



**Sakhisisizwe Training**

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# HIV/AIDS Peer Educator Training Course – 3 Days



## HIV/AIDS PEER EDUCATOR

*This course is accredited by Seta and covers unit standards 8555 at NQF level 4 252033 at NQF level 5 worth 8 credits TOTAL 12 credits*

### 3 Day course

#### Overview

The training course is presented together with, group activities and individual questionnaires. Course content covers the knowledge and skills, as well as attitudes necessary for effective HIV/AIDS management.

#### COURSE OBJECTIVES

This course has been developed to enable staff members or trainers who are interested in HIV/AIDS to spearhead the growth of awareness within their respective organisations. Peer educators are trained not only to be compassionate in their implementation of HIV/AIDS projects, but also effective in terms of skills and methodologies. They will also be encouraged to create safe and trustworthy contexts within which people infected or affected by HIV can find help and direction. Peer educators will be trained in to manage colleagues in a sensitive, professional and appropriate manner. They will develop leadership and conflict resolution skills.



## Session1: The HIV/AIDS Pandemic

- The meaning of awareness
- Sexuality
- Knowledge questionnaire
- Identifying the personal, family, community and workplace impacts of the HIV pandemic
- What is HIV/AIDS?
- History of the HIV/AIDS pandemic
- Transmission of HIV

## Session 2: How one becomes infected with HIV

- Risk identification questionnaire
- Unsafe practices
- How not to get AIDS
- HIV myths
- Stages in the development of HIV/AIDS
- HIV- gender, culture and attitudes
- Stigma and its consequences



## Session 3: Living positively with HIV

- Knowledge is power
- Treatment and lifestyle options
- Anti-retrovirals and how they work
- Access and distribution of ARV's
- Getting to know your local provincial hospitals and procedures for accessing ARVs
- The effects of ARVs on a person
- Accommodating people on ARVs within the workplace
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- TB and STI's
- HIV and diet

#### Session 4: The role of the Peer educator

- Facilitation skills
- Understanding codes and the use of codes in training events
- Planning and preparing educational events
- Guiding problem solving sessions
- Training programme evaluation
- Training and counselling



#### Session 5: Counselling, Testing and Treatment

- Counselling people with HIV/AIDS
- Counselling techniques
- Counselling family members and children
- Referring HIV infected individuals for further counselling services
- Managing HIV/AIDS as a normal chronic disease

#### Session 6: Managing HIV/AIDS issues in the workplace

- Rights of individuals living with AIDS
- Rights of employers
- Privacy and confidentiality
- Discrimination in the workplace
- Stigmatization
- Workplace policies
- Accommodating sick employees and company medical incapacity policy
- Impact of Aids in the workplace

