

**Session 10**      **Voluntary Counselling and Testing**  
**1 hour 15 minutes**

**Step 1**            Ask for volunteers to do an energizer. If they don't know one, do the following energizer called The Post Office.

The participants should sit in a circle, each having her/his own chair. The facilitator takes one chair away and the participant who is left standing stands in the center of the circle and begins the activity.

The participant in the center of the circle says something like:

"I bring a letter for all of my colleagues who have brown hair."

All of the participants who have the characteristic stated (e.g., brown hair) and the person in the center of the circle change places. Whoever ends up without a chair to sit on, stands in the center of the circle and again states that s/he is bringing a letter, but for people with a different characteristic, such as: "I bring a letter for all of my colleagues who are wearing black shoes."

"I bring a letter for all of my colleagues who have never conducted a mass media campaign".

The activity can continue as long as the group is interested and enthusiastic, but no longer than 5 minutes.

**Step 2**            Show **PowerPoint Day 1 Session 10** on VCT. As you present, ask learners if they have any comments or questions. Use the information at the end of this section to answer any questions the participants may have.

**Step 3**            Have a discussion about issues and concerns raised in the presentation.

**Step 4**            Divide participants into two groups and ask them to prepare the following role plays:

*Role Play 1* A couple are discussing the advantages and disadvantages of going for VCT. Role play what happens next.

*Role Play 2* A woman is talking with another woman friend and they are trying to convince each other about

the need to go for VCT. The woman finally agrees to go and when she arrives at the VCT center she finds her husband there. Role play what happens next.

Allow about 5 minutes to prepare and two minutes to present each play. After each role play ask the following questions:

- What did you see?
- Is this something that is common?
- How did you feel about this activity?
- What did you learn?

**Step 5** Ask if anyone has been for VCT and if they would be willing to share their experiences. Ask them to explain what happened from the time they entered until they left the center. Ask participants how they felt about what they just heard.

**Step 6** Distribute **Handouts 10A and 10B** on Voluntary Counselling and Testing. Ask the participants to read the handouts during their free time. End this session by using the following discussion points.

**Step 7** End the day's session by evaluating how the day went. Ask participants to stand in a circle and have each participant say what they liked about the day.

**Discussion/  
Evaluation**

1. What would be the most difficult thing about going for VCT?
2. What would be the most difficult thing about telling your partner the results of your VCT test?
3. How would you deal with the issue of stigma and VCT?
4. How could you encourage your colleagues to go and get tested?