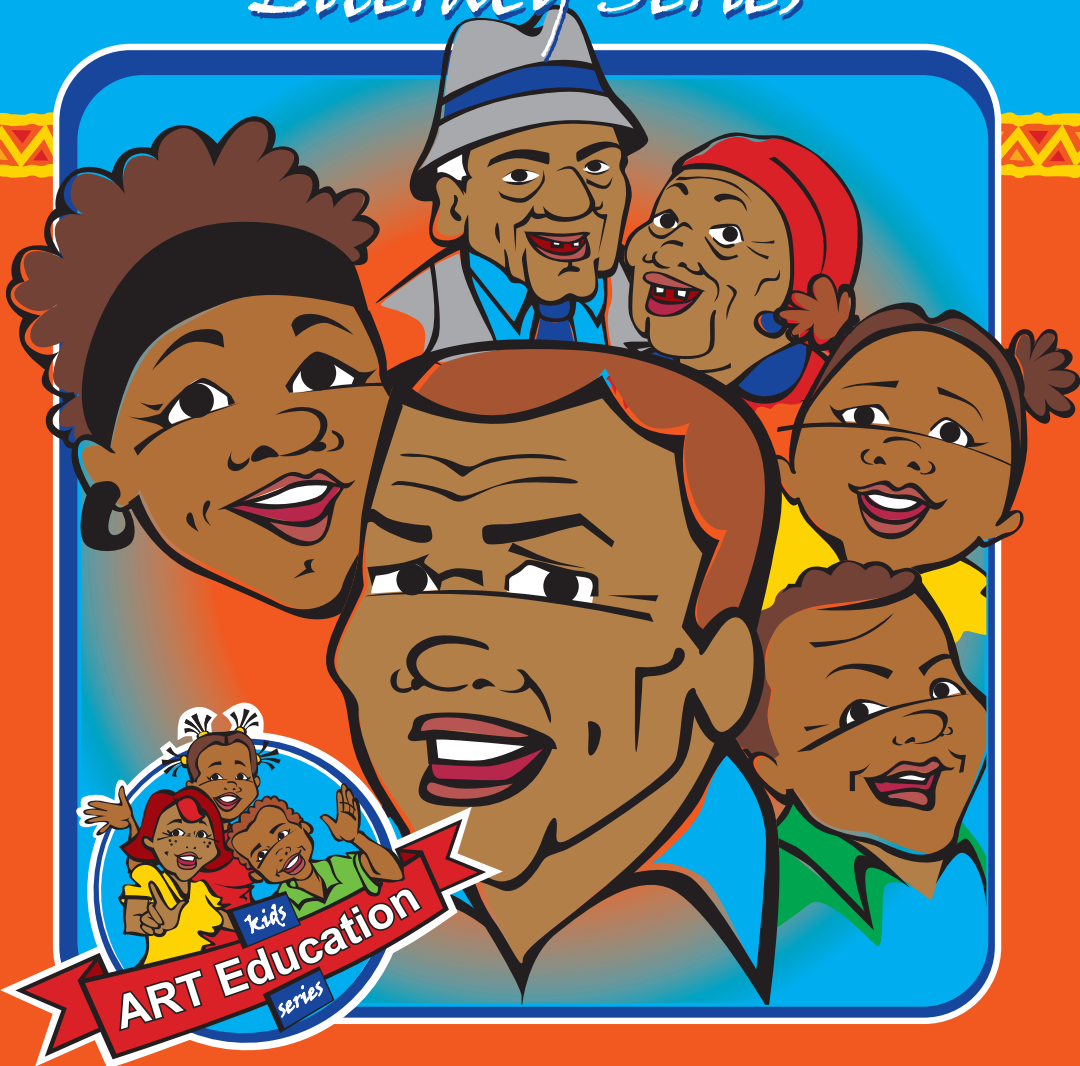


BOOKLET ONE

# Introduction To Children's ART Literacy Series



Development of this series of booklets, TB / HIV co-infection and children brochure, advocacy stickers, ART knowledge board game, quiz cards, interactive poster and kids adherence calendar was made possible through the efforts of Rhona Martin, Jenny Hunt, Cally Farrell and Sara Page.

