

## THE KHULISA “HIV/AIDS PEER EDUCATION PROGRAMME”: PRISON AND COMMUNITY

*“They made us think and talk about the sexual related issues that we ignored at the same (time) we were actively involved in them while we were outside prison, not knowing or taking the consequences into consideration” Participant, Ekuseni”*

### Programme Description

The HIV/AIDS Peer Education Programme trains peer educators – the most effective advocates for attitude and behaviour change – to teach HIV/AIDS awareness and prevention. Working with prison social workers or with teachers or nurses in their communities, graduates of this training play an active role in developing and presenting HIV/AIDS workshops. The result is greater awareness and support in institutions and more responsible behaviour amongst high risk populations.

### Course Content

The programme has three phases.

#### *Phase 1: Pre- Implementation period:*

Trainees learn the steps involved in working with institution authorities to establish the need for HIV/AIDS training and formulate a schedule for programme delivery.

#### *Phase 2: Training of educators and delivering of HIV/AIDS education:*

Trainees learn about HIV and other sexually transmitted infections, the consequences of being infected with HIV, STI's, or tuberculosis (TB), each person's responsibility to prevent infection (of self or others), and ways to live productively despite infection. Participants also learn effective public speaking skills and instructional strategies.

#### *Phase 3: Programme roll out:*

In co-operation with relevant authorities, HIV/AIDS workshops are presented to others in the prison, school, or community setting.

Trainees receive training guidelines, lesson plans, and an administration package for the programme rollout.



## Learning Outcomes

- Understanding of the difference between peer education and peer counselling
- Knowledge of the factors that influence behaviour change
- Effective public speaking skills
- Basic understanding of how the human body functions and how germs enter
- Knowledge of sexually transmitted infections (STI's) and their symptoms
- Understanding of how HIV, STI's, and tuberculosis (TB) are transmitted
- Awareness of how HIV, STI, and TB infection can be prevented
- Understanding of how HIV, STI's, and tuberculosis (TB) are transmitted
- Ability to differentiate between HIV and AIDS
- Knowledge of how HIV progresses into AIDS
- Knowledge of HIV testing and its advantages and disadvantages
- Awareness of what is involved in HIV/AIDS counselling and its benefits
- Awareness of traditions, myths, and related practices that help spread HIV
- Understanding of how people with HIV/AIDS can live positively and successfully

## Target Audiences

*This programme targets two audiences:*

- Individuals who have completed grade 10 or higher, and who demonstrate the capacity to be effective educators
- Institutions that can provide low cost HIV/AIDS education and support peer educators on a sustainable basis

## Programme Delivery

The training programme includes 12 modules presented over 36-weeks. This provides 60 hours of training required for peer educators to be declared competent.

## Monitoring and Evaluation

- Pre and post tests are used to test knowledge gain and attitude change towards HIV/AIDS
- An assessment is conducted at the end of the programme to ensure participants are capable of raising awareness as peer educators and that the information they facilitate is correct, this includes a written examination (post test) to test knowledge and a practical examination where they facilitate an awareness session with a group of participants.
- When the programme is rolled out Khulisa monitors the amount of participants reached against the expected reach indicated in the implementation plan, and conducts spot checks to ensure sessions are of top quality.



### Case Study

Bheki Tshabalala was born in a small rural village called Ledig and after a childhood of severe rejection by his family landed up in a Children's home, being molested by the older children. He managed to get a matric certificate but there were no opportunities for employment. Says Bheki, "I began to involve myself in community work and soon I met Khulisa and received training from them on how to be a youth leader. The knowledge of its programmes enhanced my sense of purpose and personal power and soon I was elected to participate in the HIV/AIDS Master Training course. During that time I came to discover that I was HIV positive. Today I have accepted my status and am working in Rustenburg prison with Khulisa to educate others on HIV/AIDS. Despite all odds, a human spirit can triumph."