



When sweet turns sour— #4

We often do not have enough savings for daily and monthly expenses. Sometimes exchanging sex for money or gifts seems like the easiest thing to do, but it is not a wise choice. You can find yourself caught up in an unhealthy relationship. Here we look at blessers and the damage this kind of relationship can cause.



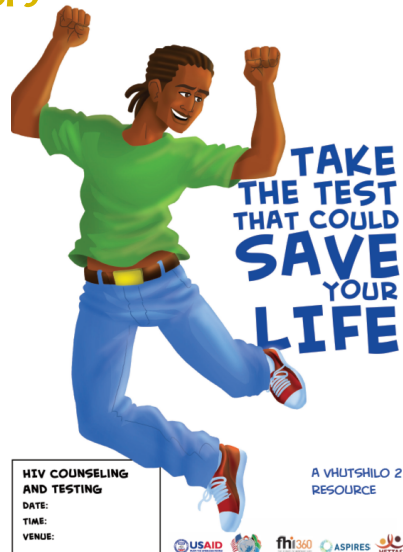
Consent: it's as simple as tea— #5

To help understand consent, some clever people made a cartoon to help us think about it more clearly by comparing it to having tea. By looking at these cartoons we can talk about how saying yes or no to tea is the same as saying yes or no to sex.

The posters

The A3 posters may be printed out and placed in community centres and classrooms. Their purpose is to draw attention to the key messages of the programme and act as visual reminders of what youth have learned during the programme. They are also used to highlight HCT testing or AIDS awareness days. There are five posters that can be printed and used.

All these resources are available for youth centres and schools via a free download. For a download link please contact info@cspe.org.za



VHUTSHILO 2 RESOURCES

A QUICK OVERVIEW

OF ADDITIONAL
VHUTSHILO
RESOURCES
FOR
FACILITATORS

Resources for Vhutshilo 2

Vhutshilo 2 provides young people with a fun, interactive curricula on HIV prevention in after-school settings. This pamphlet provides guidance to the facilitators and supervisors using Vhutshilo 2 on how best to utilise these resources.

Vhutshilo has three curricula. Vhutshilo 1 addresses youth between 10 and 13; Vhutshilo 2 targets 14-18 year olds and Vhutshilo 3 is specifically designed to support youth who are already HIV positive. All three curricula are linked and follow a series of stories about the same characters growing up in a community. Ideally a young person would start with Vhutshilo 1 and would move into Vhutshilo 2 or 3. Along the way they learn—in an interactive and fun way—about making good decisions, keeping safe and finding support structures, dealing with loss and becoming resilient.

Vhutshilo 2 (which is the focus of these resources) teaches about self-awareness, coping in a complex world that may involve drugs and alcohol, blessers and HIV. For these reasons, a good part of the curriculum deals with how to negotiate and make good decisions.

The resources here are either brochures or posters and are intended to serve two purposes. The first to act as a visual reminder of the sessions learned during the programme and secondly to offer additional factual information that youth can take away and think more deeply about.

The brochures

The A4 brochures are about offering young people more information on factual aspects of the programme. For example, it is important to know—and deeply understand—the kind of information that you need before you decide to have sex; it is crucial to grasp what consenting to sex is and how to clearly figure out how it works; and it is important to separate the myths from the facts when it comes to drug and alcohol abuse. Each of these brochures is directly related to one of the sessions in the Vhutshilo 2 programme.

Here is a brief overview of what is currently available to support Vhutshilo 2.



Myths and Facts: Alcohol and substance abuse — #1

Society, media and your friends can tell you things about alcohol and substance abuse that are simply not true. These are called 'myths' which are widely believed ideas that are actually false. This brochure aims to clear up the myths and give you fast facts about drugs and alcohol so that you have the correct information and can make smart decisions about your life.



Are you ready for sex?—#2

Having sex for the first time can be an important emotional event. There are many questions that should be considered before actually doing it. This brochure helps with asking the right questions and finding the right answers.



Substance abuse—#3

Most times people don't plan to use drugs or drink too much. Often people experience a problem and turn to drugs or drink as a way to cope with a problem instead of looking for a solution. Sometimes people want to experiment and experience what it feels like without knowing the dangers. This brochure deals with how to find help for yourself or friends.