

KNOWLEDGE ABOUT “LIVING WITH HIV”

11
EXERCISE

This exercise gets people talking and thinking about what it means to “live with HIV”



OBJECTIVES

Participants will be able to:
Describe what happens to a person who is living with HIV (progression of illness; viral load, longevity, etc)



TIME

1 hour

ACTIVITIES

Quiz

TRUE OR FALSE

Ask participants to complete the quiz.

QUIZ

If a person is HIV positive:

- Has the person got AIDS?
- Will the person be dead in two years?
- Will the person be infectious to other people?
- Is there any medicine they can take?
- Will other people be able to tell if the person has HIV?
- Should they give up their job?
- Should they stop doing physical work e.g. farming?
- Is their sex life over?
- Can they have children?
- Can they take part in family decision-making?

Add your own questions.



Task Groups

Assign a few questions to each of the groups. Ask them to discuss and prepare a presentation on:

- What do people think about each issue? Why?
- How can one counter misinformation on this issue?

Report back

Ask each group to give a report.

Summary

Getting HIV does not mean instant death.

- If the PLHA has good care, the PLHA can lead a long life.
- Most illnesses that come with HIV and AIDS can be treated and cured.
- PLHAs can lead productive lives.