Overall guidance, content and design review was done by SAlfAIDS key writers: Lois Chingandu and Rouzeh Eghtessadi.

Layout and design was done by Tara Davie.

JULY 2008

## Introduction to Children's ART Literacy Series

### What does this package contain and offer?

This package contains the following tools:

- ART Knowledge Board Game,
- Pack of 20 ART Quiz cards,
- Interactive Poster,
- Three types of Advocacy Stickers,
- Kids Adherence Calendar
- A Watch to help with adherence,
- TB, HIV and Children Brochure, and
- A series of 8 booklets entitled:
  - Introduction to Children's ART Literacy Series
  - HIV & AIDS and My Treatment
  - My Family and My Treatment
  - My Body and My Treatment
  - People who Support me with My Treatment
  - My Daily Life and My Treatment
  - My Future and My Treatment
  - Learning About My Treatment can be Fun

*This package shares knowledge, facts and a series of creative and fun activities, centered around children and antiretroviral therapy (ART). Children can share it with their peers, family, friends and other members in the community. Children living with HIV are a critical group of people living with HIV (PLHIV), and are often overlooked when efforts are made in promoting community ART literacy.*



## Introduction to Children's ART Literacy Series

### *What does this package offer and who can use it?*

This series is based on the concept of 'edu-tainment', which integrates "education" and "entertainment" strategies that enable enjoyable learning processes. It mainly targets children aged 6- 12 years, infected or affected by HIV, however much of its contents is also appropriate for use by adolescents aged 13-18 years and even young adults. Others who can use this package include:

- Family members of children on ART, or who may need to start ART
- Carers who are supporters, or potential supporters of children on ART
- Teachers
- Health workers
- Community workers,
- Religious workers

Children living with HIV, whether on ART or not, have a right to knowledge around the different aspects relating to their treatment, and these booklets offer multiple angles to engaging children more actively in choices for, and appreciation of, ART. The package seeks to close information and skills gaps in children's treatment literacy among children primarily, and

extended to their "Circle of Care", who include:

- parents and caregivers,
- social workers,
- healthcare workers,
- community volunteers,
- PLHIV groups,
- teachers,
- religious leaders, and
- community members.

The information and activities in the booklets will quickly build your knowledge around "Children's ART Literacy", and enable you to share this with others, thus promoting awareness on the facts and importance of ART in children.

The following are some of the activities that shall enable awareness raising and encourage users of this package to take positive action:

- Check what you know with our pack of **20 quiz cards!**
- See whether you can complete the **word puzzle!**
- Play on the **Board Game** with your friends, family and others
- Share the **Poster** and **3 Advocacy Stickers**. You can draw new ones with your ideas and share them at your school, at church or with your family – or just stick them in your room or home for daily reminders that ART means **LIFE!**

### Why were the booklet series developed?

The series of 8 booklets, and complementing tools, addresses the lives and needs of children on ART, and their families. By learning ways to maintain good physical and mental health, children and youth are offered the opportunity to contribute as meaningful citizens to the development of their families, communities and nations.



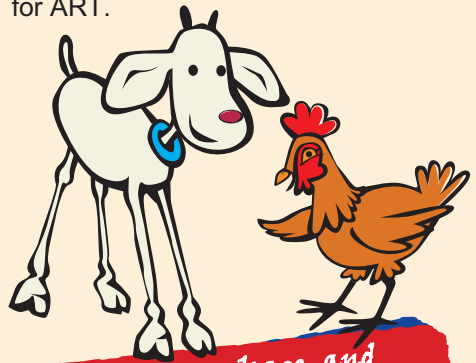
The booklets are useful because they are:

