

Kande's Story

How a community can love and care for people
affected by AIDS

Facilitator's Manual

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**Kande's Story, How a community can love and care for
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Kande's Story

How a community can love and care for people affected by AIDS

What Is the Problem?

AIDS is a disease that is killing nearly 6,000 people around the world every day. There is an African proverb that says, "When a snake comes into the house, we do not stop to ask where the snake came from, before we kill the snake." Though AIDS is not curable, HIV infection IS preventable. We must kill the snake before it kills us!

All around the world there are nearly 34 million people infected with HIV, the virus that causes AIDS. Of these almost 23 million live in Sub-Saharan Africa. Many of those infected do not know they have HIV. In some African countries more than a quarter of the adult population is infected. AIDS typically disables and kills people in the prime of life. This deprives children of their parents leaving more than 15 million orphans in Africa today. It also deprives communities of their most productive workers (statistics from UNAIDS 2011 Epidemic Update).

How Might the Church Respond?

While here on earth, Jesus showed His great compassion for the sick and the needy. Jesus calls His church to do the same. The AIDS crisis has filled our continent with millions of sick and dying people. It has filled it with defenseless widows and orphans. Jesus calls us to minister to them.

God calls us to live wisely. In the Bible, He tells us the way to live that will keep us from getting or spreading HIV. In recent years, various attempts have been made to stop the spread of HIV in Africa. Some have focused primarily on promoting the use of condoms for prevention. For various reasons this approach has not been effective and HIV infection has continued to grow out of control. In contrast, programs in Uganda that promote the ABC approach reduced Uganda's rate for HIV infection dramatically especially among the 15-19 year old age group. This approach emphasizes the Biblical principles of abstinence before marriage and faithfulness during marriage. The use of condoms is recommended for those who fail to keep these two principles. (Yamamori p.70).

There is an African proverb that says, "One hand cannot tie up a bundle." Working together, the church in Africa can make a difference!

About This Manual

This manual was a joint effort. Shellbook Publishing Systems developed the original 'Kande's Story Books 1-5 2004' For information about using Shellbook Publishing Systems to make other books in local languages see <www.shellbook.com>. SIL International was given permission to adapt the stories and illustrations. The SIL authors added discussion questions, factual content and Bible studies drawing from the resources listed at the end of the manual. Paulines Publications Africa participated in this revision of the manual. This manual and the accompanying Learner's Book is a tool to help communities become aware of HIV and AIDS, learn how to prevent the spread of HIV and care for people affected by AIDS.

How to Use This Manual

The 'Kande's Story Facilitator's Manual' should be used together with the 'Kande's Story Learner's Book' and with scriptures in the

local language. The facilitator will not normally want to teach all parts of the lesson in one session. It will take at least 4 hours to cover the whole lesson properly. It is best to divide this into several sessions. This is the suggested order for each lesson:

1. The Story

The story should be read aloud either by the facilitator, or by the participants reading a part each. The story is included in the Facilitator Manual with the Learner's Book page numbers given so the facilitator can help the students find the right page.

2. Questions for Discussion

Use the discussion questions in this guide to lead the group through the issues raised by the story. The facilitator may divide the participants into small groups for some of the discussion. It is good to have variety. Sometimes have discussion with the whole group, sometimes in small groups of 4-6, sometimes discussing in twos.

3. Things to Learn

The facilitator should teach the facts given in this guide, making sure everyone in the group understands them. It is good to refer back to parts of the story that relate to the teaching points in this section. Teaching suggestions are given for each section.

4. Drama and Song

In each lesson the learners will be asked to either make up a drama about the story or to make up a certain kind of song to go along with the story. The whole group can do this together or smaller groups could choose to do either the drama or the song.

5. What the Bible Says

First someone should pray asking God to speak through his word. Then the facilitator should ask certain members of the group to read the Bible verses listed. If there are many non-literate people in the group, then it is important that the verses are read a

number of times. After that, the facilitator reads each question in turn and the group discusses the answer. If the group is large, divide into smaller groups.

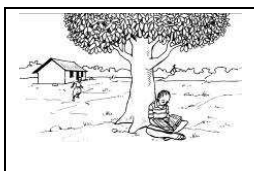
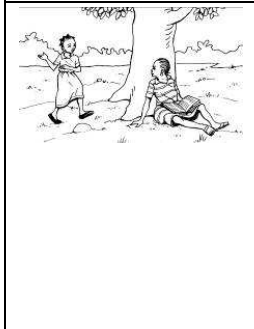

In communities where a whole Bible is not available in the local language, the missing verses will need to be translated and checked by a translation consultant. Include them in the manual. The verses may also be read in another language of the region that already has a translation of the Bible. Then the discussion can go on in the local language.

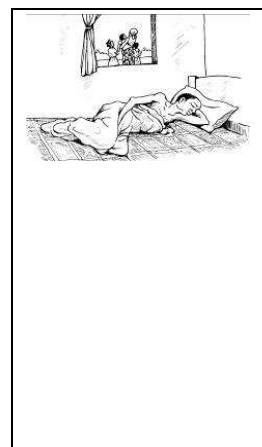


6. Pray and Do

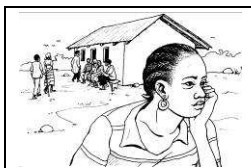
The whole group together should decide what actions need to be taken by themselves and also by their churches and communities. It is good to write a list on a board or a large piece of paper, stating who will do what, and when this will happen. Finally, time should be taken to pray about these things, and to pray for each other in the group. Again, the leader decides if this is best done in the large or small groups.

Lesson 1 Mama's Secrets

The Story

	<p>Chapter 1 Mama's Secrets (LB Page 3)</p>
	<p>This is the story of Kande.</p> <p>One day, Kande sat under a tree reading. Her sister Teshi came running. "Kande, Kande! I heard the women talking. They said Mama has a secret! What can it be?" "I think I know, little sister," said Kande. "Let's go talk to Mama and find out. I'll race you!" (LB Page 4)</p>
	<p>Kande and Teshi arrived home laughing and out of breath. Their sisters Falala and Iniko and their brother Jumoke came to see what the excitement was about. Mama hushed them. 'Be quiet and let your papa sleep,' she said as she herded them away. Teshi asked, "Mama, do you have a secret?" Mama put her hand on her middle and said, "Our family is growing bigger." (LB Page 5)</p>

	<p>Four-year-old Iniko said, "I'm going inside to tell Papa!" Mama picked her up before she could get to the door. "He already knows, little one. Let him rest," Mama said.</p> <p>Iniko frowned. She loved to climb on Father, but lately she had hardly been allowed to go near him. For a long time he had been lying down, never working. He had gotten thin and was very weak. He had a bad cough. The whole family worried about him. (LB Page 6)</p>
	<p>One day Kande was at the market. She was telling her friends that her mother was having a baby. A boy walked by and jeered, "That baby is going to have AIDS just like your father!" Kande did not know what he meant. "Surely Papa doesn't have AIDS", she thought, "or does he?" "Don't listen to that boy!" her friends said. (LB Page 7)</p>
	<p>Later that night Kande asked her mother, "Does Papa have AIDS? I'm old enough to know." Kande's mother looked away. Kande could see that she was crying. She answered, "Yes he does. I am sorry that you heard it from somebody else first."</p> <p>What will we do if Papa dies?" Kande asked. "How will we get food and money in order to live?" "God will help us," Mama said. They cried together for a while. (LB Page 8)</p>



Just before the rainy season started, Kande's father died. Friends and relatives came and mourned for him.

