STOP HIV 
AND 
VIOLENCE!

My Safety is Key to Achieving 
My Life Dreams

Report Violence Cases on 116 or 0800100440 free numbers
When you need help you can Contact:

Sub country/District Community Development Officer ____________________________

Health Clinic _______________________

Trusted adult _______________________

Name: ______________________________

Class: ______________________________

School: ____________________________
MAKING A NEW FRIEND

A friend is someone who you share a bond of mutual fondness and affection. Friends treat each other with kindness, care about each other and want the very best for them. An important part of a school life is to make new friends.

To be a good friend,

• I pledge to be honest, respectful, and protect my friends.

• I will always treat my friends with kindness and take interest in them by learning about what they like and dislike.

• I choose friends who listen to me, understand my choices and are kind to me and care about what is best for me.

What are 3 things I do to show I’m a good friend?
MY LIFE AT SCHOOL

School must be enjoyable and the walk to school, the experience in the classroom and school grounds should support learning.

• Being at school and learning from each other is better when everyone is nice and helpful.

• I want to make a positive difference in someone’s life and my own to make school enjoyable and positive.

• I want to learn to talk about my feelings and learn about my friends feelings about our education, health, and safety.
KNOWING MY SCHOOL: RELATIONSHIPS

When everyone at my school is kind, helps each other, the school becomes positive. Good relationship with teachers and other pupils at school makes my school safe and positive place to learn

• I want to go to a school that is safe from bullying, corporal punishment, and harassment.
• I am kindhearted and gentle when I help others learn at school, especially those that are younger than myself
• In my school, we treat each other in a caring way.
• Prefects in my school, are role models of good behavior, protect and support the other learners and never physically or emotionally hurt another learner.
• Teachers in my school, are role models that positively support learns and would never physically or emotionally hurt a learner.
HEALTHY AND UNHEALTHY RELATIONSHIPS

A healthy relationship consists of honesty, trust and respect for oneself and others. We work to develop healthy relationships with people who believe in us. We avoid unhealthy relationships with people who are harsh, violent, or pressure us to do things that are not good for our health, education or wellbeing and may harm our ability to reach our dreams.

• I can identify people who genuinely want what is best for me, are interested in my success and are happy when I succeed.

• I can identify when a person is using their social position or gender to dominate other people to do things they don’t want to do.

• I know that if a person tells me not to tell another person about our relationship or activities that we do together, then I know it is bad and I need to talk to a trusted adult.

• Healthy relationships encourage me to be better and be proud of my actions. I will seek help from a trusted adult when I am unsure or afraid of other people in my life.
Check the box to say whether each item is part of a **healthy** or **unhealthy** relationship

<table>
<thead>
<tr>
<th>Healthy</th>
<th>Unhealthy</th>
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<tbody>
<tr>
<td>1. She is jealous of my other friends</td>
<td>✓</td>
</tr>
<tr>
<td>2. She is happy for me when I won the class election</td>
<td></td>
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<tr>
<td>3. He tells me I have to do what he wants, because he is head boy</td>
<td></td>
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<tr>
<td>4. He is honest and respects my personal space</td>
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<tr>
<td>5. She is a lot of fun, but lies about others</td>
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<tr>
<td>6. He hits me, but only when he’s very angry</td>
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**Answer Key:** 1. unhealthy; 2. healthy; 3. unhealthy; 4. healthy; 5. unhealthy; 6. unhealthy.
WHY I WANT TO BE A COW

People are similar and different in many ways and make different choices.

• I understand and appreciate the different opinions and choices my friends and people around me make.

• I want to be healthy, safe and educated and make choices that are positive and supportive to me, my friends and the people around me.

• Respecting other people’s choices is one way I can prevent violence
GENDER BOX

Boys and girls should be treated equally and given equal opportunities to realize their dreams.

