

Listening

PARENTS GUIDE



For parents of children 7 to 12 years

HOW TO TALK

WITH A YOUNG CHILD

About Forming Good Behaviors To Prevent Hiv/aids:

1. Find a private and comfortable place (such as in the house after dinner at night) to talk one-to-one with each child.
2. Start by chatting with the child about any topic. You may start with nonsense topics. Eventually, ask the child if s/he has ever heard of the killer disease HIV/AIDS.
3. If that is difficult, show the child this guide and read on of the questions to the child.
4. Advise the child on the points in the guide.
5. Ask questions to see if the child understands.
6. Allow the child to ask you questions.
7. Agree with the child about specific actions she or he and you will try in the next week. Then, the next week discuss how well you and the child were able to do the actions. If there were difficulties, try to solve the problem in another way.
8. Always tell the child how much you love and care for her or him. Children want to please you when they hear nice things! Tell her or him that you advise to show your love and protect her or him from this killer disease.



QUESTIONS

To Ask & Answer For Your Young Child

What is HIV/AIDS?

There is a disease killing our communities. This disease is called AIDS. It is technically called HIV/AIDS. This is because HIV is a virus that gets into a

person's body and destroys their immune system (their ability to fight off illness). Eventually, it becomes AIDS.

You can have the virus HIV for many years without people knowing it. You might not know and others cannot see. When the virus develops into AIDS you become very sick. This is because the immune system can no longer fight off disease-causing organisms such as bacteria and viruses.

Medicines can treat the early illnesses that develop because of the virus, but there is no cure.

How can the virus that causes AIDS infect a person?

The virus is found in body fluids such as semen and blood of an infected person. There are many ways the virus can be transmitted to another person. The most common way is through unprotected sexual intercourse.

The virus can also be passed through sharing needles or razors with an infected person (such as through blood transfusions, injections, circumcision). The virus can NOT be passed through sharing utensils, sharing clothes, touching, shaking hands, sitting with, hugging or kissing an infected person. Mosquitoes can NOT pass the virus.

It is important to know these things because everyone should show respect and care for people infected with AIDS. They have an illness, don't feel well and need everyone's support. You can safely play with infected people, go to school with infected people, eat with them and still be a good friend and neighbor.

What are the signs of AIDS?

When a person has the virus (HIV positive), they do not show any signs of illness. In fact, infected people look quite healthy. Therefore, it is NOT possible to identify a person with the virus. An infected person can only know if they have the virus through a blood test at the hospital. This is very important to know because a person with the virus can still pass the disease to other people if they have unprotected sex.

When the virus develops into AIDS, a person gets very sick. S/he can suffer from different diseases such as diarrhea, pneumonia, tuberculosis and body sores (shingles). The person often loses a lot of weight.

How can a person avoid AIDS?

Abstain from sex until marriage



The best way to avoid AIDS is to abstain from sex until marriage. Abstinence means avoiding sexual intercourse. If it is not possible to abstain until marriage, then children should abstain until 18 years old. Once married, the husband and wife should only have sex with each other.

Abstaining from sex will help children stay in school and perform well in school by avoiding pregnancy and diseases. This will help to give children a brighter future.

You should know that hearing or seeing sex does NOT mean you should practice it. People - even children - need to control their feelings. You can feel or see something and not act on it. It is a sign of growing up.

Talking about sex

seriously will make children fear and delay sex; it does not make them practice sex.

Avoid risky situations

To abstain, children must avoid dangerous situations. This means that they should not play outside at night without being watched. ▢Parents, arrange alternative entertainment for children at night or supervise them closely.

Children should never go to the shops at night. ▢If possible, parents, do not send children out at night. If children have



to go, they should go in daylight.

Children should never be allowed to stay alone with an older person who is not their parent. Relatives, houseboys, and even friends cannot be trusted with children. Don't you're your child's life for any relationship.

Children should not take gifts from anyone. Money or gifts are often used as a way to entice children to do bad things.

Children should know that no one should touch their private parts.



Practice safe use of sharps

It is also good to avoid sharing needles or razor blades with other people. Bring your own syringes to the health center and razors to the barbershops. Do not even share with family members.