Kande asked herself, "Why didn't they visit when he was so sick and so lonely?" The church leader had been the only visitor Father had before he died. (LB Page 9)



Some months later Kande and her mother were out gathering firewood. Mama was breathing hard, and she looked very weak. Kande took her hand, and they sat down to rest.

Mama said, "Sometimes I feel like I don't have the strength to do anything anymore." (LB Page 10)

Questions for Discussion

1. How do you know in the story that Kande's father is ill?
2. In the story a boy in the market made a mean remark to Kande. How do you think Kande felt?
3. When a person in your community finds out they have HIV or AIDS, do they usually tell their family members? If not, why not?
4. What do you think is the best way for a child to find out this difficult news?
5. If a person in your community knows that another person has AIDS, are they likely to visit them? Why or why not?
6. When Kande's father got sick, the whole family was worried. What were they worried about?

Things to Learn

What is AIDS and how does it lead to death?

(Do this drama with the whole group.)

AIDS is a sickness caused by the HIV germ. This drama will show us how HIV leads to AIDS and to death.

Papa's Body

Scene 1 Papa is healthy.

Facilitator: This is the body of Papa (Facilitator points out circle on floor).

God has made our body in such a way that it can protect us from sickness.

Actors: Three people wear labels saying 'HIV'. Three wear labels

saying 'white blood cells.' Three have labels saying 'cold', 'diarrhea' and 'tuberculosis.' They stand to the side.

Facilitator: There are small parts of our blood called 'white blood cells'. They act like soldiers in our body. Whenever some germs that cause sickness enter our body, the 'white blood cells' help fight off these germs.

Actors: All the 'white blood cells' walk around inside the circle. They flex their muscles to show they are strong.

Facilitator: Papa gets a cold but he gets well quickly.

Actors: Cold comes into the circle, and after a short fight, the 'white blood cells' throw him out.

Facilitator: Then Papa gets a sickness that causes diarrhea. But his body easily fights it off.

Actors: Diarrhea comes into the circle, and after a short fight, the 'white blood cells' throw him out.

Scene 2 Papa gets infected.

Facilitator: One day Papa sleeps with a woman who has HIV in her body. HIV enters into Papa's body. For some time HIV isn't able to do any harm.

Actors: One HIV enters the space and hides.

Facilitator: When Papa gets sick with a cold, he is still able to get well.

Actors: Cold comes back and the white blood cells throw him out.

Facilitator: But after a while HIV starts to multiply. Soon they begin to kill white blood cells.

Actors: Second HIV arrives; they kill one white blood cell who falls

to the ground.

Facilitator: Papa isn't as strong as he used to be. Fighting diarrhea takes longer.

Actor: Diarrhea comes back, and it takes longer for the two remaining white blood cells to throw him out.

Scene 3 Papa develops AIDS

Facilitator: HIV germs keep multiplying and killing the white blood cells so that Papa can no longer fight off his sicknesses. He gets many sicknesses at the same time. Papa now has AIDS.

Actors: Third HIV comes to join the first two; they kill the second white blood cell. Tuberculosis comes. Then cold and diarrhea come back. The remaining white blood cell can't throw them out.

Facilitator: Papa is very sick now. He gets weaker and weaker. Finally, Papa dies.

Actors: The sickness germs dance around and make a sign of victory.

What are some signs that show a person may have AIDS?

(Discuss this question in small groups, share the responses in the large group, then add any ideas listed below that are not mentioned.)

- The person has fever for more than a month.
- The person gets very thin.
- The person has diarrhea for more than a month.

- The person has a cough for more than a month.
- The person feels weak.
- The person has sores in the mouth and throat.
- The person has sores on the skin.
- The person has swellings in the neck, armpits, and groin.
- The person has blisters on the mouth or private parts.
- The person is depressed and sometimes confused.

There are other sicknesses that may cause some of these signs. Many signs together means that the person MAY have AIDS. The only way to know for sure is to get a blood test for HIV.

Can a person with AIDS be cured?

(Ask this question of the whole group. Add any ideas listed below that are not mentioned.)

- No, at present, doctors have not found any cure for AIDS.
- There is no 'vaccine' against HIV. That means there is no medicine that can stop you from getting HIV.
- Anyone who gets HIV and AIDS will certainly die.

How can a person with HIV stay healthy longer?

(Explain the points below. Discuss. See the back of the book 'Papa's Body Scene 4 & 5')

- Vitamins help make our bodies stronger so they can fight sicknesses. Fresh fruits and vegetables are full of vitamins. A person with HIV should try to eat plenty of these foods.

- There are medicines to fight sicknesses that a person with HIV easily gets, like a cough, mouth sores, diarrhoea, malaria and TB (tuberculosis).
- There are specific medicines called, 'anti-retrovirals' or ARVs. They fight against the HIV germ.
- Some kinds of ARV medicines can help prevent a woman from passing HIV on to her unborn or newborn baby. You can get these ARV medicines at some clinics that care for pregnant women.
- Other kinds of ARV medicine can help a person who already has AIDS get healthy again and stay healthy longer. But they cannot kill HIV or cure AIDS. You can find this type of ARV medicine for free in certain hospitals.
- This kind of ARV medicines must be taken daily and in the correct amounts for as long as the person lives. They will help the person's body to fight off HIV. Then their body can also fight other infections. If these ARVs are not taken correctly, they will not work well and the HIV germs will get stronger.

How can we help someone who knows they will die soon?

(Explain the points below. Discuss.)

- When people we love are very sick and may die, it makes us very sad. That sadness is like a wound in our hearts, it causes great pain. Just like we have to get pus and dirt out of wounds on our body, we need to get pain out of our hearts.

- In the Bible people tell God about their pain. Even Jesus when he was on the cross cried out to God saying, “My father, why have you abandoned me?”
- People get the pain out of their hearts by telling it to God and to other people. Then God can heal their hearts and give them peace and joy.
- Whenever we lose something, like our health, we may first feel angry. Later, we may feel very sad. These feelings are normal and we can’t avoid them. If we can talk about the pain that is in our hearts, after some time we will adjust to the loss and can continue with life.
- When we visit people who are facing death, we need to encourage them to talk about their pain, anger, and sadness. We should listen to whatever they have to say and not judge them about it. We should accept them and be gentle with them.
- We can pray with them and encourage them to tell God about their pain, fears and sadness. If they cannot pray, we can pray for them.

Drama and Song

Many communities have songs for different purposes. Some will be for showing sadness. Make up a song for Kande to sing about how AIDS is hurting her family. Use a tune that you use in your community at times of grief and sadness.

What the Bible Says

Read Luke 10:25-37 The Good Samaritan

1. In the story that Jesus told, both the priest and the Levite were religious leaders. They claimed to be close to God, did they act like it? Why or why not?
2. How did the Samaritan feel toward the man who had been robbed? What did he do to help him?
3. In Kande’s story, did the people from the church behave like the Samaritan or like the religious leaders towards Kande and her family? Explain.

Read Matthew 8:1-4 The Man with Leprosy

From the time of Moses, Jews rejected lepers because they feared getting their illness. They also thought lepers were unclean in the sight of God. No one would even touch a leper much less help them.

1. How did Jesus behave toward lepers who were rejected by their community because of their illness?
2. How do you think Jesus felt toward lepers?
3. How did people in Kande’s community treat her family? Did they treat this family like Jesus treated lepers or like the other Jews did at that time? Explain.
4. Can you think of one thing you can do that would help people you know who have AIDS? Explain.

