

# ACTION ON AIDS



'AIDS in Africa is claiming more lives than the sum total of all wars, famines, floods and diseases.'



ActionAid is one of the UK's largest international development organisations, helping poor people in 35 countries in Africa, Asia, Latin America and the Caribbean.

ActionAid's vision is a world without poverty in which every person can exercise their right to a life of dignity. It has over 150,000 supporters in the UK and for 15 years has been in the forefront of the fight against HIV/AIDS.

ActionAid believes that HIV/AIDS is one of the biggest challenges facing the world today, and that it is not possible to fight poverty without fighting AIDS. ActionAid fights AIDS by:

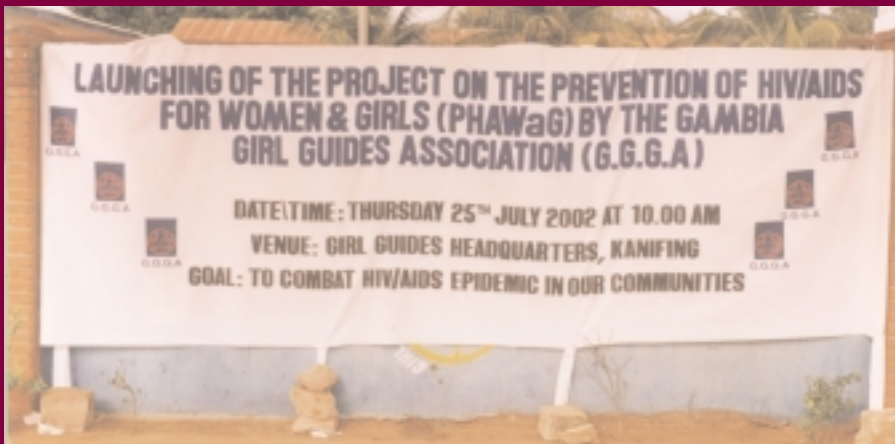
- Giving practical support to people living with HIV/AIDS.
- Helping with HIV prevention programmes.
- Forming networks of local organisations who can learn from each other.
- Getting people who are living with HIV/AIDS involved.
- Influencing local, national and international governments and challenging them to take action to fight the epidemic.
- Educating people in the UK about the issue and campaigning with them to tackle the problem.

In the UK ActionAid produces resources for schools and has a visiting teacher network. Through [www.actionzone.cc](http://www.actionzone.cc) ActionAid works directly with young people aged 14-24.

**HIV/AIDS is destroying people's lives around the globe. Women are especially vulnerable – biologically, culturally and socially. Through this resource we hope that young women in Girlguiding UK will have a better understanding of a global issue that is changing the lives of young women worldwide, their families and the communities in which they live.**

**Young women from Girlguiding UK have worked closely with ActionAid, one of the UK's largest development agencies, to develop and trial the activities in this booklet. Through this partnership we hope to join with Guides around the world in making a small contribution to raising awareness of this critical issue.**

Jenny Leach, Chief Guide



## What is HIV/AIDS?

- HIV is short for Human Immunodeficiency Virus.
- HIV is a virus that weakens the immune system making it hard to fight off infections. It cannot pass through intact external skin and can't be caught like a cold or flu virus.
- AIDS stands for Acquired Immune Deficiency Syndrome.
- When a person's immune system has been damaged he or she is open to other illnesses, especially infections (eg tuberculosis and pneumonia) and cancers, many of which would not normally be a threat.
- When someone gets one of these illnesses the person is often said to have AIDS or 'late stage' or 'advanced HIV infection'.
- There is no vaccine or cure for HIV. However, anti-HIV drugs (antiretrovirals or ARVs), are available, and taking a combination of them can slow down the damaging effect of HIV on the immune system.

## HIV/AIDS and the link with poverty

Poverty and vulnerability to HIV/AIDS are interlinked. Poverty results in a lack of access to healthcare and education. This hinders people from getting the knowledge and resources needed to properly protect themselves against HIV/AIDS.

