about sex. Ask someone to be a spokesperson and to report back at the end.

If you managed to get a Health Worker to help you, it would be good to see if they are happy to answer any other questions participants have about sex or reproduction. BUT ask them to avoid answering questions about HIV, that's your job!



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. How is a baby made?



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 discussion will be.
4. Say what the next discussion is about.

TOPIC 9: SEX AND REPRODUCTION

SAVE MOA YET – WHAT IS PUBERTY?

Explain that puberty is when a boy's body changes into a man's body or when a girl's body changes into a woman's body.

Between about 11 and 18 years old a boy turns into a man:

- His body gets bigger and hairier.
- 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 an egg.
- Each month she has her 'period' or *sik mun* to get rid of an unfertilized egg.

12

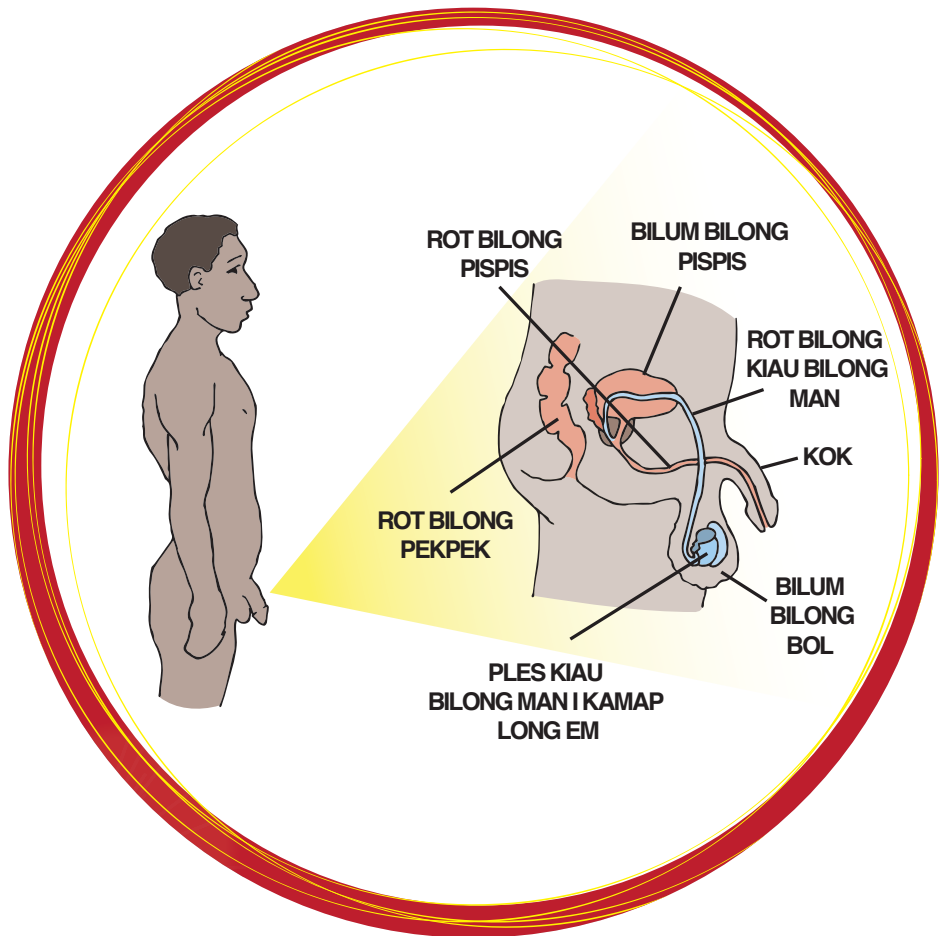


IN MY COMMUNITY:

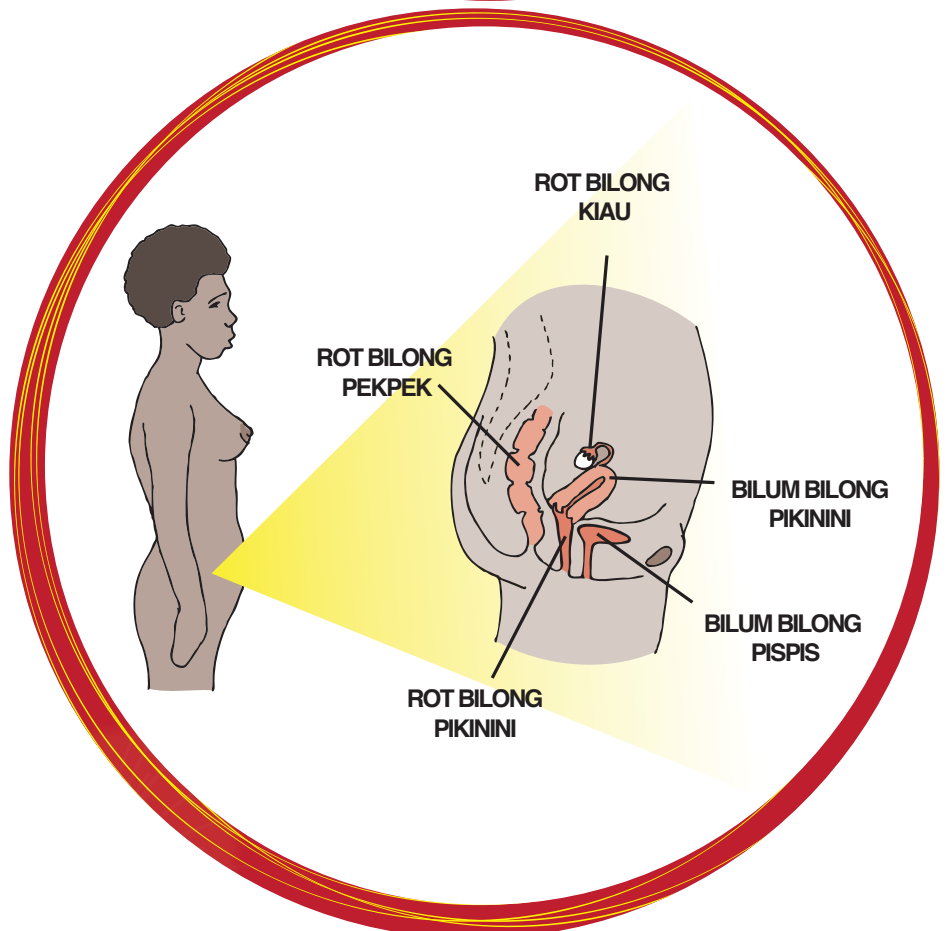
Explain that puberty is when a young person's body changes into an adult's. Ask everyone what else a boy or girl must do before they are considered to be an adult in their community?

TOPIC 9: SEX AND REPRODUCTION

MALE BODY PARTS



FEMALE BODY PARTS



NOTES

TOPIC 10: WHY DO PEOPLE HAVE SEX?

TOPIC 10: WHY DO PEOPLE HAVE SEX?



1 hour

MATERIALS

HIV TRANSMISSION POSTER

ENERGISER

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

REVISION

- How is a baby made?

KEY TOPIC QUESTIONS

- What are some different reasons people have sex?
- What do mobile men with cash often spend their money on?



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.

- *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 don't 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*

TOPIC 10: WHY DO PEOPLE HAVE SEX?

2

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

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? Does the community do anything when someone is raped?

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? Or are people just talking more openly about it?

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.

TOPIC 10: WHY DO PEOPLE HAVE SEX?



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. Not all men...but some.



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. Rape in PNG often happens after men have been drinking. Rape is almost always unsafe sex!



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 some people in our community are attracted to someone who is the same sex as them.

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: 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. This is a healthy change that helps reduce stigma and discrimination.



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?

TOPIC 10: WHY DO PEOPLE HAVE SEX?



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. What are some different reasons people have sex?
2. What do mobile men with cash often spend their money on?



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 discussion will be.
4. Say what the next discussion is about.

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!

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.

TOPIC 10: WHY DO PEOPLE HAVE SEX?

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*.

It 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!

NOTES

TOPIC 11: WHO IS AT RISK OF GETTING HIV?

TOPIC 11: WHO IS AT RISK OF GETTING HIV?



1 hour

MATERIALS HIV TRANSMISSION POSTER, eight risk cards, two empty cans

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

REVISION • What do mobile men with cash often spend their money on?

KEY TOPIC QUESTIONS • Who is at risk of getting HIV in PNG?



ASKIM OL: WHAT ARE THE THREE MAIN 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 HIV.



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
- You share needles or razors
- 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 think about it and take action.

TOPIC 11: WHO IS AT RISK OF GETTING HIV?

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 very little 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.



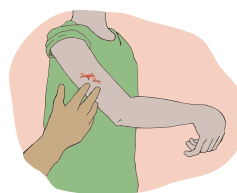
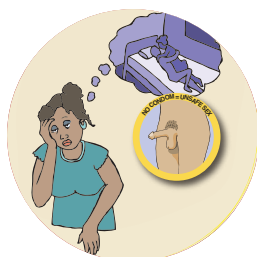
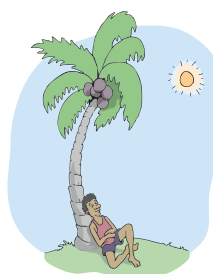
ACTIVITY (RISK CARDS):

Get everyone to work in a group. Give out the eight risk cards. Each card is a behaviour. Ask everyone to work together to put the cards into two groups – high risk that *samting nogut bai kamap* or low risk that *samting 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:

4



At the end of the risk cards, leave them where they are as you will need to refer back to them at the end of the topic.



ASKIM OL: WHAT DOES A LOW RISK OF GETTING HIV MEAN?

TOPIC 11: WHO IS AT RISK OF GETTING HIV?

5

Point to the low risk behaviours that people have grouped together on the floor?

Say that if something is low risk you should still use your common sense - don't sit under a coconut tree in a storm!

And you can still take precautions - some people who work in coconut plantations wear helmets!

BUT IF YOU WORRIED ABOUT A COCONUT FALLING ON YOUR HEAD OR A PLANE FALLING OUT OF THE SKY ON TOP OF YOU, YOU WOULD NEVER GET OUT OF BED IN THE MORNING!

6

Explain that the main way people get HIV in PNG is through unsafe sex, sharing needles or razors, or mother to baby.

It is true that it is possible to get HIV in other ways but they are a low risk – really they are no risk – as far as we know they have never happened in PNG!

We will find out more about other ways to get HIV in other discussion topics.

THE MAIN WAY PEOPLE IN PNG GET HIV IS THROUGH UNSAFE SEX, SHARING NEEDLES OR MOTHER TO BABY.



ASKIM OL: DO WE NEED TO WORRY ABOUT ANY OTHER WAY TO GET HIV BESIDES UNSAFE SEX, SHARING NEEDLES OR RAZORS, OR MOTHER TO BABY?

7



ACTIVITY (DEMONSTRATION):

Beat the two empty cans together. Explain that normally if you think something is a high risk then alarms sound in your head when you think about the behaviour. If alarms sound 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 discussion. Read some of the cards they put in the high risk group and beat the cans together so it reminds everyone of alarms going off.

