



AWAKE GROUP

Prevention and Protection from HIV/AIDS

P.O. BOX 119 - Karungu 40401 - Kenya

MOBILE N°. 0736-937839

www.karungu.net

PROJECT TITLE: **PREVENTION AND CONTROL OF HIV/AIDS**

PROGRESS REPORT: **3rd ANNUAL REPORT**

PERIOD COVERED: **OCTOBER 2005 SEPTEMBER 2006.**

INTRODUCTION:

The team is one of the projects in Migori District that is doing prevention and control of HIV/AIDS and life skills to both youth in and out of school. This has been enhanced much to youths since they can change from the past easily and as well they are not involved much with the tradition, cultures and beliefs. Even though a behavior cannot be achieved within a day, a lot is being carried forward by the team and with collaboration of other institutions although they are not many. Nearly 30% of the school within Karungu division have been mobilized and almost every school is looking forward for the training the peer educators even though some have been conducted. The teachers in charge of the clubs formed in schools have been trained and this created a very good relationship simply because some teachers at past could reject our programme and some claim they know more about HIV. After the training some have ended up forming peer tutor clubs whereby now every teacher from each stream is in charge of the club and is to offer guiding and counseling and emphasis on prevention education in drama, songs, debate and theatre presentation to the entire school. This has been achieved to some schools who always consult our team now and then.

It has been found that in Kenya just like in other sub-Saharan countries the prevalence rate is going down 7% but along the lake shores it is still high with both women and girls being more vulnerable. About 75% people become infected through heterosexual contacts and mostly are due to poverty, ignorance, lack of proper communication skills in the community. About 65% of the youths out side schools have more information on HIV/AIDS but they face different problems whereby they end up making poor decision which affect there future very much if not helped on time.

BACKGROUND:

Most of people nearly 90% are aware that the virus exists and how to avoid its infection is a dilemma that surrounds most of them. It has been realized that most of the youths involve themselves in to risk behaviour when they are still young. Following the information brought down home by the youths has led many people to come to know their HIV status. Being that there is no cure for HIV/AIDS, youth have made full respect to their bodies by practicing

abstinence before marriage. Through prevention team many youths are willing to know their HIV status and this has forced us to do training for two days and offer V.C.T to the selected peer educators and then the entire school pupils, teachers and parents. Most of the people who could not get tested during the training session were promised to turn back even during World AIDS Day whereby the testing is free for everyone who is willing to know his or her status.

PROJECT'S ACTIVITIES IMPLEMENTED

Some of the activities implemented includes; **contact, sensitization, peer group formation, training, mobile V.C.T, follow up and retraining.**

Contacts and sensitization

The team approaches the school administrators and school staff. Through this they learn to know the prevalence rate and its current situation at national level, regional and provincial levels, its serious population groups with highest infection rates and risk behaviours. We also encourage and support them to initiate action plan prevention in their immediate environment, which will ultimately and directly benefit them if their pupils are aware of this serious problem of AIDS and avoid risk behaviours.

All the primary school head teachers have been contacted as well as collecting school data i.e. number of boys, number of girls, number of teachers and number of orphans both partial and total orphans. Out of statistic $\frac{3}{4}$ of the school pupils are orphan and about 40% of them drops out of school due to poverty. Statistically many teachers in school are men and most of the young girls in school get it difficult to share with the male teachers i.e. during menstruation they feel shy while requesting for permission while attending. It was also found that most young girls gets pregnancy at an early stage whereby most discontinue with their education and some get married at early stage. During mobilization we select the 25 peers who are actively participating and have courage to discuss with other pupils. After selecting, we gather them and they can decide on the name of their group and the school administration plus the teacher in charge are to negotiate when to perform the training and mobile V.C.T. During school contact many school administration responded poorly and this encouraged us to gather about fifteen teachers at once and offer training.



