

BOOKLET EIGHT

# Learning about My Treatment can be Fun





## Learning About My Treatment can be Fun

### Why is this booklet important?

We need to keep up with the latest information on HIV and treatment, if we are to help ourselves fight our illness and stay healthy. This booklet will help you to check your knowledge about ART, and help you teach your friends and family about ART.

There is a fun word puzzle and some ART Quiz cards you can play with – making your learning enjoyable. We hope that when you finish all the activities you will have learned some new facts about antiretroviral therapy.

### Facts we must know:

- knowledge about our treatment is important and you must always keep asking for more information
- with the right knowledge you can take your treatment better and enjoy life
- having good and up-to-date knowledge about ART will help you do the right things: take your medicines correctly; eat nutritious foods and avoid junk food; and deal with any side-effects; and help others do the same!

# A

### Activities:

*Let's have fun and share!*

# A

### Activity 1:

*I Know My Words!  
I Know My Facts!  
Word Puzzle...*

Read the clues on the next page and write the answers in the spaces on the crossword puzzle. If you need help to do this ask someone to guide you. Its more fun if you can do this with your friends and test one another's knowledge about HIV and ART.

*IT'S SUCH FUN  
PLAYING THESE GAMES WITH  
YOUR FRIENDS! TRY IT!*



# Learning About My Treatment can be Fun

## Clues

### Across:

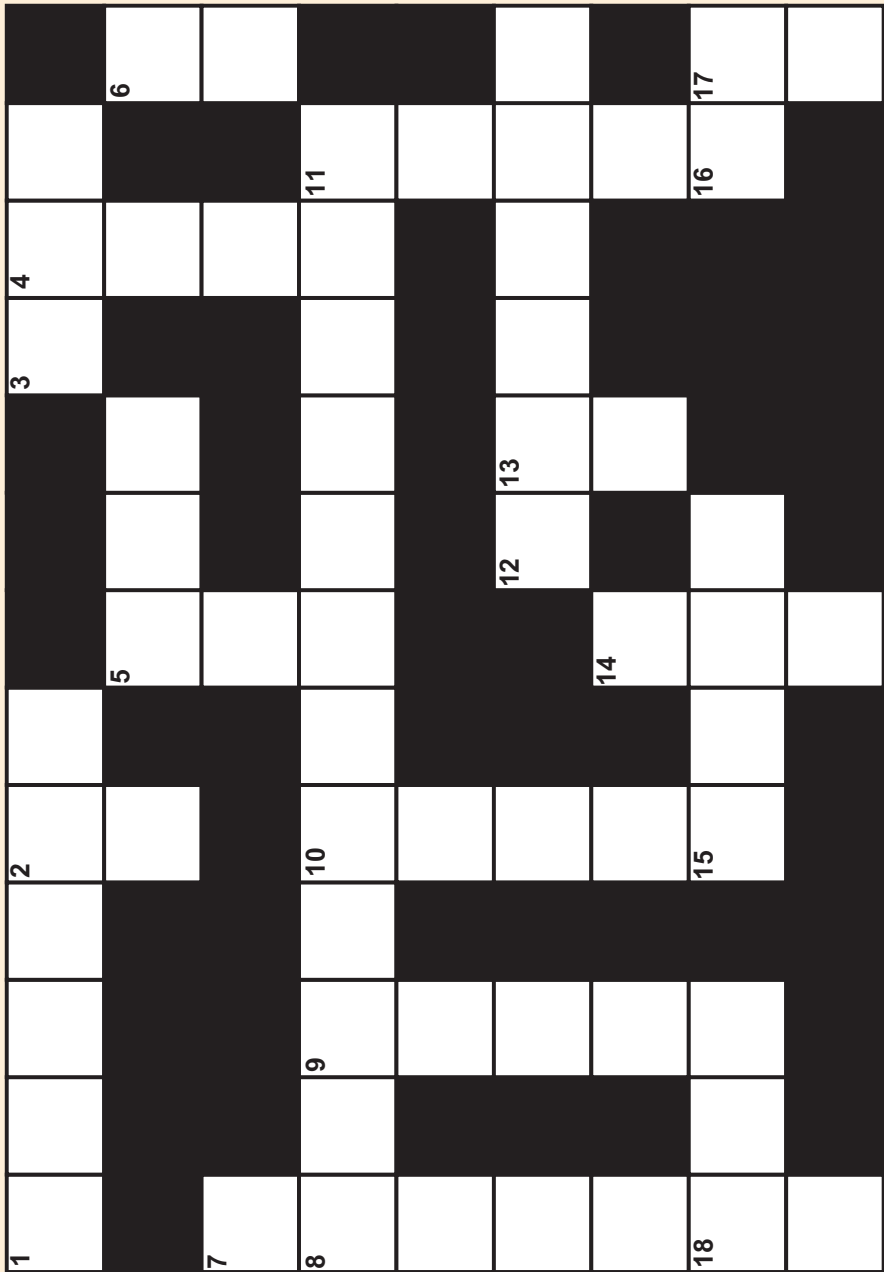
- 1 A ... immune system keeps you healthy (6 letters – starts with an 'S')
- 3 ... is short for "antiretroviral therapy" (3 letters starting with "A")
- 5 The virus that causes AIDS is called ... (3 letters starting with 'H')
