

Lynn Page & Associates

We develop people, processes, programmes & learning solutions

Demonstrate an understanding of HIV/AIDS and its implications

Positive Living HIV/AIDS education

Aligned to USID 8494| Credits 4 | NQF Level 2

Duration: 1 day

Experts agree that HIV/Aids is more than a health issue:

it is a lifestyle issue. Just as publishing health warnings on a cigarette packet does not stop people from smoking, so merely providing people with information on HIV/AIDS does not succeed in changing sexual behaviour. The approach to HIV/AIDS education should go beyond the transfer of knowledge and information regarding HIV/AIDS and the prevention thereof. It should address attitudes and perceptions regarding life, sexual behaviour and life choices so as to not only address the symptoms, but also the causes of the problem.

Positive Living aims to help people who are not yet infected to:

- ◆ Understand the risk of HIV/AIDS in relation to their own lives (instead of believing that “it will never happen to me”)
- ◆ Make positive choices to ensure that they remain HIV negative

Course content:

- ◆ The nature of HIV/AIDS: the difference between two
- ◆ The stages, signs and symptoms
- ◆ How the infection is spread: exploring myths and making sure of the facts
- ◆ The role of STIs: what they are, how they increase risk of infection and how to treat them
- ◆ Identifying your own risk of being infected
- ◆ How HIV/AIDS affects the individual, the family and the community
- ◆ The implications of HIV/AIDS in the organisation
- ◆ How to prevent being infected: the ABC approach, exploring the appropriate option for the lifestyle you choose and understanding the consequences

- ◆ Testing: pro's and con's of knowing your status, where to get tested and what is involved in testing
- ◆ Living with HIV/AIDS: the role of the body, the mind and the soul
- ◆ The rights and responsibilities of people with HIV and AIDS
- ◆ How to support people with HIV/AIDS.



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