Read Psalm 88 A Song of Lament






1. What is similar between the life of the Psalm writer and the life of a person with AIDS?
2. Is it acceptable for Christians to express sadness, pain, and anger to God? How do you know?
3. How has the writer's trouble affected his relationship with others?
4. How has the writer's trouble affected his relationship with God? How does he feel toward God?
5. Why does the writer feel like he has only darkness left?

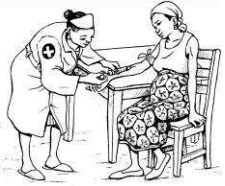

Pray and Do


Talk to one another about what you have learned in this lesson.
Are there any changes you want to make in your life now that you have studied this lesson? Pray together for each other.

Lesson 2 More Trouble for Kande's Family

The Story

	Chapter 2 More Trouble for Kande's Family (LB Page 11)
	Kande and her mother sat under the tree. Mama didn't look well, and she was so tired, Kande had to help her up. (LB Page 12)
	Kande's father had died, and with her mother pregnant and feeling weak, the children had to work much harder. Kande scolded them when she thought they weren't working hard enough. Mama didn't like that. She said, "Listen Kande, don't scold your sisters, they are doing their best." (LB Page 13)
	Then two women from the local church came to visit. One was a health worker; the other was a great story teller. They started coming over often. They brought food and did a lot of Mama's work. They joked and told stories. Kande was happy to see her mother laughing more often now. (LB Page 14)
	Kande overheard the health worker talking to Mama. She did not understand everything they said, but she learned that her papa had been unfaithful to Mama. He must have

	<p>caught HIV, the germ that causes AIDS, from that other woman.</p> <p>Papa didn't know he had HIV. So he didn't do anything to protect mama. Mama must have caught HIV from Papa, and now the baby could get it from Mama. "You must come to the clinic to get tested for HIV," the health worker told Mama. (LB Page 15)</p>
	<p>Mama went to the clinic. The health worker drew blood from her arm. It did not hurt, and soon Mama had the results. The next day, Mama told Kande the terrible news. Mama was infected with HIV. The baby might be also.</p> <p>Later the health worker told Mama that she must eat fruits and vegetables to make her body strong. She gave Mama some medicines to treat some of her sicknesses. But the strong medicines called ARV that fight HIV was not available in their community. Mama was worried. Where would she get the ARV medicine to help stop the baby from getting HIV too? (LB Page 16)</p>
	<p>Mama began to get sicker. The HIV infection grew and soon Mama had AIDS. She got sores in her mouth and on her skin.</p> <p>"Will I get AIDS from touching Mama?" Kande asked the women from the church.</p> <p>"No, you will not get AIDS from touching your mother, Besides, she needs your love and your</p>

	<p>hugs" said the health worker. She showed Kande the best ways to take care of Mama and taught her the best foods to give her. Kande felt better, now she knew how to care for Mama. (LB Page 17)</p>
	<p>The baby was born. Mama was very weak. She held the new baby and cried out, "Yatima, orphan!" Mama died a few days later and Kande named the baby Yatima.</p> <p>Kande took the baby in her arms and sat down under the tree. "I won't let you be an orphan," she said. "You are my baby now." (LB Page 18)</p>

Questions for Discussion

1. In your community, when parents get sick with AIDS and die, what happens to the children?
2. How did the women help Kande's family in practical ways?
3. How did Kande's father get AIDS? How did her mother get AIDS? How might the baby get AIDS?
4. How do you think Kande and her mother felt about the way Kande's mother got AIDS?
5. Do the clinics in your community give tests for HIV? Do they have medicines to fight HIV? Do they have medicines to keep pregnant women from passing HIV to their babies?
6. Is there anyone in your community who knows how to safely care for someone with AIDS? Can they teach others? Explain.

Things to Learn

How does a person get HIV?

(Ask this question of the whole group. Add any points below not mentioned. See if they can find examples of these from the story.)

- By having sex with a person who has HIV. This is the most common way to get HIV.
- A baby can get HIV during pregnancy or at birth, or sometimes from breast milk if the mother has HIV.
- By having contact with blood from a person with HIV. For example, getting a blood transfusion from a person who has HIV.

How does a person know if they have caught HIV?

(Ask this question of the whole group. Add any ideas listed below that are not mentioned.)

- The only way to know if you have HIV is to get an HIV test. A person who has caught HIV will have the HIV germs in their body fluids: in the blood, semen, vaginal fluids, and breast milk. At the clinic, they will test your blood to see if you have HIV
- You can't tell by looking at a person if they have HIV. At first, the person who has HIV seems healthy; he doesn't have any signs of sickness. The person may stay healthy for some years while having HIV in their body. All this time they can still give

HIV to other people. Most people who have HIV but do not have AIDS yet do not know that HIV has already entered their body.

Why is it good to get tested for HIV?

(Discuss this question in small groups, share responses in the large group, add any ideas listed below that are not mentioned)

- If you find out that you do not have HIV, you can live your life in a manner that will keep you from getting it.
- If you are having sex, whether you are married or not, get tested. You don't want to pass HIV to others.
- If you are married, go together and get tested. You don't want to pass HIV to your spouse.
- If you plan to marry, both partners should be tested and share the results with each other before getting married. You don't want to bring HIV into your marriage without knowing it.
- If someone has forced you to have sex, you especially need to get tested. This kind of sex may tear your private parts. Then the HIV germ can easily get into your body.
- If you find out that you are HIV positive, you can take care of yourself by eating good food, getting plenty of rest and exercise, taking anti-retroviral medicines (ARVs), and being careful to avoid sicknesses. For example you can sleep under a mosquito net that has been dipped in medicine to chase away mosquitoes to avoid malaria.

- If you're a pregnant woman, you should get tested so that you don't pass HIV on to your baby. You should take 'anti-retroviral' medicines that can keep your baby from getting HIV.
- If you know that you already have another disease that is passed by sex, for example 'gonorrhea', it is especially important that you get tested. Your risk of getting HIV is increased.

Why are people afraid to tell others they have HIV or AIDS?

(Ask this question of the whole group; add any other ideas they have.)

- They are afraid of being rejected by people.
- They are afraid of being condemned by people.
- They are afraid of losing their job.

What could change in our community so that people will not be afraid to tell others that they have HIV?

(Ask this question of the whole group; add any other ideas they have.)

It will be easier for people who have HIV to tell others they have it if:

- Everyone can learn exactly how people get HIV and how they do not.
- People can forgive those who have gotten HIV through sin, just as God has forgiven them their sins.
- People can listen with love to those with HIV. They can help

set up groups where people with HIV can share their problems.

Drama and Song

1. Before the lesson the facilitator asks two people to make up a short drama about a wife telling her husband that she has HIV. The husband says and does many things wrong.
2. The facilitator asks: What could the husband have said or done better?
3. The two people start playing the same drama again, but now the learners can interrupt. If someone doesn't agree with what the husband says or does, he raises his hand. The facilitator stops the scene and the person who raised his hand takes the place of the husband.
4. The drama continues with the new husband. When another learner has a better idea, they stop the play and take the place of the husband.
5. The facilitator asks: What methods worked well, what did not?

What the Bible Says

Read Deuteronomy 22:22-24 & John 8:1-11

The Law concerning purity

Jesus came to fulfill the Old Testament laws. The passage in Deuteronomy shows us how much God dislikes adultery and rape. It helps us understand the passage in John.

1. How did Jesus respond to the teachers of the law when they accused the woman of adultery and said she should be stoned?
2. Jesus told the woman that he did not condemn her, but what did he tell her about her sin?
3. There was a man in this story who also committed adultery but he was not brought before Jesus. Had he also sinned? Why do you think he wasn't accused?
4. In what ways are you or people in your community behaving like the Pharisees in this passage towards people with AIDS?

