

# IMBUMBA SKILLS COUNSELLING SESSION



**WHAT IS THIS  
PROGRAM  
ABOUT?**

**HEALTH  
INFORMATION**

**GETTING THE FACTS  
ANSWERING YOUR  
QUESTIONS**

**AUDIO RECORD  
SESSION TODAY**

**EVERYTHING IS  
CONFIDENTIAL**

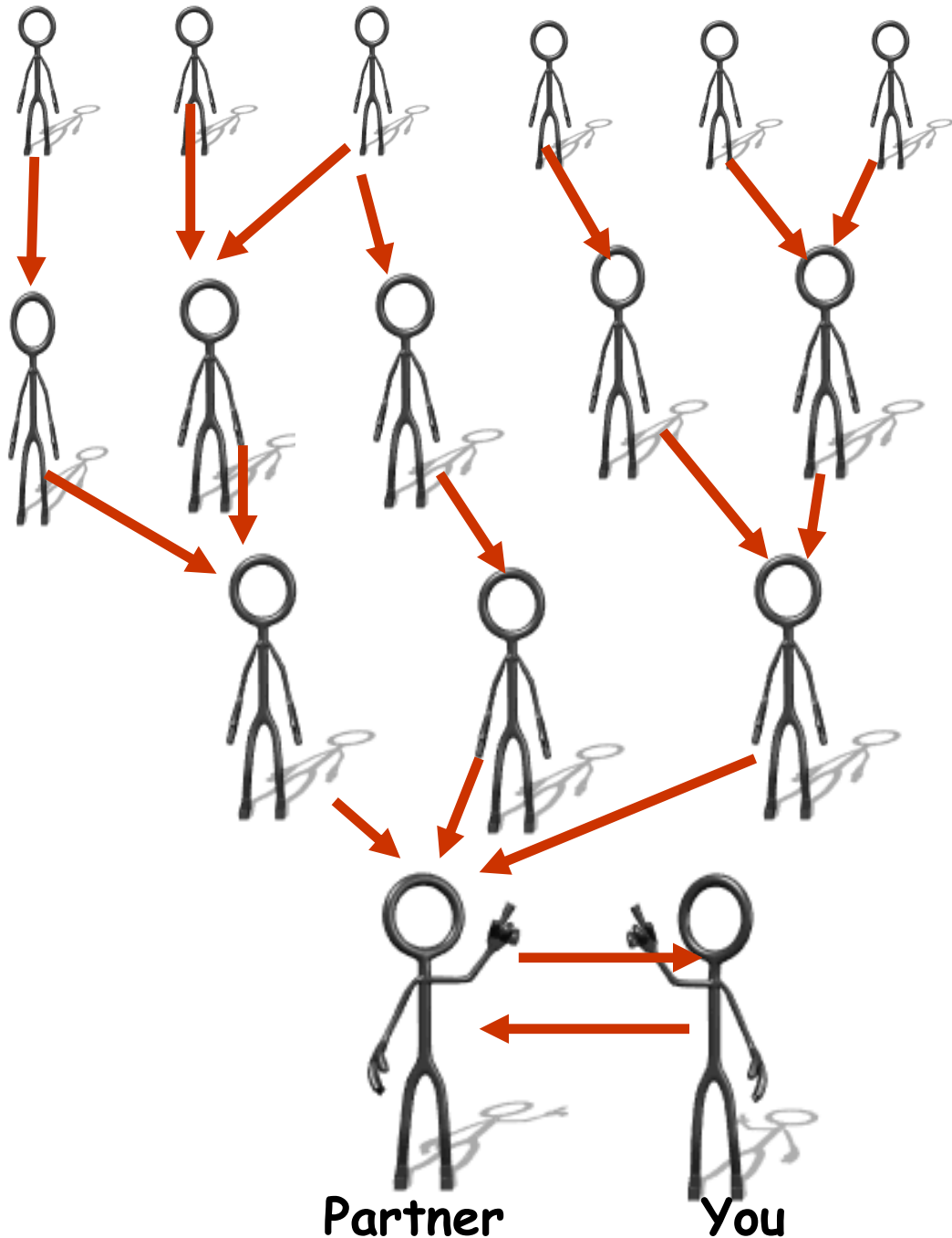
**TELL ME ABOUT YOURSELF**

**DO YOU HAVE  
ANY QUESTIONS?**

**HOW DO YOU  
FEEL RIGHT NOW?**

**WHAT DO YOU  
KNOW ABOUT  
STIS?**

# WHEN YOU HAVE SEX, YOU CAN GET AN STI FROM YOUR PARTNER'S PAST PARTNERS AND ALL OF THEIR PARTNERS



# AN STI CAN HAVE NO SIGNS OR SYMPTOMS





# STIS ARE NOT PRETTY

## Common Sexually Transmitted Infections



### Syphilis (STIs) (Gcushuwa)

Rash, open sore,  
Discharge,  
**Curable**



### Gonorrhoea (Drop)

Discharge,  
