

LIFESKILLS

HIV Awareness and Prevention

FUEL | ONLINE TRAINING



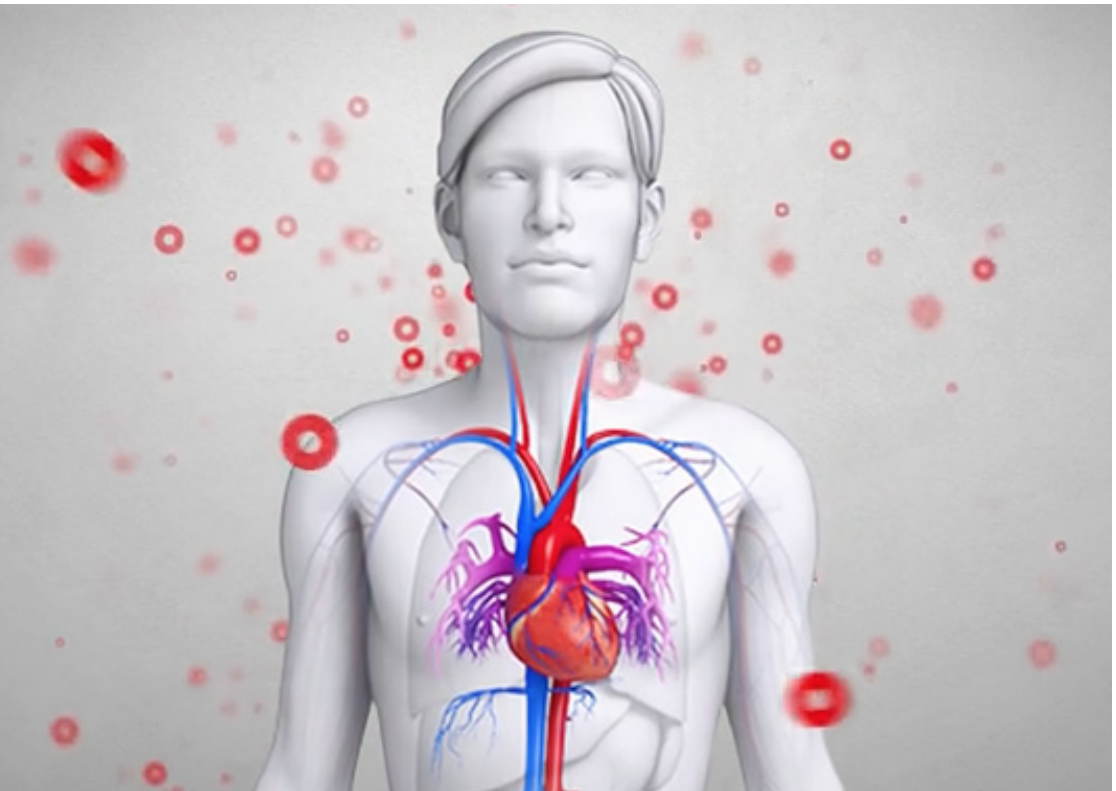


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HIV AWARENESS AND PREVENTION

MODULE 1:
Introduction to HIV

Awareness and prevention is the only cure for HIV and AIDS. This module discusses the difference between HIV and AIDS as well as how to protect yourself from getting the virus.

MODULE 2:
What is HIV?

This module provides a detailed explanation of HIV and AIDS. We look at how the virus operates, our body's defence system, and how the virus spreads from one person to another.

MODULE 3:
Stages of infection

In this module, we look at the different phases of HIV. We also remind learners about how to prevent HIV.

MODULE 4:
Protection

This module teaches learners how to protect yourself from getting HIV and the risks of unprotected sex. It covers why protecting yourself is so important. Lastly, we identify people who have a higher risk of contracting the virus.

MODULE 5:
How to protect yourself

How can you protect yourself from contracting HIV? This module looks at practising safe sex and how to use a condom as well as the precautions you should take if you're using drugs and needles.

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MODULE 6:
Testing for HIV

This module offers a detailed look at HIV-testing, how it works and the various tests available. We discuss HIV and pregnancy as well as the importance of counselling in cases of a positive result.use and where to get help.

MODULE 7:
Living with HIV

Living with HIV is very difficult. This module offers advice about the importance of keeping a positive attitude when you've been diagnosed with HIV.

MODULE 8:
Staying healthy

You can stay healthy when you are HIV-positive. We look at the importance of getting enough rest, doing light exercise and a healthy diet.

MODULE 9:
Foods you should eat

If you are HIV-positive, it becomes much more urgent to have a healthy diet. This module takes an in-depth look at what food should be eaten and avoided when you're HIV-positive as well as the benefits of taking supplements.

MODULE 10:
How to deal with fear

This module looks at how to deal with fear when diagnosed with HIV by learning as much as possible about the disease. We also highlight the impact of stigma and common misconceptions.













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MODULE 11:
HIV in the workplace

Many are uncertain about whether they should tell their employer about their HIV status. This module discusses discrimination and your rights as an HIV-positive employee.

MODULE 12:
Coping with AIDS

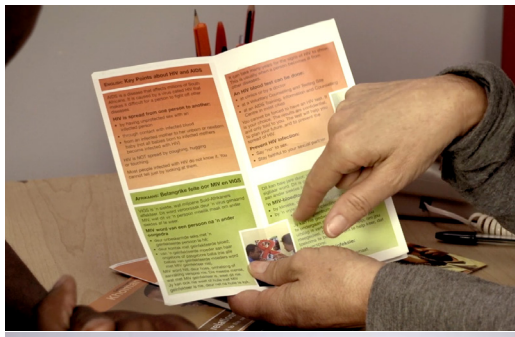
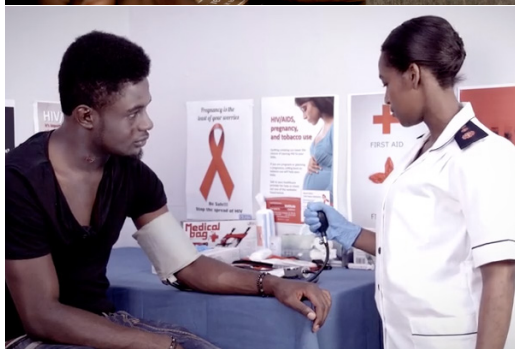
This module provides a discussion about how AIDS affects your immune system and makes you more susceptible to disease like tuberculosis. We look at the warning signs and how to prevent contagious diseases.

MODULE 13:
Helping with AIDS

This module gives advice to AIDS-sufferers and those close to them about how it impacts their lives. We offer guidance to friends and family concerning the painful process of seeing a loved one grow ill.

MODULE 14:
Dealing with grief

In the final module of the series, we look at the process of coping with the loss of a loved one to AIDS. We discuss the importance of receiving counselling and the healing power of helping and supporting others.




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