Read Ephesians 4:17-25 and Ephesians 5:3-13. The Children of Light

1. What should Christians do with those old ways of living which are against God's law? (4:22)
2. Why should we tell the truth to one another? (4:25)
3. What happens when God's light shines on things that are kept secret? (5:12-14)

Read Ephesians 5:21-28. Relationships of Spouses

Spouses are called to love one another and submit to one another.

1. How is the way a man should relate to his wife marriage like the way Christ relates to the church?
2. What did Christ do for the church? What should husbands do for their wives?
3. If a man loves his wife, will he put her life in danger? Discuss.

4. Did Kande's father love his wife as Christ loved the church? Discuss.



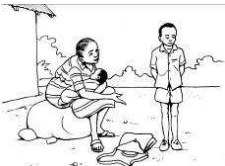
Pray and Do





Talk to one another about what you have learned in this lesson.


Are there any changes you want to make in your life now that you have studied this lesson? Pray together for each other.

Lesson 3 Dangers for Kande's Family

The Story

	<p>Chapter 3 Dangers for Kande's Family (LB Page 19)</p>
	<p>Kande sat under the tree feeding her baby sister, Yatima. Kande wished that someone would have breastfed the baby, but since Mama died of AIDS, people were afraid they would get it from the baby. Some people from the church helped Kande get milk powder. They showed her how to use boiled water to prepare milk to feed the baby.</p> <p>Kande was so glad that Yatima was doing well. (LB Page 20)</p>
	<p>One day, Kande's younger brother, Jumoke, came to talk to her. "I want to stop going to school just like you and Teshi did."</p> <p>"No, first you need to finish school." Kande said. "Then you can help the rest of us. Listen Jumoke, at school you must be careful not to make friends with the boys who drink alcohol or run after girls. Do you know when you drink alcohol, you are not able to think clearly. If you have sex with those girls you might get HIV from them."</p>

	<p>Jumoke said he would study hard. He promised he would not run after girls or drink alcohol. (LB Page 21)</p>
	<p>One day Kande's relative visited. "By tradition, this land belongs to me now that your father died," he told her.</p> <p>"But we have nowhere to go," cried Kande. "Well that is not my concern!" he said. "Soon I will want this house. For now, I want half of all the food you grow." (LB Page 22)</p>
	<p>That night Falala asked Kande, "Will we have to move away?"</p> <p>"No, our relative said we could stay here for now. But we do need to give half of all the food we grow to him."</p> <p>"That doesn't leave enough for us," cried Falala. "We will have to do something else to get enough food and money to live!" (LB Page 23)</p>
	<p>One morning, Kande and Teshi were carrying the baby to the health clinic for a checkup. Teshi pointed to a man near the market. "He is the man who gave me this bracelet. Maybe he can help us get what we need to live," she said. (LB Page 24)</p>
	<p>The healthcare worker said that the baby was doing fine but they must wait for some months before testing to see if the baby had HIV.</p>

	<p>She also talked to Kande and Teshi about important issues for girls and boys their age. “Because you are orphans, there are some men who might try to give you food and presents to persuade you to have sex with them. Do not let them trick you. There is too much risk of getting pregnant, or of getting HIV and other diseases that come through sex. ” (LB Page 25)</p>
	<p>Teshi said, “I wonder if the man who gave me this bracelet might be trying to get me to sleep with him?”</p> <p>Kande, Teshi and Falala promised each other that they would stay virgins until they were married. (LB Page 26)</p>

Questions for Discussion

1. After Kande’s parents died, what fears did she and her brother and sisters have?
2. In your community, if a father and mother die of AIDS, what is done to help orphans stay in school? What could be done?
3. In your community, if a mother dies of AIDS, how is the baby fed?
4. In your community, is there a way to help orphans to keep their land, house and possessions once their parents have died? Is there anyone who can help people in your church

write legal wills?

5. Does anyone teach young people in your community about the benefits of waiting until marriage to have sex? If not, do you think this practice should be taught?
6. In your community, there may be people who give presents to young girls and boys in order to get them to have sex. How do you warn young people about such people?

Things to Learn

Avoid spreading HIV through sex.

What are the advantages for young boys and girls to wait until marriage to have sex?

(Ask this question of the whole group; add any ideas listed below that are not mentioned.)

- They can live the way that the Bible teaches. Then they can enjoy sex inside marriage with a husband or wife who has promised to love them and be faithful to them.
- So they can concentrate on other activities in life like education, sports and art.
- They won’t get HIV or other sicknesses people get though sex.
- They won’t get children before they are married.

If a young person has already had sex and now regrets it, what can they do?

(Discuss this question in small groups, share the responses in the

large group, then add any ideas listed below that are not mentioned. See appendix for game 'Reaching the island of our hopes')

- They can decide that they will not have sex again until they are married.
- They can form a small group of friends and help each other to keep their promise not to have sex until marriage.
- They can avoid getting drunk or using drugs. Drinking and using drugs make it harder for people to make good decisions.
- They can get tested for HIV and the other sicknesses people get through sex.
- If they have one of these sicknesses, they can get treatment.

What can you do if you are married and find out that either you or your spouse has HIV?

(Discuss this question in small groups, list the responses on a piece of paper, share them in the large group, add any ideas listed below that are not mentioned.)

1. The couple may need to confess their wrongs to each other:
 - If either spouse has been unfaithful, they should admit it to each other.
 - Both spouses should promise to be faithful to each other from now on.
2. The couple has some very difficult choices to make about their sex life:
 - They can continue having sex as before. This will probably

cause the other spouse to become infected with HIV and maybe any new babies as well. At the death of both parents their children will become orphans. Would this choice put the good of others first?

- They can choose not to have sex at all. This will give complete protection to the spouse who does not have HIV who can then care for their children. Some couples may find it hard to remain faithful to each other if they are not having sex together.
 - They can touch each other in ways that give the comfort of sex but will not allow HIV to be passed. If both spouses have HIV this practice will also keep the HIV from getting stronger.
 - They can use a condom every time they have sex. They should learn how to use condoms correctly. Condoms cannot prevent HIV completely. However if used every time two people have sex, the chances of passing HIV are greatly decreased.
3. The person who has HIV should get advice from the clinic about taking ARV medicine.
 - If he or she takes ARVs, the chance of passing HIV to their spouse is greatly decreased.
 4. The couple must work together to find the best choice.
 - Both spouses need to pray about which choice to make. They must discuss it openly together until they agree. Neither husband nor wife should force their choice on the other.
 - The couple should seek the help of church leaders or counselors to think about which choice will honor God and be

the best for them and their children.

Avoid spreading HIV from mother to child

If a woman has HIV should she get pregnant?

- A woman who has HIV should avoid becoming pregnant, unless she is very sure at she can get the ARV medicines needed to prevent passing HIV to her baby.
- She also needs to think about the future of the baby who may become an orphan after some years

If a mother has HIV or AIDS, should she breast-feed her baby?

(Ask this question of the whole group, then, add any ideas given below that are not mentioned.)

Yes when a mother has HIV or AIDS she should breast-feed her baby. However, it is possible that the baby will get HIV from her breast milk.

Here are some ways to help prevent the baby from getting HIV:

- If possible, mother and baby should take ARV medicines. This greatly reduces the chance of the baby getting HIV through the breast milk.
- If this is not possible, the mother should still breast-feed her baby. She should give breast milk alone for six months and then switch completely over to solid foods all at once. She should not mix breast milk and any other food. This mixture causes very small tears inside the baby's stomach. The HIV germ can enter the baby's body through these small tears.
- If the mother has died or is unable to breast-feed her baby

and another woman is willing, be sure that the other woman does not have HIV also.