- Boys and girls should feel free to be themselves and both should feel strong about it
- For what boys can do, girls can also do
- Whether I am a boy or girl, I have a dream to be at the top
Circle Yes (Y) or No (N) to answer each question

1. What are things girls can do?
   - Study science    Y  N
   - Play sports      Y  N
   - Babysit          Y  N

2. What are things boys can do?
   - help with cooking Y  N
   - become a teacher Y  N
   - be a school leader Y  N

(Answer Key: all things can do the same boys and girls, carrying a baby, and some biological differences, like except for some biological differences, like carrying a baby, bear children. But all the other things are YES! Except for some biological differences, like carrying a baby, bear children. But all the other things are YES!)

MY BODY IMAGE

My Body, My Choices, My Boundaries, I deserve respect

- I take care of my appearance by keeping good hygiene
- I like my body and respect myself and the way I am
- I never make unkind comments about others learners’ body or appearance.
Word hunt: Find words for good hygiene practices

1. BATHE every day or twice day (morning and evening before bed).
2. BRUSH TEETH twice a day.
3. WASH your hands ever after visiting the toilet
4. WEAR clean underwear every day.
5. Cut or TRIM your nails regularly
6. When you get armpit HAIR remove it
7. Use a CLEAN pad when you get your monthly periods
WHAT IS IMPORTANT TO ME

Knowing what is important to me and my values helps me to achieve my life dreams.

• The most important thing to me is ____________________________

• I keep this in my mind to make good decisions. My actions show others what is most important to me. I know the person I want to be and how my decisions allow me to become the person I want to be.
Making decisions is sometimes difficult. Find out the facts before deciding what action to take. Understand the consequences of choices helps me to make good decisions. Discussing with trusted people builds our confidence to make good decisions.

• I seek advice when I am curious and need information.
• I talk with people I trust about my challenges to make good decisions.
• I have adults in my life that I trust and that I can go to when I need to talk about making a difficult decision.

You decide! Tomorrow, there is a maths exam and a football match at the same time. Jane has to make a choice between the two - what are the positives and negatives of each choice?
Mini Quiz

1. What is HIV?

2. Is HIV an STI and why?

3. Is there a cure for HIV and AIDS?

Answers

1. Human Immunodeficiency Virus. Immune deficiency means that the immune system is very weak and cannot fight disease.

2. Yes, because it can be sexually transmitted through sex.

3. No, there is no cure for HIV. If you contract the disease you will have it for life.
GOOD COMMUNICATION

Good communication is the most important part of solving problems together as a team.

• I need good communication for support, care and trust, all which help me to make responsible decisions.

• I listen deeply to advice, ask questions when I don’t understand, and consider my actions based on what is best for my future.

• I reach out to trusted adults and tell them about situations that conflict with my values and may threaten my ability to reach my goals.

• I reach out to health and other professionals and am not afraid of asking questions about things I really need to know to protect myself and my future.

• I use my voice to protect myself and others.
STIs, HIV AND AIDS: WHAT THEY ARE AND HOW THEY ARE TRANSMITTED

Sexually transmitted infections (STIs) are commonly spread by engaging in sex with an infected person, coming into contact with infected blood, sharing sharp objects or through mother-to-child transmission during child birth.

• I know that becoming infected will make me sick and that HIV/AIDS is a lifelong condition
• I can’t tell with my eyes who is infected and who is not
• I will talk to health professional or a trusted adult about how I can protect myself against STI, HIV and AIDS.

It is important to seek medical help immediately when you feel you have been exposed to situations like defilement or rape to receive post-exposure prophylaxis (PEP). It means taking antiretroviral medicines (ART) after being potentially exposed to HIV to prevent becoming infected. PEP must be started within 72 hours after a recent possible exposure to HIV, but the sooner you start PEP, the better. Every hour counts.
HIV AND VIOLENCE RISK AND PROTECTIVE FACTORS

There are many things that protect pupils from HIV and violence but there are also many things that can put pupils at a higher risk of becoming a victim of violence and contracting HIV

• I must ALWAYS share with a trusted person when I feel I am at risk of being exposed to HIV or violence.