Group formation

In most of the schools we have been selecting from age 10 and above in upper classes. The already selected members have right to change if unwilling and replacement is done immediately. Those who qualify are to do pretest that measure how much they know and also help us to plan additional topics before the training. The 25 peers are offered with training materials and other pupils also show interest of joining the club.

Training for the peer educators

The team has managed to train 16 schools within the division and is in the table behind. The first schools trained participated well and many have already started performing dramas, poems, songs etc. The two days are allocated for training and the last day for mobile V.C.T whereby most of the pupils and adult turn up fully. The team realized that one can decide to abstain from sex and have good information on how to prevent but without knowing your status first it can be useless simply because you can be infected and start abstaining then decides to get married and after V.C.T result you get disappointment without realizing where the problem was. The time allocated in most schools was from 2.00pm up to 5.00pm and for V.C.T was from morning until we finish. The training provides knowledge and understanding on HIV/AIDS. The training adopts a participatory and holistic approach through group discussion, sharing views and options and questions on an equal basis.

Training for the school pupils is done during school days, for the teachers during holidays and for the youths outside school is done towards end term when the school pupils are preparing for exams. At the end of the term three all trained schools are invited to participate during world AIDS Day. This has been effective due to collaboration with other stakeholders and competition from different schools.

Despite the fact that HIV is a killer disease this does not scare many youths and that is why in one of the school where we conducted training we found one boy with 10 girl friends and he is always number one in class. This has enabled us to expand our lessons and interfere with peer's personal life and access risk behaviour that they might be involved in. Also in one of the school we trained there was a case of a school girl who was raped by her relative and she realized late she have contracted sexual transmitted disease and since it was a family issue the mother who is a widow decided not to sue the man. This has been psychological problem to her but she shared with us and the teacher in charge of the programme was also seeking assistance for the young school girl. Through these peer educator groups and action plan, HIV/AIDS prevention will be extended further to their immediate friends and family members.



LIST OF THE SCHOOLS INVOLVED IN MOBILE V.C.T

NAME OF THE SCHOOLS	N° TESTED	BOYS	GIRLS	NEGATIVE	POSTIVE
Kogore primary school	33	12	21	31	2
Wachara primary school	47	26	21	47	-
Alendo primary school	21	9	12	21	-
Bondo kosiemo primary school	44	26	18	44	-
Kaduro primary school	56	24	32	56	-
Orore primary school	39	19	20	39	-

Training for the peer tutors

The team has managed to train atleast one teacher from each school in the Division. We started with a group of 13 teachers during April holiday and the other group was trained on August holiday with 21 teachers. All school teachers representative were invited but the respond was not much effective. The workshop was for three days and various topics were covered. Some of the topics covered includes: facilitation skills, fact about HIV/AIDS, prevention, sex and sexuality, important of V.C.T, care and support to PLWHAS, opportunistic infection, treatment preparation, ARV therapy, life skills and communication skills. Many were happy to know more about reaction of the virus and differentiate between HIV and AIDS. It was a great benefit to those who attended workshop and many requested for additional of more topics especially on guidance and counseling and which should be done frequently. It has been in deep thought to many teachers simply because they have little skills on counseling. After training teachers we have been able to deal with school pupils effectively even though some are still resisting and it has been an entry point for collaborating and networking. The tutors will encourage and support each group of trainees to develop action plan on HIV/AIDS basically aim at initiating prevention campaigns and activities among their fellow workers ,student or community members.



Training at Kopala Primary School

Training youth outside schools

During teachers training, we trained one teacher who is a PTA who is to join university by next year and he act like a youth out side school. Through his effort we have managed to reach our target on youths out side school by mobilizing them and having regular meeting while still waiting to train them. The last meeting we had they shared much on challenges that most youths do face and we could get deep on how we can interact and help them to tackle career problems, decision making skills, communication skills and life skill. Through sharing and assistance of Fr Joseph from Uganda who paid a visit to our institution shortly we were able to tackle some problems. Through coordination and collaboration with Dala Kiye, Awake have called upon all the youth between ages 19 -21 to undergo a technical training on HIV/AIDS for one week on behavial change and communication.

