

Let's Talk About...

DRUG Related HIV/AIDS

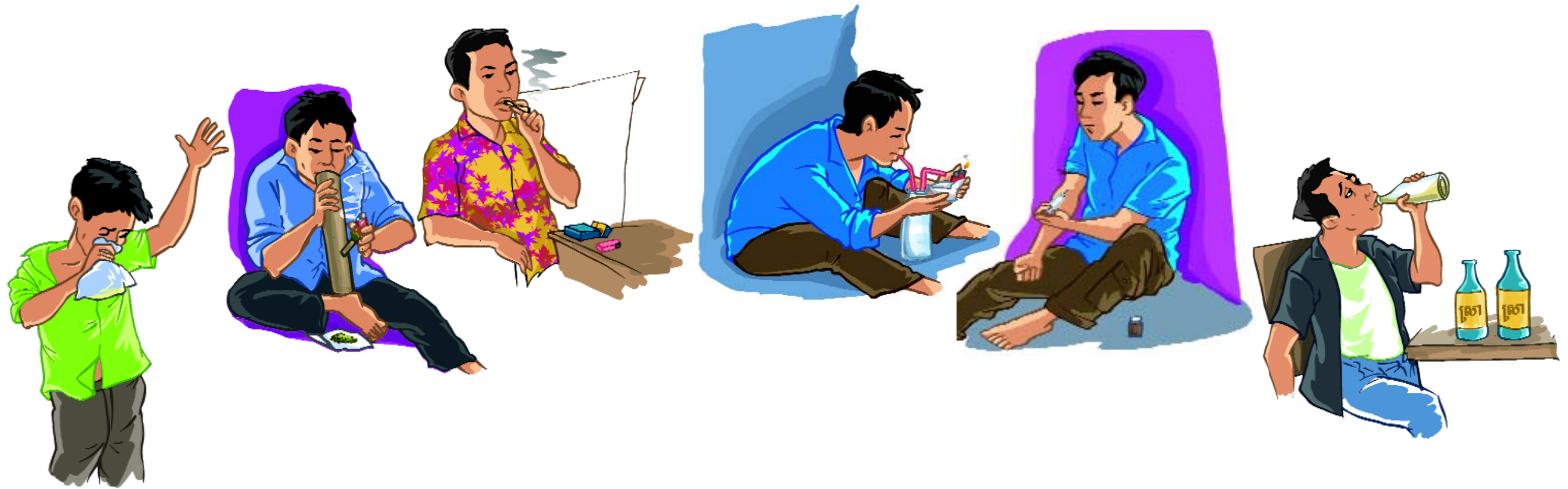
Outreach Risk Reduction
Module Working with Drug Users

Drug Related HIV/AIDS
Prevention Project



USAID
FROM THE AMERICAN PEOPLE





APPEARANCE AND USE

- Do you know what each of these drugs are?
- Do you know anyone who has done this?
- What did it make them feel?
- What do you feel about it?

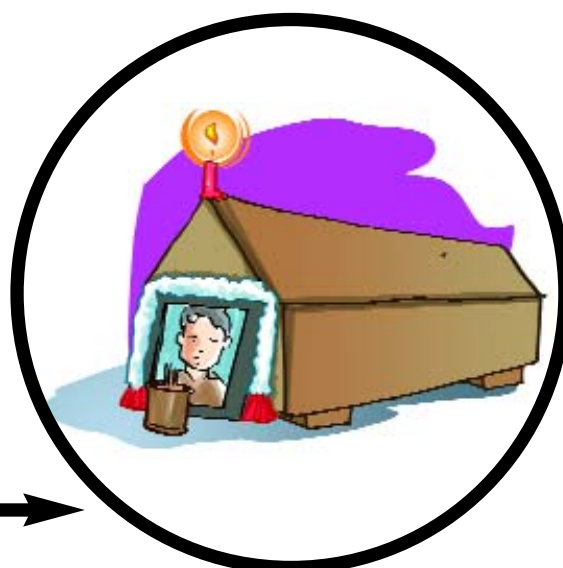
Drinking alcohol is legal. Using the other drugs is not legal. It is also illegal to sell these drugs to other people.



EFFECTS OF DRUGS

- Do you know the effects of the different drugs?