**Seven million agricultural workers in 25 African countries have died of AIDS since 1985. "The famine is a tragic example of how this epidemic combines with other crises to create even greater catastrophes. What is happening today in southern Africa illustrates that AIDS cannot be addressed in isolation. Responses to AIDS must take into account that the epidemic has an impact in every economic and social sector."**

Dr Peter Piot (Executive Director UNAIDS)



## How to use this booklet

This is a booklet for you to use with your group (Rangers, Young Leaders, Look Wider Group or Young Guider Support Group). It is designed for you to be able to undertake some activities with minimum preparation.

It doesn't matter if you don't think you know very much about HIV/AIDS – you will find lots of useful information, statistics and case studies to get you started.

### How does this all fit in?

- You can have fun doing a range of new activities.
- You can find out more about an issue affecting millions of people around the world, because this is a problem that we all need to help tackle.
- A session could fit under several Octants of the Look Wider scheme (e.g. Fit for Life, Leadership, International).
- A session could be used towards 'Making It Count';
- It could be part of 'Service in Guiding' for your Queen's Guide Award.
- It could lead you to get more involved in other peer education activities.

The booklet is designed to be easy to use, with activities that need minimum equipment and preparation.

You may want to use the booklet to run a whole meeting, or just to dip into it every now and again over a term.

Your Senior Section Guider will be able to act as a supporter for your plans, and help you to find further resources and contacts if necessary.

Remember the aim is to provide your peers with some basic facts and give them a chance to voice their questions and concerns in a supportive atmosphere. You are NOT expected to know everything – just give it a go!



Children at an HIV/AIDS workshop in South Africa

**“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has.”**

Margaret Mead (1901–78),  
American anthropologist

## Smarties

- **PREPARATION TIME:** None
- **DURATION:** 5-10 mins
- **RESOURCES NEEDED:** A tube of smarties (or healthy alternative)

**WHAT'S THE POINT?**  
A way of finding out what they already know, bringing out myths and misinformation and encouraging discussion.



Guides in the Gambia received funding from the UK Guide friendship fund for their project on HIV/AIDS prevention

### OUTLINE:

- Ask everyone in the group to take some sweets. Once everybody has some, ask for one piece of information or something they've heard about HIV/AIDS for each sweet they have taken. Discuss.
- Alternatively, start by explaining the activity, then they can take a sweet for each piece of information they can give – to take the pressure off those who don't already know very much about the topic.

## fact file

- 🚫 **53 million people have contracted HIV since it was discovered in the 1980s**
- 🚫 18.8 million people have died of AIDS
- 🚫 **more than 42 million people are now living with HIV/AIDS**
- 🚫 71% of the people living with HIV/AIDS are in sub-Saharan Africa
- 🚫 **every 15 seconds a young person (aged 15-24) is infected with HIV**
- 🚫 14 million children worldwide have been orphaned because of AIDS
- 🚫 **in Eastern Europe, injecting drugs is the main way of contracting HIV**
- 🚫 it is estimated that in the UK 50,000 (0.1% of the population) are living with HIV, one third not knowing their status
- 🚫 **the number living with HIV in the UK increased by 25% in 2002**
- 🚫 in the UK most people have contracted HIV through heterosexual sex (54% of those diagnosed in 2002)
- 🚫 **in the UK over a third of people who contract HIV (34%) are in their 20s.**

# How much do you know?

Based on fruit salad

- **PREPARATION TIME:** 20 minutes to cut up and write cards
- **DURATION:** Approx. 5-10 minutes
- **RESOURCES NEEDED:** Cards with questions about HIV/AIDS (see page 9 and add your own questions based on the factfiles). You should make about 15 cards. Make sure the figures are up-to-date (see www.unaids.org)

**WHAT'S THE POINT?**  
To learn basic facts in a non-threatening way

**OUTLINE:**

- Everyone sits on chairs in a circle. Cards in the middle.
- Somebody stands in the middle and reads out the first card.
- People change places if they know the answer.
- The person in the middle has to try and find a spare seat.
- That person then reads out the fact on the card. The next person reads the next card and so on.

Guides in South Africa playing an HIV/AIDS game



## Zambia

'When you are already poor and you get sick, it is much worse. Sometimes we go to see a sick patient and there is no food in the house. And we would like to give them our own food, but we also don't have enough for our families, so as volunteers we have also started our own income generating schemes to help sustain ourselves and our work in the community. We grow our own sunflowers and press the oil ourselves and sell it at the market!'