TOPIC 11: WHO IS AT RISK OF GETTING HIV?

8

Explain that alarms 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 alarms.



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 alarms 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 alarms, so they ignore them! For example many people don't listen to the alarms because sex is fun and the pain comes later. And often young people or people affected by drugs and alcohol ignore the alarms.
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.

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 alarms 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.

TOPIC 11: WHO IS AT RISK OF GETTING HIV?

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 alarms – they ignore them! Ask everyone to come up with ideas to encourage these people to stop ignoring the alarms? 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 alarms 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 THE 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

TOPIC 11: WHO IS AT RISK OF GETTING HIV?

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 delay themselves getting AIDS?
4. What happens if you forget to take your ARV medicine?
5. How is a baby made?
6. What are some different reasons people have sex?
7. What do mobile men with cash often spend their money on?
8. Who is at risk of getting HIV in PNG?

NOTES

TOPIC 12: HIV TRANSMISSION FROM SHARING NEEDLES OR RAZORS

TOPIC 12: HIV TRANSMISSION FROM SHARING NEEDLES OR RAZORS



1 hour

MATERIALS HIV TRANSMISSION POSTER, picture of sharing needles or razors

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

REVISION • Who is at risk of getting HIV in PNG?

KEY TOPIC QUESTIONS • How can HIV spread when sharing a razor?
• What is the best way to avoid HIV transmission from sharing a razor?



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, then HIV transmission can occur. This is called blood to blood HIV transmission.



ASKIM OL: WHAT IS BLOOD TO BLOOD HIV TRANSMISSION?

TOPIC 12: HIV TRANSMISSION FROM SHARING NEEDLES OR RAZORS

3

In PNG blood to blood HIV transmission occurs when more than one person is tattooed or pierced or cut or shaves with the same razor or needle. 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 with the same razor or needle.

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 (GROUP WORK):

Make sure you prepare for this role play with a volunteer or your discussion 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 finishing. Then hand the razor to your friend and ask them to pretend to cut themselves while shaving.

*HAVE FUN,
MAKE JOKES!*

This is a good chance to go back over the HIV transmission poster so it is fresh in everyone's

Next ask everyone if it is possible for HIV to be spread in this way?

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.

TOPIC 12: HIV TRANSMISSION FROM SHARING NEEDLES OR RAZORS



ASKIM OL: WHAT IS THE BEST WAY TO AVOID HIV TRANSMISSION WHEN SHARING A RAZOR OR NEEDLE?

7

ALWAYS USE A NEW RAZOR OR NEEDLE WHEN TATTOOING, OR CUTTING, OR PIERCING, OR SHAVING.

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

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.



ASKIM OL: CAN YOU GET HIV IF BLOOD FROM SOMEONE WHO IS HIV POSITIVE GETS ON YOUR CUT OR SORE?

8

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:

1. 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 to go the other way!
2. By the time HIV in *blut* or *kok wara* or *kan wara* or *susu* comes out of someone's body, gets on someone else's fresh cut or sore, and makes it against the flow through the *skin banis* and into the blood, it will be dead. HIV dies in seconds outside the body.

Why not get a plastic bag and fill it with water and cut it to show what you mean.

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.

TOPIC 12: HIV TRANSMISSION FROM SHARING NEEDLES OR RAZORS

10

Lastly ask everyone to look at the 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 A NORMAL CUT OR SORE!



ASK THE 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

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.

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.

TOPIC 12: HIV TRANSMISSION FROM SHARING NEEDLES OR RAZORS

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 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

TOPIC 13: MOTHER TO BABY TRANSMISSION



1 hour

MATERIALS

HIV TRANSMISSION POSTER, picture of mother to baby HIV transmission, baby doll

ENERGISER

Do any energiser you like or try energiser 12 'Simple Simon'

REVISION

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

KEY TOPIC QUESTIONS

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



ASKIM OL: WHAT ARE THE THREE MAIN WAYS THAT HIV SPREADS IN PNG?

1



IN MY COMMUNITY:

Mother to baby transmission is one of the three main ways that HIV spreads in PNG. Ask the group to discuss how a mother with HIV probably got it? Ask everyone to discuss why it is that most wives with HIV get it from their husbands?

MOTHER TO BABY TRANSMISSION SHOULD REALLY BE CALLED FATHER TO MOTHER TO BABY TRANSMISSION

2

Explain that HIV can be passed from a mother who is HIV positive to her baby during PREGNANCY during DELIVERY, and during BREASTFEEDING. Put the picture showing mother to baby HIV transmission *long ples klia*.

This is the picture you used in the topic 'How does HIV transmission happen in PNG'.

TOPIC 13: MOTHER TO BABY TRANSMISSION

3

PREGNANCY; Hold the baby doll against your stomach as if you were a mother with a baby inside your womb.

When a baby is in the mother's womb they share blood. *Tingim rop bilong beli baton.* If the mother is HIV positive then the virus can get into her baby's blood.

4

DELIVERY; Put the baby doll between your legs as if you were a mother who has delivered a baby.

When a baby is born there is often lots of blood especially if there is tearing during delivery. If the mother is HIV positive then there is a chance HIV in her blood will get onto the baby's skin.

Although the skin of an adult is strong and will not let HIV pass through, the skin of a baby is far more fragile. There could be small cuts during delivery. If the mother is HIV positive she will be given special anti-HIV medicine before and during labour. These reduce the chance of her baby becoming HIV positive. Her baby can also be given anti-HIV medicines when it is born. Because of these medicines most babies born to mothers with HIV will not be HIV positive.



ASKIM OL: CAN HIV GET THROUGH THE SKIN OF AN ADULT?

5

BREASTFEEDING; Hold the baby doll against your breast as if you were a mother giving *susu* to her baby.

Breastfeeding is much safer and better for babies than bottle milk. This is because:

- In many areas of PNG the drinking water used to prepare baby formula is dirty and contaminated.
- Baby formula can be expensive.
- Breast milk is very healthy for babies and is a good way to make sure that babies get the nutrition they need to grow properly and stay healthy.

The PNG National AIDS Council recommends the following guidelines for mothers infected with HIV:

- Only breastfeed until the baby is four months old. This means that the baby has only breast milk - no water; no formula; no tea; no fruit; no juicies; no honey; no sugar; no rice; no dummies. These can damage the inside of the babies mouth and stomach and make it easier for HIV to get into the babies blood.
- When the baby is four months old the mother should stop breastfeeding and the baby should be fed other foods and liquids. Once the mother starts feeding her baby other foods, she cannot continue breastfeeding.

TOPIC 13: MOTHER TO BABY TRANSMISSION

5

BREASTFEEDING; Continued...

Pregnant mothers should always see a health worker.



ASKIM OL: CAN HIV GET THROUGH THE SKIN INSIDE AN ADULTS MOUTH?

6

Explain that if you are thinking of having a baby it is a very good idea for both the mother and father to get an HIV test first.

But if a mother is already pregnant and finds out she has HIV the first thing she should do is discuss what her options are with a health worker or doctor.

The next thing to do is **STAY HEALTHY** and **TAKE ARV MEDICINE EVERY DAY**

7



The good news is that there are ways 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 delay the development of AIDS – staying healthy and taking ARV medicine every day.



ASKIM OL: HOW CAN AN HIV POSITIVE PERSON DELAY GETTING AIDS?

8

Ask everyone to think back to the topic on HIV medicine and treatment. Remind everyone of the tug-of-war with HIV. If someone with HIV stays healthy and takes ARV medicine every day for the rest of their life then HIV will have a hard battle in the tug-of-war – and they will delay getting AIDS for a very long time.

TOPIC 13: MOTHER TO BABY TRANSMISSION

STAYING HEALTHY - Explain how staying healthy not only helps a mother prevent herself from getting AIDS, but it also helps stop HIV from spreading to her baby

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 five things:

9

- **EAT LOTS OF FRUIT, VEGETABLES, MEAT, MILK AND DRINK BOILED WATER**
- **TRY NOT TO SMOKE, OR DRINK ALCOHOL AND GET PLENTY OF REST**
- **WASH YOUR HANDS AFTER GOING TO THE TOILET AND BEFORE EATING TO PREVENT SICKNESS**
- **GET TREATMENT QUICKLY IF YOU GET SICK**
- **SLEEP UNDER A MOSQUITO NET**



ASKIM OL: WHAT IS OUR IMMUNE SYSTEM?

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

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

10

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.

TOPIC 13: MOTHER TO BABY TRANSMISSION



IN MY COMMUNITY:

11

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 stay healthy – but it is also the best way to stop HIV from spreading to her baby.



ASK THE 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

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

TOPIC 14: HOW TO STOP MOTHER TO BABY TRANSMISSION



1 hour

MATERIALS

HIV TRANSMISSION POSTER, 5 packets of rice/seeds/sand/shells, 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 TOPIC QUESTIONS

- What are some things a mother with HIV can do to stop HIV spreading to her baby?

1



Don't forget the good news that there are ways 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 help her stay healthy and delay getting AIDS – staying healthy and taking ARV medicine every day.

2

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.

Don't forget that the mother and the baby share immune system – *tingim rop bilong beli baton*.

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 STAY HEALTHY FOR A LONG TIME WITHOUT GETTING AIDS?

TOPIC 14: HOW TO STOP MOTHER TO BABY TRANSMISSION

3

HIV TREATMENT;

Remind everyone that taking ARV medicine is the best way to stay healthy for a long time without 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 EVERYDAY 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/seeds/sand/shells and remind everyone that it represents the HIV virus.

5

PACKET OF RICE = THE HIV VIRUS

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

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.

TOPIC 14: HOW TO STOP MOTHER TO BABY TRANSMISSION



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 a very low risk 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). They are offered at clinics.

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*.

10

TO REDUCE HIV TRANSMISSION WHEN BREASTFEEDING

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

TOPIC 14: HOW TO STOP MOTHER TO BABY TRANSMISSION

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
- Reduce HIV transmission when breastfeeding by only breastfeeding for the first four months

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 things that will help prevent 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 woman can reduce the chance of passing HIV on to her baby if she:

- Stays strong and healthy
- Takes ARV medicine every day
- Gets ARV treatment for her new born baby
- Only breastfeeds for the first four months



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. What are some things a mother with HIV can do to 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 discussion will be.
4. Say what the next discussion is about.

TOPIC 14: HOW TO STOP MOTHER TO BABY TRANSMISSION

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 infant 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).

TOPIC 15: HIV TRANSMISSION AND VAGINAL SEX

TOPIC 15: HIV TRANSMISSION AND VAGINAL SEX



1 hour

MATERIALS

HIV TRANSMISSION POSTER, picture of unsafe sex, 2 packets of rice/ seeds/sand/shells, *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 some things a mother with HIV can do to stop HIV spreading to her baby?

KEY TOPIC QUESTIONS

- 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?



ASKIM OL: IN WHAT WAY DOES HIV SPREAD IN PNG?

