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# My Future and My Treatment

This booklet is to be used with the Board Game in your toolkit

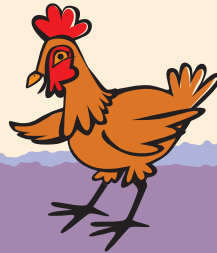
## Why is this board game important?

This game goes beyond the present and gives you a chance to think about your future. This game will help you to;

- practice solving problems you might face in life.
- identify your dreams and hopes and think of ways you can achieve them.
- help you to understand how to help others, as they share their fears, dreams and hopes during the game.

## Facts we must know:

- ¥ You are surrounded by many different people living their lives — sometimes different from yours.
- ¥ Learning how other people solve their problems often gives us ideas about solving our own.
- ¥ Watch, listen and learn!
- ¥ And then sharing your positive experiences with others helps them solve their problems as well.



## Lets have fun and share...

Now lets go to the game.

The board-game has three different color spaces you can land on as you play:

- the orange spaces already has a question which you can ask the others and also answer yourself.
- if you land on a blue space you can share a dream or hope you have for your future with the other players, and then discuss how you can achieve your hope or dream. When another player

lands on a blue space, encourage them to achieve their dreams.

- if you land on a red space then you can share a problem you have or you are afraid you may have in your future, and together with the other players find some possible solutions to your problem, or fear. When other players land on the red spaces, try and help them find a solution to any problem they share with the group.



## Instructions for the board game:

### INSTRUCTIONS

1. THIS IS A GAME YOU CAN PLAY WITH 2 TO 6 PEOPLE.
2. YOU WILL NEED A DICE OR 6 PIECES OF PAPER NUMBERED 1-6 IN A SMALL BOX.
3. YOU WILL NEED A STONE, BOTTLE TOP OR OTHER MARKER FOR EACH PLAYER.
4. THE PLAYER WHO GETS THE HIGHEST NUMBER BY THROWING THE DICE OR PICKING A NUMBER FROM THE BOX STARTS THE GAME.
5. PLACE ALL THE MARKERS ON THE START SQUARE.
6. MOVE YOUR MARKER TO THE SQUARE ACCORDING TO THE NUMBER YOU GET ON YOUR PAPER OR DICE (E.G. IF YOU GET A 6, MOVE 6 SQUARES ON THE BOARD).
7. EACH SQUARE THAT HAS A PERSON WITH A QUESTION ON IT, YOU MUST ANSWER ACCORDINGLY. (OTHERS CAN HELP YOU TOO). IF YOU LAND ON A RED SQUARE, THINK OF A PROBLEM YOU MIGHT FACE IN THE FUTURE AND ASK THE OTHER PLAYERS HOW TO DEAL WITH IT. IF YOU LAND ON A BLUE SQUARE, THINK OF A HOPE OR DREAM YOU HAVE FOR YOUR FUTURE AND TELL THE OTHER PLAYERS.
8. ONCE YOU HAVE ANSWERED YOUR QUESTION FROM THE PERSON, THE RED OR THE BLUE SQUARES, THE OTHER PLAYERS SCORE YOUR ANSWER FROM 1 (GOOD), 2 (VERY GOOD), AND 3 (EXCELLENT). REMEMBER TO KEEP SCORE AS THE PLAYER WITH THE HIGHEST SCORE AT THE END OF THE GAME WINS!
9. SEE SUGGESTED ANSWERS TO THE QUESTIONS IN BOOKLET 7.

Some answers for the questions on the orange space in the game are below, but you need to think of more as you play:

#### Question 1:

Yes, every child has the right to be loved, whether they are HIV positive or HIV negative. There are many ways to make sure that HIV positive children receive this love from family, friend and teachers.

#### Question 3:

You can offer to help in the house, to take care of your younger siblings, to do errands for them and to assist them to plan the family future.

#### Question 5:

HIV positive children can continue to play with their friends, and should do so, because no-one can get HIV from you if you play with them. Also the social fun you have is good for you.

**Question 7:**

You can offer to help in the house, to take care of your younger siblings, to do errands for her, and find out from her what she needs.

**Question 9:**

Yes you can, because having HIV does not stop you from doing well at school or playing sports, especially if you continue to take your ARVs correctly and practice positive living.

**Question 11:**

HIV can be spread through unprotected sex with an infected individual, sharing unsterilized and used needles and skin piercing objects, through mixing of blood products, and from mother to child; during pregnancy, delivery and breastfeeding. See booklet 2 for more.

**Question 13:**

You can only know your HIV status by taking an HIV test.