Violet Mwinuka, Homecare volunteer, Zambia from 'A Broken Landscape'

Guides in Zambia are working with children orphaned by AIDS.

## fact file

**In Zambia between 180,000 and 280,000 young women aged 16-24 have HIV.**

# Think outside the box

- **PREPARATION TIME:** 2 minutes
- **DURATION:** 5 minutes
- **RESOURCES NEEDED:** Large flip chart paper with red AIDS ribbon drawn on it, Post-its. (Optional HIV/AIDS leaflets and magazine and newspaper articles and info from websites)



**WHAT'S THE POINT?**  
To recognise some assumptions we hold and learn to challenge these by becoming better informed.

**OUTLINE:**

- Ask participants to write on post-its assumptions/ideas they think people in the UK have about HIV/ AIDS, and stick these on the flipchart paper on the wall.
- If the group are new to the issue you may need to provide some resource materials, or begin by having a group brainstorm session or get participants to work in small groups.
- Leave the flipchart up on the wall.
- At points throughout the rest of the session you could invite them to write up ideas to challenge some of the views and assumptions that were posted up at the beginning.

**"AIDS isn't just a disease. It's a symptom of something deeper which has gone wrong within the global family. It reveals our broken relationships, between individuals, communities and nations. ...**

**AIDS insists that it is time for us to sit down and address all the things we have been quiet about – sexuality, poverty, and the way we handle our relationships from the family level to the global level."**

Reverend Gideon, the first practising priest in Africa to declare that he was living with HIV

- **World AIDS Day is on December 1 every year**
- **23m have died of AIDS-related illnesses**
- **in some African countries life expectancy has fallen from 60 to 47 because of AIDS**
- **60% of new HIV infections worldwide happen in people under 25**
- **All pregnant women in the UK are offered an HIV/AIDS test**
- **in 1998, 39 drug companies launched a lawsuit to stop the South African government importing cheap HIV/AIDS drugs from India**
- **in 2001 the campaign to stop the lawsuit was successful and the companies dropped their lawsuit**
- **you can't get AIDS if you touch, hug, kiss or hold hands with someone who is infected.**

## What the papers say

- **PREPARATION TIME:** time to locate suitable resources
- **DURATION:** 10-15 minutes
- **RESOURCES NEEDED:** Pamphlets, posters, newspaper articles, leaflets and website information about HIV/AIDS

### WHAT'S THE POINT?

To become aware of different viewpoints and stereotypes

### OUTLINE:

Get each group to look at the pamphlets and posters and examine them (number in groups can vary according to resources available). They should ask themselves the following:

- Who wrote the article/took the picture?
- Why did they write it/take the photo?
- What message is it trying to convey?
- Are they biased, if so, how and why?
- What images are used and why?
- What issues are raised by the way things are being presented?
- Why do we need to be aware of these points?

Ask each group to present their resource and discuss the points above.

- What has surprised them?
- What has challenged them?
- Did they come across stereotypes and positive or negative images?



It is estimated that there are 50,000 people living with HIV in the UK, the highest number ever. Studies by the Public Health Laboratory Service, based on blood samples taken from the general population, estimate that about a third of these people have not yet been diagnosed.

Since 1982, when reporting began, 56,108 people in the UK have been diagnosed HIV positive and 12,579 people have died of AIDS.

Since the widespread introduction of more effective HIV treatments in 1996, the number of HIV associated deaths has dropped dramatically: in 2001 there were 235 deaths reported compared with 1,516 in 1995.

Fewer people are dying, but the number of people living with HIV in the UK is increasing and is set to increase by 47% between 2000 and 2005.

A range of organisations exist to support people affected by HIV/AIDS and to provide information; see back cover for details.

Photocopy this page and cut out the cards. They can be used for 3 activities: ACTIVITY 2: How much do you know?, ACTIVITY 6: hot air balloon, ACTIVITY 7: could u? should u?