1

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*.

UNSAFE SEX IS WHEN A PERSON HAS SEXUAL INTERCOURSE (PENIS-VAGINA; PENIS-ANUS) WITHOUT USING A CONDOM PROPERLY

This is the picture you used in the topic 'How does HIV transmission happen in PNG'.



ASKIM OL: WHAT IS VAGINAL SEX?

TOPIC 15: HIV TRANSMISSION AND VAGINAL SEX

2

Point to the HIV TRANSMISSION POSTER and use it to help explain how HIV can spread from **a man with HIV to a woman** during vaginal sex.

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

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

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

 **HIV TRANSMISSION CAN OCCUR**

3



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask everyone to use the 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.

ANSWERS:

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

Because *kan wara* can get inside his penis quickly the virus can survive the journey.

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

 **HIV TRANSMISSION CAN OCCUR**

TOPIC 15: HIV TRANSMISSION AND VAGINAL SEX

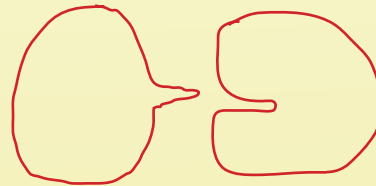


ACTIVITY (DEMONSTRATION):

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 exercise when preparing for the discussion so 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.



*It is good to laugh at the penis shape you make -
EM MAN TRU YA!*

2. Next make a second large circle next to the first circle. Make a small point sticking out of the circle 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 of one person and get inside the other other person?
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.

TOPIC 15: HIV TRANSMISSION AND VAGINAL SEX

Continued...

4

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!
7. Next take the packet of rice out of the circle with a penis and put it inside the circle with a vagina (next to the other packet).
8. Pick up the *billum rop* you used to make the circle with a penis.
9. Say that the woman has HIV (point to the two packets of rice in the circle with a vagina). Say that she 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.
10. Next ask everyone to imagine that the woman and man have vaginal sex. Ask everyone to explain how HIV transmission can occur – how can HIV COME OUT, of one person and get inside the other person?
11. When you are happy with the explanation pick up one packet of rice from the circle with a vagina and *stori* about how HIV in *kan wara* leaves the vagina during vaginal 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.
12. Place the packet of rice inside the circle with a penis to show that HIV transmission has occurred – now both the woman and the man 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 VAGINAL SEX?

5



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

TOPIC 15: HIV TRANSMISSION AND VAGINAL SEX



ACTIVITY (DEMONSTRATION):

Hold up a *diwai kok* with a condom already on it. Explain that vaginal sex is safe if you use a condom properly. The condom stops *kok wara* from getting inside the vagina and it stops *kan wara* from getting inside the penis. Make sure everyone can see what you are saying!



6

1. Next go to the circle with a penis that you made in the previous activity. Place the *diwai kok* with a condom already on it, in the circle.
2. Next, make sure both packets of rice are in the circle . Explain that if an HIV positive man and a woman have vaginal sex - but they use a condom properly - there is no way that HIV in his *kok wara* can get inside her vagina. 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 a vagina. Explain that if an HIV positive woman and a man have vaginal sex - but they use a condom properly - there is no way that HIV in her *kan wara* 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 other topics.



ASK THE PARTICIPANTS THE 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?



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 discussion will be.
4. Say what the next discussion is about.

SAVE MOA YET – PUTTING IT INTO PRACTICE

Ask the group if anyone has used the knowledge from the discussion to do awareness in their community? Awareness might just mean talking with a couple of friends. Be sure to keep a record of what they say because this is good evidence that people are using what they are learning. You can use this evidence to help evaluate the discussions.

TOPIC 16: HIV TRANSMISSION AND ANAL SEX

TOPIC 16: HIV TRANSMISSION AND ANAL SEX



1 hour

MATERIALS

HIV TRANSMISSION POSTER, picture of unsafe sex, 2 packets of rice/sand/seeds/shells, *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 TOPIC QUESTIONS

- How can HIV spread to 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*

1

UNSAFE SEX IS WHEN A PERSON HAS SEXUAL INTERCOURSE (PENIS-VAGINA; PENIS-ANUS) WITHOUT WEARING A CONDOM PROPERLY.

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

This is the picture you used in the topic 'how does HIV transmission happen in PNG'



ASKIM OL: WHAT IS ANAL SEX?

TOPIC 16: HIV TRANSMISSION AND ANAL SEX

2

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

The skin inside the anus is weak and breaks easily during anal sex. If a man puts his penis inside the anus of someone who has HIV then the virus can leave their anus through blood.

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

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



HIV TRANSMISSION COULD OCCUR.



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask everyone to use the HIV TRANSMISSION POSTER to work out how HIV can spread from a man with HIV if he puts his penis in someone's anus. Ask someone to be a spokesperson and to report back at the end.

ANSWERS:

If an HIV positive man puts his penis inside someone's anus (man or woman) then HIV can leave his body in *kok wara*.

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

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



HIV TRANSMISSION COULD OCCUR.



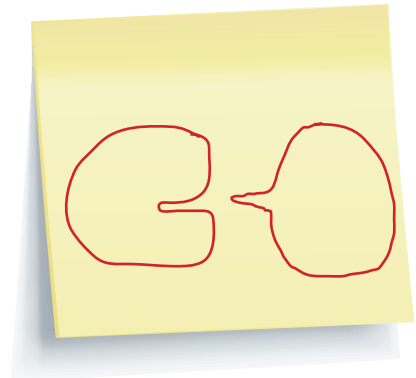
ASKIM OL: WHAT ARE THE TWO BANIS THAT PROTECT OUR BODY?

TOPIC 16: HIV TRANSMISSION AND ANAL SEX



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.



1. Next make a second large circle next to the first circle. Make a small point sticking out of the circle 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 (man or woman). Ask everyone to explain how HIV transmission can occur – how can HIV COME OUT of one person and get into the other person?
4. 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 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.

4

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, man or woman (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 of one person and get into the other person?
5. When you are happy with the explanation pick up one packet of rice from the circle with an anus. Emphasise 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. Similarly, the virus from the man's *kok wara* can also enter through the skin inside the anus of the other person who is receiving anal sex.

TOPIC 16: HIV TRANSMISSION AND ANAL SEX

4

Continued...

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.

6



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.

1. Next go to the circle with a penis that you made in the previous activity. Place the *diwai kok* with a condom on top of the penis 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 in other topics.

TOPIC 16: HIV TRANSMISSION AND ANAL SEX



ASK THE 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

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. Not everyone who is attracted to the same sex refers to themselves as homosexuals. There are also people who are attracted to both men and women. They are often called 'bisexuals'. Similarly, not everyone who has sex with both men and women calls themselves bisexual.

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 in other topics.
- 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?

TOPIC 17: WHAT ABOUT ORAL SEX?



1 hour

MATERIALS 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 TOPIC QUESTIONS

- Why is oral sex safe?



ASKIM OL: WHAT IS ORAL SEX?

1

Oral sex is when a man or a woman kisses/licks/sucks a woman's vagina. When this happens the man or woman gets *kan wara* in their mouth.

Oral sex is also when a man or woman kisses/licks/sucks 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

TWO REASONS WHY IT'S VERY HARD TO GET HIV THROUGH ORAL SEX.

Explain that there are two main reasons why it is very difficult to get HIV through oral sex.

1. 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!

TOPIC 17: WHAT ABOUT ORAL SEX?

Continued...

2

2. WARA BILONG MAUS SAVE KILIN HIV. MARASIN BILONG BEL SAVE KILIN 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.



ASKIM OL: WHAT ARE TWO REASONS WHY IT'S VERY HARD TO GET HIV FROM ORAL SEX?

4



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask everyone to use the HIV TRANSMISSION POSTER to work out why it is very hard to get HIV if a woman who is HIV positive uses her mouth to give oral sex to a man. Ask someone to be a spokesperson and to report back at the end.

ANSWER:

HIV does not live in saliva!



Therefore there is no HIV transmission!

At the end make sure everyone is clear that it would be the same result if a HIV positive man uses his mouth to give oral sex to a woman – HIV does not live in saliva so it is very hard to get HIV.

TOPIC 17: WHAT ABOUT ORAL SEX?



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask everyone to use the HIV TRANSMISSION POSTER to work out why there is no risk of HIV transmission if someone who is HIV positive uses his/her mouth to give oral sex to a man. Get them to go through each rule to work out which rules **won't happen**. Ask someone to be a spokesperson and to report back at the end.

ANSWERS:

5

If it was between a man and a woman, the man who used his mouth to give oral sex came into contact with HIV in *kan wara*.

The *kan wara* got inside his mouth quickly enough for the virus to survive (within seconds)

It is very hard for the HIV virus to get inside his blood. This is because the skin in the mouth and throat is strong and because saliva and stomach acid *save kilim na kilim i dai HIV*.

At the end make sure everyone is clear that it would be the same result if someone uses his/her mouth to give oral sex to a HIV positive man – it is very hard for the HIV virus to get inside his/her blood because the skin in the mouth and throat is strong and because saliva and stomach acid *save kilim na kilim i dai HIV* – it is very hard to get HIV.



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*.

Oral sex is still considered safe even if you have small 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 – IS ORAL SEX SAFE THEN?

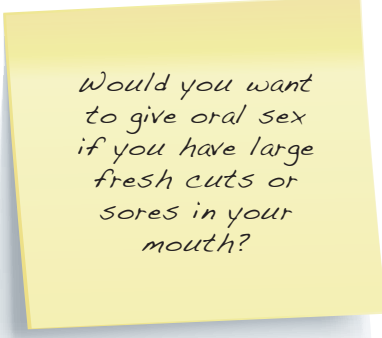
TOPIC 17: WHAT ABOUT ORAL SEX?

7

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

EVEN IF YOU HAVE LARGE FRESH CUTS IN YOUR MOUTH OR THROAT AND YOU HAVE ORAL SEX, THE RISK OF GETTING HIV IS VERY SMALL.

If you are worried or uncertain you can always use a condom when having oral sex with a man.



Would you want to give oral sex if you have large fresh cuts or sores in your mouth?

8

Ask everyone to look at the HIV TRANSMISSION POSTER. Read through the poster from the start and stop after the part about oral sex.



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

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



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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

NOTES

TOPIC 18: HIV TRANSMISSION AND OTHER STIs

TOPIC 18: HIV TRANSMISSION AND OTHER STIs



1 hour

MATERIALS HIV TRANSMISSION POSTER

ENERGISER Do any energiser you like or try energiser 17 'Balloon in the Air'

REVISION • What are two reasons why oral sex is safe?

KEY TOPIC QUESTIONS • Why does having an STI mean you could also have HIV?
• Why does having an STI increase the risk of getting HIV?

1

STI means sexually transmitted infection.

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*.

TOPIC 18: HIV TRANSMISSION AND OTHER STIs

3

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.

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

4

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

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?