pain/burning  
**Curable**



### Genital herpes (Blisters)

Open sores,  
Painful blisters  
**Treatable**



### Genital warts

Painful bumps,  
Can be  
removed  
**Treatable**



### HIV/AIDS

No signs  
**Treatable**

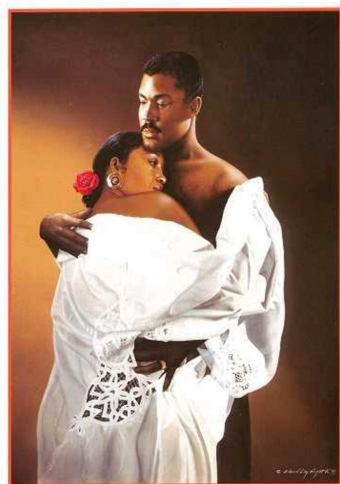




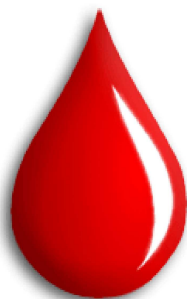
WHAT HAVE YOU  
HEARD ABOUT  
HIV /AIDS?



# You can only get HIV from...



UNPROTECTED  
SEX



INFECTED  
BLOOD



INFECTED  
MOTHER –  
TO - CHILD

# You cannot get HIV from...



**KISSING**



**TOUCHING**



**TOILETS**



**INSECTS**

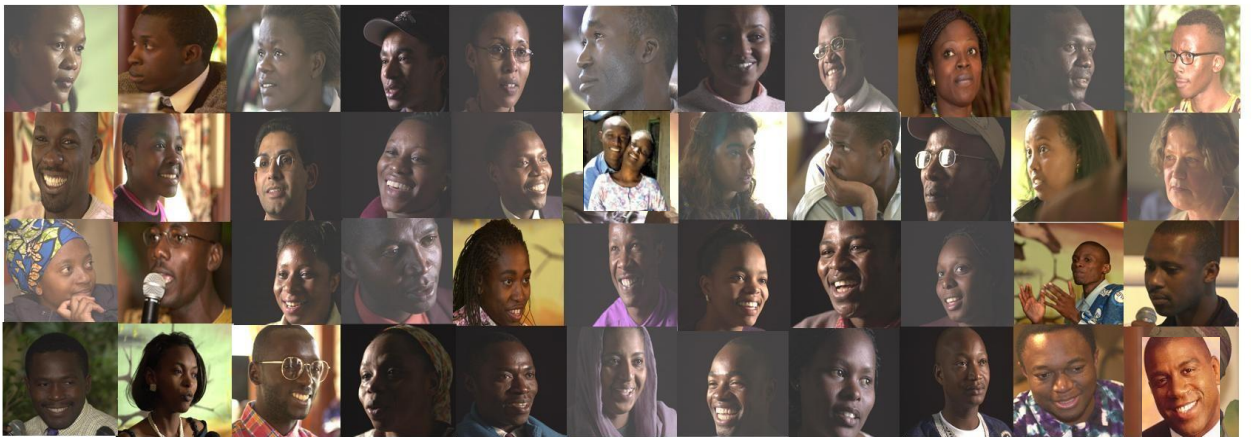


**FOOD**

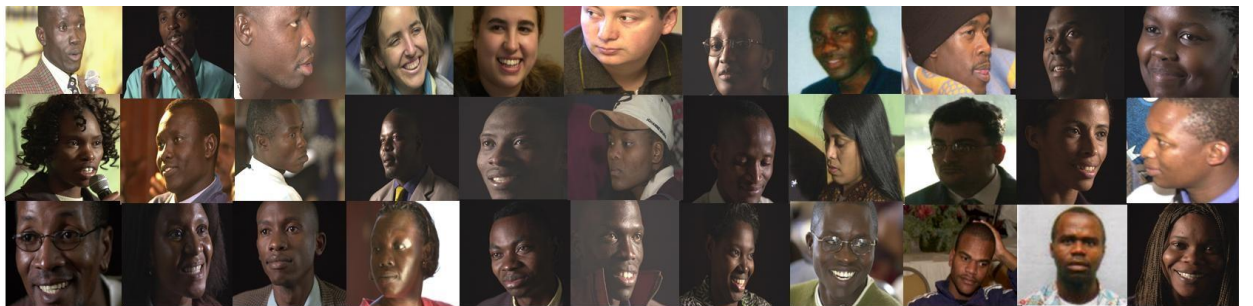


**SHARING UTENSILS**

HOW CAN  
YOU TELL IF  
SOMEONE IS  
LIVING  
WITH HIV?



