Youth Empowerment on HIV/AIDS Prevention

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- Founder and executive manager of CAP
- Designer of SHEP model
Demography and National AIDS response

- Population: around 75 million
- HIV+ = 27,000
- Estimate = 90,000
- Young people with HIV: 56% of 27,000
- 10 strategies:
  1. IEC
  2. Blood Safety
  3. VCT
  4. Harm Reduction
  5. Preventing Sexual Transmission
  6. Managing Sexually Transmitted Diseases
  7. Counseling, Treatment and Care for PLHIV and their families
  8. Support and Empowerment
  9. Epidemiologic Surveillance and Data Management System
  10. Strengthening Infrastructure

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NGO

- Established in 2003
- Currently 10,000 members and volunteers
- **Aim:** capacity building and empowerment of the youth
- **Method:** by developing an effective education initiative for HIV prevention for the youth: **Systematic comprehensive Health Education and Promotion model (SHEP)**
- **Way ahead:** using capacity generated by the youth to address other health issues
Global experience has shown that collaboration of communities and health authorities will result in significant achievements in HIV control.

One of the feasible methods is connected empowerment and capacity building of health volunteers and health personnel on HIV/AIDS prevention.
10,000 CAP Trainers were Trained in more than 100 workshops during 5 years
Trained youth organized about 150 awareness raising sessions/classes
Approximately 1,500,000 people educated
IR Armey

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Teachers & School principals

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Governmental & Nongovernmental Orgs
Speak out loud campaign on HIV prevention
Traditional folkloric theater on HIV prevention
Trainers reach to marginal populations by outreach programmes
CAP trainer package include:

- Bag
- Slides book
- Instruction book
- CAP trainer cover
- Transparency slides
- Data CD
- Laser pointer
- Cap forms

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Using web as a new way of management and training

Web site facilitates:

- E-learning
- Accessible educational materials
- Multimedia forums
- Online counselling
- Useful links
- CAP volunteers networking
- Project management
How to train trainers?

3 Types Training workshops: TOT, TOS, TOP

Day 1

1 week interval

Day 2

Life long

Participants Practice with Trainer support

Participants present their knowledge and skills in Training exam,
Learning by teaching
Criticize by other trainees
Amend their faults
Promote their skills finally:
Trainers Receive certificates

TOT workshop

TOS workshop

TOP workshop

SES

PES

Public

Health promotion interventions by:
Peers (PES)
Health staffs (SES)
As trainers

3 Types Training workshops:

TOT = Training Of Trainers
TOS = Training Of Health Staffs
TOP = Training Of Peer educators

2 Types Public access:

SES = Staff to public Education Session
PES = Peer Education Session

Trainer and Participants:
(PEERS / Health staff)
SHEP model description,
Educational skills
Communicational skills
Related health subjects:
(HIV/AIDS...)
Training according instructions
Activity Network Diagram of CAP training

TOT = Training Of Trainers
TOS = Training Of health Staffs
TOP = Training Of Peer educators
SES = Staff to public Education Session
PES = Peer Education Session

Country level  Provinces level  District level

Cascading trend
How trainers access to community?

Instructional technology
- Behavioral modifications,
  Including:
  3. improve 3 level of public health literacy (basic, interactive, critical) about health topics
  4. SHEP model trainers toolkit:
     a. Four techniques:
        - Advocacy
        - Social marketing
        - Campaigns
        - Social mobilization
     b. Seven skills:
        - Wide & zoom assessment
        - Audience segmentation
        - Bonding & bridging
        - Tailoring
        - Driving & monitoring
        - Healthy by choice
        - Farm harvesting

Distance education (E-learning, Mobile health)

Community
  SES
  Campagn Social mobilization
  PES
  Social marketing
  SHEP model classic education
  Counseling
  Demonstration
  Group discussion
  Story telling
  Lecture
  Colloquy
  Role playing
  Conceptual health EXPOs
  Stake holders
  - Gate keepers

Feedback - Amend
SHEP model

4 Techniques and 7 Skills

Advocacy
Social marketing
Campaigns
Social mobilization

Wide & Zoom assessment
Audience segmentation
Bonding & Bridging
Tailoring
Driving & monitoring
Healthy by choice
Farm harvesting

SHEP model Trainers Toolkit

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Other educational methods:

Spiral HIV prevention EXPO for the youth

1 trainer for each 5 stands

Small focus group discussion

Final panel

Break time

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This experience extended to address other issues

- Influenza
- Eltor (vibrio cholerae)
- Diabetes
- Oral health
- Pregnancy care
- Cardiovascular diseases
- Syndromic surveillance system

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Empowered young people

- Care provider
- Decision maker
- Communicator
- Community leader
- Manager
Together we are stronger