- **Regionally usable:** We have aimed these booklets at children living in different environments and in diverse circumstances throughout the southern African region.
- **Helping children feel less alone:** Knowing that there are others living on ART and facing similar issues, even in different environments, can be extremely helpful.
- **Advocating for children's rights:** The basis of the topics addressed in each booklet, is the recognition that treatment and its allied elements (nutrition, staying in school, and positive living) are the right of children.
- **'Edu-taining':** Being informed about HIV & AIDS and ART is the starting point for finding ways to live positively and to help children on ART stay healthy. This series does this in an entertaining way - hence 'edu-taining'!
- **Designed in a child-friendly approach:** The child-friendly format of the series will promote confidence in children on ART in managing their treatment while equipping them with facts.
- **Empowering for children:** By completing the activities the child will feel important, and confident enough to face a life on ART.
- **Addressing difficult topics with a positive outlook:** Important issues such as stigma, disclosing one's HIV status to others, and making important decisions about sex are covered in a way that will help people tackle them in a positive manner.

### How can you use this package?

The series of 8 booklets can be used in many creative ways by individuals, families and groups of children and teenagers. Simple, interactive ideas have been designed with children and teenagers of all ages in mind, as well as carers and adults who are helping children on ART. You can use this package in the following ways:

- Use for personal reading or study
- Find a friend to help you with some of the exercises. That way you both learn!
- School teachers may find the booklets useful in encouraging discussion in the classroom, or by using the activities to make learning fun.
- Grandparents, parents and other carers may choose to read some of the booklets to a young child, and be there to answer questions about family and illness that the child needs to know.
- Health workers at clinics and hospitals may wish to have these booklets available for their young clients, and use them for child-friendly explanations for difficult topics.
- Teenagers may wish to work through some of the activities on their own, or to bring up some of the ideas in support groups.
- Fill in the interactive poster, and pull out the stickers, and stick them up in the classroom or at home. Copies can be made to post in many settings, such as community halls, clinics or churches.
- Community workers can plan awareness campaigns using some of the materials in the booklets. For example, an event could include a quiz based on the quiz cards, dramas using scenes in the booklets or a poster competition showing facts on treatment for ART.



*Enjoy this package, and  
remember its even more fun  
when shared with others!*

### *As an Adult or Older Child - How Can You Creatively use the Toolkit Pieces with Different Groups in Your Community?*

See some **suggested scenarios** below that can give you ideas. Also see the **suggested program for a training plan**, which you can adapt to suit whomever you sharing children ART literacy issues with in the community, this could be with parents of children on ART or who are living with HIV; religious leaders, teachers in schools, health care workers; community volunteers; youth and children themselves.

#### *Case Scenario 1: Support Groups of People Living with HIV*

A number of HIV and AIDS Peer Support Groups have begun emerging in the region of Napulan in the past two years. This was facilitated by the Government recognizing that HIV and AIDS is a national emergency and encouraging people living with HIV (PLHIV) to begin organizing themselves in systems that

can enable: organised channeling of finance for income generating projects; support for those affected by HIV and AIDS; and promotion of advocacy and rights-based approach response to the needs of PLHIV in Napulan. The groups are eager and enthusiastic, and most members are parents.

Knowing this, how would you use the tools in the toolkit to empower PLHIV groups in Napulan?

#### **Tools and methods you could use:**

You may wish to visit some of the Peer Support groups and share with them information on children and ART, especially as most members are already parents and may have concerns and anxieties and even experiences to share, around their children, HIV and ART.

Those of the support group who are not parents, and may know parents of children on ART should be encouraged to share this information with them. You can use the following tools and methods:

- **Interactive Poster:** The parents can introduce this to their children and encourage them to complete it and **discuss** (method) it. This way they can enhance resilience and a



## Introduction to Children's ART Literacy Series

consciousness amongst their children who are on ART or HIV positive, by encouraging the child:

- Not to allow stigma and discrimination, they may face, to affect them;
  - To respect others as they would want to be respected;
  - To know they have the right to be respected, and should respect the rights of other children; and
  - To identify role models from whom they can learn how to be respectful of others rights and prevent stigmatizing behaviour
- **The Kids Adherence Calendar:** The parents can **assist their child take control and participate** (method) **in their own adherence** to their treatment regimes. They can use the adherence calendar as a tool for this, sharing the calendar sample with the child, going through it, and assisting them to complete it daily. To enhance encouragement, they can offer the child incentives for completion for a whole week, or month or a few months at a time; such as doing something they enjoy together, buying them some goodies, or any other pleasant activity that the child will appreciate. **Encourage** (method) the parent to remind the child to carry the calendar with them to their check-ups and to share it with other children they know on ART.
  - **Watch:** The toolkit has a watch – which can be given to the child – as a tool the child can use to remind them about the time to take their medicines, even if their parent is not there to remind them. Encourage the parents to also **work with the child to find other ways which will help them remember when to take their pills** (method) - especially if the parent is not around.
  - **Booklets 3, 5, 6 and 7:** Hold a weekend or couple of hours **discussion session** (method) with the support group members on these Booklets. **Discuss** (method) and agree on key issues they can do with their children, such as: **support adherence** to treatment adherence; **encourage the child to take responsibility** of their treatment; encourage **positive living** (method); **support them to disclose** (method) to their teacher or peers; support them to **start a children's treatment support group** (method).
  - **Quiz Cards and Board Game:** Share the quiz cards and the board game with the group, and ask if you can play one game together- and discuss the quiz cards. If they find them useful,



## Introduction to Children's ART Literacy Series

then encourage them to use the board game and quiz cards to **educate their children on ART and HIV issues**.

**This is edu-tainment** (method).

Encourage the parents to get the child to also play the board game and **share the quiz cards game with their friends and peers, and in the children's support group** (method).

### Case Scenario 2:

#### Engaging Youth and School Clubs

Tachipanu youth club and their sister kids club in Tachipanu primary school have decided to jointly commemorate World AIDS Day (WAD) this year and would like to seek your advice on what issues they can consider during their WAD campaign.

What ideas can you offer them to use in their campaign – so that they raise the profile of Children, HIV and ART through their WAD campaign?

#### Tools and methods you could use:

You may take the following tools from the SAfAIDS “Children’s Treatment Literacy Toolkit for Communities”, to your meeting with the Tachipanu youth club and the

Tachipanu primary school kids club; and also suggest that they make copies for their peer youth and school clubs in the city and surrounding communities:

- **Interactive Poster:** Show them the sample of the poster. Discuss how they would respond to the blank bubbles. Then encourage them to hold a **poster competition** (method) with children and youth in the Tachipanu community – with a prize for the best poster developed on Children, ART and HIV within the following age groups a) 6-11 years, b) 12-15 years, and c) 16-18 years. This way the youth and school club will get more people involved in thinking about HIV, Children and ART issues. The posters will then all be displayed at a youth centre, school or other public place, include stores, banks, clinics and workplaces. This way they will doing **community advocacy** (method) by promoting key message around children, HIV and ART issues to the larger community. The youth groups and school club can ask their school teachers, church leaders and some parents to be part of the judges of all the posters that enter the competition, and to help organize the competition.

## Introduction to Children's ART Literacy Series

- **Booklets 1 - 8:** Do a weekend **training** (method) on the 8 Booklets with the youth and children (you can adapt the program on the next page to suit the free time you and the groups can have). As you go through each Booklet, encourage them to agree on 3 key issues from each booklet, about HIV, AIDS and ART issues, and at the end of the session they will put together the facts they gained from the Booklets. These facts can then be put creatively on a huge piece of paper, with many colors – the same paper that advertises the competition, its deadline, the prizes for the age groups and so forth. So that children and youth who come forward to enter the poster competition on Children, HIV and ART, are guided as they develop themes for their posters.
- **Advocacy stickers:** The youth and children can make their own stickers and stick them on cars, bicycles, bottles and cans at stores - after getting permission from the store keepers, or use the ones in the toolkit. This will create **awareness raising** (method).

give you creative ideas on how you can engage these groups of people to share the tools in this toolkit with children they are in touch with: e.g. teachers doing sessions on ART and HIV and using the quiz cards and the board game and some activities in the Booklets, as fun learning activities with their class.