5

UNSAFE SEX

Explain that almost all STIs are spread by unsafe sex. Put the picture showing HIV transmission from unsafe sex *long ples klia*.

This is the picture you used in the topic 'How does HIV transmission happen in PNG'.

6



The good news is that almost all STIs can be prevented if you use a condom properly. A condom can be used to stop STIs from getting through our skin where our *skin banis* is weak and can't protect us. We will look at how to use a condom properly in the next few topics.



ASKIM OL: CAN YOU ALWAYS TELL IF YOU HAVE AN STI?

TOPIC 18: HIV TRANSMISSION AND OTHER STIs

7

Explain that some STIs have signs like rashes and blisters. However many STIs have no visible signs at all - only a health worker or doctor can tell!

The only way to know for sure that you do not have an STI is to go to a health centre or STI clinic.

8



IN MY COMMUNITY:

If you have had unsafe sex you could have an STI. Ask everyone if they know where people in their community could go for help if they were worried they had an STI.

9



The good news is that almost all STIs can be treated with medicine. If you think you have an STI, or if you have had unsafe sex with somebody, you should go to a health centre or VCT clinic or STI clinic.



ASKIM OL: DOES HAVING AN STI MEAN YOU ARE MORE LIKELY TO GET HIV?

EM NAU

10

Explain that if you have an STI you are more likely to get HIV when you have unsafe sex.

And if you have both an STI and HIV you are more likely to spread HIV when you have unsafe sex.

PNG HAS SOME OF THE HIGHEST STI RATES IN THE WORLD. THIS IS A BIG REASON WHY HIV IS SPREADING SO QUICKLY IN PNG

TOPIC 18: HIV TRANSMISSION AND OTHER STIs

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

TWO THINGS TO REMEMBER ABOUT STIs ARE:

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

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 STIs ARE WHERE OUR SKIN BANIS IS WEAKEST AND WHERE IT IS MOIST AND WARM THE HIV VIRUS CAN SURVIVE LONG ENOUGH TO GET THROUGH TO YOUR BLOOD.



ASKIM OL: DOES HAVING AN STI MEAN YOU COULD ALSO HAVE HIV?

TOPIC 18: HIV TRANSMISSION AND OTHER STIs

13

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

If you have an STI your chances of getting HIV are higher if you have unsafe sex. This is because apart from sores and abrasions on the skin, your immune system is not strong. 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 positive, then you were more likely to get HIV.

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



ASK THE 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

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.

TOPIC 18: HIV TRANSMISSION AND OTHER STIs

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. Is HIV the same as AIDS?
2. How can HIV spread when sharing a razor?
3. What is the best way to avoid HIV transmission from sharing a razor?
4. Can HIV get through your skin or through an ordinary cut or sore?
5. How does HIV spread from a mother to her baby?
6. How does staying healthy help a mother stop HIV spreading to her baby?
7. What are the things a mother with HIV can do to stop HIV spreading to her baby?
8. How can HIV spread from a man to a woman during vaginal sex?
9. How can HIV spread from a woman to a man during vaginal sex?
10. How can HIV spread to a man who puts his penis in someone's (man or woman) anus?
11. How can HIV spread from a man who puts his penis in someone's (man or woman) anus?
12. What are two reasons why oral sex is safe?

NOTES

TOPIC 19: SAFE VAGINAL AND ANAL SEX - CONDOMS

TOPIC 19: SAFE VAGINAL AND ANAL SEX - CONDOMS



1 hour

MATERIALS

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 sex?

KEY TOPIC QUESTIONS

- Do condoms stop HIV transmission if used properly?



ASKIM OL: WHAT IS UNSAFE SEX?

UNSAFE SEX IS WHEN A PERSON HAS SEXUAL INTERCOURSE (PENIS-VAGINA; PENIS-ANUS) WITHOUT WEARING A CONDOM PROPERLY.

1

Go through the 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 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 KUN WARA OR SUSU FROM ONE PERSON DOES NOT LEAVE THEIR BODY AND GET INSIDE ANOTHER PERSON.

TOPIC 19: SAFE VAGINAL AND ANAL SEX - CONDOMS

3



The good news is that if you use a condom properly when you have vaginal or anal sex then it is very difficult for *blut* or *kok wara* or *kan wara* or *susu* from one person to leave their body and get inside another person. You won't get HIV if you use a condom properly all the time.

4



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask them to discuss what their friends and family think of condoms. What are the arguments they have heard in favour of condoms? What are the arguments they have heard against condoms? Ask someone to be a spokesperson and to report back at the end.

Be careful to respect the views people have on condoms. For more information on how to do this look at 'How to facilitate adult learning' in the facilitator's Guidebook.

Explain that there are six important points to make about condoms:

SIX IMPORTANT POINTS TO MAKE ABOUT CONDOMS

5

1. Evidence from around the world shows that condoms stop transmission of HIV as long as the condom is used properly. Condoms have stopped millions of men and women around the world from becoming HIV positive. Because of this, millions of babies did not get HIV and millions of children still have parents!
2. Evidence clearly shows that in the countries where the spread of HIV has been slowed down, the main reason has been an increase in the use of condoms.
3. Condoms stop other sexually transmitted infections (STIs). Having an STI increases the risk that you will also get HIV.
4. There is no evidence that talking openly about sex and condoms encourages more people to have sex. The World Health Organisation looked at the evidence from around the world and found that talking openly about sex and condoms with young people did not lead to more sex. In fact they found that sex education programs actually led young people to delay or cut down on sex.
5. If we don't talk about condoms we are hiding information on how people can protect themselves from HIV. People have a right to know the facts!
6. Condoms also stop unwanted pregnancy.

TOPIC 19: SAFE VAGINAL AND ANAL SEX - CONDOMS



ASKIM Q1: PUT YOUR HAND UP IF YOU HAVE NEVER MADE A MISTAKE IN YOUR LIFE?

Emphasise that everyone makes mistakes. Anyone who has had unsafe sex at some point in their lives has run the risk of HIV transmission.

You could have caught HIV from Jane who got it from Simon a couple of years ago who got it from Jenny the month before who got it from Tom who got it from Mathias when they shared a razor to shave.

6

And you could have already passed HIV on to Mary who then passed it on to John and Tony who then passed it on to Frieda and Judy and Samantha and your sister!

IF THE PERSON YOU HAD SEX WITH 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.

Join the activity yourself if there are not many participants!

Make sure everyone is clear you cannot get HIV by shaking someone's hand.

7

TOPIC 19: SAFE VAGINAL AND ANAL SEX - CONDOMS

7

Continued...

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.

Thank everyone for participating in the role play



ASKIM OL: HOW COULD WE HAVE STOPPED HIV SPREADING IN THE ROLE PLAY?

8

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

1. Don't have sex
2. If you have vaginal or anal sex then always use a condom properly

9

Emphasise that most adults have had unsafe sex at some point in their lives.

IF YOU HAVE UNSAFE SEX, YOU ARE MOST LIKELY TO GET HIV.

IF YOU USE A CONDOM PROPERLY, THEN IT IS UNLIKELY YOU WILL GET HIV.

10



IN MY COMMUNITY:

Ask the group if they think condoms are used widely in their community? Why do some people not want to use a condom? Are men more likely to not want to use a condom? Why?

TOPIC 19: SAFE VAGINAL AND ANAL SEX - CONDOMS



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. Do condoms stop HIV transmission if used 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

SAVE MOA YET – IT IS FAMILIES WHO PAY THE PRICE IF WE DON'T TALK ABOUT CONDOMS

Men and women often say they are worried that if we talk about safe sex and condoms it will encourage their partners/wives/husbands to be unfaithful.

But families pay the price if someone is unfaithful and does not use a condom - if someone gets HIV they can pass it on to their husband or wife!

People were unfaithful before anyone heard of condoms – everyone makes mistakes!

At least if people are unfaithful and use a condom they will not get HIV - and they will not pass HIV on to their wife, or husband.

TOPIC 19: SAFE VAGINAL AND ANAL SEX - CONDOMS

SAVE MOA YET – SOME COMMON ARGUMENTS AGAINST CONDOMS

“CONDOMS HAVE HOLES”

CONDOMS DO NOT HAVE HOLES!

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!

NOTES

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY



1 hour

MATERIALS Male condoms, *diwai koks*, somewhere or something to clean hands with (i.e. baby wipes)

ENERGISER Do any energiser you like or try energiser 19 'Screamer'

REVISION • Do condoms stop HIV transmission if used properly?

KEY TOPIC QUESTIONS • What are the steps for using a male condom properly?



ACTIVITY (DEMONSTRATION):

Use a *diwai kok* to demonstrate how to use a male condom properly. Do the demonstration two times.

Firstly demonstrate at normal speed without explaining what you are doing. Then do the demonstration a second time. When you do the demonstration a second time go slowly and explain the following steps as you go:

1. Show everyone the *diwai kok* and explain that it is an erect penis.
2. Check the expiry date on the condom package.
3. Carefully tear the edge of the packet and remove the condom inside.
4. Place the condom on the penis and gently unroll it to the base of the penis. The condom will only roll one way!
5. As you roll the condom to the base of the penis use your other hand to pinch the end of the condom so there is no air in it. If there is too much air in the condom the end becomes like a little balloon and there is a small chance it could burst during vaginal or anal sex. When the man ejaculates (*kam o kapsait*) the *kok wara* will stay in the end of the condom.

Tell everyone that they will all get a chance at doing it, so look and listen carefully

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY

Continued...

1

6. 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.
7. 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*.
8. 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 GREASEY WARA ON THE OUTSIDE OF THE CONDOM FOR?

2

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!*

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 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.

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY

3



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*.

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.

The male volunteer should help the men and the female volunteer should help the women.

Giving people a chance to learn by doing is an important part of learning. For more information on 'learning by doing' have a look at the Facilitator's Guidebook.

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!

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: HOW WOULD YOU PUT A MALE CONDOM ON AN UNCIRCUMCISED PENIS?

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY

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 about circumcision.



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.

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.

6

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 towards the base 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.

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY

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?



ASK THE 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 discussion will be.
4. Say what the next discussion is about.

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY

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.

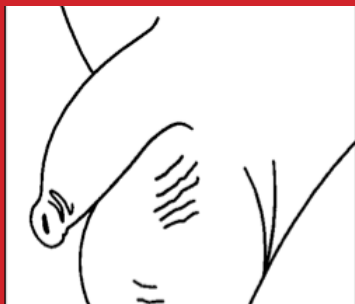
Next ask the (pretend) man to try and convince the (pretend) woman not to use a condom. Encourage the rest of the group to offer suggestions to help the man convince the woman not to use a condom.

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 his 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?

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY

SAVE MOA YET – WHAT IS THE DIFFERENCE BETWEEN A CIRCUMCISED AND UNCIRCUMCISED PENIS?



The penis on the left is not circumcised. This is what a penis looks like if nothing is done to it. There is still a loose fold of skin at the head of the penis – this is called the foreskin.