- If there is no one to breast-feed the baby, give the baby milk powder mixed with boiled water. Use a clean cup and spoon. Otherwise, the baby may get diarrhoea and become very sick. If it is not possible to use milk powder, fresh milk may be mixed with water and boiled for 20 minutes.

Avoid spreading HIV through blood.

What can you do to protect yourself and others?

(Discuss this question in small groups, list the responses on a piece of paper, share them in the large group, add any ideas listed below that are not mentioned.)

- Do not accept blood for transfusion unless the blood has been tested for HIV.
- If possible only use one-time/disposable syringes and needles.
- Do not use the same needles or syringes that other people have used unless they have been boiled in water for 20 minutes or soaked in bleach.
- Injecting drug users who often share needles are more likely to get infected with HIV.
- Do not use the same cutting instruments that other people have used unless they have been boiled in water for 20 minutes or soaked in bleach.

Drama and Song

In many communities, people sing songs that are meant to teach new things.

Think of the three stones of the fireplace. You need all three stones in order to place the cooking pot securely.

- The first stone is 'Abstain'. Before marriage, don't have sex at all.
- The second stone is 'Be Faithful'. After marriage, don't have sex with anyone but your wife or husband. Your spouse must also be faithful.
- The third stone is 'Protect Each Other'. In marriage, if either husband or wife has HIV, they must decide how to protect each other.

Make up a song that teaches about the three stones in the fireplace.

What the Bible Says

Read Genesis 39: 1-20 Flee from temptation

1. When Potiphar's wife tried to tempt Joseph, what did he do first?
2. When she tried many times to tempt him, what else did he do?
3. What do you think Joseph's example teaches us about avoiding HIV and AIDS?
4. Does staying pure ever put us in difficulties? Should we stay pure anyway why or why not?

Read Proverbs 5:1-23. Warning against Adultery

God's Word strongly warns us that a man should not go outside of marriage to have sex. This is because when he does that it causes

great harm.

1. What do these verses say are the results of adultery?
2. Why is having sex with someone other than your husband or wife so tempting? What are people looking for?
3. What do these verses say are the results of being faithful to your spouse?
4. If the advice given in this passage is different than your cultural traditions, how can you spread this new teaching? If it agrees with your cultural traditions, how can you encourage people to obey it?

Read I Tim 5:1-8 Responsibility towards Women

1. What do these verses teach about how we should treat women of all ages?
2. How is this similar or different from ways you see women and girls treated in Kande's community and in your community?
3. Tell about one way that weaker people like widows, orphans and elderly people are treated in your community that you would like to see changed.

Read Exodus 20:12-17 and Matthew 22:34-40 the Ten Commandments

God first gave these commandments to his people Israel. Later Jesus repeated them and put them together in one. They teach us how we should live.

1. Which of the commandments did Kande's father break?
2. How did it affect him and his family?





3. If either wife or husband knows they have HIV but insist on having sex without using any protection, are they showing love towards each other?



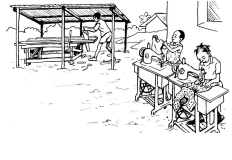
Pray and Do


Talk to one another about what you have learned in this lesson.
Are there any changes you want to make in your life now that you have studied this lesson? Pray together for each other.

Lesson 4 Kande Finds Hope

The Story

	<p>Chapter 4 Kande Finds Hope (LB Page 27)</p>
	<p>Kande and her family lived through some hard times. Her parents had died of AIDS, and taking care of her younger siblings was difficult for her. Some days they went hungry, but Kande always worked hard for them, and she tried to be like a mother to her baby sister. (LB Page 28)</p>
	<p>One day Ajani, a friend of Kande's family, came to visit her. Ajani was a kind boy who respected God. He brought his little brother with him. "Come to church with us, Ajani would say.</p> <p>"Not this time," Kande always said. "There is too much work to do." (LB Page 29)</p>
	<p>Ajani went on asking until one day Kande's sister Falala said, "I'll go. Maybe I'll learn something." Teshi said, "I'll go, too. Maybe I'll make some new friends."</p> <p>"Take Iniko and Yatima with you, then," said Kande. "Jumoke and I will stay here and get</p>

	some work done!” (LB Page 30)
	Later, when her sisters returned and told her about the church’s community farm, Kande decided to get involved. The church leaders let them work on a large plot, and they were allowed to keep all the food to eat or trade at the market. Now they worked very hard, but they were making a better living than before. before. Soon Teshi returned to school. (LB Page 31)
	One day Kande’s relative sent a message to her. He said that it was time now for Kande and her siblings to leave their father’s house and farm. Kande was very sad. A woman from the church invited the children to come and live with her. She had helped them when their mother was sick. She lived next to the church and the church farm. The children moved in with her, and their relatives took back the old home and farm. (LB Page 32)
	Kande and the whole family, even Iniko, worked in their new farm plot at the church. Teshi and Falala also learned to sew, and the church let them use a sewing machine. Jumoke learned carpentry in the church’s workshop. Kande started going to the church meetings with her siblings. There the pastor read to them from the Word of God about a new way of life. Soon they began to follow it. (LB Page

	33)
	Kande was glad that Ajani often helped her in the farm while the little brother and Yatima played together. Kande told Ajani, “When my parents died, I thought our whole family would die, too. Life is still hard, but now but now God has given us a hope for the future.” (LB Page 34)

Questions for Discussion

1. How did the people at the church persuade Kande to come to church and learn about God’s Ways?
2. Rather than giving the family money, how did the church help these children?
3. Where did Kande and her brothers and sisters go to live?
4. How can the churches in your community encourage people to take in needy children who do not have any relatives who will take care of them?
5. In the story Kande finds hope for the future, what happened to give her hope?

Things to Learn

What are three important things a church can do to love and care for people affected by AIDS?

(Describe these three things to the group.)

1. Care for people who are ill with AIDS.
2. Care for widows and orphans.
3. Teach people how to avoid getting or spreading HIV.

1. Care for people who are ill with AIDS

Train teams from the church who will visit families where someone has become sick with AIDS. Some young people should also be trained.

What are some ways to care for the sick person and their family?

(Ask the participants to imagine this scene. They are visiting a family where the man is dying of AIDS. There is a wife there and four small children. In small groups they should list how they would help this family. Add any ideas given below that are not mentioned.)

- Visit the sick person and their family often.
- Let the person with AIDS talk about what has happened, and listen carefully to their story.
- Help them get food to make them strong such as meat, fish, milk, beans, eggs, groundnuts, cassava, yams, bananas, maize, rice, mangoes, oranges, pineapples, tomatoes, squash and vegetables.
- Help them go to the doctor to get medicines for the many sicknesses they get.
- Help them to find a clinic or hospital that supplies anti-retroviral drugs to slow down the development of AIDS.
- Help them to go on enjoying life and have hope for the future. This will help their bodies to fight sickness.

- Help them become part of a support group where they can benefit from medical and emotional help.
 - Show the family how to care for the sick person.
 - Sing and pray with them.
 - Read the Bible to them.
 - Discuss plans for the future for them and for their children.
- The sick person can write letters and collect family photographs so that the family can remember the sick person after they die.

How can you protect yourself when you take care of people who have AIDS?

(Explain the following points, Discuss.)

HIV is in body fluids of people with AIDS, especially in the blood. When you care for people who have AIDS, you must avoid getting their blood on your body. The sick person may cough blood, have blood in diarrhea or have blood in open wounds.