Follow- up

To be sustainable in HIV/AIDS prevention the team have fostered and facilitated peer groups to implement common prevention activities through action plan. The groups were provided with the necessary knowledge, updated information and latest news on HIV/AIDS and risk behaviours to offer even to the entire school, friends, family members and community members to implement their action plan more effectievely and efficiently.

The team has managed to do follow up to the already trained schools and parishes. This is done to know how much pupils have gained from the training and where there is need for retraining. They also share some of the benefits they have encountered which have brought changes for them and the community. Challenges and experience they under go while training the entire schools and some difficulty questions established are also shared.

Co-ordination and networking

Another factor that is very essential in HIV/AIDS prevention is networking among related organisations. Prevention is concerted action and therefore needs co-operation from various concern parties/stakeholders, pupils, students, schools, community leaders, community member agencies and other private organizations.

The team is coordinating with different organization for the benefit of both community members and youths in and out of schools. Some of the organization we are coordinating with includes HAPPEN projects which was initiated from Awake and is doing prevention to both youths in and out of schools but the HAPPEN is targeting the whole Diocese.

ENAMAP is another project which is also dealing with youths in schools by training teacher's representative in some schools who train the youths on how to present theatres. Movement of men against AIDS in Kenya (MMAAK) is also coordinating and networking with us. The team has been collaborate with mission of essential drug supplies (MEDS) who offered opportunities for two people to be trained as V.C.T counselors for one month. Through coordinating with government officers in district level and two people have been trained on Home Based Care.

ACHIEVEMENTS:

- ❖ 14 schools have been trained and six schools has been done V.C.T effectively.
- ❖ Almost all schools mobilized during world AIDS day presented something and those who were interested in knowing their HIV status were able.
- ❖ Fewer obstacles following the donation offered to the project.
- ❖ The already trained peer educators have started mobilizing the rest of the schools and they keep on coming for consultation where necessary.
- ❖ Three people have received technical training and this has enabled them to expand prevention Programme to the whole Diocese and organize training for the volunteers.
- ❖ Change of positive attitude among the youths and community members.
- ❖ All school representative teachers who are helping the peer educators were trained during holidays.
- ❖ Several school pupils have shown good abilities of taking care of themselves.
- ❖ Behaviour change has really been achieved and good relationship between teachers and pupils.
- ❖ Many organizations are now collaborating with us very much and coming up with different ideas of empowering the target group of people i.e. rights for children, micro finance, behavior change and communication.
- ❖ About 35 youths out of schools have been trained on behavior change and communication through an organization known as Save the Children Canada for five days.

OBSTACLES:

- ❖ Poor means of transportation that delays the training
- ❖ Many peers' educators discontinue with the clubs once the join secondary schools.
- ❖ Despite the fact that most of school pupils are orphans they face a lot of problems that are beyond our reach and they look forward much for attention.
- ❖ Shyness and fear while sharing some of the topics.
- ❖ Lack of enough resources to express our interest through media in the country

CONCLUSION:

- New selection of new club members and replacement.
- Those who are beyond our reach we refer them where they can get assistance.
- Active participation is achieved when there are allocated in group work.
- To expand our outreach by next year to even secondary schools.
- In future to get motor cycle to minimise transportation problems.