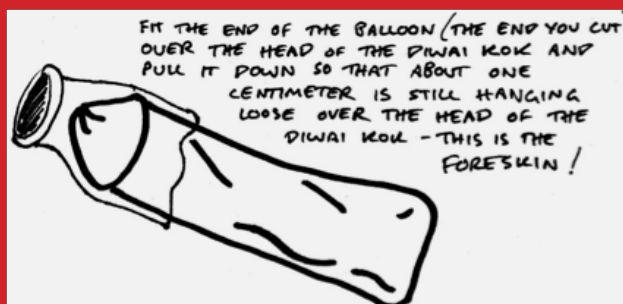
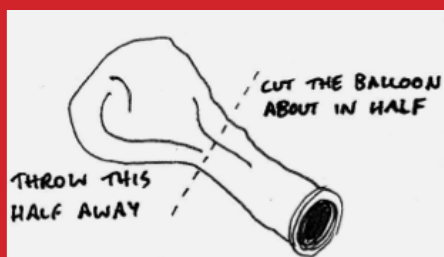
The penis in the middle is what a penis looks like if the foreskin is pulled back. If you put a condom on the penis that is not circumcised then you should pull back the foreskin first before rolling on the condom.

The penis on the right is circumcised. It shows you what a penis looks like if the foreskin is pulled back and cut off. About half of all PNG men have had all or part of their foreskin removed. If you have had all of your foreskin removed you are fully circumcised.

TOPIC 20: HOW TO USE A MALE CONDOM PROPERLY

SAVE MOA YET – HOW TO MAKE A *DIWAI KOK* THAT IS NOT CIRCUMCISED

1. Get a *diwai kok*. It should be a circumcised *diwai kok*.
2. Next get a few balloons - you will probably need a few in case you make mistakes!
3. Cut the balloon about in half – if the *diwai kok* you have is thick you may need to cut it further away from the mouth of the balloon so that it will be big enough to fit over the head of the *diwai kok*.
4. Next fit the end of the balloon (the end you cut) over the head of the *diwai kok* and pull it down the *diwai kok* so that about one centimetre is still hanging loose over the head – this is the foreskin. Make sure only about one centimetre is hanging loose and make sure it is the mouth of the balloon that is hanging loose – the mouth of the balloon is much easier to roll back if you want to demonstrate how to put a condom on a penis that still has its foreskin!



NOTES

TOPIC 21: HOW TO USE A FEMALE CONDOM PROPERLY

TOPIC 21: HOW TO USE A FEMALE CONDOM PROPERLY



1 hour

MATERIALS

Female condoms, model vaginas, somewhere or something to clean hands with (i.e. baby wipes)

ENERGISER

Do any energiser you like or try energiser 20 'The Holy Grail'

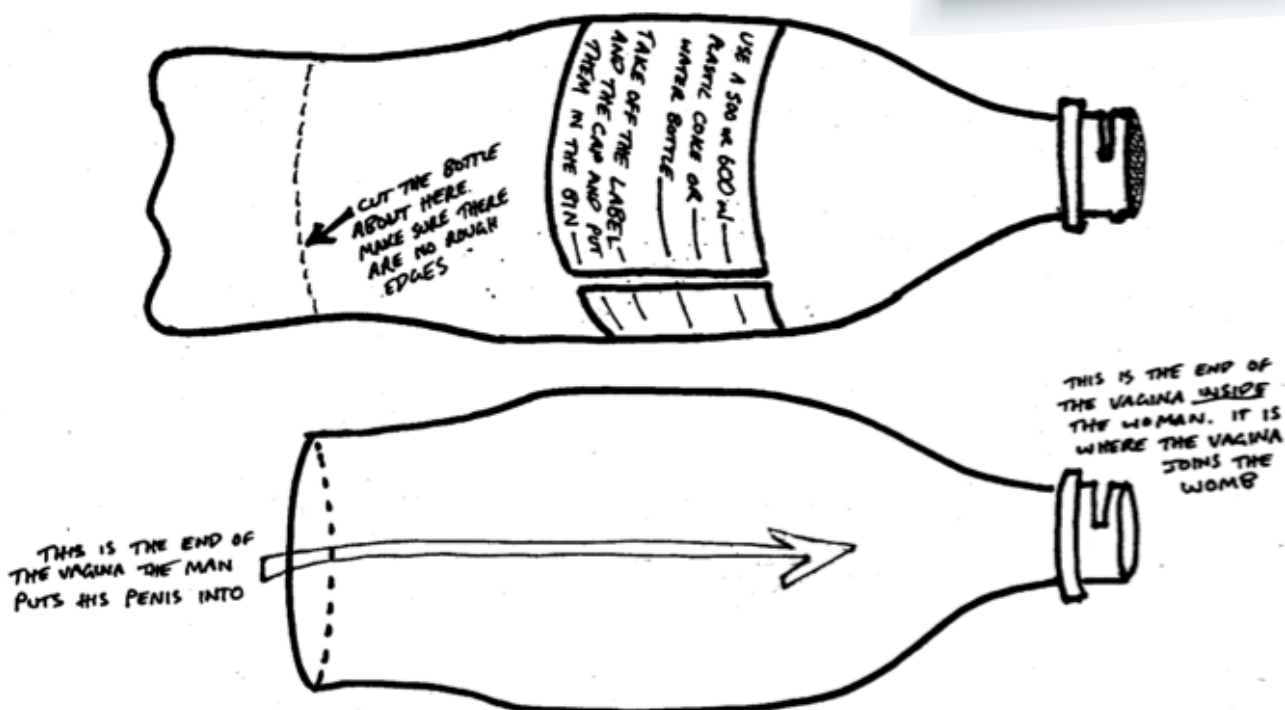
REVISION

- What are the steps for using a male condom properly?

KEY TOPIC QUESTIONS

- What are the steps for using a female condom properly?
- How do female condoms give women power to protect themselves?
- How should you look after a condom properly?

Like the last topic, this topic is good to run with someone from the opposite sex. If necessary ask a Health Worker of the opposite sex to help you.



TOPIC 21: HOW TO USE A FEMALE CONDOM PROPERLY

Making a model vagina: Get a 500 or 600ml plastic bottle. Cut off the bottom as shown in the picture. Throw the bottom bit you have cut off away along with the cap and the label. Make sure you give the bottle a wash.

Next, trim the edges where you cut the bottle to make sure there are no sharp bits (they could tear the condom!). This is now a model vagina. The mouth of the bottle (where you drink from) is where the vagina meets the womb. The other end (the end you cut) is where the penis goes in. Make 2 or 3 vaginas.

1

Explain that when people talk about condoms they normally mean male condoms. However there is also a female condom. If used properly the female condom protects against HIV and other STIs and unwanted pregnancy in the same way that male condoms do.



ACTIVITY (DEMONSTRATION):

Use a model vagina to demonstrate how to use a female condom. Do the demonstration two times.

Firstly demonstrate at normal speed without explaining what you are doing. Then do the demonstration a second time. When you do the demonstration a second time go slowly and explain the following steps as you go:

2

1. Show everyone the model vagina and explain how it is like a vagina.
2. Carefully tear the edge of the packet at the notch on the top right and remove the condom inside.
3. Rub the condom with your fingers to spread the lubricant over the condom
4. Explain that the woman would now choose a comfortable position – squat, raise one leg, sit or lie down
5. There are two rings on each side of the condom. The smaller thicker ring goes inside the vagina at the womb end. The larger thinner ring goes outside the vagina at the end the penis goes into. Hold the smaller thicker ring in the middle and squeeze it into the shape of '8'.

Tell everyone that they will all get a chance to do it so look and listen carefully.

TOPIC 21: HOW TO USE A FEMALE CONDOM PROPERLY

2

Continued...

6. Insert it into the vagina and push it in as far as it will go using your finger. Make sure it is not twisted. The larger thinner ring should still be outside the vagina
7. During sex guide the man's penis inside the condom
8. After the man ejaculates (*kam o kapsait*) squeeze and twist the larger thinner ring on the outside then pull it out.
9. 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: WHY IS THERE LUBRICANT ON THE INSIDE AND ON THE OUTSIDE OF A FEMALE CONDOM?

3

Explain that there is lubricant on the inside of a female condom because the man's penis will go inside the female condom during sex. Lubricant inside the female condom makes it easy for a man to put his penis inside – it should feel the same as if he put his penis inside a vagina without using a female condom!

Explain that there is lubricant on the outside of the female condom so that it is easier for a woman to insert the female condom into her vagina and so that it is more comfortable during sex – it should feel the same as if she was having sex without using a female condom!



ACTIVITY (HOW TO USE A FEMALE CONDOM):

If there are men and women in the group it is best to separate them into two groups for this activity. Distribute model vaginas and female condoms.

The male volunteer should help the men and the female volunteer should help the women.

4

Ask everyone to have a go at using a female condom by following the steps from the demonstration. Suggest that someone hold the model vagina so that people can use both their hands to practice. Go around the group and help everyone so that they become confident.

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!

TOPIC 21: HOW TO USE A FEMALE CONDOM PROPERLY

5



ACTIVITY (DEMONSTRATION):

Repeat the demonstration so that everyone has another chance to see how to use a female 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.

6

Explain that female condoms have two big advantages.

ADVANTAGES OF FEMALE CONDOMS

1. The female condom can be inserted before having sex (even hours before) so there is no need to stop in the heat of the moment and put on a male condom.
2. The woman can use a female condom if the man doesn't want to use a male condom. The woman doesn't have to try and convince the man to use a male condom!

7



IN MY COMMUNITY:

Ask the group if there are women in the community who would want to use female condoms if they knew about the advantages.

8



IN MY COMMUNITY:

Ask the group if female condoms are available in their community. Where can people get female condoms from?

9



ACTIVITY (GROUP ACTIVITY):

Get everyone to work in a group. Ask everyone to discuss ways to encourage the use of female condoms in the community. Who should be targetted and how? Is there a need to find ways to make female condoms more freely available? Ask someone to be a spokesperson and to report back at the end.



ASKIM OL: HOW SHOULD YOU LOOK AFTER A CONDOM PROPERLY?

TOPIC 21: HOW TO USE A FEMALE CONDOM PROPERLY

10

Explain that it is very important to look after male and female condoms properly:

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.
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 always use a water-based lubricant or spit. Don't use oil!
5. Don't use a condom more than once.



ASK THE 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

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

TOPIC 22: SAFE SEX - OTHER WAYS TO STAY SAFE



1 hour

MATERIALS 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 TOPIC QUESTIONS

- Why is sex without penetration safe?
- 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.

TOPIC 22: SAFE SEX - OTHER WAYS TO STAY SAFE

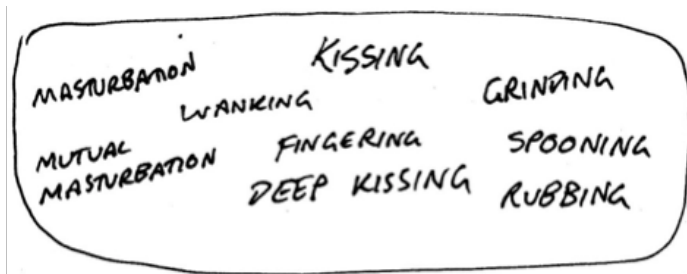


ACTIVITY (BRAINSTORM):

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.