- 7 You can protect yourself by wearing these when cleaning up blood (two 6 letter words, starting with 'R')
- 12 Negative thoughts and beliefs about people with certain characteristics, that leads to treating them badly is called ... (6 letters, starting with 'S')
- 15 When HIV has weakened the immune system, then you can begin to develop ..., especially if you do not take your ARVs correctly (4 letters, starting with "A")
- 16 One must always say ... to unsafe and unprotected sex (2 letters, starting with "N")
- 18 If you begin taking antiretroviral therapy, you have to take it for life and your treatment will never ... (3 letters, starting with "E")
- 4 When someone forces you to have sex, this is called ... (4 letters, starting with "R")
- 5 You can't get HIV from someone giving you a ... (3 letters, starting with an "H")
- 6 Knowing all I can about HIV and ART is good for ... (2 letters, starting with "M")
- 7 If you have a ... with your health or taking ARVs, you need to find someone to talk to, like a friend, counselor or member of your support group (7 letters, starting with "P")
- 9 HIV can be spread through infected ... (5 letters, starting with "B")
- 10 One type of test for HIV is called an ... (5 letters, starting with "E")
- 11 HIV is spread through infected body fluids such as ... (5 letters, starting with "S")
- 13 The short term for tuberculosis, which is a common opportunistic infection is ... (2 letters)
- 14 The cells in the body that fight infection are called ... cells (2 letters and 1 number, starting with "C")
- 17 Illnesses resulting from a weak immune system are called opportunistic infections, which is ... in short ( 2 letters)

### Down:

- 2 You must always say ... to HIV and AIDS related stigma and discrimination (2 letters, starting with "N")