If you care for a person with AIDS, you should protect yourself by doing these things:

- Wash your hands often with soap and water. This protects the sick person as well because you are less likely to expose them to other diseases.
- Cover any wounds that you or the sick person has. Tie strips of cloth over the wounds. Wear plastic gloves if possible.
- Wash the bed sheets and floor with soap and water. If there is much blood on the sheets, wash with a mixture of half a cup

of bleach and half a bucket of water. Dry the sheets in the sun.

Game: What is the danger?

(This game helps the learner understand what actions are dangerous for getting HIV and how dangerous they are.

Facilitator places three cards with different levels of danger (no danger, some danger, high danger) in an open area. He reads the various actions and learners go stand by the card they think matches the danger best. They discuss their choices.)

1. Shaking hands, touching, hugging or kissing someone. *(No danger)*
2. Using a needle used by someone else without boiling them in water. *(High danger)*
3. Breast feeding a baby when the mother has HIV. *(Some danger)*
4. Sharing cups and plates when you eat together. *(No danger)*
5. Sharing latrines or taking your bath from the same bucket. *(No danger)*
6. Having sex with someone who has HIV without using a condom. *(High danger)*
7. Being bitten by mosquitoes after they have bitten someone who has HIV. *(No danger. There are things in the mosquitoes stomach that kill virus.)*
8. Having sex with someone who has HIV but using a condom. *(Some danger)*

2. Care for widows and orphans

It is helpful if a local church can help orphans and widows support themselves.

(Ask students how they think the church in their community could help widows and orphans. Add any of the following points not mentioned.)

- Make land available to small groups of people for farming, giving help if needed with initial tools and seeds.
- Set up vocational schools where older children can learn useful trades such as carpentry, house building or sewing.
- Start small businesses (micro-enterprises): A group of people (3-6) are given an interest-free loan to start a small enterprise. They pay back the loan after 1-2 years. The enterprise may be making clothes or furniture, farming land, setting up a bakery, making jam or snack food, or breeding animals.
- Help orphans go to school by giving scholarships for school fees, and providing text books and clothes.
- Help widows and orphans get possession of their family land and home.
- Look for organizations in your country that could help you set up projects to support widows and orphans.

3. Teach people how to avoid getting or spreading HIV

Hold classes for people in your community to teach them what you have learned. Use the Kande's Story books to help you teach. See the back of this manual for other books about HIV and AIDS.

Kande's family or to someone in your community.

Drama and Song

1. Two people make up a short drama about a person who follows God going to visit a person who is sick with AIDS. The visitor says and does many things wrong.
2. The facilitator asks: What could the visitor have said or done better?
3. The people start playing the same drama again, but now the learners can interrupt. If someone doesn't agree with what the visitor says or does, he raises his hand. The facilitator stops the scene and the person who raised his hand takes the place of the visitor.
4. The drama continues with the new visitor. When another learner has a better idea, they stop the play and take the place of the visitor.
5. The facilitator asks: What methods worked well, what did not?

What the Bible Says

Read 1 Corinthians 15:35-44, 50, 53-55 Resurrection in Christ

Believers in Jesus are being addressed and Paul is teaching them about the resurrection.

1. What questions are asked in verse 35?
2. What illustration of nature does Paul use in verses 36-38 to help explain what a person Christian's body will be like when he is raised from the dead?
3. Describe what our earthly bodies are like according to verses 42-44, and contrast that with how our resurrection bodies will be.
4. Describe how these verses could give hope and comfort to

Read Deuteronomy 10. 17-21 Care for the Oppressed

In the time of the Old Testament, life was very hard for widows, orphans and strangers in Hebrew society.

1. These verses tell us that God does not favour certain people over others. Are there practices in your community which give preference to powerful people and oppress the weak?
2. What do these verses say that God does for widows, orphans and strangers?

Read James 1:27, 2.14-24: True Faith in Action

1. Religion means how we worship God. According to James 1:27, how should we show that we worship God?
2. Think of the church in your community. How do people in your church help orphans and widows?
3. What is the sign that proves a person really has faith in God?
4. Many people with AIDS need things for living like food and clothing. If we have faith in God, what will we do for those people?

Read Isaiah 58:6-12 God loves Justice

These verses tell us that God wants his people to fight injustice.

1. What does God tell us we can do for people who are oppressed?
2. What does God promise to people who help the oppressed?



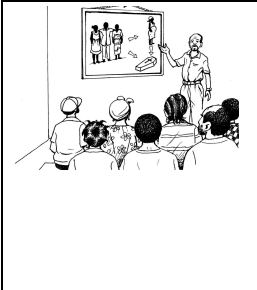
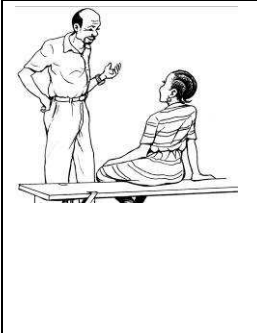
3. Did Kande's relative do what this passage says to do? Why or why not?
4. How can the church respond to the big needs AIDS is bringing to their community?




Pray and Do

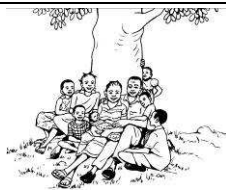
Talk to one another about what you have learned in this lesson. Are there any changes you want to make in your life now that you have studied this lesson? Pray together for each other.

Lesson 5 Kande's Community Learns about AIDS

The Story

	Chapter 5 Kande's Community Learns about AIDS (LB Page 35)
	One day, about a year later, Kande talked to Ajani. "The church has helped us so much! They have let us grow crops on their land. They have taught us to make a good living, and they have been friends to us in so many ways. How can we ever repay the good they have done to us?" (LB Page 36)
	Soon after that, the church hosted a large meeting on AIDS prevention. Trainers and learners came from all around. Kande, Teshi, and Falala attended. They brought their brother Jumoke. Ajani came too. (LB Page 37)
	One of the meeting leaders approached Kande. "We want you and your sisters to help teach people how to avoid getting AIDS? You know better than anyone the need to prevent AIDS! And you all read well. People know that you know the facts about HIV and AIDS." They accepted

	happily. (LB Page 38)
	Teshi started right away, helping to teach classes. With her energy and easy laugh, she made people listen to the hard facts about AIDS. She soon became a trainer in her community and lots of people went to her classes. (LB Page 39)
	Falala began drawing pictures for the AIDS lessons. Jumoke translated the lessons into their own language. They made books that explained how to avoid getting HIV and how to care for people sick with AIDS. (SB Page 40)
	<p>Kande and Ajani helped by inviting people to the classes and making sure the trainers had the supplies they needed. . They made a special effort to invite their friends.</p> <p>Kande and Ajani's friendship grew. When Ajani told his family he wanted to marry Kande, they were very happy.</p> <p>Ajani let their friends know that he and Kande promised to stay pure until they got married and then to remain faithful to each other. (LB Page 41)</p>

	<p>Kande and Ajani got married, and later they had a baby. One day, their large family gathered under Kande's favorite tree. "I used to sit here and talk with Mama," she said.</p> <p>Iniko, who had been very young when her parents died, said "I miss Mama and Papa, but I think they would be proud of us now." (LB Page 42)</p>

Questions for Discussion

1. What did Kande and her siblings do to show their thankfulness to the church for helping them?
2. Do you think it was good to have people coming together to learn about HIV? Why?
3. Why do you think Kande and Ajani make a special effort to invite their friends to the classes?
4. Once you have trainers, what age group would be the most important to teach first?
5. Is it good to translate books on HIV and AIDS into your own language? Why?

Things to Learn

Why is it difficult to change our behavior?

