

FREE TO GROW

Positive Living

Experts agree that HIV/AIDS is more than a health issue: It is a lifestyle issue. Just as publishing health warnings on a cigarette packet does not stop people from smoking, so merely providing people with information on HIV/AIDS does not succeed in changing sexual behaviour.

The approach to HIV/AIDS education should go beyond the transfer of knowledge and information regarding HIV/AIDS and the prevention thereof. It should address **attitudes and perceptions regarding life, sexual behaviour and life choices** so as to not only **address the symptoms**, but also the **causes of the problem**.

Positive Living aims to help people who are not infected to:

- * Understand the risk of HIV/AIDS in relation to their own lives (instead of believing that "it will never happen to me").
- * Make positive choices to ensure that they remain HIV negative.

The program also addresses the needs of people who are HIV+ by helping them to deal with the disease in a positive way. It breaks down stereotypes and prejudice against people who are HIV+ and so creates a more understanding environment in which they experience less rejection and more support.

Benefits

Cutting edge learning methodology:

We are not health or medical specialists; our edge lies in developing and presenting learning programmes proven to change attitudes and behaviour long term. Positive Living breaks away from the standard one way presentation on HIV/AIDS. Instead it offers learners a fresh, stimulating and highly engaging process that challenges perceptions on a deep level. The learning methodology is innovative, utilising a wide range of experiential learning methods. Visual metaphor forms mental pictures that make technical subjects easy to understand, digest and remember.

Simplicity: None of the theoretical content of the programme is new; it is rather a consolidation of the best information, from many different sources, into a simple and accessible format with lasting impact.

Flexibility: The programme content and methodology can be adapted to the needs of different target groups. It can also be presented in the vernacular if required.

Positive learning environment: The programme is presented in a safe, non-threatening small group environment by passionate and skilled facilitators. This contributes to creating a high level of openness in the group that encourages the participants to discuss sensitive issues freely.

Alignment to the NQF: The course is aligned to unit standard 8494 (Demonstrate an understanding of HIV/AIDS and its implications) on NQF2 and has 4 credits.

"I chose Free To Grow as I was looking for something with **interaction and experiential learning**. It is also important to us that Positive Living is aligned to unit standards.

I love the way the whole programme is structured, the topics that are covered and that employees can be trained in their mother tongue."

Nana Mkwahanazi
Human Resources Specialist,
Polokwane Brewery, SAB

"We value the fact that Positive Living is highly interactive and uses a **fresh approach** to HIV/AIDS education. Free To Grow does not have a 'take it or leave it' approach. Their flexibility and support to meet our needs resulted in a **logistically feasible and very meaningful intervention**."

Ilsa Botes
Group Employee Development
Manager, Barloworld Motor.



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Programme Overview

1. The nature of HIV/AIDS: the difference between the two
2. The stages, signs and symptoms
3. How the infection is spread: exploring myths and making sure of the facts
4. The role of STIs: what they are, how they increase risk of infection and how to treat them
5. Identifying your own risk of being infected
6. How HIV/AIDS affects the individual, the family and the community
7. The implications of HIV/AIDS in the organisation
8. How to prevent being infected: the ABC approach, exploring the appropriate option for the lifestyle you choose and understanding the consequences
9. Testing: pro's and con's of knowing your status, where to get tested and what is involved in testing
10. Living with HIV/AIDS: the role of the body, the mind and the spirit
11. The rights and responsibilities of people with HIV and AIDS
12. How to support people with HIV/AIDS.



Duration

Option 1:

A half-day, focusing on what is HIV/AIDS, how it is spread and how it can be prevented.

Option 2:

A full day, also addressing living with HIV/AIDS and supporting people with HIV and AIDS.

Group Size

A maximum of 20 participants per workshop to ensure individual attention and maximum opportunity for individual participation.

“A highly recommended training course that explains basic principles of HIV/AIDS.

The content is easily understood by various levels of employees and helps them to deal with the horror of the disease in a positive manner.

This course assisted many Pres Les employees with their fears and prejudices surrounding the incidence of this disease.”

Roy Kemmis-Betty
Company Secretary, Pres Les

“Positive Living has definitely had the effect on our staff we hoped for. Many have now requested us to arrange testing for them.”

Suraya Samuels
Training Officer, STOPAK

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Services Seta (Decision
number: 0101)**

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