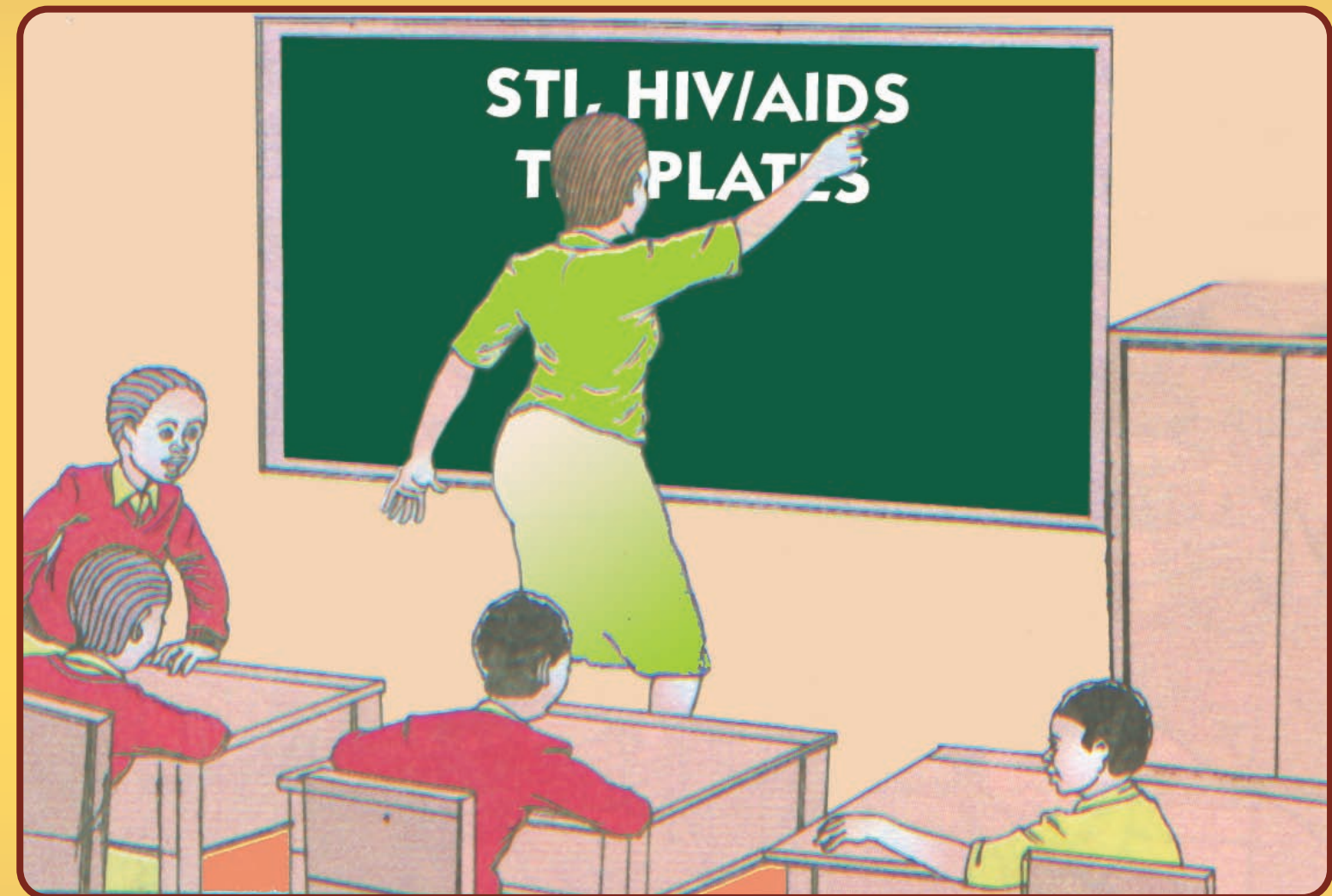
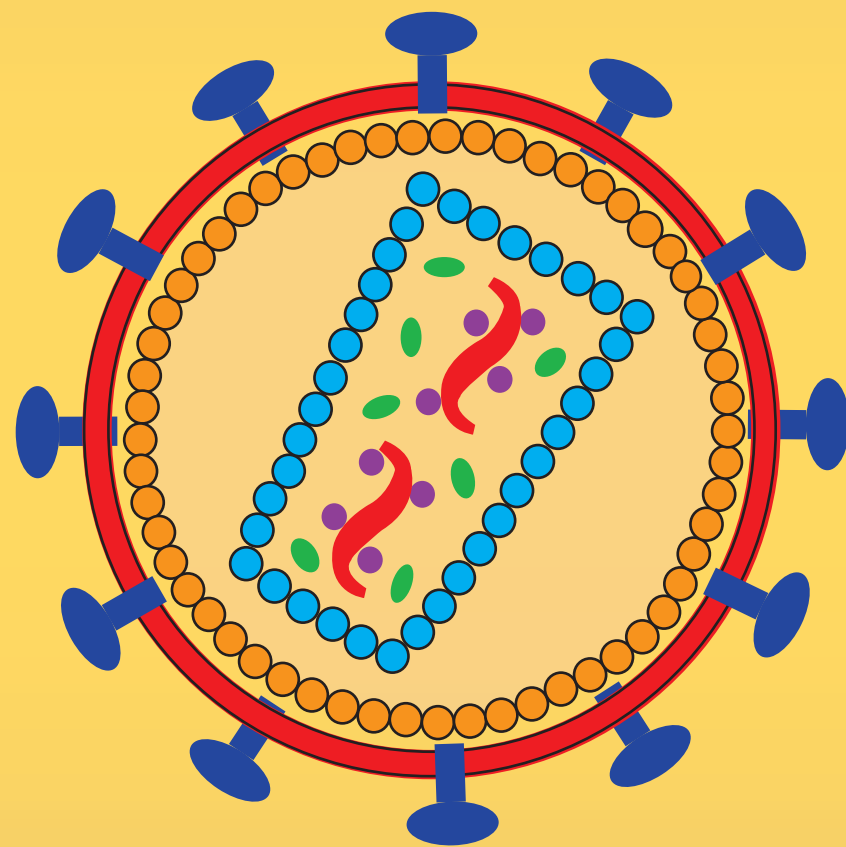