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:

3



Oral sex with a woman (putting your mouth on her vagina) is an example of sex without penetration so include it if you like.

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.



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask the group to discuss why there is no risk of HIV transmission from masturbation (touching your own penis or vagina). Ask someone to be a spokesperson and to report back at the end.

ANSWER: Only one person is involved!

Next ask the group to discuss 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: Their *kan wara* or blood 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.

5

TOPIC 22: SAFE SEX - OTHER WAYS TO STAY SAFE

5

Continued...

Next ask the group to discuss 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: HIV does not live in saliva.



ASKIM OL: CAN YOU GET HIV BY KISSING SOMEONE WHO HAS A CUT OR SORE IN THEIR MOUTH?

6

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 the HIV TRANSMISSION POSTER says that you don't need to worry about getting HIV from oral sex.

7



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.

8

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



ASKIM OL: ARE THERE OTHER WAYS TO STAY SAFE FROM HIV?

TOPIC 22: SAFE SEX - OTHER WAYS TO STAY SAFE

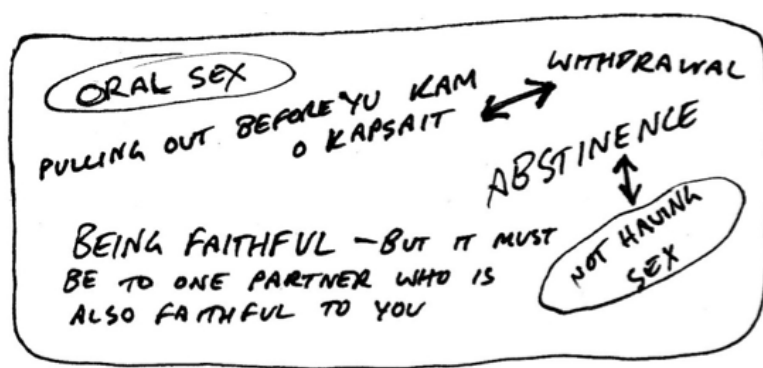


ACTIVITY (BRAINSTORM):

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



10



ASKIM OL: IS ORAL SEX SAFE?

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!*

11



ASKIM OL: IS WITHDRAWAL (PULLING OUT BEFORE YOU EJACULATE) SAFE?

Explain that:

WITHDRAWAL IS NOT SAFE

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



ASKIM OL: IS ABSTINENCE SAFE?

Explain that:

ABSTINENCE IS SAFE

12

BUT ABSTINENCE CAN BE HARD

Sometimes people who are trying to abstain are not able to and they are not prepared to use a condom because they never thought they would need it.



ASKIM OL: IS BEING FAITHFUL SAFE?

Explain that:

BEING FAITHFUL IS NOT SAFE.

13

BUT BEING FAITHFUL TO ONE PARTNER WHO IS ALSO FAITHFUL TO YOU IS SAFE IF BOTH PARTNERS HAVE NEVER HAD SEX WITH ANYONE ELSE BEFORE OR THEY HAVE BOTH BEEN TESTED FOR HIV AND THEIR TEST RESULTS ARE NEGATIVE. AND IF BOTH PARTNERS WILL ALWAYS BE FAITHFUL.



ASKIM OL: PUT YOUR HAND UP IF YOU HAVE NEVER MADE A MISTAKE IN YOUR LIFE?

14

Explain that it is human to make mistakes. This is why everyone should be prepared to use a condom even if they plan to abstain or be faithful.

TOPIC 22: SAFE SEX - OTHER WAYS TO STAY SAFE

15



IN MY COMMUNITY:

Ask everyone to think about their community. Ask them whether they think encouraging people to abstain or be faithful will be enough to stop the spread of HIV?



ASK THE PARTICIPANTS THE 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. 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

NOTES

TOPIC 23: LIVING WITH HIV

TOPIC 23: LIVING WITH HIV



1 hour

If possible, see if you can find someone living with HIV to come along for this discussion. If someone is willing, make sure you go through the topic with them first to make sure they are comfortable.

MATERIALS HIV TRANSMISSION POSTER, long rope (as long as a car)

ENERGISER Do any energiser you like or try energiser 22 'Pass the beat'

REVISION

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

KEY TOPIC QUESTIONS

- What are some ways to help someone living with HIV stay positive?

1



IN MY COMMUNITY:

In PNG many people who have HIV have been treated badly. Ask everyone if this has happened in their community? Why have people living with HIV been treated badly?

2



ACTIVITY (SPECIAL GUEST):

If you have managed to get someone living with HIV to come and talk with the group then introduce them. Ask them to tell their story. At the end see if anyone has any questions to ask them.



ACTIVITY (TUG-OF-WAR):

Ask everyone to think back to the tug-of-war activity from an earlier discussion. Run the tug-of-war activity again. Explain that having HIV is like a tug-of-war between you and the HIV virus. If you lose the tug-of-war you get AIDS! Lay a long rope on the ground (about as long as a car is long enough).

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 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!

3

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!

-
1. Next get ready to run the tug-of-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-of-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.

TOPIC 23: LIVING WITH HIV

Continued...

3

IF YOU FORGET TO TAKE ARV THE IMMUNE SYSTEM GETS WEAKER AND HIV GETS STRONGER

Thank everyone for helping with the role play!

4



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 it will take a long time for you to develop HIV.

5

Explain that in the tug-of-war activity we said that pulling for you in the fight against HIV is a strong and healthy immune system and ARV medicine.

However there is another thing that is pulling for you in the tug-of-war against HIV – your own positive thinking!



ASKIM OL: WHAT IS POSITIVE THINKING?

6

Positive thinking makes you want to pull against HIV. The more positive you are the harder you will pull.

In fact positive thinking is the most important thing in the fight against HIV because without it you won't bother to take your ARV medicine, and you won't bother to stay strong and healthy.

7



ACTIVITY (GROUP WORK):

Ask everyone to work in a group. Ask everyone to imagine that you have just found out that you are HIV positive. How would you feel? What would your first reaction be? What would be some of your emotions? Ask someone to be a spokesperson and to report back at the end.

If you managed to find someone with HIV to talk to the group, ask them what their emotions were when they found out they had HIV.

TOPIC 23: LIVING WITH HIV

8

Explain that people who find out they are HIV positive feel many emotions: shock, denial, shame, anger, frustration, guilt, loneliness, fear, and depression.

If you are sad and depressed it is hard to stay positive – it is hard to want to pull the rope! But to make things worse being sad and depressed actually makes your immune system weaker.

Notice how often you get sick when you are feeling sad and depressed. *Tru a?*

Helping someone living with HIV to stay positive not only makes them want to pull the rope – but it also helps their immune system to fight the HIV virus.

9

Explain that there are many ways to help someone living with HIV stay positive:

SOME WAYS TO HELP SOMEONE LIVING WITH HIV TO STAY POSITIVE ARE:

- 1. SHOW THEM LOVE AND SUPPORT.** Just be with them. Listen to them. Don't judge them. Don't show fear. Learn about HIV with them and help them find out where to get help.
- 2. ENCOURAGE THEM TO SET GOALS FOR THE FUTURE.** People living with HIV can do what they have always done. They can raise children and continue with their education and garden and play sport and go to church. And they can keep working – PNG law says you have the right to keep working if you have HIV! Focussing on things you want to achieve helps you stay positive!
- 3. HELP THEM TAKE THEIR ARV MEDICINE EVERY DAY AND HELP THEM TO KEEP THEIR IMMUNE SYSTEM STRONG AND HEALTHY.** Taking ARV medicine is hard – it can have side effects like diarrhoea and headaches and vomiting. Keep reminding them that if they take their ARV medicine every day and if they keep their immune system strong and healthy (and stay positive) they should be able to live a long and happy life.

TOPIC 23: LIVING WITH HIV

2



ACTIVITY (SPECIAL GUEST):

If you have managed to get someone living with HIV to come and talk with the group then ask them the following questions:

1. What are the hardest things about 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 talk to the group then discuss with the group other ways to help someone with HIV stay positive - for example some people find prayer and going to church helpful!



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. What are some 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

TOPIC 23: LIVING WITH HIV

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 harmful germs.
- Wash fruits and vegetables in clean water and make sure drinking water is boiled and clean. This will reduce the risk of diarrhoea.
- Cook meat well to kill viruses and other harmful germs that live in meat.
- 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. They will need to decide what the risks are for themselves!

NOTES

TOPIC 24: SOME FREQUENTLY ASKED QUESTIONS

TOPIC 24: SOME FREQUENTLY ASKED QUESTIONS



1 hour

MATERIALS 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 some ways to help someone living with HIV stay positive?

- KEY TOPIC QUESTIONS**
- 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?



ASKIM OL: IS THERE ANY MEDICINE THAT CAN CURE HIV?

1

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.

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?

TOPIC 24: SOME FREQUENTLY ASKED QUESTIONS

3

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

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?

5

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.

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.

For more information on circumcision have a look at the *save moa yet* box for the topic 'How to use a male condom properly'.

WHY NOT SHOW EVERYONE THE *DIWAI KOK* YOU MADE THAT STILL HAS THE FORESKIN?

Show it to them and then take the foreskin off (take the balloon off) so that everyone can SEE the difference.

6

Men who have not had their foreskin removed have a higher risk of HIV transmission.

WHY MEN WHO ARE NOT CIRCUMCISED HAVE A HIGHER RISK OF GETTING HIV

1. Underneath the foreskin it is moist and warm – just like inside the anus or inside the vagina or inside the penis. If *kan wara* or *blut* gets underneath the foreskin during vaginal or anal sex then the HIV virus can survive for longer than a few seconds.
2. It is hard to keep the foreskin clean. Tiny pieces of dirt get underneath the foreskin and cause tiny cuts and sores. Any HIV virus that gets underneath the foreskin can survive long enough to get through these tiny cuts and sores and into the blood.



ASKIM OL: WHY DO MEN WHO ARE NOT CIRCUMCISED HAVE A HIGHER RISK OF GETTING HIV?

7

Explain that a man who is fully circumcised has no foreskin. Because he has no foreskin he has a lower risk of getting HIV during vaginal sex.

Being fully circumcised may also lower the risk of getting HIV during anal sex although the evidence is less clear.

Having part of your foreskin removed (*stret kat*) does not lower your risk of getting HIV during vaginal or anal sex.



ASKIM OL: DOES HAVING NO FORESKIN MEAN THERE IS NO RISK YOU WILL GET HIV?

8

It is important to emphasise that even if circumcision lowers the risk of HIV it does not get rid of the risk.

If you have your foreskin removed you still have a high risk of getting HIV if you have unsafe sex – just not as high as if you still had your foreskin!

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

TOPIC 24: SOME FREQUENTLY ASKED QUESTIONS

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?