• It is important for me to understand the risk and protective factors of HIV and Violence.

I can work with other people to find ways to reduce risks and prevent learners from becoming victims of HIV and Violence.
CHILDREN LIVING WITH HIV: IMPACT AND SUPPORT

When I understand the challenges that young people impacted by HIV face, I realize how important it is to be kind and helpful to them.

Many young people stay with HIV infected persons or themselves live with HIV and are receiving treatment. I can assist by:

- including them in my group of friends,
- listening with understanding about the challenges they face,
- encouraging them to take their medicine and eat regular meals,
- encouraging them to seek assistance from trusted persons like family members, teachers, members of their faith, health workers, or counselors.
Students living with HIV need support from their families, teachers and fellow students. Care, treatment and support to learners with HIV can help them live long and happy life

I will, through my actions, contribute to creating a safe school where excluding learners living with HIV is not tolerated

I should give hope to learners living with HIV by

- reminding them to visit the health clinic regularly,
- encouraging them to take their medicine properly,
- encouraging them to eat healthy meals and get plenty of rest.

I encourage learners living with HIV to talk about their concerns, seek help from friends and trusted persons.
People living with HIV deserve respect and dignity. Speaking out against stigma can help change people’s attitudes and protect themselves and peers from its harmful impact.

I should speak out when I see someone being discriminated against.

*Learners who are stigmatized or discriminated against may become depressed, have difficulty concentrating in class or dropout of school*

**Draw It!** A classmate has a rash and no one will play with her because they say they are afraid to catch HIV. What do you do?

**Draw your response here:**
Girls and women, boys and men can protect each other to avoid the risk of contracting HIV.

I must keep the following in mind:

- Sexual harassment is violence against teenage girls
- Many young women and girls experience sexual harassment and violence: it is never acceptable, and it is not your fault!
- Power that males have over females in society promotes violence and HIV infections
- Men and boys need to use their power to protect girls and women against sexual violence
- I discuss with my friends’ situations that but girls and boys at risk of contracting HIV, STI or getting pregnant.

Discuss with your friends:
- What are ways you can protect yourself?
- What are ways you can protect other girls?
THE MEANING OF CONSENT

Consent means to give permission or agree to something. It also means that you feel comfortable about giving permission – giving your consent – to do something

- It is my body and I get to decide how to use it
- I give permission for another person to give me a hug or hold my hand. This is giving my consent.
- I will clearly ask another their permission to touch them.
- If I don’t feel comfortable with another person touching me – I will say “no”.
- I will feel comfortable with saying “no” and will be fine it another says “no” to me.
- Nobody has a right to touch me when I say no

NOTE: In Uganda NO CHILD GIVES CONSENT. Any one below 18 years is a child according to the Children Act and The UN Convention for the Rights of Children and therefore can not consent to early/forced marriage, Female Genital Mutilation/cutting, or sex/defilement.
SOLVING PROBLEMS

Everyday challenges for boys and girls can be more easily resolved when they talk with trusted persons about them.

- I can identify challenges like disturbing situations, which make me sad or expose me to danger.
- Any time I face a challenge, I talk to a trusted person about it.

Describe what is happening in this picture
SEEKING ASSISTANCE

Seeking advice and assistance from trusted adults is one way to support young people to prevent and respond to HIV and violence. Reporting incidents of violence until action is taken helps youth get the support they need.

• I have adults in my life that I trust and that I can go to when I need to talk about making a difficult decision.
• I talk to trusted persons about my aspirations and challenges.
• I report and follow up with teachers and other trusted persons to protect myself and others.

My trusted adult is ___________________
POSITIVE BYSTANDER RESPONSE TO VIOLENCE

Adults and learners often witness acts of violence at home, school and community. When someone sees violence, it is important to do something about it.