**Question 15:**

You can discuss definitions of HIV and AIDS, how HIV is passed from one person to another, how it can be prevented, what ART means, how to

live positively with HIV and how to prevent stigmatization and discrimination of those living with HIV.

**Questions 17:**

Their family, religious groups and teachers can share facts about HIV at home, in church and at schools to prevent stigma and discrimination of children living with HIV. They can also help support positive living and adherence to ART of children living with HIV.

**Question 19:**

You can offer to be treatment buddy to someone who is on ART, by asking them. Then join a support group of people living with HIV and learn from other treatment buddies. Above all, learn more about HIV and ART, so that you can support a person on ART by reminding them to take their ARVs everyday at the correct time, to eat well and to go for their regular check-ups, and encourage them when they are sad and low.

**Question 21:**

Try not to be hurt by their negative actions, it is probably because they do

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not have enough knowledge about the facts on HIV and AIDS issues. If you get an opportunity, try and share with them some information about HIV, and how HIV **cannot** be passed on by sitting next to each other in a class room, sharing a bathroom, towels, cups and plates, hugging or playing sports together.

See booklet 6 for more.

## Question 23:

You should go and see a doctor immediately.

## Question 25:

Antiretroviral Therapy (ART) includes taking Antiretroviral drugs and practising positive living (good nutrition, practising safe sex, exercising and being part of a support group). See Booklet 2 for more.

## Question 27:

You can use an adherence calendar (like the one in this toolkit), you can use an alarm,

or a favorite radio show to remind you, or ask someone to remind you. See more in Booklets 4 and 5.



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BEING HIV POSITIVE DOES NOT MEAN THE END OF LIFE. JANE DISCOVERED THAT SHE WAS HIV POSITIVE WHEN SHE WAS 9 YEARS OLD. BOTH HER PARENTS ARE DEAD AND SHE LIVES WITH HER GRANNY. BEING HIV POSITIVE HAS NOT STOPPED HER FROM WORKING HARD AT SCHOOL AND HOME. HOW DOES SHE DO IT?

WHEN I AM NOT WELL I TALK TO MY TEACHER AND I GO TO THE CLINIC, AND MY SUPPORT GROUP HELPS ME.

I WAS ADMITTED INTO HOSPITAL FOR A MONTH ONCE, BUT WHEN I WENT HOME I ASKED MY TEACHER TO TAKE ME FOR LESSONS AFTER SCHOOL SO THAT I COULD CATCH UP.

**FINISH**

MY GRANDMOTHER AND COMMUNITY WORKER HELPED ME TO START ON ARVS. NOW I FEEL SO MUCH BETTER AND DON'T MISS SCHOOL.

I READ MY BOOKS AND DO MY HOMEWORK. I HAVE REFUSED TO USE MY ILLNESS AS AN EXCUSE NOT TO GET THE BEST MARKS IN CLASS.

I AM NOW 16 YEARS OLD AND HAVE JUST PASSED MY O LEVELS WITH THE BEST MARKS IN MY CLASS. I AM DEFINITELY CONTINUING WITH SCHOOL NEXT YEAR.

I WANT TO BE A DOCTOR AND HIV WILL NOT STOP ME!



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WHEN YOU ARE LIVING WITH HIV, EVEN AS A CHILD YOU CAN STILL HAVE PAINFUL EXPERIENCES, LIKE THE DEATH OF SOMEONE YOU LOVE. IT COULD BE YOUR MOTHER, FATHER, SISTER, BROTHER, GRANNY OR EVEN A BOY OR GIRL IN YOUR SUPPORT GROUP. THOMAS HAS HAD TO DEAL WITH THESE ISSUES TOO. WHAT DID HE DO?

WHEN I LOST MY PARENTS I WAS YOUNG BUT I STILL REMEMBER THE PAIN.

MY AUNT WAS HERE WITH ME. SHE EXPLAINED THAT THEY HAVE GONE TO A BETTER PLACE. I BELIEVED HER BECAUSE THEY HAD BEEN IN PAIN FOR SO LONG FROM THEIR ILLNESS. I USED TO CRY BUT NOT ANYMORE. I NOW FOCUS ON STAYING HEALTHY MYSELF.

WHEN I THINK OF THEM I PRAY FOR THEM. MY MOTHER HAD DONE A MEMORY BOX WITH HER PICTURES IN IT. I LOVE LOOKING AT THEM. SOMETIMES I EVEN LAUGH AS I REMEMBER THE GOOD TIMES WE SHARED!

YOU CAN MAKE YOUR MEMORY BOOK TOO. CHOOSE WHO WILL BE IN IT. IT CAN BE MEMBERS OF YOUR FAMILY OR YOUR FRIENDS OR ANYONE THAT YOU CARE ABOUT.