FUTURE PLANS:

- ❖ The Programme need to expand its training to the whole Diocese of Homa Bay and train schools in Migori District.
- ❖ Organize for effective mobile V.C.T services by collaborating with MOH
- ❖ Organize for educative entertainment to the youths to change and be a role model and help in sensitization of both the community and youths. They should do behavior change and communication through video shows
- ❖ Produce and distribute IEC materials and T-shirts to youths and volunteers undergoing the training.
- ❖ To get more refresher trainings that can enable us perform our duties effectively.
- ❖ To expand our outreaches on HIV/AIDS information to companies and enterprises surrounding us
- ❖ Help youths outside schools who encounter different challenges on finance to register with social service and have an account and do some income generating activities to boost their living and the entire community

PROJECT ACTIVITIES ACHIEVED

- Direct contact with the school administration.
- Mobilization and sensitization.
- Group formation
- Training of the peer educators
- Follow ups
- Way forward to the already trained schools.
- Preparation of workplan for the next quarter

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- The organisation is working closely with the project.
- They are supporting us financially and giving out the requirement where necessary.

**THE TABLE BELOW SHOWS ACTIVITY IMPLEMENTED
FOR THE WHOLE YEAR**

Numbers	Targeted schools/groups	Contact	Sensitization	Training	Follow up	Retraining	Action plan
1.	Aringo primary school	X	*	*	X	-	X
2.	Obondi primary school	X	*	*	X	-	X
3.	Sori primary school	X	*	*	X	-	X
4.	Sidika primary school	X	*	*	X	-	X
5.	Kopala primary school	X	*	*	X	-	X
6.	Bondo kosiemo primary school	X	X	X	X	-	X
7.	Alendo primary school	X	X	X	X	-	X
8.	Korore primary school	X	X	X	X		X
9.	Gunga primary school	X	X	X	X	-	X
10.	Agolomuok primary school	X	X	X	X	-	X
11.	Kaduro primary school	X	X	X	X		x
12.	Orore primary school	X	X	X	X	-	X
13.	Rabuor primary school	X	X	X	X	-	X
14.	Wachara primary school	X	X	X	X	-	x
15.	Nyamanga primary school	X	X	*	X	-	X
16.	Lwanda primary school	X	X	X	X	-	X
17.	Nyasoko primary school	X	X	X	X	-	X
18.	God keyo primary school	X	X	X	X	-	X
19.	Not primary school	X	X	X	X	-	X
20.	Bl tezsa complex	X	X	X	X	-	x
21.	Mirogi parish	X	X	X	X	-	x
22.	Nyarongi parish	X	X	X	X	x	x
23.	Tonga parish	X	X	X	X	-	x
24.	Angiya parish	X	X	X	X	-	x
25.	Karungu parish	X	X	X	X	-	x

- x stands for activity done
- stands for activity not done
- * stands for activity done previously

STATISTICS OF THE ALREADY CONTACTED SCHOOLS

Numbers	TARGETED SCHOOLS	No of boys	No of girls	Total	Total orphans	Partial orphans	No of teachers
1.	Aringo primary school	273	286	559	162	283	11
2.	Obondi primary school	121	126	247	45	121	8
3.	Sori primary school	348	384	732	104	254	17
4.	Sidika primary school	236	219	455	98	157	7
5.	Kopala primary school	211	171	382	40	157	8
6.	Bondo kosiemo primary school	262	268	530	272	109	11
7.	Alendo primary school	256	253	509	102	245	7
8.	Kogore primary school	78	53	131	53	82	9
9.	Gunga primary school	200	179	379	25	228	9
10.	Agolomuok primary school	119	109	228	35	64	10
11.	Kaduro primary school	99	92	191	61	72	8
12.	Orore primary school	88	55	143	14	20	6
13.	Rabuor primary school	154	143	297	22	87	7
14.	Wachara primary school	109	74	183	76	92	9
15.	Nyamanga primary school	224	142	366	96	222	8
16.	Lwanda primary school	331	324	655	107	219	16
17.	Nyasoko primary school	67	60	127	13	31	8
18.	God keyo primary school	166	129	295	26	63	7
19.	Not primary school	92	67	159	17	38	9
20.	Bl tezza complex	192	137	329	120	209	10
	TOTAL	3661	3271	6932	1488	2753	185