11

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.

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.

12



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.

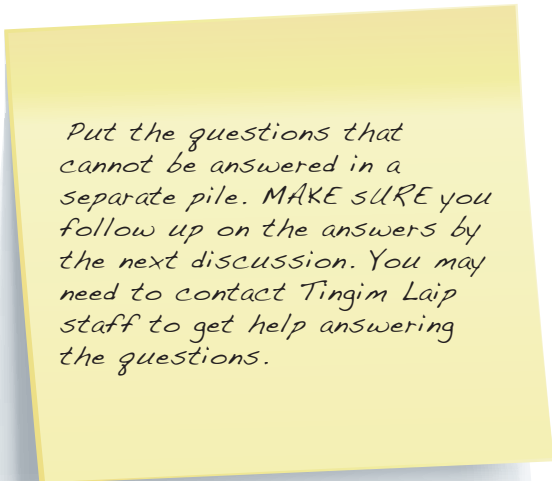
TOPIC 24: SOME FREQUENTLY ASKED QUESTIONS

Continued...

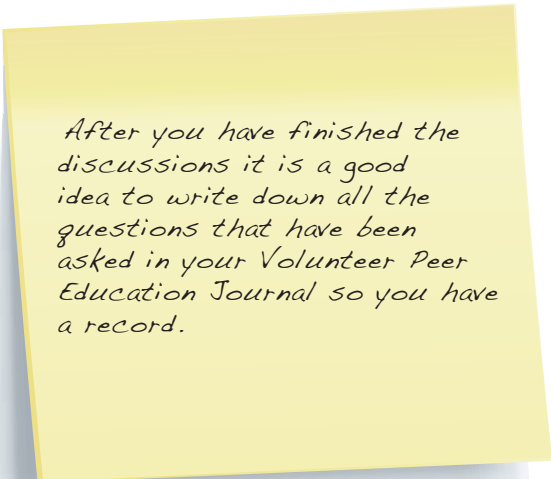
Put a box somewhere and tell everyone that when they have finished writing down their questions they should put their post-it-notes in the box.

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 next discussion.



Put the questions that cannot be answered in a separate pile. MAKE SURE you follow up on the answers by the next discussion. You may need to contact Tingim Laip staff to get help answering the questions.



After you have finished the discussions it is a good idea to write down all the questions that have been asked in your Volunteer Peer Education Journal so you have a record.

12

TOPIC 24: SOME FREQUENTLY ASKED QUESTIONS



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. Is there a cure for HIV?
2. Does circumcision 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

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! No one anywhere in the world has gotten rid of HIV out of their blood – not one person!

GOD helps people who help themselves.

NOTES

TOPIC 25: WOMEN IN PNG

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 circumcision lower a man's risk of getting HIV?
- Can you get HIV from mosquitoes?
- Is it safer to use two condoms?

KEY TOPIC QUESTIONS • 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 discussion 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?

TOPIC 25: WOMEN IN PNG

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*.

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.

TOPIC 25: WOMEN IN PNG

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.

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 leads to unsafe sex and rape. It leads to HIV!

10

SO WHAT CAN PNG DO ABOUT IT?

TOPIC 25: WOMEN IN PNG

11

Make the point that around the world getting people to have safe sex has been the most effective way to stop the spread of HIV.

It is hard to get men in PNG to use condoms – especially when alcohol is involved.

Unfortunately the *kumul* is flying with only one wing – in PNG women don't have the power to say 'NO' to a man who wants sex. And women don't have the power to insist on using a condom if the man doesn't want to. It is even harder for a young woman to convince and older man to use a condom.

If a man wants to have sex – and doesn't want to use a condom - then there is very little a woman can do about it: *Yu meri tasol – harim tok!*



ASKIM OL: WHAT CAN A WOMAN DO IF THE MAN DOESN'T WANT TO USE A CONDOM?

Hopefully someone mentions female condoms!

12

Remind everyone 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*.

Men think that women are supposed to *harim tok* – especially when alcohol is involved. There is very little a woman can do about it!

The *kumul* is flying with only one wing - our *kastom* needs to change! We need women to have the power to make decisions and have their voice heard!

13



ACTIVITY (GROUP WORK):

Get everyone to work in a group. Ask them how we can address the *kastom* so that women have the ability to make decisions and have their voice heard. Ask someone to be a spokesperson and to report back at the end.

TOPIC 25: WOMEN IN PNG

14

Remind everyone 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*.

Make the point that if you dig deep and get to the roots of the HIV problem in PNG you find that it is this part of our *kastom* that is making it worse – our gender roles!

If women have the ability to earn their own money then they will have other ways to get what they need. They won't have to *harim tok* to get what they need!

And if women have the ability to earn their own money then they will have other ways to get what they need – they won't have to choose to have sex with mobile men with cash to get what they or their family needs.

15



The good news is that if women have the ability to earn their own money and make decisions then the family does better and the country develops – it doesn't only help stop the spread of HIV!

16

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 *KUNUL* 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 ability 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 discussion will be.
4. Say what the next discussion is about.

TOPIC 26: HIV AROUND THE WORLD - LESSONS FOR PNG

TOPIC 26: HIV AROUND THE WORLD - LESSONS FOR PNG



1 hour

MATERIALS 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 ability to earn their own money and make decisions?

KEY TOPIC QUESTIONS

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

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

FACTS ABOUT HIV AROUND THE WORLD

1. So far about 70 million people have 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 may be a good idea to write these facts on butcher paper or a whiteboard so people can see them.

It is useful to remind people that the population of PNG is 7 million, so 70 million is about ten times the number of people living in PNG.

TOPIC 26: HIV AROUND THE WORLD - LESSONS FOR PNG



ASKIM OL: WHAT PART OF THE WORLD HAS THE MOST PEOPLE LIVING WITH 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.

4

Explain why the southern part of Africa has the most people living with HIV:

WHY THE SOUTHERN PART OF AFRICA HAS THE MOST PEOPLE LIVING WITH HIV

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.

TOPIC 26: HIV AROUND THE WORLD - LESSONS FOR PNG

5



IN MY COMMUNITY:

Go back over each of the reasons why the southern part of Africa has so many people living with HIV. Explain each reason again then after explaining each reason ask everyone if the situation in PNG is similar?

6

HIV IS ALSO A BIG PROBLEM IN PNG

It is hard to really know how many people are living with HIV 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!

Forty thousand people is about the same number of people that live in Madang or Goroka, or Wewak

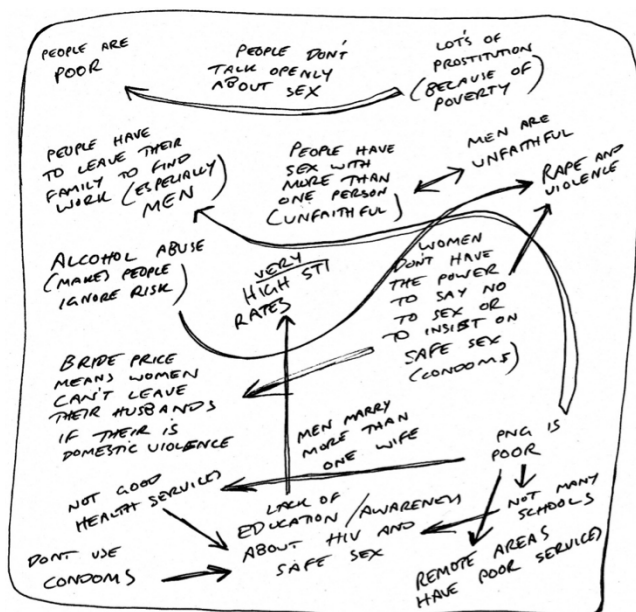
7



ACTIVITY (BRAINSTORM):

Ask the group to think about why it is that PNG has a big problem with HIV - *wanem as tru bilong HIV i kamap bikpela long PNG?* Often people will give a reason like 'lots of prostitution' or 'people don't use condoms' but get everyone to try and dig deeper and get to the roots of the problem - ask them why people don't use condoms?

The purpose of this activity is to get everyone to think deeply about the problem of HIV in PNG. Write down what they say on butcher paper or a whiteboard. Draw arrows to help make connections - it may get a bit messy (like in the picture below) but that is fine!



At the end of the discussion make a copy of the butcher paper or whiteboard in your Volunteer Peer Education Journal. It's a great record of how everyone's understanding is developing.

TOPIC 26: HIV AROUND THE WORLD - LESSONS FOR PNG



ASK THE PARTICIPANTS THE KEY QUESTIONS FOR THIS TOPIC:

1. What are some reasons why PNG has a big problem with 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 discussion will be.
4. Say what the next discussion is about.
5. Prepare for the next discussion.

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!

TOPIC 26: HIV AROUND THE WORLD - LESSONS FOR PNG

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 is sex without penetration safe?
2. Why should everyone be prepared to use a condom even if they plan to abstain or be faithful?
3. What are ways to help someone living with HIV stay positive?
4. Is there a cure for HIV?
5. Does circumcision lower a man's risk of getting HIV?
6. Can you get HIV from mosquitoes?
7. Is it safer to use two condoms?
8. How will the spread of HIV be slowed down if women have the power to earn their own money and make decisions?

TOPIC 27: PUTTING IT ALL TOGETHER AND EVALUATION

TOPIC 27: PUTTING IT ALL TOGETHER AND EVALUATION



1 hour

It would be good if someone from the Tingim Laip or the Tingim Laip Site Committee could be present for this topic to witness and provide advice.

MATERIALS

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?



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!

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!

1

Depending on the group, it may be a good idea to see if people want to arrange a time to do some planning on how to deal with 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.

TOPIC 27: PUTTING IT ALL TOGETHER AND EVALUATION

2



ACTIVITY (QUESTIONS AND ANSWERS):

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

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.

It is very important that the participants see you have made an effort to find answers to their questions.

3



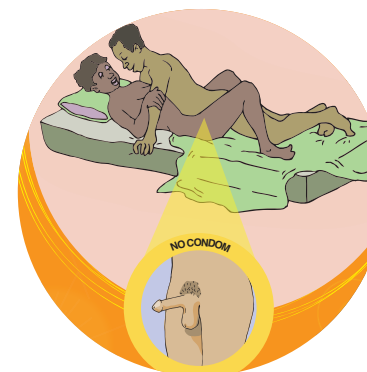
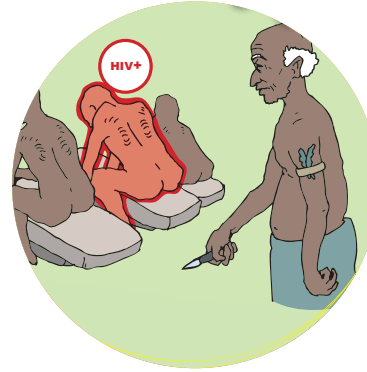
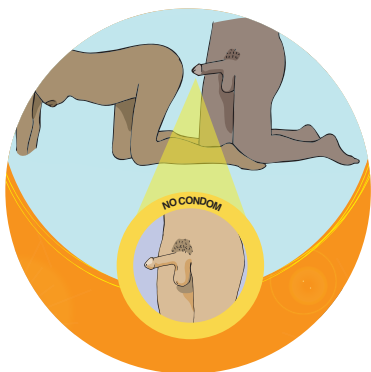
ACTIVITY (COLUMNS):

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!