*You can organize a weekend (for children themselves and others who can be free over a weekend), or 3 afternoons or evenings (the latter is suitable for teachers and parents who are working during the day or for support groups who often meet during evenings), and take them through this Children's section of the ART Literacy Toolkit.*

*The program opposite gives you an idea on what methods to use and how much time you can spend to discuss and share the key issues and the value of each piece in this toolkit.*

You may be in similar scenarios with teachers, community workers and health care workers. The above scenarios can

## SUGGESTED PROGRAM

TOOLS	KEY ISSUES ADDRESSED	SUGGESTED METHOD OF SHARING	TIME
<b>BOOKLET 1</b>	Introduces users to the series of Booklets	<b>Read</b> through the booklet with group	1-2 hours
<b>BOOKLET 2 &amp; ADVOCACY STICKER 1</b>	Facts on HIV, AIDS and ART	<b>Discuss</b> how to do the activities with children	1- 2 hrs
<b>BOOKLET 3 &amp; ADVOCACY STICKER 2</b>	The role of the family in supporting children on ART	<b>Discuss</b> and <b>list</b> ways to assist children to identify who in their family they can disclose their status to, who they can ask to be there treatment buddy and to support them on ART	1-2 hrs
<b>BOOKLET 4 &amp; ADHERENCE CALENDAR &amp; WATCH</b>	Side-effects and simple remedies, positive effects of ART, and adherence	<b>Brainstorm</b> on the main side-effects and possible adherence challenges children may face, and their solutions, referring to the booklet. Do a <b>role-play</b> of a scene where one actor is a parent, another is a child and the third is a doctor and they are discussing ways of helping the child adhere to treatment	2-3 hrs
<b>BOOKLET 5</b>	Those who support the child on treatment: parents, teachers, health workers and others	<b>Do activities</b> in this booklet together and <b>explore ways to help children start Children's ART Support Groups</b>	1½-2 hrs
<b>BOOKLET 6 &amp; ADVOCACY STICKER 3</b>	Aligning a child's daily life with taking ART, and supporting them to overcome potential challenges	<b>Allocate each activity to a different participant</b> , and ask them to take the group through it as if doing it with children	1-2 hrs
<b>BOOKLET 7 &amp; BOARD GAME</b>	Explores memory books, planning the future, addressing fears and problems, and hopes and dreams of children on ART	<b>Play the board game</b> together, and ask participants to raise fears, hopes and dreams, which the think children would have. <b>Explore</b> ways of encouraging children to play with adults on this game, so they can get supportive guidance and answers to the question on the board-game, their response to their hopes, dreams, problems and fears	2-3 hrs
<b>BOOKLET 8 &amp; QUIZ CARDS</b>	Promotes the importance of Children having knowledge about ART and HIV issues, in an edu-taining way	<b>Play the quiz cards</b> and explore ways of using the <b>quiz cards</b> to engage children in discussions and "edu-tainment" on HIV and ART issues. Do the word puzzle together, as well as the 'Replace Bad with Good' Wall game	2-3 hrs
<b>INTERACTIVE POSTER</b>	Children's rights, respect and preventing stigma and discrimination	<b>Brainstorm</b> and <b>discuss</b> different ways in which an interactive poster can be used to engage children in behaviour change processes, and <b>encourage</b> them to create their own poster messages	1 hr
<b>TB AND CHILDREN BROCHURE</b>	Links between TB / HIV Co-infection in children and ART	<b>Read</b> through the brochure together, and <b>discuss any experiences</b> participants have had with children co-infected with TB / HIV.	1 hr

ISBN: 978-0-7974-3627-5

**SafAIDS:**

17 BEVERIDGE ROAD, P O BOX A509, AVONDALE, HARARE, ZIMBABWE.

TEL: +263-4-336193/4. FAX: +263-4-336195.

EMAIL: [info@safaids.org.zw](mailto:info@safaids.org.zw) WEB: [www.safaids.org.zw](http://www.safaids.org.zw)



**SafAIDS** Southern Africa  
HIV and AIDS Information  
Communication Service



**DFID** Department for  
International  
Development

people  
unlimited  
**HIVOS**

**Irish Aid**  
Government of Ireland  
Riadas na hÉireann

**Sida**

**UNAIDS**  
Joint United Nations Programme on HIV/AIDS

UNAIDS  
Joint United Nations  
Programme on HIV/AIDS