ASK YOUR MOM OR YOUR SUPPORT GROUP TO HELP YOU MAKE A MEMORY BOX OF THE PEOPLE YOU LOVE, YOUR FAMILY OR FRIENDS.



## What is a Memory Book?

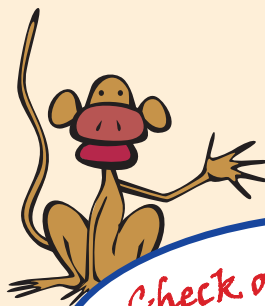
A memory book is a book you make up for yourself of things that are precious memories to you - about a person that is close to you and has done things that mean a lot to you. It is best to use one memory book for one person. You can make as many memory books as you want. It's good to look back on these memory books to remind yourself of the good things in life... and to keep adding memories to them, as important things happen.

*Have fun  
with your memory  
book - remember to  
read it often and keep  
adding more good  
memories to it!*



## How to Make your Own Memory Book.

1. Choose who you want to put in your memory book. It can be a member of your family, a friend or anyone that you care about.
2. Collect pictures or anything that will remind you of them.
3. Get a scrap book and stick in the pictures.
4. Write down funny and happy things you did together, stories you shared, and even the difficulties you faced together.
5. Share what you have done with the person in the memory book, and they will be able to give you more ideas about what to stick in the book, or what to draw and write.
6. You can also colour the cover to make it special, with a title "Memory Book of ... (write the person's name here)".
7. Keep adding more to your book - don't stop!
8. Look at your memory book often, to remind you of the good things you shared with that person you have put in it, and the love you have for each other.
9. Help another child to start their memory book!



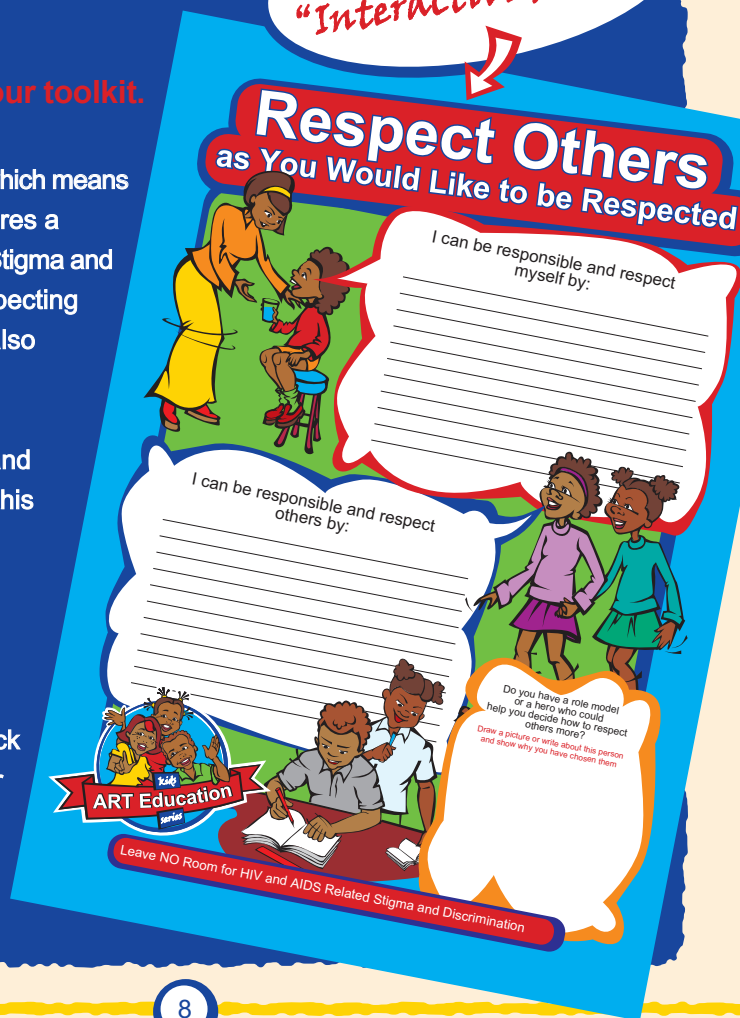
Check out your  
"Interactive Poster"

Find the poster in your toolkit.

It is an interactive poster, which means that though it already shares a message about "Fighting Stigma and Discrimination" and "Respecting Others", it allows you to also write on it.

Read the different parts and fill them in... you can do this with your friends, family members, or members of your support group.

You can make your own interactive poster, and stick it up in your room, at your school or anywhere that more people can see it.





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