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 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:

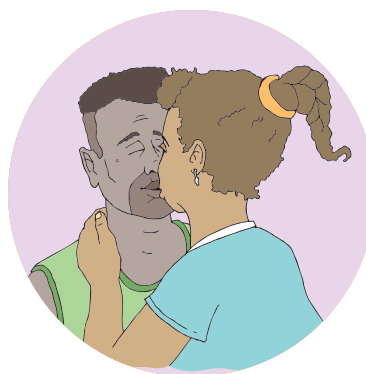
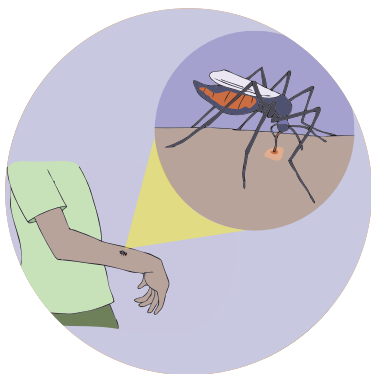
GROUP ONE



TOPIC 27: PUTTING IT ALL TOGETHER AND EVALUATION

Continued...

GROUP TWO



3

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. 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. For each scenario that is not safe ask what the people or person involved should do next if they are worried about HIV.
4. 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 information they learned in the discussions to explain their answers. If you have done this, then WELL DONE - you have done a great job as a Volunteer!

TOPIC 27: PUTTING IT ALL TOGETHER AND EVALUATION



ACTIVITY (EVALUATION):

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

Next hand it over to the evaluation facilitator (Tingim Laip Officer).

After the evaluation is complete thank the evaluation facilitator for their assistance.

4

Give everyone another poster of the HIV TRANSMISSION. Explain that the information on this poster can be used to answer almost every question anyone will have on how HIV can be transmitted.

Tell everyone that they have the knowhow to lead their community's response to HIV. Encourage everyone to use their knowhow to spread the good news.

TOPIC 27: PUTTING IT ALL TOGETHER AND EVALUATION

5



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.

6



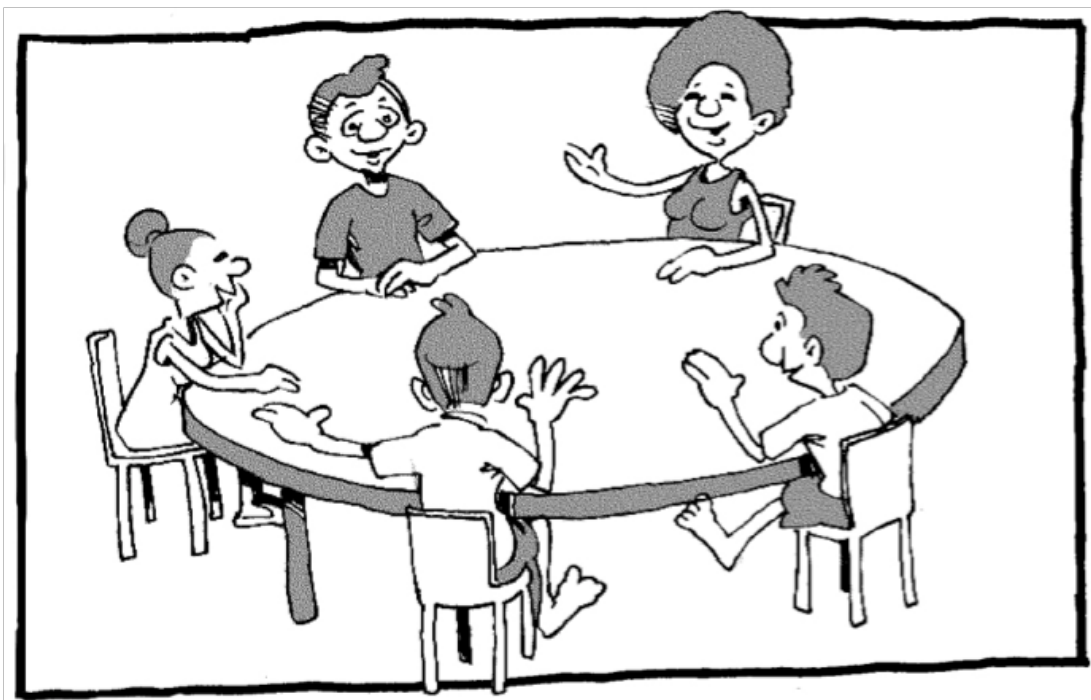
The other good news is that if you have HIV it is not a death sentence. HIV will change your life – *yu bai les pinis long HIV* - but HIV will not end your life! If you have the knowhow you can still live a long and healthy life.

THE DISCUSSIONS ARE FINISHED

Thank everyone for being involved in the discussions.

Take a photo of everyone and hand out the certificates (or if they are not ready explain when they will be handed out!)

7



INSTRUCTIONS FOR THE FACILITATOR (TINGIM LAIP OFFICER)

INSTRUCTIONS FOR THE FACILITATOR (TINGIM LAIP OFFICER)

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 – Tingim Laip wants honest feedback so that they can improve the discussions 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 volunteer at the end – thanks for helping!

INSTRUCTIONS FOR THE FACILITATOR (TINGIM LAIP OFFICER)

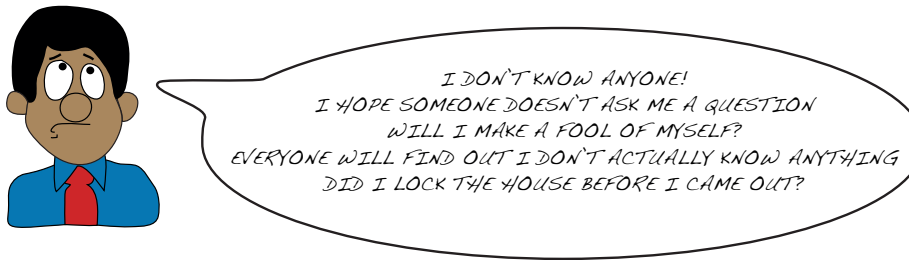
EXAMPLE					
1.	I can explain what HIV is				
2.	I can explain what HIV does to our immune system				
3.	I can explain what body fluids contain HIV				
4.	I can explain HIV transmission				
5.	I can explain how HIV transmission happens in PNG				
6.	I can explain what a person with HIV can do to delay 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				

NOTES

ICEBREAKERS

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

People come to discussions with lots of worries:



Icebreakers are short activities which are good to use at the start of a discussion. How you begin the discussion is very important as it sets the tone for the rest of the discussion and it creates first impressions. Often volunteers/POs 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?

Some suggested icebreakers are included in the next pages. 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 ARE:

ICEBREAKER 1

NAME OF ICEBREAKER: 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 discussion. 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 OF ICEBREAKER: NAME GAME
MATERIALS: NONE

1. This game helps the volunteer/PO 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

NAME OF ICEBREAKER: 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 volunteer/PO 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

NAME OF 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 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

NAME OF 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.



NAME OF 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.

NOTES

ENERGISERS

Energisers are short activities you can use at any time during a discussion 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

NAME OF 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

NAME OF 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 “Michael 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

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

NAME OF 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 *samting olsem*) so that everyone must move.

ENERGISERS

ENERGISER

5

NAME OF 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

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 volunteer/PO who reveals to the group what the message has become.

ENERGISERS

ENERGISER

7

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

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.
5. 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 9: ENERGISER LONG PLES

MATERIALS: *Buai*

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

ENERGISER

10

ENERGISER 10: NOSE CONDOM

MATERIALS: A few condoms (or balloons)

1. Blow up a condom (or a balloon) and tie it off (have a few spares)
2. Invite a pair to come to the front and stand face to face.
3. Place the condom at their feet between them.
4. 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.
5. 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).
6. If one pair is successful or cannot do it then invite another pair to have a go.

ENERGISER

11

ENERGISER 11: CHARADES

MATERIALS: None

1. Ask one person to come to the front.
2. 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.
3. 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.
4. 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

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

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

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

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!

ENERGISERS

ENERGISER

16

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. Or 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

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

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.

ENERGISERS

ENERGISER

19

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 person's 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

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 blindfold 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

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.
3. When everyone opens their eyes again the murderer has to wink at someone. If you get winked at you have to die (scream and thrash around – make a show of it!). The murderer should try and kill as many people as possible before they get caught.
4. If you think you know who the murderer is then say it out loud. If you are wrong then you must also die. If you are right then everyone closes their eyes and the game starts again.
5. Now that you have explained the instructions begin the game – ask everyone to close their eyes and select a murderer. For the first round it is a good idea if you (the volunteer/PO) are the murderer.

ENERGISER

22

ENERGISER 22: PASS THE BEAT

MATERIALS: None

1. Have all participants form a circle. To introduce the exercise, say: “I am going to turn and make eye contact with the person on my left, and we will try to clap our hands at the same moment (demonstrate this!)”
2. Then, she or he will turn to the left, make eye contact, and clap hands at the same time with the person next to her or him. We will ‘pass the beat’ around the circle. Let’s try it now and remember to make eye contact and try to clap at the same time.
3. The rhythm builds up and the facilitator can call out “faster” or “slower” to increase the speed of the game. Once the handclaps have passed around the circle, say: “Now we will try to make the rhythm go faster and faster. Always be ready because we might begin to send another round of handclaps around the circle, chasing the first one.”
4. The ‘beat’ begins to be passed around the circle, from one person to the next. Remind people to keep it going, even if it stops for a moment when someone misses the beat.

ENERGISER

23

ENERGISER 23: COIN IN A CUP

MATERIALS: None

1. Get a 50 toea coin.
2. Put a cup on the floor (plastic is better so it doesn't break).
3. Hold the coin against your chest with your chin.
4. Walk over the top of the cup and as you pass over it try and drop the coin into the cup.
5. Let everyone have a go and see if anyone is able to hit the bullseye.
6. As an alternative you can try holding the coin with different parts of your body – for example you could try and hold it between your bottom cheeks (but on the outside of your clothes please!) or you can try and balance it on top of your head.

ENERGISER

24

ENERGISER 24: TEAM BALLOON

MATERIALS: Balloons (or condoms)

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

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. Of 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

ENERGISER 26: COUNT TO TEN

MATERIALS: None

1. Ask everyone to count 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

ENERGISER 27: MIRROR

MATERIALS: None

1. Ask everyone to find a partner (if there is an odd number then you the volunteer/PO 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.



Tingim Laip | PO Box 1402 | Madang | Papua New Guinea | (P) + 675 422 2192 | (F) + 675 422 0148

TLinfo@tl2.org.pg | www.tingimlaip.org