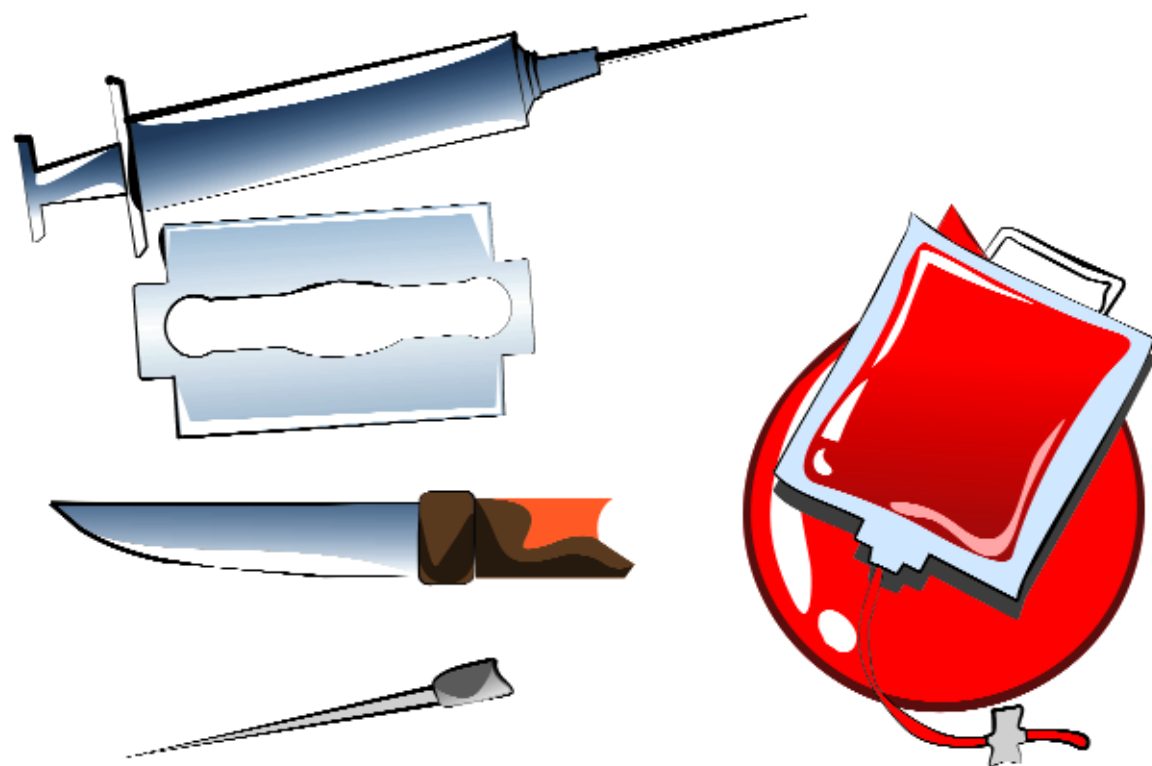
Drugs can give a good feeling when you take them. However, all drugs can have bad long term effects: health, social, addiction



DRUG USE CYCLE

- Why does somebody try drugs? What can happen if someone tries drugs and likes them?
- How does addiction happen? Which stage are you at? Do you know anyone in any other stages?
- When do you think is a good time to try to stop using or reduce using drugs in this cycle?
- Why does relapse happen?

This is a typical cycle of someone becoming addicted to drugs. This can happen quickly or slowly and you may not realize that you are part of this cycle. Usually if someone is addicted the drugs are the most important thing in their life: drugs control their life. It is very difficult to give up drugs once you are addicted because drugs have chemicals that affect your body and brain. This is why many people give up for a while, then return to using drugs. They need lots of support from other people when giving up and staying off drugs.



TRANSMISSION

- Have you heard of HIV/AIDS?
- Do you know how HIV is transmitted?

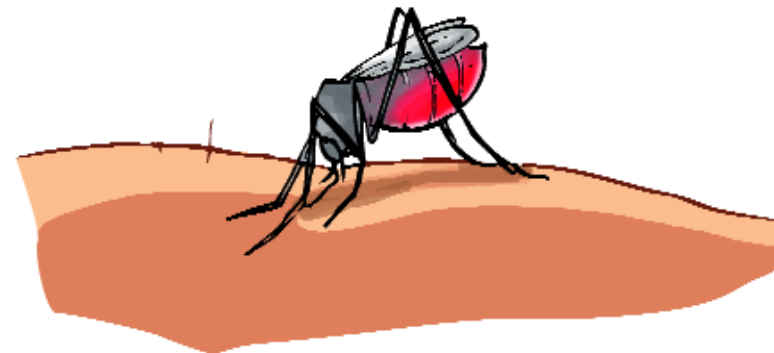
There are 3 ways to transmit HIV: Blood contact, unprotected sex and from mother to child at birth or during breast feeding



PREVENTION

- What are the best ways of preventing the transmission of HIV?

Consistent use of a condom with all sexual partners. Don't share needles and syringes. Be aware of sexually transmitted infections and treat them properly. Have an HIV test and ask your sexual partner to have an HIV test.



NON - TRANSMISSION

- Can HIV be transmitted through any of these ways? Why not?
- Are there any other ways that you think HIV might be transmitted and want to ask about?