• Doing nothing about something I see, encouraging the hurtful behavior or joining in are all harmful behaviors and go against my values.

• I will report cases of violence that I have seen or heard about.

• My safety comes first, when reporting or supporting someone experiencing violence.
REPORTING OF VIOLENCE AND ABUSE

Reporting can do a lot to prevent or stop cases of HIV and violence. When children, youth, and families disclose incidents of violence or their HIV status, they have a right to privacy.

• When I report cases, I expect to get support to prevent violence and the spread of HIV.

You decide! A friend told you she was sexually abused on her way to school.

• What do you do?
• Who can you go to?
• Where can you go for support services?
If you are being abused or you know someone who is being abused with the survivor’s consent reach out for help. In cases of sexual violence, the survivor should not wash to protect evidence and immediately seek medical attention.

Parent
Friend
Chief
Neighbour
Priest
Teacher
Family
Nurse
Child/GBV
Helpline
Police
Para-social services
Legal/justice services
Health workers
Village health team member

Medical Examination
Emergency Contraceptive Pills (ECP), PEP, STI test and treatment within 72 hours.

Counselling Services
Social and Economic Services (i.e. shelters, education subsidies, etc.)
Community-based Organisation services
Police services
POST VIOLENCE CARE, TREATMENT AND SUPPORT

It is important to get immediate care and treatment to someone who has been defiled or sexually abused within 3 days (i.e. 72 hours) to prevent HIV and STIs and other effects of violence

• I will report any form of abuse to a trusted adult immediately after it happens
• I will talk to my trusted adult about what I need and I expect immediately
• If the person doesn’t give me immediate support, I will look for another person
• I will call free telephone numbers 116 or 0800100440 for support
• I will call the social worker or community development worker at the sub country for support, the number is_________________.
• The number for my local police child protection officer is_________________.
• The LC1 chairman number is ____________.
• The Vice chairman (Secretary for child protection) number is ________________.
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MY MORNING PLEDGE

Fill in the blanks to make your personal morning pledge! Say this before you begin each day.

Fill in the blanks to make your personal morning pledge! Say this before you begin each day.

I am smart
I am strong
My story is special

I am a leader in my community.
I keep myself and others safe by ____________.

I have a bright future.
I will get a good education by ________________.

I respect myself and deserve the respect of others.
I will stay healthy by ____________________.
Question and answers

**What is Gender-based Violence – GBV?** These are harmful threats or acts directed at a person or group of people based on their sex and identity and or lack of adherence to social norms of women and men.

**What is Gender Equity?** This is the process of being fair to women and men, boys and girls. It is a condition that affords women and men equal enjoyment of their human rights and opportunities.

**What Is HIV?** Human Immunodeficiency Virus which weakens your immune system, so your body has a hard time fighting off common germs and other illnesses. It spreads mainly through unprotected sexual contact and sharing needles.

**What is AIDS?** AIDS -- Acquired Immune Deficiency Syndrome-the condition that comes when your immune system stops working and you get sick because of HIV.

**How Is HIV passed from one person**
- Most young children who have HIV got it before they were born or shortly after birth and or through breast milk.
• Having sex with a person who has HIV
• Sharing sharp objects like needles or razor blades with someone who has HIV

Can two HIV-positive parents have an HIV-negative child? Yes, they can. Although HIV can pass from a woman with HIV to her child during pregnancy, at the time of birth, or when breast-feeding the infant, medical treatment of both the mother and her infant can minimize the chances of that happening.

Is there a cure for HIV? There is no cure for HIV. However, there is effective treatment, which, if started promptly and taken regularly, results in a quality and length of life for someone living with HIV that is similar to that one without HIV.