ACTIVITY 2/ do you know? <b>You know when World AIDS Day is</b> December 1 every year	ACTIVITY 2/ do you know? <b>You'd be embarrassed buying condoms</b> You can often buy them from machines in public toilets, which can be less awkward.	ACTIVITY 2/ do you know? <b>You've worn a red ribbon</b> This symbolises the AIDS awareness campaign worldwide
ACTIVITY 6/ hot air balloon <b>nurse</b>	ACTIVITY 6/ hot air balloon <b>successful football player</b>	ACTIVITY 6/ hot air balloon <b>scientist</b>
ACTIVITY 2/ do you know? <b>You know how many people have died of AIDS</b> 23m have died of AIDS-related illnesses	ACTIVITY 2/ do you know? <b>You have heard of the term 'antiretrovirals' (or ARVs)</b> ARVs are drugs which can control the spread of HIV. However they are much too expensive for most people in poor countries to afford.	ACTIVITY 2/ do you know? <b>You think poverty could drive people into risky sex work</b> In Thailand, a girl can make 25 times more as a prostitute than by working in a textile factory.
ACTIVITY 6/ hot air balloon <b>politician</b>	ACTIVITY 6/ hot air balloon <b>WAGGS rep</b>	ACTIVITY 6/ hot air balloon <b>youth worker</b>
ACTIVITY 7/ could u? <b>You worked as a prostitute to fund your studies. You now want to start a family. What do you tell your current partner?</b>	ACTIVITY 7/ could u? <b>You are an ex-drug addict and know you are HIV+. You are applying for a job as a health care professional. Do you tell your employer about your status?</b>	ACTIVITY 7/ could u? <b>You've been happily married for 15 years. You develop an STI, do you confront your husband about this?</b>
ACTIVITY 6/ hot air balloon <b>catholic priest</b>	ACTIVITY 6/ hot air balloon <b>teacher</b>	ACTIVITY 6/ hot air balloon <b>community leader</b>
ACTIVITY 7/ could u? <b>You're happy in your relationship but you had too much to drink the previous night and had sex with a friend without a condom. Do you tell your partner?</b>	ACTIVITY 7/ could u? <b>You're in your relationship. You had too much to drink and had sex with a male friend without a condom. Do you have a test for HIV and other STIs?</b>	ACTIVITY 7/ could u? <b>Your father tells you that he's HIV positive. Do you tell your mother?</b>
ACTIVITY 6/ hot air balloon <b>UNAIDS rep</b>	ACTIVITY 6/ hot air balloon <b>peer educator</b>	ACTIVITY 6/ hot air balloon <b>TV presenter</b>

## Silent witness

- **PREPARATION TIME:** 5 mins
- **DURATION:** 10 mins
- **RESOURCES NEEDED:** List of AIDS-associated words for each team, paper and pen

**WHAT'S THE POINT?**  
**Good for lightening the atmosphere partway through a session.**

### OUTLINE:

- Split the group into teams of 4– 6 people who line up one behind the other.
- The person at the front has a pen and paper, and the person at the back has a list of AIDS-associated words e.g. HIV, condom, needle, sex, drugs, infection. (Add your own.)
- The person at the back spells the words a letter at a time on the back of the person in front, and so on down the line, until all the words have been written down by the front person.

Guides in South Africa playing with a blown up condom



Sven Torfim, Pamos Pictures/ActionAid

## Kenya

Kenyan Guides are involved in immunisation programmes and AIDS awareness campaigns. They are also partners in a prevention and care programme on HIV/AIDS. It includes training for Brownies, Guides, Rangers and peer educators. Two Kenyan Girl Guides attended the Commission on the Status of Women in New York and spoke about their HIV/AIDS project in Kenya at a UNICEF workshop.

## fact file

**In Kenya between 450,000 and 670,000 young women aged 16-24 have HIV.**

## Hot air balloon

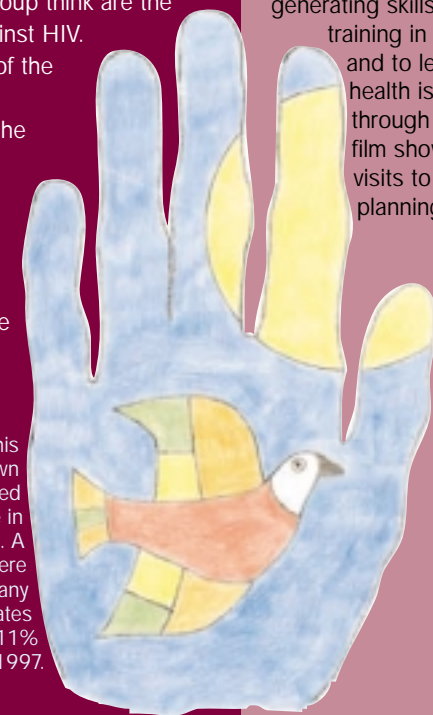
- **PREPARATION TIME:** 5 mins
- **DURATION:** 20 minutes
- **RESOURCES NEEDED:** cards labelled with a range of professions – see page 9 (adapt number of characters to suit group size).

**WHAT'S THE POINT?**  
 Consider the different people involved in the fight against AIDS. Realise that all these 'characters' are important in different ways.

### OUTLINE:

- Each person is given a character and has to justify their place in a hot air balloon which is not flying properly because it is too heavy.
- The group must decide on which 6 should stay in the balloon and off-load the other people.
- At the end, the people remaining in the balloon should be the ones who the group think are the most important in the fight against HIV.
- Depending on the experience of the group you may need to lead a discussion on the potential of the character's role.
- They should then be able to make a decision as to who should stay or go.
- Set a time limit (2-3 minutes each) for justifying places in the balloon, and for votes to be placed.

The pictures of hands that feature in this booklet are from the thousands drawn by ActionAid supporters and inscribed with messages of solidarity to people in Africa living with HIV and AIDS. A sample were taken to Rwanda where genocide, war and the rape of many thousands of women, increased HIV rates in rural areas from just over 1% to 11% between 1994 and 1997.



## fact file

**In Rwanda between 80,000 and 120,000 young women aged 16-24 have HIV.**

## Rwanda

The Rwandan Guide Association has organised training to educate people about HIV prevention. Girl Guides in rural areas are taking the lead in the prevention of AIDS and STIs (sexually transmitted infections). Participants resolved to raise the profile of AIDS, to protect themselves, to be more open to discussing AIDS and to interact better with those individuals with HIV/AIDS. In the Kicukiro Commune, street girls and homeless women have the opportunity to come together, to gain income generating skills such as training in sewing, and to learn about health issues through debates, film shows and visits to family planning centres.

## Could u, should u, would u?

- **PREPARATION TIME:** 10 minutes to prepare cards
- **DURATION:** 15-20 minutes in small groups
- **RESOURCES NEEDED:** Scenario cards (see page 9) or think up your own

**WHAT'S THE POINT?**  
To consider difficult decisions that have to be made, and try to empathise with those in these situations.

Alan Johnson/ActionAid



### OUTLINE:

- Each group has a card with a scenario.
- Give time to discuss.
- They make a list of the possibilities available to the people in the scenarios (what they could do, what the group think they should do, and what they think would be done given the situation).
- At the end, ask each group to summarise their scenario for the other groups and explain the decisions they made.

## case study

### Vietnam

Kieu, 25, lives in Tauhinh province in the south of Vietnam. She was taken against her will to Cambodia by her uncle when she was 13, where she contracted HIV. She returned home after four years, is now married and working as a seamstress.

"My family was very poor and so when my uncle said he could find me work as a trader I was encouraged to go with him. As he was a relative, my father agreed.

My uncle took me to Cambodia. Once we got there I was taken to a house where they told me I'd been sold. I cried and said I wanted to go home but I was hit and given no food. When I was hungry and tired I was taken to a brothel. I was forced to stay there and work as a prostitute for four years. Eventually I was able to gain the trust of the owner and was let out, I was then able to escape and find my way home. I had already contracted HIV.

When I got home I became a member of the Women's Union. They encouraged me to become a peer educator and talk to other young people about my experiences to raise awareness of what had happened to me and make sure they could not be tricked so easily."

## fact file

In Vietnam between 11,000 and 16,000 young women aged 16-24 have HIV.

## The body



- **PREPARATION TIME:** None
- **DURATION:** 20-30 minutes
- **RESOURCES NEEDED:** Wallpaper/flipchart, felt tip pens, post-it notes.

