

## **Procedure**

### **Session 5            Basic Facts about HIV and AIDS, HIV Transmission and the Relationship between HIV and AIDS..... 1 hour**

- Step 1**            Show **PowerPoint Day 1 Session 5** on the basic facts about HIV and AIDS, HIV transmission, the relationship between HIV and AIDS, and the life cycle of HIV. As you do so, ask participants if they have any questions about the information on the slides.
- Step 2**            Have a discussion about the issues and concerns raised in the presentation. Clarify any misconceptions or erroneous information the participants may have.
- Step 3**            Distribute one card to each participant. Tell them to keep the special instructions on their cards a secret and to follow the instructions. Ask the group to stand and shake hands with three people and ask each to sign the card. Make sure they move around the room.
- Step 4**            When all the participants have collected three signatures, have them take their seats. Ask people with the 'z' and 'x' on their cards to stand up. Ask everyone who shook hands with those persons to stand up. Ask everyone who shook hands with a standing person to stand up and so on until everyone is standing, except for the designated non-participants with cards reading 'do not follow any of my instructions'.
- Step 5**            Now tell the group to pretend that the person with the card marked 'x' was infected with HIV and that instead of shaking hands that person had unprotected sexual intercourse with the three people whose signatures she or he collected. Do the same with the card marked 'z' (genital herpes). Tell participants that STIs and HIV is spread this way. Ask them how they feel about this.
- Step 6**            Ask those that are still seated why they haven't been standing. Someone should say they were told 'Do not follow my directions...' Explain that these people had chosen to abstain from sexual intercourse, and were

therefore protected from these STIs. Ask them how they feel about this.

**Step 7**

Ask the participants to check if they had a 'c' marked on their card. If so, tell them they can sit down. Explain that fortunately, these people had used condoms and were not at significant risk for infection. Ask them how they feel about this. Tell all the participants to sit and remind them that this was only a game.

**Step 8**

Explain that this activity should have helped participants to understand how HIV is transmitted and how it is not transmitted as well as what risky behaviour is.

**Step 9**

Ask participants to be in three groups. Give each group one of the following cards and ask them to define what is on their card and to give several examples:

- Risk Circumstances
- Risk Triggers
- Risk Vulnerabilities

The following points should come out:

**Risk Circumstances**

Your circumstances influence patterns of risk. A risk circumstance is a situation in which you find yourself in, that may lead to engaging in risky behavior. *For example, lack of money for school fees or food could be a risk circumstance that could lead to exchanging sex for financial support.*

**Risk Triggers**

A risk trigger is an event that leads you to engage in risky behavior. *For example, being separated from your spouse could be a risk trigger that could lead to seeking out other sexual partners.*

**Risk Vulnerabilities**

A risk vulnerability is an emotional or psychological state that leads you to engage in risky behavior. *For example, a person in love might believe that his or her partner could not be infected with HIV.*

**Step 10**

Process this information and ask if they have any questions. End this session with the following discussion points.

**Discussion/  
Evaluation**

1. How do you feel looking at this wall? Does knowing that some things are definitely or probably a risk worry you?
2. Did you learn any new information? Do you have any questions about any behaviours we did not list today?
3. If you were explaining this information to a friend, what would you say first?