**DON'T LOOK AT THE ANSWERS UNTIL YOU HAVE TRIED YOUR BEST TO ANSWER THE QUESTIONS ON YOUR OWN!**

# Learning About My Treatment can be Fun



## Learning About My Treatment can be Fun

### **A** Activity 2: Quiz Your ART - get SmART!

#### How smART are you?

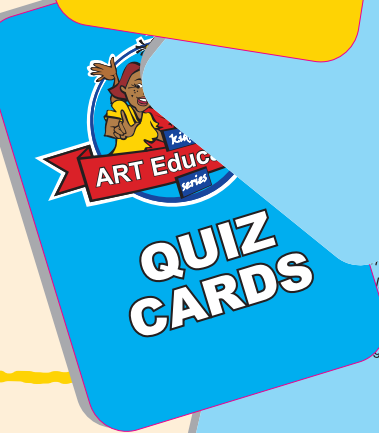
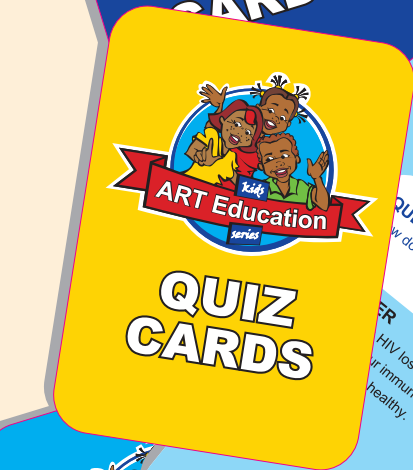
You will find a pack of 20 Quiz cards in this toolkit. Each card has a question and suggested answers to the question.

Get together a group of friends or your family members and play the HIV and ART Quiz Card game, to test your knowledge on HIV, AIDS and ART issues.



- **step 1:** shuffle the cards, as you would for a regular pack of playing cards.
- **step 2:** place all the cards faced down, in a pile on top of each other.
- **step 3:** each player takes a turn to pick a card, and do not show it to anyone else in the group, and ask the question written on the card.
- **step 4:** the others in the group you are playing with have to answer the question you have asked (as written on the card you have picked).
- **step 5:** if someone gets the right answer, congratulate them and read out the answer from your card. If after a few tries no one can get the right answer, also read out the answer on your card and show it to the others in the group.
- **step 6:** after picking a card put it aside and do not place it back in the pile.
- **step 7:** continue the game, going around the group, with each player picking a card and asking the question on the card, until all the cards are finished.

## Learning About My Treatment can be Fun



You can add more cards, by developing your own question and answer and adding it to the pile of cards.

**Test your friends on these Quiz Cards. Clap twice when they get it right – and when they get the answer wrong, clap once for them trying to answer and then share the correct answer at the back of the quiz card and discuss.**

**The winner with the most right answers gets a hug from everyone.**



### Activity 3:

*Replace the "Bad" with the "Good"!*

You can do this with your family and friends. Draw a brick wall, then write as many bad words you can think of about HIV and about ART, 'blaming and shaming', stigmatizing and discriminating words.

Then find as many good words, and write them on the wall as well. For each good word, cross out a bad word you have written. Till you cross out all the bad words and are only remaining with good words on your wall.

~~sickness~~

health

~~disease~~

ART



**Activity 4:**  
*Share Creatively*

Make up a poem, play, song or story about HIV and ART. Share what you have created with your friends, teacher, class mates, and others in your community.







# Learning About My Treatment can be Fun

## Let us remember...

- Knowledge is power – with the right knowledge you can make the right decisions and choices
- This time YOU have to fill in this bit!
- Write down:
  - 3 things you must remember from this booklet.
  - 3 things you need to know more about.

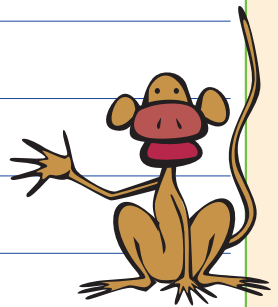
## You can make a difference:

- Speak to 2 different people each week for the next month - sharing is caring.
- Tell them facts that you know about HIV and ART.

## Try this later:

Send a question to your favourite phone-in radio programme, and check whether they know as much as you do about ART.

You could also send a question to your local newspaper or church newsletter.



ANSWERS TO PUZZLE:  
Across: 1. Strong, 3. ART, 5. HIV, 8. Rubber gloves, 12. Stigma, 15. AIDS, 16. No, 18. End.  
Down: 2. No, 4. Rape, 5. Hug, 6. Me, 7. Problem, 9. Blood, 10. Elisa, 11. Semen, 13. TB, 14. CD4, 17. OI.



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@saf aids.org.zw](mailto:info@saf aids.org.zw) WEB: [www.saf aids.org.zw](http://www.saf aids.org.zw)



**SafAIDS**

Southern Africa  
HIV and AIDS Information  
Dissemination Service