### WHAT'S THE POINT?

Empathise with how it would feel to be HIV positive, the prejudices you might be subjected to, and the different situations for those living in rich and poor countries.

NB: this can be used as a before and after activity to gauge level of understanding/knowledge gained.

### OUTLINE:

- Participants will need to have a basic understanding of HIV/AIDS.
- Ask for a volunteer to lie down on the paper and be drawn around. This can then take different routes:

**A. Write/draw inside 'the body' how they might feel if they were HIV positive. Write/draw outside 'the body' how they might act outwardly.**

- In small groups/ pairs discuss how 1) you, 2) your unit, 3) your community, might respond to a person who is feeling that way.
- Write your ideas down on post-its, and stick them in or around the body.

The group will need a broader understanding of global issues to do the following version of the activity, which highlights the disparities between rich and poor countries.

**B. There need to be 2 body shapes.**

- One should be called Western Europe and the other sub-Saharan Africa.
- Around the outside of each 'body' each group will need to think of the issues in the region eg health, education, wealth, politics.
- Discuss each of the issues in turn.
- On the inside of 'the body' write down ways in which these issues might impact on a person who is HIV positive.
- In groups, discuss what can be done about these situations.
- What actions can you take as 1) you, 2) your unit, 3) your community to affect these issues?
- Write your ideas on post-its and stick them on to the two 'bodies'.

In India between 430,000 and 890,000 young women aged 16-24 have HIV.



Jenny Matthews/Network/ActionAid

# activity 9: familiarisation with the language

## Hot potato

- **PREPARATION TIME:**  
None
- **DURATION:** 5 minutes
- **RESOURCES NEEDED:**  
Paper and pen

**WHAT'S THE POINT?**  
Familiarise the group with some of the language of HIV/AIDS in a fun way.

### OUTLINE:

- In a group, think of words associated with AIDS – make a list of words from this booklet if needed.
- Each person takes one word and tells it to another person. Each person should try to swap words with as many people as possible. After two minutes get everybody to remember the last word they were told and see which words have been lost.

# case study

## Uganda

**"All I knew about AIDS was dying. I said let's organise. Our slogan will be positive living."**

Noerine Kaleeba

AIDS was first observed in Uganda in the early 1980s. By the early 1990s surveys recorded levels of up to 30% in some areas. From being the country with the highest rates of HIV infection, Uganda now has an overall rate of 5%. This has come about partly through the work of activists such as Noerine Kaleeba.

Fifteen years ago when Noerine's husband Chris was a student at Hull University he fell ill and was diagnosed as HIV positive. When he returned to Uganda he faced discrimination and ignorance from the medical services. Noerine and her family cared for Chris themselves.

Chris died in great pain and Noerine decided to get together a group of people whose lives had been touched by HIV/AIDS, this group called TASO – The AIDS Support Organisation, now works with thousands of people providing counselling, HIV/AIDS education and medical help. It was set up through Noerine's determination and the funding they received from ActionAid. She now works for the United Nations as an AIDS specialist.



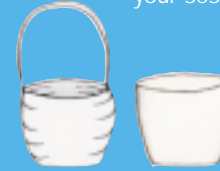
Emma Thompson, an ActionAid supporter, and Noerine Kaleeba in Uganda

## fact file

**In Uganda between 90,000 and 130,000 young women aged 16-24 have HIV.**

## Evaluation

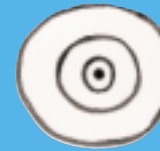
It is a good idea to have an evaluation at the end of your session, to give everyone a chance to express how they feel about it. Here are a few suggestions for evaluating your session with participants, adapt them if you want or use your own.



### Draw a bag and a bin on two large sheets of paper

Participants write up different aspects of the session on post-its.

Those aspects they would keep get stuck on the bag. Those they would prefer to leave out go in the bin.