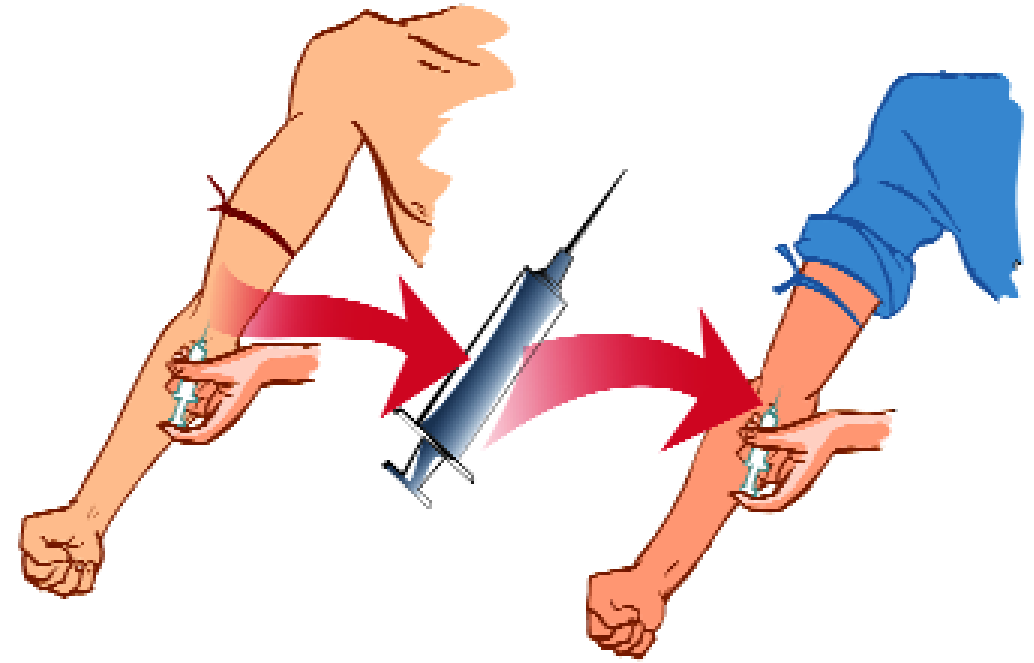
HIV cannot be transmitted through any of these ways. The methods listed on the previous sheets are the ONLY ways of transmitting HIV infection.



LINK BETWEEN HIV AND DRUGS

- What do you see in these pictures? If the men/couple/children in the picture take drugs, will it change their behaviour?
- What could happen next? Is this more likely to happen if they don't use drugs?
- Are they at risk of HIV? Will they use a condom?

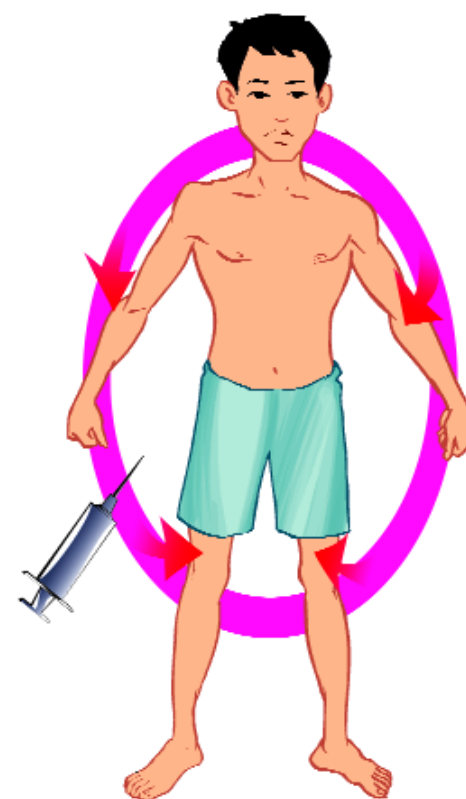
Sharing needles poses a direct risk of transmitting HIV. In the other pictures, drugs will change the behaviour of the people. They may feel more confident or more sexy and want to have sex. They may forget to use a condom. They may chose not to use a condom even if they have one because they feel high and strong from drugs.



RISK REDUCTION - IDU

- What do you see in these pictures?
- Why is it risky or dangerous?
- Have you ever been in any of these situations?

Bad hygiene leads to abcess and infections. Taking drugs alone means that there is no-one to support you if something happens. High risk of HIV or hepatitis infection because sharing needles/ syringe Overdose from too many drugs, or from mixing drugs.



RISK REDUCTION - DRUGS

- What do you see in these pictures?

Injecting with another person is safer, but only if you do not share needles and syringes. Clean the injection site with alcohol first and always rotate the site that you inject so that your veins do not become weak. Don't mix drugs (including alcohol) and only take as much as you know you can handle. Dispose of your needles and syringes safely – don't put other people at risk. Give them to us to collect for you.