What are some of the ways of preventing HIV? HIV can be prevented or avoided in the following ways:
• The most effective and recommended method for young people is Abstinence or Not having sex at all
• Having safer and protected sex (meant for adult married couples)
• Not sharing sharp objects like needles and syringes or any other injecting equipment with anyone
• Receiving blood that has been screened for HIV to a patient who needs blood.
• If you are not sure talk to a trusted adult for correct information

**Can I get HIV from kissing?** Yes, if you kiss someone who’s infected and has bleeding gums or sores, you could get the virus if you also have cuts or sores around or in your mouth -- because of the blood-to-blood contact

**Can you tell if someone has HIV just by looking at them?** You cannot tell if someone has HIV by just looking at them. A person infected with HIV may look healthy and feel good, but they can still pass the virus to you. An HIV test is the only way a person can find out if he or she is infected with HIV

**What is an HIV test?** An HIV test is a test that reveals whether a person has been infected with HIV or not. Commonly used HIV tests detect the antibodies produced by the immune system in response to HIV infection. Antibodies are produced
by the immune system in response to an HIV infection

**Why should I get an HIV test?** It is important to know your HIV status because;

- if you are HIV-infected, you can start treatment promptly, potentially prolonging your life for many years and you can take all the necessary precautions to prevent the spread of HIV to others.
- if you are HIV negative, you can learn how to protect yourself from HIV in the future.

**Where can I get tested?** There are many places where you can be tested for HIV: in the offices of a private doctor, a local health department, hospitals, family planning clinics and sites specifically set up for HIV testing. Always try to find testing at a place where counselling is provided about HIV. Testing can also be done at school or communities.

**Are my test results confidential?** Yes. All people taking an HIV test must give informed consent prior to being tested. The results of the test must be kept absolutely confidential.
What does it mean if I test negative for HIV? A negative test result means that no HIV antibodies were found in your blood at the time of testing. If you are negative, make sure you remain negative: learn the facts about HIV transmission and avoid engaging in unsafe behavior.

Who can be tested of HIV? Everyone can have a test to know his or her status. But children under 12 years require their parents or guardian to give consent. All people 12 years can give consent to be tested.

What do I do if I have HIV? Thanks to new treatments, people living with HIV can now live long, healthy lives. It is very important to make sure you have a doctor who knows how to treat HIV and start treatment immediately you learn of your positive status. A health-care professional or trained HIV counsellor can provide counselling and help you to find an appropriate doctor.

Can I have more than one sexually transmitted infection at a time? Yes, you can have more than one sexually transmitted infection at the same time. Each infection requires its own treatment. You cannot become immune to sexually transmitted infections. You can catch the same infection over and over again.
When you are on antiretroviral therapy, can you transmit HIV to others? If the antiretroviral therapy is effective and the virus is fully suppressed, you cannot transmit HIV to others. For this reason, monitoring of the suppression of the viral load is recommended as part of ongoing care for people living with HIV.

Can I get HIV from a hug? No, you cannot get HIV from hugging.

Can I get HIV from someone’s cough or sneeze? No, the virus doesn’t travel through air.

Can I get HIV from someone’s tears, sweat, vomit, or pee? No, sweat, vomit, pee and tears don’t carry HIV.

Can I get HIV from toilet seat or water fountain? No, it is unlikely to find body fluid containing the virus on public surfaces.

Can I get HIV from drinking out of the same glass? No, sharing dishes, glasses, and eating utensils is safe.
Can I get HIV from eating food made by a person with HIV? No, the virus can’t survive the cooking process or your stomach acid.

Passing HIV through eating has happened only in rare cases, when children ate food that was already chewed by someone with the virus.

Can I get HIV from Mosquitoes or other insect bites? No, you cannot get HIV through insect bites.

Can I get HIV from touching an open wound on someone who has HIV? Yes. Sometimes body fluids like blood can pass through broken skin, wounds.

Can I get HIV if someone with HIV bites, scratches, or spits on me? It’s possible if a bite or scratch breaks your skin, and if your skin doesn’t break, there’s no chance. Getting spit on is unpleasant and messy, but not a danger as far as catching HIV.
Sources: