



# HIV/AIDS: A Guide For Children

Language: \_\_\_\_\_

Translator's name: \_\_\_\_\_ +

Translator's email/phone number: \_\_\_\_\_ +

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**Thare Machi Education,  
PO Box 4040,  
Leamington Spa,  
CV32 5YJ,  
UK.**

mail@tme.org.uk,  
+441926 422711  
[www.tme.org.uk](http://www.tme.org.uk).

Reg Company No 3921677, Charity No 1080131

## **HIV/AIDS: A Guide For Children**

1. Most children like to play with their friends.
  
2. They love to draw, sing, dance and play.
  
3. Children also like to hug and kiss their family and friends. Most children are like this, and children with HIV are the same. If you have HIV you can still enjoy all these activities.
  
4. Some people may think that having HIV means you can't have fun. This is not true. If you have HIV, you are still a normal child. You can still play and have fun with your friends.
  
5. This lesson will explain that HIV does not have to change your life completely. Having HIV can make you feel ill sometimes, but having HIV should not stop you from having fun.
  
6. Now here are some questions for you to answer:
  
7. If you have HIV, can you still play with your friends?
  
8. Yes,

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9. Or no?
  
10. Press a button now.
  
11. You are correct! Even if you have HIV you can still sing, dance, jump around and play with your friends. You are still a normal child.
  
12. If you have HIV can you hug and kiss your family and friends?
  
13. Yes,
  
14. Or no?
  
15. Press a button now.
  
16. That's true. You can hug and kiss your family and friends. You cannot pass HIV to other people by hugging and kissing.

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17. As well as playing with your friends and having fun, it is also important to continue going to school if you have HIV.
  
18. Going to school means you can see your friends. You will also learn lots of important things which can help you in the future.
  
19. Going to school and playing with your friends is fun and an important part of your childhood.
  
20. Now try to answer this question:
  
21. Should you continue going to school if you have HIV?
  
22. Yes,
  
23. Or no?
  
24. Press a button now.

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25. Yes, that is right. Going to school means you can see your friends and learn. This is important for your future.
  
26. People with HIV have a bad thing in their blood.
  
27. You cannot see the HIV and you cannot tell just by looking at someone that they have HIV in their blood.
  
28. The only way to know if you have HIV is by having an HIV test at a clinic or health centre.
  
29. If you have HIV you may have got the HIV from your mother when you were born or from her breast milk.
  
30. This does not mean that you and your mother are bad people. Many people have HIV in their blood.
  
31. Now here are some more questions for you:
  
32. What is HIV?

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33. A spell or curse,
34. Or a bad thing in your blood?
35. Press a button now.
36. That's the right answer! HIV is a bad thing in your blood. It is not a spell or curse.
37. If you have HIV does this mean you are a bad person?
38. Yes,
39. Or no?
40. Press a button now.

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41. You are correct! If you or someone you know has HIV this does NOT mean you are bad people. Many people have HIV in their blood.
  
42. If you don't understand HIV, it's good to talk with your family, friends or health workers at the clinic. You can ask them questions about HIV.
  
43. They should be able to advise you and help you understand that you are not alone.
  
44. Lots of people don't understand why they have HIV or why someone they love has HIV. Talking about HIV and AIDS helps more people understand this illness.
  
45. Why is it good to talk about having HIV?
  
46. So that other people can keep away from you and your family,
  
47. Or so that you and other people can understand more about HIV?
  
48. Press a button now.

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49. Yes! Talking about HIV helps more people understand about this illness. It also helps you feel less alone and gives you support.
  
50. If you have HIV you should try to go to your health clinic, as the health workers there will help you and make sure you are ok.
  
51. It is better to go to your health clinic and not to a traditional healer or witch doctor.
  
52. The doctors and nurses at the health clinic may give you some medicine called ARVs.
  
53. The ARV medicine won't make the HIV go away, but it can help you to feel better. The ARV medicine helps to control the bad thing in your blood.
  
54. It is important that you remember to take your ARV medicine every day so that you have enough energy to play with your friends and go to school.
  
55. You can stay well for years if you continue taking the ARV medicine every day.
  
56. Where is the best place to get medicine to make you feel better?



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57. From your local health clinic,
  
58. Or from a witch doctor?
  
59. Press a button now.
  
60. Yes! A health clinic is the best place to get medicine.
  
61. How often should you take your ARV medicine?
  
62. On the days you feel ill,
  
63. Or every day?
  
64. Press a button now.

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65. Well done! You must take your ARV medicine every day. Remember: taking your medicine can help you to have energy to go to school and play with your friends.
  
66. When you play with your friends it is safe to hug and touch them even if you have HIV.
  
67. It is also safe to eat and share your food with others. HIV cannot be passed on by food.
  
68. If you have HIV you can still share cups and spoons, toys and clothes with other people. This is not dangerous.
  
69. If you or your friends have HIV, is it safe to share cups and spoons?
  
70. Yes,
  
71. Or no?
  
72. Press a button now.

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73. You're right! If you or your friends have HIV it is safe to share food, cups, spoons, clothes and toys. You can also hug and touch each other. These activities are not dangerous.
  
74. If you cut yourself, it is important to cover up your wound.
  
75. This is especially important if you have HIV, because the HIV is in your blood.
  
76. It is dangerous for others to touch your blood if you have HIV, so always cover your cuts and wounds.
  
77. Anything which might have blood on it can be dangerous. Examples of things which might have blood on them include needles, syringes and razor blades.
  
78. If you find a needle, syringe or razor blade, do not touch it or play with it. Ask an adult to move it to a safe place, so that other children can't play with it either.
  
79. Why is it important to cover your cuts and wounds?
  
80. Because HIV can pass from your blood to another person,

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81. Or because cuts and wounds look bad?
82. Press a button now.
83. Yes, that is correct. It is important that your blood does not mix with other people's blood, so always cover your cuts or wounds.
84. Is it safe to touch needles, syringes and razor blades?
85. Yes,
86. Or no?
87. Press a button now.
88. Well done! Needles, syringes and razor blades are not safe because they may have blood on them and this can spread HIV. They are also sharp and can cut you.

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89. So far we have talked about what life might be like for you if you have HIV, but maybe it is someone in your family who has HIV.
  
90. You may be caring for someone with HIV or AIDS, or someone in your family may have died from AIDS.
  
91. Remember: living with someone who has HIV does not put you in danger.
  
92. Caring for a family member with HIV or AIDS is a big job (responsibility) and you may not have much time for yourself.
  
93. You should try to find some time each day to relax and play with your friends.
  
94. If you feel you need more help and support you should talk to an adult you trust or go to your local health clinic to ask for advice.
  
95. Sometimes you might just need to talk to someone, especially if a member of your family has died and you feel alone.
  
96. Is it safe to share a house with someone who has HIV?

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97. Yes, it is completely safe,
98. Or no it is not safe?
99. Press a button now.
100. Yes, that is right. It is not dangerous to live with someone who has HIV. It is also safe to share clothes and food with them.
101. If you are caring for a family member with HIV or AIDS, should you still play with your friends?
102. Yes,
103. Or no?
104. Press a button now.

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105. That's the right answer! Playing with your friends is a good way to have fun and feel normal.
  
106. If you are caring for a family member with HIV or AIDS and you need help, what should you do?
  
107. Do nothing, because HIV is a bad thing that no-one must know about,
  
108. Or ask for help?
  
109. Press a button now.
  
110. Yes! Caring for someone with HIV or AIDS is a big job (responsibility). Ask a relative, friend or staff at your local health clinic for help.
  
111. If you have HIV this does not make you a bad person.
  
112. If someone in your family has HIV this does not make them a bad person.

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113. Even if someone in your family has died from AIDS this does not make them a bad person.
  
114. Other people may not understand this and they may be cruel or unkind to you. They may keep away from you, which might make you feel sad.
  
115. This is not because you have done anything wrong. It is because they do not understand about HIV and AIDS. People are often afraid of things they do not understand.
  
116. Try to ignore people who are unkind to you and talk to an adult you trust.
  
117. Talking about HIV and AIDS helps more people to understand about this illness. You could even ask your friends or other people in your community to watch this lesson, so that they can also learn more about HIV.
  
118. If people are unkind to you because you or someone in your family has HIV, what should you do?
  
119. Ignore them,
  
120. Or fight with them?



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121. Press a button now.
122. Yes! If you or someone in your family has HIV and people are cruel or unkind to you, try to ignore them. Talk to an adult you trust and ask for their help.
123. Why are some people cruel or unkind to people with HIV?
124. Because they don't understand about HIV,
125. Or because people with HIV are bad people?
126. Press a button now.
127. Yes. Some people are cruel or unkind to people with HIV, because they don't understand about the illness and are afraid of people with HIV.
128. What can you do to help people understand more about HIV and AIDS?

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129. Keep quiet and don't talk about it,
130. Or talk about it with your family and friends?
131. Press a button now.
132. You're right! Talking about HIV and AIDS helps more people to understand about this illness. You could even ask your friends or other people in your community to watch this lesson, so that they can also learn more about HIV.
133. Remember: even if you have HIV, or if you are caring for someone in your family who has HIV, you should still try to play with your friends and go to school.
134. You are a normal child and should still try to find time to do the things all children love to do: dancing, singing, jumping around and having fun with your friends.
135. HIV does not have to change everything in your life.
136. That was the wrong answer. Let's go back and listen again.

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137. Sorry! Wrong answer.
138. Hello. The title of this lesson is "HIV/AIDS: A Guide For Children". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
139. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
140. Correct!
141. "HIV/AIDS: A Guide For Children"