### Draw a target on a large sheet of paper

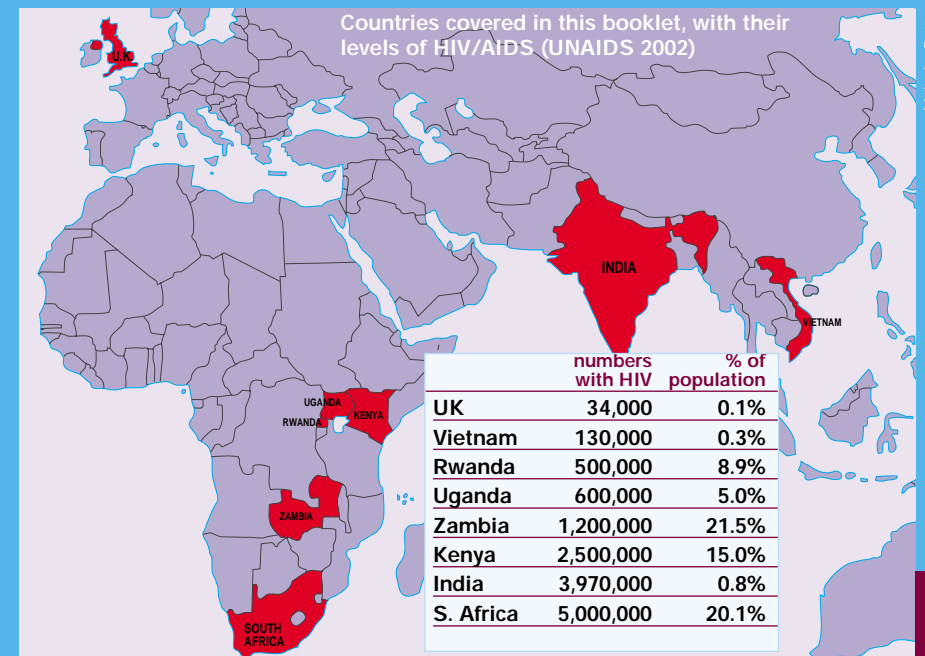
Give the circles headings such as 'I understand a lot about HIV/AIDS', 'I understand a bit about HIV/AIDS', 'I understand very little about HIV/AIDS'.

Participants put spots in the circles indicating where they feel they are.



Use different coloured post-its to answer questions, such as 'something you enjoyed', 'something you didn't enjoy' and 'something you learned'.

Stick these up for everyone to read.





The World Association of Girl Guides and Girl Scouts is a member of the 'Big 7' Alliance of Youth organisations, whose Chief Executive Officers issued a joint statement on HIV/AIDS. They called on all within their organisations to lead by example and challenge the stigma and discrimination against people living with HIV/AIDS

wherever it occurs. They also called for co-operation in an 'all-out effort' to stop new infections and care for the millions already infected and affected.

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"The spread of HIV/AIDS in the world is a major concern to us all. The particularly high prevalence of HIV/AIDS among young women makes it an issue of even greater concern to those of us working with this target group. WAGGGS believes that every one of its 10 million members should be made aware of HIV/AIDS and given the tools and the power to combat the epidemic. Youth organisations such as WAGGGS have access to a large group of young people who together can make a difference. We can use young people to reach young people, those most at risk from HIV/AIDS."

Ginny Radford,  
Chairman of WAGGGS 1999

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London SW1W 0PT  
t: 020 7834 6242  
w: [www.girlguiding.org.uk](http://www.girlguiding.org.uk)  
e: [international@girlguiding.org.uk](mailto:international@girlguiding.org.uk)

**For more information on HIV/AIDS contact:**

Terence Higgins Trust  
National Helpline 0845 1221 200  
w: [www.tht.org.uk](http://www.tht.org.uk)  
e: [info@tht.org.uk](mailto:info@tht.org.uk)

HIV Support Centre, Northern Ireland  
Helpline: 0800 137 437

HIV Scotland  
t: 0131 558 3713

Cardiff AIDS Helpline  
t: 0800 074 3445

Positively Women  
admin phone number: 020 7713 0444

The Stop AIDS campaign  
w: [www.stopaidscampaign.org.uk](http://www.stopaidscampaign.org.uk)

**To campaign on HIV/AIDS and to find out more about ActionAid see**

w: [www.actionaid.org](http://www.actionaid.org)  
w: [www.actionzone.cc](http://www.actionzone.cc) (youth website)  
e: [actionaidadmin@actionaid.org.uk](mailto:actionaidadmin@actionaid.org.uk)  
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