(Explain the following ideas. Discuss with the group. Then see the back of the book for 'Wall of Objections')

- God created people to live in different cultures. But no culture is perfect. They all have good things and bad things in them. Our cultures influence what we believe and how we behave. That is why we need to ask God to redeem them just like we ask him to redeem people.
- The ways we behave are like the branches of a tree. Our beliefs are like the roots. If we try to change the ways we behave, it's like cutting off the branches of a tree. The old roots will simply cause the tree to sprout more branches.
- Delete this point completely
- It is not easy to change things we have believed for a long time.
- Keep asking yourself why you believe or do a certain thing until you get to the main root of the thing you believe that leads to this way of behaving.

What do people in your community believe about how a person gets HIV and AIDS?

(Discuss this question in small groups. Share your answers in the large group. See the back of the book for 'Areas of Our Culture We Need to Understand'.)

How do what we believe and the way we behave affect HIV and AIDS?

Think about the new things you have been learning about HIV and AIDS. For each of the thing you believe or ways you behave in your list or for those listed below, decide whether:

1. it prevents spread of HIV and should be encouraged

2. it promotes spread of HIV and should be discouraged
 3. it is mixed. There are parts that do each, the harmful parts need to be modified
- Some cultures put a high value on a woman being a virgin until the time she is married. (Prevents spread.)
 - Some people believe that HIV is caused by a curse or witchcraft. This is not true. (Promotes spread.)
 - In some communities, men marry the widow of their dead brother. (Promotes spread. If the brother has died of AIDS, the woman may have HIV. They should not marry until both have been tested for HIV.)
 - Some cultures put a high value on a woman being faithful to her husband. (Prevents spread.)
 - Some cultures circumcise boys and men. (Mixed. Circumcision decreases the risk of men of getting HIV but it must be done with sterile cutting instruments when a number of men are being circumcised at the same time or will promote spread.)
 - Some people believe that if a man does not have sex for a long period of time, he will go mad. This is not true. (promotes spread)
 - In some communities, a woman has to prove that she can get pregnant before anyone will want to marry her. (promotes spread)
 - Some people believe that if a man has HIV, he can be healed by having sex with a girl who has never had sex before. This is not true. (promotes spread)
 - Some people believe that women do not have the right to refuse sex. (Promotes spread. Protect the girls and women in your family from rape.)

How can we challenge our beliefs?

(Demonstrate to the participants how to challenge the beliefs stated below. Then ask them pick one of the beliefs in their list and try asking these questions about it.)

The things we believe can limit our choices and the ability to change the way we behave. For example, if somebody says, "I cannot live without sex for more than a month" or "It is impossible for me to talk to my daughter about sex," he doesn't leave a chance for change.

We can challenge these beliefs by asking questions like:

- What would happen if you did?
- What would happen if you didn't?
- Has anyone like you ever done what you say you cannot do?
- Have things ever been different?

These questions help people realize that they really have choices and possibilities for change.

Who should learn about AIDS?

(Ask this question of the whole group. Add any points below that are not mentioned. Then talk about the practical issues of running a class such as who will do it, what will they teach, who will learn, when will they teach and where?)

Everyone needs to learn about HIV and AIDS, children, young

people and adults.

- Children about ages 5-11 years are unlikely to have HIV, unless born with it. This is the generation that could be free of HIV. So it is very important to teach children how to avoid getting HIV before they become sexually active. Appropriate sex education should be taught in primary school, in Sunday schools and at home.
- Young people ages 12-19 may begin to have sex. This is a time when they are in much danger of getting HIV, especially the girls. The surest way to avoid getting HIV is to not have sex until they are ready to get married.
- Adults ages 20-39 are the most likely to get HIV and die of AIDS. It is most important that young adults know how to avoid getting and spreading HIV and how to care for those who have AIDS.
- Older adults must not take advantage of their authority in order to have sex with young people. They may have to care for children whose parents have died of AIDS. They should be able to teach these children how to avoid HIV as they grow up.

Drama and Song

Many communities have songs used to praise someone who has done great things. Make up a praise song that Kande and her siblings could sing to God to thank him for his love and care. Use a melody you use in your community for praise songs

What the Bible Says

Read Ezekiel 3:16-20 The Prophet Warns the People

Ezekiel was a prophet. A prophet had the job of communicating warning from God to his people and to individuals.

1. If you warn your community about the danger of disobeying God and they refuse to change their behavior, who will God judge?
2. If you are aware of the dangers of disobeying God and don't warn your community about it, who will God hold responsible?
3. We have a responsibility to warn others about the consequences of disobeying God. How will this encourage the church to teach about preventing the spread of HIV and about loving those who have AIDS?

Read Matthew 25:31-44 The Final Judgment

In these verses Jesus teaches about a time when all people will be judged.

1. Jesus talked about how people who had various kinds of problems were treated. What were those problems?
2. What does Jesus say happens to those who take care of people with these problems? What happens to those who don't?
3. What does this passage tell us about how we should treat people affected by HIV and AIDS?

Read John 6:1-15 Five Loaves and Two Fish

The feeding of the big crowd describes Jesus' compassion for people in need. It is the only miracle recorded in all four gospels.

1. Did Phillip and Andrew each demonstrate their faith in Jesus power? Why or Why not?

2. Think of the five loaves and two fishes. How can we as individuals discover what resources we have and use them to solve our community problems like HIV and AIDS?
3. Think of what Kande and her siblings did. Think of what the meeting leader and the church leaders did. How can you and I help our churches to minister to our community?

Pray and Do

Talk to one another about what you have learned in this lesson. Are there any changes you want to make in your life now that you have studied this lesson? Pray together for each other.

Appendix

Areas of Our Culture We Need to Understand

- Beliefs about virginity: is it something that makes people proud or ashamed?
- Beliefs about sex and marriage: what is their purpose?
- Beliefs about adolescents and sex: what is accepted as normal? As good? As bad? Do girls have to prove they can have babies before they marry?
- Circumcision and excision rites: what are the beliefs about these rites? What parts of the rites contribute to the spread of HIV? Can these be changed? How?
- Beliefs about men and sex: what men need to stay healthy, their rights to sex, and local definition of sexual sin?
- Beliefs about women and sex: their role in their sexual relations, their rights, can they refuse?
- Beliefs about sterility: who causes it, how couples should respond if they are not able to have children? Is sex only to procreate?
- Rape: is it always the woman's or girl's fault? What happens if a woman tells someone she has been raped?
- Widows and widowers: how are they cared for? What rights do they have? Are they expected to remarry? Who?
- Orphans: Who cares for them? What if they have no family members who can care for them? What rights do they have?
- HIV and AIDS: How do people think they catch HIV? Can people talk about their weaknesses? What do people believe about AIDS? Do people think they can be cured?