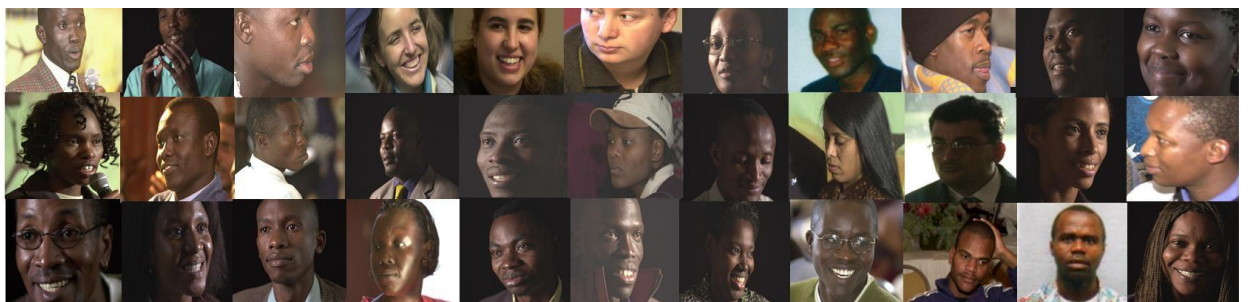
# PEOPLE WHO HAVE HIV-AIDS



ARE JUST  
LIKE



# YOU AND ME



# THE FACTS

❖ YOU CANNOT GET AIDS FROM TOUCHING, KISSING OR SHARING A KITCHEN/BATHROOM WITH A PERSON WHO HAS HIV/AIDS.

❖ MEN CAN GIVE HIV/AIDS TO WOMEN AND WOMEN CAN GIVE HIV/AIDS TO MEN.

❖ PREGNANT WOMEN CAN GIVE HIV/AIDS TO THEIR UNBORN CHILD.

❖ HIV/AIDS ATTACKS THE BODY'S ABILITY TO FIGHT DISEASES.

❖ CONDOMS PROTECT YOU FROM GETTING HIV/AIDS.

❖ CONDOMS BREAK IF THEY ARE USED MORE THAN ONE TIME.

❖ COMING INTO CONTACT WITH BLOOD, INCLUDING MENSTRUAL BLOOD, CAN EXPOSE YOU TO HIV/AIDS.

❖ HAVING SEX WITH A VIRGIN WILL NOT CURE HIV/AIDS.

❖ YOU CAN GET HIV/AIDS EVEN IF YOU ONLY HAVE ONE SEX PARTNER.

❖ WASHING AFTER SEX DOES NOT PROTECT YOU FROM HIV/AIDS.

❖ HIV/AIDS IS NOT CAUSED BY SPIRITS OR SUPERNATURAL FORCES.

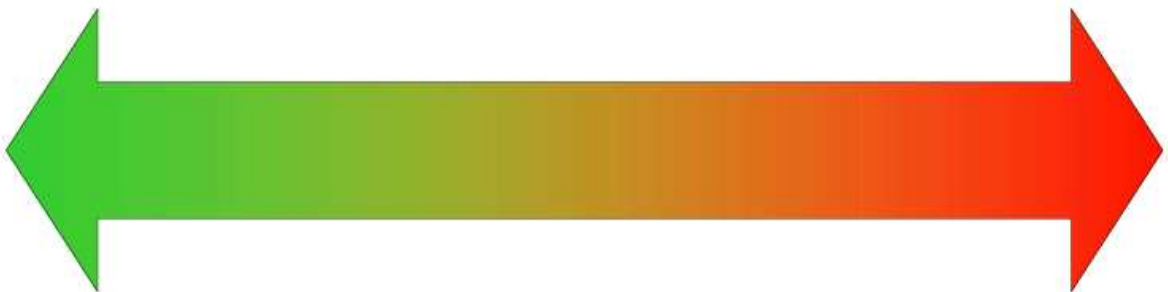
❖ MALE CIRCUMCISION REDUCES A MAN'S RISK OF GETTING HIV, BUT HE STILL NEEDS TO USE A CONDOM TO BE COMPLETELY PROTECTED.

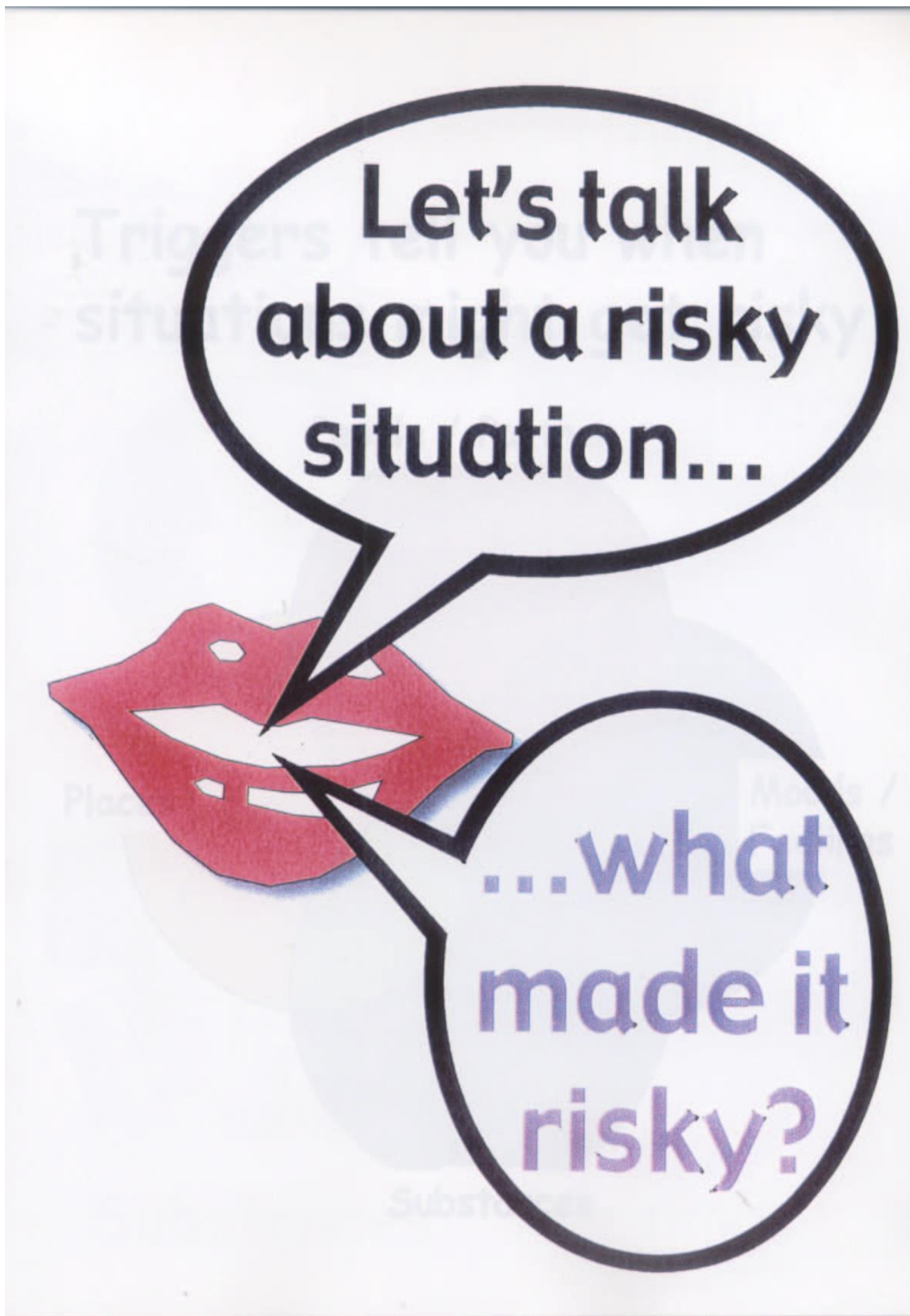
# FIND THE RISK





WHICH DO  
YOU DO?







# TRIGGERS TELL YOU WHEN SITUATIONS MIGHT GET RISKY

## PEOPLE / PARTNERS



## PLACES



## SUBSTANCES



## MOODS / FEELINGS



ONE BIG TRIGGER FOR LOTS OF PEOPLE IS .....

# HOW IMPORTANT IS IT TO YOU NOT TO GET ANOTHER STI OR HIV?



# HOW CONFIDENT ARE YOU THAT YOU CAN PROTECT YOURSELF FROM HIV AND OTHER STI'S?





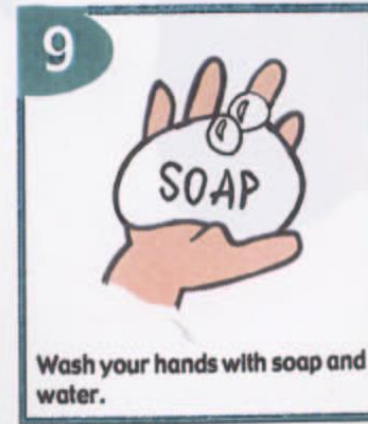
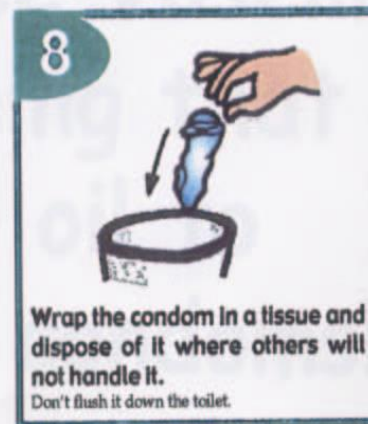
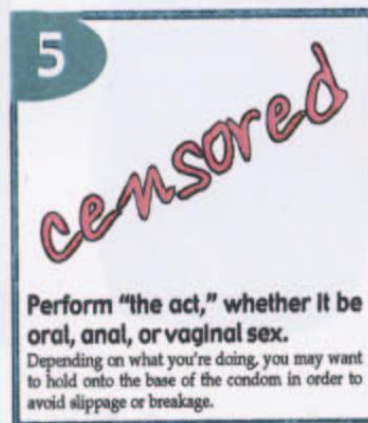
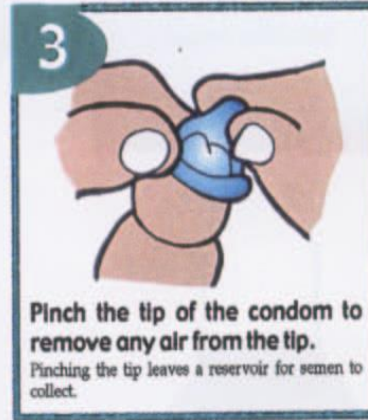
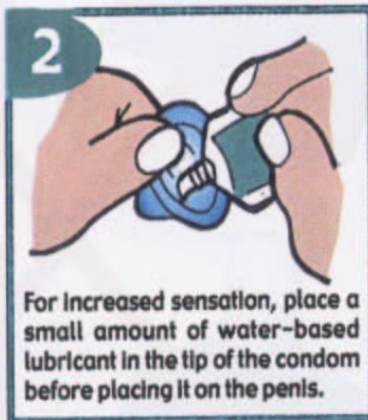
**Have you  
ever used  
a  
condom?**



**How do  
you feel  
about  
condoms?**

# How to Use a Male Condom

Latex is Best!

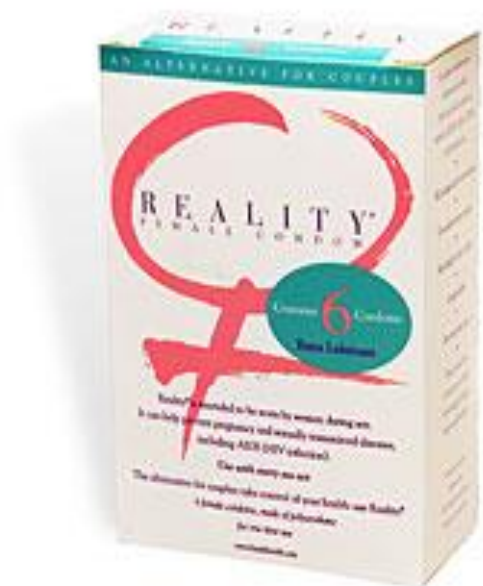




**Do not use  
Vaseline or any  
thing that may  
have oil to  
lubricate condoms!**



**Have you  
heard about  
female  
condoms?**





# How to Use a Female Condom

Information and art work courtesy of The Female Health Company






# What about talking with your partner about condoms?







**Role Play....**



# Role Play....

**How did that  
feel?**



**What do  
you think?**

**Would you really do  
that?**



**How confident  
are you?**



# What is your Goal?

**Your Goal.....**

\_\_\_\_\_

\_\_\_\_\_

**Steps to achieve your goal...**

\_\_\_\_\_

\_\_\_\_\_

**What barriers can get in the way?**

\_\_\_\_\_

**Solutions to barriers**

\_\_\_\_\_



# Remember...

- HIV is an STI
- Fewer partners can mean fewer risks
- Know your triggers
- Plan to have safer sex
- Talk to your partner
- Use condoms
- Never use any oil / Vaseline with condoms
- Take steps toward your goal

ANY  
QUESTIONS?

THANK YOU FOR  
PARTICIPATING!