RISK REDUCTION - Yama

- In this picture, what are they doing? After smoking yama, what do they want to do?
- What are the long term effects of taking yama?
- How can you reduce the bad effects of yama?

They may want to have sex, feel confident and strong so drive moto very fast or become aggressive.

After a long time, you cannot concentrate, become paranoid.

To reduce the bad effects, try to reduce your usage, try to sleep and rest, drink lots of water and look after your teeth.

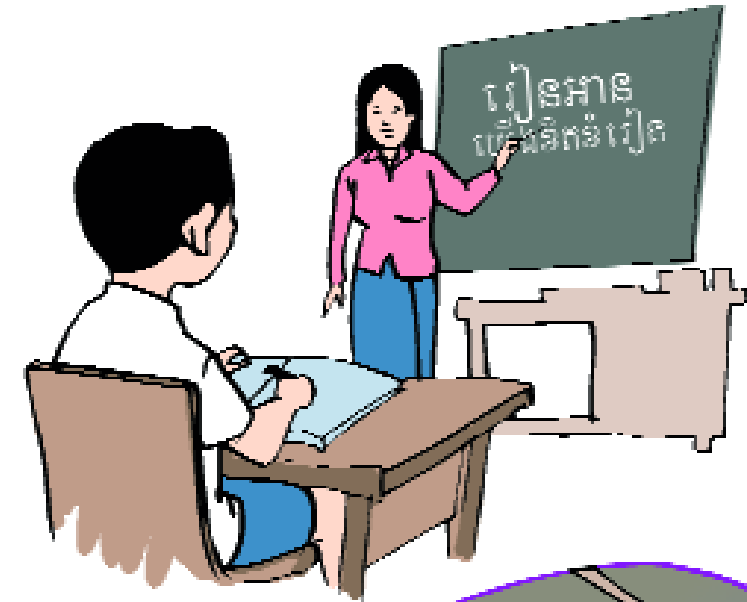
Don't share smoking pipes with other people – you could pass on infections like TB.



HUMAN VALUES / HOPES AND DREAMS

- What can you see in the picture?
- What is important to the person in picture 1?, picture 2 or 3? Do you think you are like any of the people in the pictures?
- Do you have the same dreams or hopes? What do you want to be doing in 2 weeks/2 years?
- How have drugs affected his/her ability to make the dream come true?
- What steps do you need to take to try to achieve your dream or your hope? How can we help you?

These people all have a dream or a hope for the future. Everybody needs to have dreams, or something to aim towards or look forward to. We can help you to try to achieve your dreams, if we can



DECISION MAKING

- What do you see in this picture?
- How do decisions affect our lives and what happens to us?
- If we enter the cycle of drugs, how will this decision affect our life?
- Can we control everything in our destiny?

Same person with different destinies. Drugs may lead to a worse quality of life than no drugs. Some things are outside our control but we can try to make good decisions to influence the things we can control.



NEGOTIATION

- What do you see in each of these pictures?

In picture 1: what are the different ways of saying no to friends who offer you drugs? Do you want to stay friends with those people? If so, how do you say no, and stay friends? Do you try to encourage them to act differently?

In picture 2: is this woman saying no forever? If you say no once, do you feel more confident to say no again? If you want to stop using, you can start by saying no once and reducing your use.

In picture 3: what is happening in this picture? What did the man/woman say to the woman/man to suggest using a condom? Is it easy to suggest using a condom? If you have a condom with you, it is easier to suggest using it, if you don't, then you have to go and buy one.



OPTIONAL ENTERTAINMENT

- What are the reasons that people start using drugs?
- Sometimes it's boredom, or loneliness. Do you ever feel bored or lonely?

Playing sport and joining in social activities can help you to stay fit and healthy, helps to build your confidence among friends and also is enjoyable. If NGO has sports days or organized activities, encourage people to come and participate. Show your talents!



SERVICES

- Do you know where you can go for medical help?
- Have you ever had HIV or STI tests before?
- Do you know what to expect?
- What would you want to ask your health worker?
- Is there a skill that you would like to learn, to have a job?

We can refer you – take you and pay for the appointment. Practice asking me what you would like to ask a health worker – I may be able to answer.



HIV POSITIVE DRUG USERS

- What do you see in the first set of pictures? Is the person healthy? Is it possible to live healthily if you are HIV positive?
- What do you see in the second set of pictures? Why is the person less healthy? Do drugs make your health worse? Do they affect your lifestyle?

These pictures are all of a person living with HIV. It is possible to live well by eating well, taking exercise, resting, taking ARV and general healthcare.

Drugs make you more likely to get infections and less able to fight the HIV infection. It is more difficult to have access to ARV medicine and for the medicine to be effective while you are addicted to drugs.

For more information

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