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THE SCIENCE OF IMPROVING LIVES



ASPIRES

Skills-based, Participatory Training for HIV Risk Reduction among Youth

To adopt healthy sexual behavior, young people need to have accurate information (key facts), opportunities to consider how this information applies to their lives (values and attitudes) and to feel good enough about themselves to think that they are worth looking after (self-esteem). They also need the skills to act on their new understanding, in a way that is consistent with their knowledge and values.

Our Experience

Well-designed HIV prevention education programs can engage youth and have a positive impact on their attitudes and behavior. ASPIRES and its partner, HETTAS (Health and Education Training and Technical Assistance Services), have developed Vhutshilo 2 (the Venda word for “life”), a skills-based, participatory HIV prevention education curriculum for adolescents ages 14 to 18. It is designed for mixed groups of boys and girls, but can also be used for girls alone. USAID implementing partners in South Africa have rolled out Vhutshilo 2 to approximately 10,000 adolescent girls and young women participating in DREAMS. Vhutshilo 2 is complemented by separate training curricula focused on children ages 10 to 13 (Vhutshilo 1) and HIV-positive adolescents (Vhutshilo for Positive Youth). As young people rarely can apply new information in their lives after an isolated discussion, Vhutshilo 2 provides 16 sessions where the same group has opportunities to build their confidence, knowledge and skills over time—increasing the likelihood for long-term behavior change. Vhutshilo 2 is designed to be integrated with economic strengthening trainings developed by ASPIRES to address financial capabilities, employability skills, entrepreneurship, and skills necessary for accessing tertiary and vocational education opportunities (see the one-pagers “Strengthening Financial Capabilities among Youth” and “Building Youth’s Skills to Engage in Employment, Entrepreneurship, and Education”).

ASPIRES Offers:

- Rigorous evidence-based updating of existing HIV prevention education curricula.
- Adaptation of Vhutshilo 2 to specific national, regional and local contexts.
- Support for the design and implementation of Training of Master Trainers courses in Vhutshilo and other HIV prevention education curricula, coupled with guidance to partners on how to mentor and supervise community facilitators to deliver the curriculum to vulnerable youth.
- Support for M&E to guide programming and assess the impact of a HIV prevention education curriculum.

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Vhutshilo 2 Session Outline

1. Making Our Space
2. How does it feel: What to do with the feelings inside?
3. Who can I run to? -- Finding support around us
4. Self-talk: Making decisions at difficult times
5. With a little help: Dealing with grief and loss
6. Deal with it: Coping without drugs and alcohol
7. Standing up or standing by: Gender violence in our lives
8. From sweet to sour: Unhealthy dating relationships
9. What’s love got to do with it? – Having healthy dating relationships
10. Getting serious: Understanding STIs, HIV and AIDS
11. Safe with one or none: Staying safe in sexual relationships
12. Say what? – Negotiating safer sex or no sex
13. Say It Like You Mean It
14. Know your methods: Avoid the risks of teen pregnancy
15. Then what? – Unplanned pregnancy
16. What did we learn: How will it change our future?

Contact Us

To learn more about how ASPIRES’s expertise in HIV prevention education for youth can benefit your programs, contact Mike Ferguson, ASPIRES Project Director (mferguson@fhi360.org), or our AOR, Colette Peck (cpeck@fhi360.org). You can find out more about ASPIRES at: <http://bit.ly/1rwRue3>.