STI, HIV/AIDS TEMPLATES



Preparation and printing of this document was made possible by Centre for British Teachers(CfBT) through funding by DFID under PSABH

STI, HIV/AIDS TEMPLATES



CfBT

**PRIMARY SCHOOL ACTION FOR BETTER
HEALTH PROGRAMME**

SCHOOL & COMMUNITY TRAINING

**STI, HIV/AIDS
TEMPLATES**

COURSE OUTLINE

Project Purpose

To bring about positive behaviour changes in sexual relationships of Upper Primary pupils in targeted areas of Nyanza, Rift Valley Provinces, Central and Eastern Provinces such that the risk of HIV/AIDS transmission will be reduced. We aim to provide accurate information on prevention, promote abstinence and delay the onset of sexual activity.

Outputs

1. A cadre of adult community representatives (including Headteachers, Teachers, PA members and other community members) equipped to lead a sustained learning and communication process that will establish behaviour change to reduce the risk of HIV/AIDS transmission.
2. Resource materials to support education, communicating and behaviour change activities readily available in targeted schools.
3. Positive changes in the knowledge, attitudes and behaviour established among the Primary 6-8 student population such that the risk of HIV/AIDS transmission is reduced.

Approaches

1. Working through the existing education systems, including: integrated training teams from MoEST and MoH, use of HIV/AIDS schools curriculum, provision of Kenya Institute of Education teaching resources.
2. Two cycle training programme, split by a semester back at schools and incorporating the development of a School Action Plan for Better Health.
3. Based on Living Values and Life Skills and including a Peer Supporter component direct to pupils.
4. Responsive to the emerging issues in the intervention schools and communities.
5. Training of Zonal Inspectors to monitor school level implementation and collect research data.
6. Inclusion of pre-service teacher training colleges.

Main Activities

1. Training workshops for school/community representatives i.e. one Head teacher, Resource Teacher and Community Representative (parent) from each school.
2. Development of School Action Plans for Better Health (within the School Development Plan) and teaching and learning activities to support behaviour change for adolescents.
3. Selection, procurement, generation, and distribution of resource materials to teachers, schools and the wider community.
4. Capacity building of teacher to incorporate HIV/AIDS knowledge and awareness within the normal curriculum through the use of:
 - Improved resource materials (much of it self-generated)
 - Innovative teaching methodologies
 - Creative forms of student self-expression
5. Public activities such as inter-school and inter-zone competitions in areas of drama, music, art, public speaking, recitations, writings, sports and exhibitions etc.
6. Active inclusion of different opportunities for discussion and participation such as Question Boxes, Information Corners and School Health Clubs (Club Activity Kit developed).
7. Training of Education Officers in the monitoring of HIV/AIDS education in schools.
8. Training of Deans of Curriculum and Students from all Pre-service Teacher Training Colleges.
9. Substantial research and evaluation plan providing integrated quantitative and qualitative information.

