



**‘HIGH WAY TO HIV/AIDS AWARENESS’
THE INTERNATIONAL YOUTH LEADER CONFERENCE,
MARANGU, KILIMAJARO, TANZANIA
8TH-12TH FEBRUARY 2006**

TRANSMISSION, PREVENTION & ABC

BY

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MISSION STATEMENT

Youth Watch is a youth-led organisation where the youth have come up to watch and check aspects of life that have deterred their development.

Vision

Free the youth from HIV/AIDS epidemic and empower them sustainably to conserve their environment.

Goal

Is to equip the youth with sustainable knowledge to address global challenges of HIV/AIDS, poverty and environment.



Background

- Every one is in danger of HIV, whatever their social status. They are only safe if they say no to sex, remain faithful to uninfected faithful partner or use condoms every time they have sex.
- HIV stands for Human Immune-deficiency Virus. This is a germ that cause AIDS in human beings. It is one of sexually transmitted infections. It decreases the body's immunity to other germs and infections. large amount of the virus are found in male and female sexual fluids, blood and breast milk. One can know that she/he has a virus by having the blood tested. No medicine that can kill the virus has been found.
- AIDS stand for Acquired Immune Deficiency Syndrome. It is a disease that happens because the body's immune system is too weak to fight off infection. It is got by acquiring HIV from an infected person.



(Background continued)

- The symptoms can be minimized through boosting the immune system that can be got from the use of Anti Retroviral drugs(ARVs), which can be got at some health facilities at a fee. These drugs do not kill the HIV.

Signs and Symptoms of HIV/AIDS

- Many people who have HIV do not have signs and symptoms of AIDS. These symptoms appear when the immune system becomes too weak to fight off infection. They include:
 1. Fevers on and off.
 2. Loss of weight skin rash.
 3. Sores in the mouth.
 4. Coughs that take long to cure.
 5. Swelling of lymph nodes.
 6. Severe diarrhoea.



How HIV is transmitted.

- HIV is transmitted through the following channels:
 1. Having sexual intercourse with an HIV infected person.
 2. Being transfused with blood that has HIV.
 3. A mother with HIV infecting the baby at birth or through breast milk.
 4. Sharing skin piecing instruments like needles and blades.
 5. Getting in direct contact with blood or sexual fluids.

Factors that account for HIV spread in the community.

- In each community there are a number of factors that account for the spread of HIV. Some of them are cultural while others are religious. They include:
 1. Community not knowing how HIV is spread.
 2. Having more than one sexual partner.
 3. Sharing skin piecing instruments.



(Factors that account for HIV spread in the community continued)

3. Wife inheritance.
4. Adulthood initiation ceremonies.
5. Unbalanced power relationship between men and women where by married women are forced to have sex against their will.
6. Sexual practices and habits that do not favour safer sex.
7. Traditional ceremonies that allow people to have sex with any body.
8. Religions that do not allow the practice of safer sex.



Consequences of AIDS

1. One feels ill most of the time.
2. One becomes less productive and this leads to poor income
3. Money lost in the treatment of repeated infections.
4. Increase the number of orphans.
5. The mother may infect a newly born baby.
6. It leads to death.
7. Because of poor health, one is not able to participate in the social events and this may lead to isolation and loneliness.
8. The country loses a labour force



Why HIV should be prevented?

1. It is a serious health problem that has no cure.
2. Prevention is the best means of not getting HIV.
3. Once you get HIV it will develop into AIDS after some time.
4. It can be got by anybody regardless of sex, social class or religion.
5. It has killed many useful people and has created a big number of orphans.
6. It is a preventable disease.
7. It kills productive people whom families depend on.
8. It takes a large budget of the Ministry of Health and that of Local Government resources.



Prevention of HIV.

1. HIV is prevented by avoiding getting in contact with the body fluids that has a big amount of HIV.
2. Have it in mind that you are the only one who has HIV all the others have.
3. Don not share skin-piercing instruments like needles and blades.
4. Always have protected sex.
5. Know your sero-status sot that you can protect others.
6. Practices exclusive breast-feeding until 4-6 months.
7. Deliver your baby at a heath facility.



The ABC of HIV Prevention.

- Young people are encouraged to follow the ABC of HIV prevention if they want to avoid getting HIV. They are:
 1. Abstinence
 2. Be faithful to one sexual partner.
 3. Condom to be used all the time you have sex.

Meaning of Abstinence.

- The act of keeping away from pleasant things e.g. alcohol, sex and smoking. The ability to suppress sexual desires so that one does not have sex when the desire comes or when encouraged by other people to get the sexual desire.
- Abstinence has a lot to do with doing what is right and being able to suppress peer pressure.



Methods used to prevent HIV and STIs.

- Abstinence is 100% effective. Abstaining from sex does not allow the sexual fluids of the boy and that of the girl to infect each other with HIV.
- Use a condom all the time you have sex.

How to say 'NO'

1. Being in a relationship does not mean sexual matters and sex is not the core aspect of a relationship.
2. The boyfriend may not be interested in sex, so talk to each other and find out.
3. There are other ways you can show love to him.
4. It should not only be fear in a relationship but should be able to freely communicate to each other.
5. Negotiate for what you feel is right for you.
6. It is only then that your '**NO**' to sex will be a real '**NO**'



Common fears or misconceptions about Abstinence.

1. The birth canal becomes small and cannot give birth.
2. Loss of manhood.
3. You cannot have a steady boyfriend or girlfriend, therefore you never get married.
4. Your breasts do not grow big to feed the baby later on in life.

What encourages the young people to abstain from sex?

1. Having positive values.
2. Over coming peer pressure.
3. Having family support.
4. Having rumours and misconceptions about abstinence addressed correctly.



How condoms prevent HIV and STIs.

- Condoms are made of latex material that prevents the mixing of the semen from the boy and the vaginal fluid from the girl. All the fluid produced by the boy remains in condom and it is thrown away. The HIV and the sperms cannot pass through it. It creates a barrier between the two fluids so that there is no mixing and no contact between the boy's and the girl's sex organs during sexual intercourse.
- Condoms when used properly are very effective in preventing transmission of HIV and unwanted pregnancy.

Golden rules of condom use.

1. Check the expiry date on the packet.
2. Use a condom only once.
3. The condoms should have a teat or nipple where the semen collects.
4. Do not use the condom if the wrapper is broken.



(Golden rules of condom use continued).

5. Use your fingers to open the condom pack.
6. Store the condom in a cool, dry place.
7. They are destroyed by body heat and sunlight.

The challenges to correct and constant condom use.

1. Young people do not plan to have sex, they may have no condom in their midst.
2. In rural areas sometimes the stores run out of condoms.
3. Young people have sex in a hurry; they may not observe some of the golden rules of condom use.
4. People having used a condom for sometime they start trusting one another and they stop using condoms.
5. There is a belief among people that sex without a condom is sweeter than that with a condom on.



Strategies to negotiate condom use.

- Have a condom all the time:- You cannot negotiate condom use when you do not have one.
- Have a proper information on why a condom should be used:- This will help you to be firm and be able to defend condom use.
- Be assertive:- This will help you to express their feeling, needs and desires about condom use openly and directly but in a respectful manner. It involves standing up to one's beliefs without putting down others.
- Effective communication:- Young people should be able to express themselves clearly and appropriately while negotiating for condom use. It involves active listening, respect for other's feelings and use of body language.