More of What God's Word Says

Lesson 1

- God helps the needy: Psalm 22:24; Psalm 10:12-18
- Preparing for death: Ecclesiastes 7:2-4, Psalm 23

- Our hope is in God: Psalm 130
- Knowledge needed: Hosea 4:6
- God suffers when we suffer: Isaiah 63:8-9
- Finding rest: Matthew 11:28-30
- Nothing can separate us from the love of God: Romans 8:24-39
- Cry for help in time of trouble: Psalm 25

Lesson 2

- Suffering and sin: Job 1-2; John 9:1-3, Acts 5:1-11
- Consequence for sin 2 Samuel 11:1 – 12:23, 2 Samuel 12:12-14;
- Be faithful: Genesis 2:18; Exodus 20:14; Proverbs 5:15-21;
- Hebrews 13:4; 1 Thessalonians 4:1-8,
- Be faithful to the wife of your youth Malachi 2:13-16
- Sexual sin brings destruction: Proverbs 6:20-35
- All have sinned sexually: Matthew 5:27-30
- Confess and repent: Isaiah 1:18, 1 John 1:8-10
- Start again: 2 Corinthians 5:17
- No same sex partner: Romans 1:26-27
- Judging: Matthew 7:1-5
- Prayer of the suffering innocent Psalm 26
- Marry to avoid immorality I Corinthians 7:1-10
- Forgiving those who wrong us Matthew 6:9-14
- We comfort others because we were comforted II Corinthians 1:3-11

Lesson 3

- Keep good company: 1 Corinthians 15:33
- Abstinence: 1 Corinthians 6:15-20, 1 Thessalonians 4:3-8; Romans 1:23-25;
- Self-control: 1 Corinthians 10:12-13
- Dangerous women: Proverbs 7:1-27; Ecclesiastes 7:26
- Dressing modestly: 1 Timothy 2:9-10
- Flee from lust: 2 Timothy 2:22

- Dangerous men: 2 Samuel 13:1-22; Genesis 34
- Keeping pure: Psalm 119:9-11
- Don't join Christ to a prostitute 1 Cor. 6:15-20

Lesson 4

- Those who die may live again: Ezekiel 37:1-13
- Justice for orphans and widows: Deuteronomy 24:17-22, 27:19
- No discrimination: James 2:1-12
- Struck down but not destroyed: 2 Cor. 4:7-8, 16-18
- Welcoming children is the same as welcoming Jesus: Mark 9:33-36
- Hope in the resurrection 1 Corinthians 15:35-44, 53-56

Lesson 5

- Teach others: 1 Timothy 2:20
- Remember God's goodness: Deuteronomy 6:7-9
- Learning and Instruction 1 Thessalonians 4:3-8

Papa's Body Continued

Scene 4 Papa gets tested and starts ARVs

- **Facilitator:** Suppose we go back to when Papa first began to get very sick.
- **Actors:** Three more people wear labels saying 'ARV'. The previous actors are also there. The Facilitator prepares three more labels saying HIVx.
- **Facilitator:** Papa is having trouble getting well from his sicknesses. He goes to the clinic for an HIV test and learns that he is HIV positive.

- **Actors:** The three HIV move around in the circle that represents Papa's body. So do cold, diarrhoea and TB. Two white blood cells sit on the ground inside the circle and one is standing up.
- **Facilitator:** The nurse gives Papa some medicines called ARV (antiretroviral) and he starts taking them every day.
- **Actors:** The three ARV enter the circle.
- **Facilitator:** The ARVs keep the HIV from multiplying. Papa's body begins to make new white blood cells. He also eats healthy food, and if he gets sick, he goes at once to the clinic for treatment.
- **Actors:** The three ARVs hold the three HIV by the arms. The white blood cells stand up and throw out the sickness germs.

Scene 5 Papa stops his ARVs and gets sick again

- **Facilitator:** Since Papa begins to be stronger and doesn't feel sick anymore, he gradually stops taking his medicines.
- **Actors:** The ARVs leave the body.
- **Facilitator:** Now the HIV changes its form. It becomes even stronger than before. We will call this stronger form HIV.
- **Actors:** The Facilitator exchanges the three HIV labels for HIVx.
- **Facilitator:** Papa begins to get sick again.
- **Actors:** The HIVx attack the two white blood cells who fall to the ground. The sickness germs enter the circle. The one white blood cell left cannot throw them out.

- **Facilitator:** Papa begins to take his medicine again, but this time it doesn't work. The new form, HIVx resists the ARVs that Papa took before. He regrets that he stopped taking his medicine. Finally Papa dies.
- **Actors:** The ARVs enter the body again, but can't hold the HIV back. The sickness and HIV germs dance around and make the sign of victory.

Game-Reaching the island/village of our hopes -

Step 1: Facilitator says: Think of something you really want in your life, something that you want to be different 5 years from now. Can someone tell us what they want to be different? (Participants answer).

(Facilitator draws 5 pictures; 1 island/village, 2 crocodiles and 2 hippos. He puts the island/village on the floor about 3 meters away leaving an open space.)

Facilitator says: Look at the picture of the island/village. It stands for the things you want in your future. To get to this island/village we must cross the river/lake. The water stands for the years of our lives. When crossing the water we must not fall in, there are dangers there like crocodiles and hippos. (Facilitator puts crocodiles and hippos in open space on the ground.)

Facilitator says: How can we cross the water without fall in? We need a bridge.

(Facilitator draws the first plank of a bridge on the ground. It has two parts a straight line and a dashed line like in the picture below.)

Facilitator says: To reach this island/village you have to cross this narrow bridge by walking toe to heel. It is easy to fall off. (The facilitator demonstrates how to do it and deliberately falls off.)

Step 2: Facilitator says: Who can do better than me? (Participants try to cross the bridge. If a participant reaches the island/village, everyone applauds and the person says, "Yes I Can!")

Step 3: Facilitator says: Now those who have fallen can cross the bridge with two planks. (The facilitator draws a second plank represented with a narrow zigzag line. Facilitator participants who fell before cross easily now.)

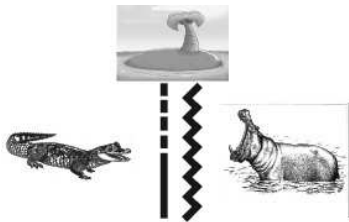
Step 4: Facilitator says: What do you think the island/village, animals and bridge might stand for? (Participants answer.)

The island/village stands for the goals you have for your life, what you want to do, what you have and the kind of person you want to be. Maybe it is going to school, being a successful farmer, getting a good job, becoming a pastor, getting married or having children. In your life what does the island/village symbolize/stand for? (Participants answer.)

The crocodiles and hippos stand for the problems and dangers that we encounter in life, including diseases such as AIDS. These dangers could stop us from reaching our goals and dreams. What are the dangers in your life that could keep you from reaching your goals? (Participants answer.)

The planks of the bridge stand for ways to avoid these dangers so we stay healthy and achieve our goals in life. The straight line of the first plank stands for abstinence that is not having sex at all until you marry. The dashes stand for being faithful that is only having sex with your husband or wife once you get married.

But crossing the bridge with just one plank can be hard so we will need help. The second plank with the zigzag line stands for other kinds of help we can get to reach our dreams. If we or our husband or wife have already fallen off the first plank and gotten HIV, then the second plank can include using condoms to prevent further spread of HIV. It is better to use condoms than risk either getting or spreading HIV. Do you agree? Why or why not? (Participants answer.)



Step 5: Facilitator says: What else can help you cross the bridge safely? The second plank also stands for other the kinds of help we can get from family, our church and our community.

- Tell others your goals for the future so they can encourage/support you.
- Join a group of people who will encourage you to make good choices.
- Say no to friends who pressure you to drink alcohol or inject drugs, it is hard to make good choices when you use them.
- Say no to friends who pressure you to have sex.

- Get tested for HIV and treated for other sicknesses that you get from having sex.

Step 6: Facilitator says: Think about Kande or her brother Jumoke at the beginning of the story. What do you think were her or his goals for life? Did they reach them? What were the dangers they met on the way? How did they avoid those dangers?

Now close your eyes and think of your own goals for life. Make a list of the things you need to change in your life so you can reach your goal. Begin to do them today.

(Picture of games, shows island, animals to either side of bridge in open space, bridge that has one narrow plank in two sections represented by a straight line and then dashes and a second plank drawn with zigzag lines. The bridge should almost touch the picture of the island/village.)

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