Contact: [Mary Gichuru or Elena Mccretton CfBT, cfbt@cfbtken.co.ke](mailto:cfbt@cfbtken.co.ke)
Tel: 254-2-252120/1,226917 Fax: 254-2-335041

TEMPLATES

CHART ONE (1)

COURSE OUTLINE SESSIONS

1.	COUNSELLING IN HIV/AIDS	- 2 hrs
2.	INTRODUCTION	- 30 min
3.	TRANSMISSION OF HIV	- 1 hr
4.	DISEASE PROGRESSION	- 30 min
5.	SEXUAL NETWORKING EXPERIMENT	- 30 min
6.	SEXUALLY TRANSMITTED ILLNESSES + VIDEO	- 1 hr
7.	PREVENTION OF HIV/AIDS	- 30 min
8.	VULNERABLE GROUPS	- 30 min
9.	ANTI RETROVIRAL THERAPY & ROLE OF NUTRITION	- 45 min
10.	POSITIVE LIVING	- 15 min
11.	QUESTION BOX	- 30 min
TOTAL		- 8 ½ hrs

PRIMARY SCHOOL ACTION FOR BETTER HEALTH PROGRAMME SCHOOL & COMMUNITY TRAINING STI,HIV/AIDS TEMPLATES

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ACKNOWLEDGEMENTS

We would like to take this opportunity to thank all those who have participated in one way or another on the PSABH programme.

Department of International Development, Kenya (DFIDK), health for funding the PSABH programme.

Ministry of Education, Science and Technology (MoEST) and Ministry of Health (MoH) for the collaborative approach for this intervention.

Futures Group for supporting us with the framework of the HIV and AIDS Prevention and Care programme (HAPAC)

University of Windsor, Canada, for helping us to interpret and use all the information we received from participants.

Members of the training teams from MoEST, MOH and other partner organisations.

School and community representatives, peer supporters who participated in the training and asked all the questions recorded here.

In particular we appreciate the successful completion of this publication by members of Afya Resource Associates, Drs; Albert Gachau, Catherine Mutisya Gladwell Kiarie, Hiram Kairu, Jackline Kitulu, Moses M. Kimani and Pamela Njuguna,

Thank you all for your contributions,

CfBT

Managers with the Primary School Action for Better Health Programme.

Mary Gichuru and Elena Mccretton

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LIST OF ABBREVIATIONS

AIDS	Acquired Immunodeficiency Syndrome
ART	Anti - retroviral Therapy
ARV	Anti – retroviral
ELISA	Enzyme Linked Immunosorbent Assay
HIV	Human Immuno deficiency Virus
HAART	Highly Active Anti retroviral Therapy
HPV	Human Papilloma Virus
MTCT	Mother –to- Child Transmission
NASCOP	National Aids and STD Control Programme
PA	Parents Association
PCP	Pneumocytis Carinii Pneumonia
PLWHA	Person/People Living with HIV / AIDS
PMCT	Prevention of Mother -to- Child Transmission
STD	Sexually Transmitted Diseases
STI	Sexually Transmitted Infection
TB	Tuberculosis
VCT	Voluntary Counseling and Testing

INTRODUCTION

This publication has been compiled after five years' implementation of an HIV and AIDS education programme in Primary schools in Kenya, called Primary School action for Better Health (PSABH). The purpose of the programme is to bring about positive behaviour changes among Upper Primary School pupils, such that the risk of HIV/AIDS transmission will be reduced. Specifically we aim to provide accurate information on prevention to promote abstinence and support delay of the onset of sexual activity.

During the programme we have worked with officials from the Education and Health sectors, Headteachers, Teachers, parents, Community leaders and church Representatives as well as many young people themselves.

It is our belief, from these experiences, that the effective answering of questions is both a critical and a challenging role for adults. HIV and AIDS is a sensitive topic as it has touched and changed all our lives on a practical and an emotional level. As the majority of infections are transmitted through sexual intercourse it is impossible to protect young people without being ready and able to answer their questions on sexuality and sexual relationships. Information on sexual issues has to be accompanied by clarification of values and moral context within which we live. At the same time, there is a significant level of technical information, which is needed to protect ourselves better.

The templates provide a sequence of presentation of the basic but valuable information on STI, HIV and AIDS.

Often we have found that by providing young people with the opportunity to ask their questions either in groups or anonymously through a question box or directly to a trained health worker, they have revealed both a tremendous knowledge about HIV and its impact on their lives and the gaps in the information being made available to them.

We hope that by providing an accessible summary of the topic we cover in our training programme, along with answers to the many questions that are asked frequently, we can help adults and teachers to feel confident in answering young people's questions and thereby help them to learn how to keep themselves free of HIV.

CfBT Projects Manager and Technical Adviser - Mary Gichuru