

STRAIGHT TALK YOUTH RADIO

1 hour

- ✓ 1. To explore stigmatisation associated with HIV.
- ✓ 2. To help learners challenge stigma related to HIV.
- ✓ 3. To acknowledge the complexities of a person living with HIV.

- ★ **Role Play Cards: 'Straight Talk Youth Radio'** (provided)
- ★ **Teacher's Answer Key** (provided)
- ★ **Hand-out: 'Things to Consider before Disclosing that you are HIVPositive'** (provided)

PROCEDURE

- 1 Explain to the class that they will role-play a radio show.
- 2 Tell them that this radio show is called 'Straight Talk', and gives young people advice. Today's topic is **HIV** and **stigma**.
- 3 Explain the format of the radio show as follows:
 - a. The host briefly introduces the topic as 'HIV and stigma'.
 - b. The host then takes calls from young people who ask advice about issues relating to HIV and stigma.
 - c. After every call the host then invites input from other listeners.
 - d. Other listeners call in one by one with their own input on the query and offer advice.
 - e. Finally the host summarises the best advice (or if no one could help, gives advice her/himself).
 - f. Once the issue has been resolved, the host will take the next call from a listener asking for advice.
- 4 Explain that you (the teacher) will be the radio show 'host', and you will take the 'call for advice' (from learners with role play cards), and will manage calls from the other 'listeners' (other learners in the class).
- 5 Hand out the 'Caller Role Play' Cards at random to different learners in the class and explain that they will be calling the radio. Once the 'host' opens up the lines, Caller 1 should call and read their card. Once input from other listeners has been taken and the host has summarised, the lines will be opened for new questions. Caller 2 will then call, and so on.
- 6 Tell the rest of the class that when the lines are open for 'other listeners', those who have ideas should raise their hands to 'call' and the host will select which call to take.

The 'show' might proceed like this:

Host: This is the Low Down, your straight talking youth radio show. Today we are addressing HIV and stigma. We have a few callers waiting on the line. Caller number one is Johan. Johan, how can we help you today?

Johan: Hi there, I am a bit confused ...

Host: Johan, that is an issue that I am sure our listeners can help you with. Let's see if there are any experts out there who want to help us out ...

(Learners raise their hands and the host selects one, after the other)

Sophia: Hi, my name is Sophia and I think Johan should ...

Presenter: Sophia, thank you very much for your suggestions. Are there any other listeners that have some advice for Johan? Who do we have on the line? (Take next call...)

Host: So Johan, based on that great advice I think the best thing for you to do is...

Now for our next caller. Who do we have on the line?

- 7 Once you have gone through all the callers and concluded the radio show, lead a discussion with the following questions:
 - a. What was the source of stigma in each of the calls?
 - b. How can we challenge the stigma associated with HIV?
 - c. Can anyone think of other problems that young people may have? How might they resolve these issues?
- 8 Conclude by reminding them that **social norms, prejudice, misinformation** and **fear** are core reasons for stigma about HIV. Although there are barriers for those living with, or associated with, HIV which may make people secretive about their HIV status, it is vital to inform sexual partners. Remind learners that finding the right time and the right way to tell their partners about their status is critical for ensuring their safety and the sexual health of their partner.

Give learners the Handout: 'What To Do If You Are Thinking About Telling People That You Are Hiv Positive' (provided).



TEACHER TIPS



General

This exercise requires strong facilitation and the role of the 'host' is integral. It is important to encourage participation and let learners give opinions and suggestions, however the correct answers should be emphasised or provided by you if they do not emerge from the class. In order to encourage participation do not tolerate learners making fun of the role players. You should also be quick to stem any hateful or stigmatising views.

If you would rather not participate as host, and believe that there is a learner in the class who would be able to manage this role well, you could delegate this role to them.

It is important however for you to intervene if things get out of hand, if the 'host' gives incorrect or problematic advice, or if the 'host' and other 'listeners' do not challenge problematic advice from others. You could do this without disrupting the role play by calling in as a 'listener' yourself.



Making the Link with Gender and Violence

This exercise explores stigma related to HIV. The scenarios illustrate some common experiences of stigma as well as some misconceptions

that lead to stigmatisation. Some scenarios also demonstrate how stigma and discrimination are gendered. The exercise prepares learners with insights necessary to challenge stigmatisation.

Because of the prevalence of misinformation, prejudice and fear, people living with HIV, or associated with HIV, still experience discrimination and violence. This is also true for young people who often do not have, or know how to get, accurate information, nor do they know adults on whom to model behaviour. This makes them vulnerable to stigmatisation and related violence; or to discriminating against others.



Assessment Ideas

Ask learners to select one of the scenarios from the exercise and develop a package of information, addressing the queries of the person asking for advice. Find leaflets/brochures, places that they can go for information, places for support etc.



Variation

In smaller classes you can organise learners in a semicircle around the host. Tell the group that you will be the host for the first call but that once you have dealt with the first call you will stand up and select a learner with whom you will swap seats. The learner now at the centre will take on the role of the host. Once they are done, they will select a new host to take the next caller and so on.



CALLER ROLE PLAY CARDS: STRAIGHT TALK YOUTH RADIO

Print and cut out. Hand out a scenario card to a learner who will role play.

Caller 1:

My name is Felicity. I am HIV positive and I haven't told any of my friends at school. I really would like to tell my best friend. What do you think?

Caller 4:

My name is Naledi. I am 14 years old and my mom recently left our house. Since she left, I have lost a lot of weight. Now there is a rumour in the school that my mom died of HIV and that I am infected too. What can I do?

Caller 2:

My name is Paul. My uncle is HIV positive, and has moved into our house so that my mom can take care of him. We only have one bathroom and people have told me that you can catch HIV from the toilet seat. What should I do?

Caller 5:

My name is Sizwe. I am 15 years old and I love playing soccer. A new boy just joined our team and he told us that he is HIV positive. I am too scared to go to practice now because my brother says that HIV is transmitted by bodily fluids. What if his sweat gets onto me?

Caller 3:

My name is Jacob. I am HIV positive and have just met a girl who I really like. I think our relationship may be going somewhere, and I think I need to tell her about my status. When is the right time for me to do that? I am scared she will leave me when she finds out.

Caller 6:

My name is Sam. The priest at our church gave a sermon on Sunday about how it is a sin to be gay and that gay people get HIV and go to Hell. I have feelings for another boy, and now I am worried that I am going to get HIV. What should I do?

TEACHERS ANSWER KEY

This will help you guide the role-play and focus on accurate information.

CALLER	DISCUSSION
<p>My name is Felicity. I am HIV positive and I haven't told any of my friends at school. I really would like to tell my best friend. What do you think?</p>	<p>Disclosing your HIV status is your choice. Telling people that you are HIV positive is not easy and people may behave in unpredictable or unkind ways to your disclosure. For this reason many people living with HIV may choose not to disclose for fear of rejection, discrimination, or violence, as well as the loss of privacy and confidentiality. However, telling your loved ones, family and friends may be very rewarding. People may react with love and support, and it may make dealing with the illness much easier for you.</p> <p>As there is no way of knowing how they will react, it is important that you consider the decision carefully. Look for more information about people who are thinking of disclosing their status.</p>
<p>My name is Paul. My uncle is HIV positive, and has moved into our house so that my mom can take care of him. We only have one bathroom and people have told me that you can catch HIV from the toilet seat. What should I do?</p>	<p>HIV can't be transmitted by sharing the bathroom with an infected person.</p> <p>Ways that you can be infected by HIV are:</p> <ul style="list-style-type: none"> - Having unprotected sex with a HIV positive person - Sharing needles with a HIV positive person - Mother-to-Child Transmission (pregnancy, delivery, breastfeeding) if mother is HIV positive - Being in contact with infected blood <p>Ways that you can NOT get infected by HIV are:</p> <ul style="list-style-type: none"> - Hugging and kissing - Shaking hands - Using the same toilet - Sharing bed sheets - Drinking or eating from the same glasses or plates - Sneezing or coughing - Through saliva, tears, faeces or urine - Through mosquitoes or other blood sucking insects
<p>My name is Jacob. I am HIV positive and have just met a girl who I really like. I think our relationship may be going somewhere, and I think I need to tell her about my status. When is the right time for me to do that? I am scared she will leave me when she finds out.</p>	<p>Disclosing your HIV status is your choice. Telling people that you are HIV positive is not easy and people may behave in unpredictable or unkind ways in response to your disclosure. For this reason many people living with HIV may choose not to disclose for fear of rejection, discrimination, or violence, as well as the loss of privacy and confidentiality. However, telling your loved ones, family and friends may be very rewarding. People may react with love and support, and it may make dealing with the illness much easier for you.</p> <p>Disclosing your status to a romantic partner can be difficult but it is a challenge that it is not going to go away. You can decide when is best for you to disclose it, but you should disclose it before you become sexually intimate.</p> <p>You may not be thinking about it at the moment, but if in the future you and your partner expect to have a sexual relationship you should disclose your status, even though you plan to use protective measures (condoms).</p> <p>It is important that you consider the decision carefully. Look for information about people who are thinking of disclosing their status.</p>

TEACHERS ANSWER KEY: STRAIGHT TALK YOUTH RADIO

This will help you guide the role-play and focus on accurate information.

CALLER	DISCUSSION
<p>My name is Naledi. I am 14 years old and my mom recently left our house. Since she left, I have lost a lot of weight. Now there is a rumour in the school that my mom died of HIV and that I am infected too. What can I do?</p>	<p>You do not have to tell anyone about your HIV status, whether you are HIV positive or negative. Your HIV status is personal information and disclosing it is your choice.</p> <p>You can tell people that the way you look doesn't have anything to do with who you are or your HIV status. If your classmates are teasing and bullying you, you can talk to the school counsellor or teacher about this. If there are people you can trust, including friends, family, teachers or peers, talk to them about how you are feeling. Reaching out to others can be helpful in difficult times.</p> <p>You could also contact a social worker or school counsellor if you are not receiving care and supervision from an adult at home.</p>
<p>My name is Sizwe. I am 15 years old and I love playing soccer. A new boy just joined our team and he told us that he is HIV positive. I am too scared to go to practice now because my brother says that HIV is transmitted by bodily fluids. What if his sweat gets onto me?</p>	<p>HIV can not be transmitted by sweat.</p> <p>The body fluids that can transmit HIV are: Blood, Semen (or pre-ejaculate), vaginal fluid, anal fluid and breast milk.</p> <p>Ways that you can be infected by HIV are:</p> <ul style="list-style-type: none"> - Having unprotected sex with a HIV positive person - Sharing needles with a HIV positive person - Being in contact with infected blood. <p>If someone is injured and is bleeding on the sports field, play should stop until they have left the field and or until their injury has been covered and sealed with a band-aid or bandage.</p>
<p>My name is Sam. The priest at our church gave a sermon on Sunday about how it is a sin to be gay and that gay people get HIV and go to Hell. I have feelings for another boy, and now I am worried that I am going to get HIV. What should I do?</p>	<p>Being gay doesn't mean that you will get HIV. Even though there is associated stigma with being gay and HIV, this is because of homophobia. In fact, the majority of people worldwide living with HIV are heterosexual.</p> <p>The ways that you can be infected by HIV are:</p> <ul style="list-style-type: none"> - Having unprotected sex with a HIV positive person, whether same, or different sex from you. - Being in contact with infected blood. - If you are a drug user - sharing needles with HIV positive person <p>Everybody has the right to be attracted to and have relationships with people of their choosing. This has nothing to do with your faith, and there are many churches that are accepting of gay people, and that have gay religious leaders.</p> <p>If you want more information get in contact with an LGBT organisation in your area; they may also have information about accepting churches in your area.</p>

THINGS TO CONSIDER BEFORE DISCLOSING THAT YOU ARE HIV POSITIVE

Disclosure is a process. Do not be too upset if you do not get the reactions that you had hoped for after you disclose. People's feelings change over time, and many people take longer to come to terms with difficult news.

Consider the implications of your disclosure. Consider the various reactions that you may get **and be prepared for anything**. Be sure you want to disclose.

Is the person you want to disclose to trustworthy? Would they keep the information confidential if you wanted them to? It is your choice to disclose, but you cannot know what the other person is going to do with your information.

Don't feel pressure to disclose. Plan how you are going to do it, and do it when you feel ready.

If you have decided to disclose your status, **be ready to educate people**. You might want to provide information regarding HIV to help others understand.

If you have decided to disclose to someone, it may be a good idea that **you let them know who else already knows** so that they can get support, or talk about it, with that person. This news can be difficult for loved ones too.

Disclose your status to sexual partners, even if you are taking protective measures (condoms). They have a right to know! Together you can make decisions about the sexual relationship with all the information available.