UNDERSTANDING HIV/AIDS
AND DRUG ABUSE

Literacy and Life Skills
Workbook 1

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Key Objectives

After finishing this chapter you should be able to:

1. List three ways that people can become infected with HIV/AIDS
2. Show or describe the proper way in which a condom should be put on
3. List six common misconceptions about HIV/AIDS

Chapter 1
How You Can and Cannot Get HIV/AIDS

A Conversation Between Two Brothers

(Part 1)

It is Saturday night. Tony is going out. He passes his brother Mark at the door.

‘You sure those are not pyjamas?’ asks Mark.

Tony looks at his brother with amusement. ‘You want them for yourself?’

‘I’ll manage somehow with what I have.’ Mark looks curiously at his nineteen year old brother. ‘On a more serious note, you have your condoms with you?’

‘Maybe,’ says Tony ‘Why you don’t mind your own business? You’re only five years older than me. That makes you my father?’

‘Just humour me, man.’ says Mark ‘Sit down, man. Tell me what you know about AIDS.’

‘You must be joking, man. This is a classroom?’

‘Humour me.’ Mark repeats

‘Okay, Teacher Mark,’ Tony says ‘You can catch HIV through sex and sharing needles. You should use a condom, especially if the girl doesn’t look too healthy.’

‘A healthy looking person can have HIV,’ says Mark ‘That is why AIDS is so insidious.’

‘You just love big words, eeh,’ said Tony.

‘You should learn some of them yourself,’ says Mark ‘Insidious means it just creeps up on you.’

Tony says ‘Also, women and homosexual men get AIDS. I don’t have to worry myself too much.’

‘That’s where you’re wrong,’ says Mark ‘A whole heap of heterosexual men get AIDS. It’s possible that the healthy-looking girl that you are dating tonight has HIV/AIDS. Do you know everyone she has had unprotected sex with?’

Mark looks out of the window. He points to a man walking down the road. ‘You may be mixing your body fluids with the body fluids of too many other people. You see that man walking? He looks well to you? You want to mix your body fluids with his? You absolutely sure he doesn’t have HIV?’

‘Well, when you put it that way,’ says Tony ‘I will definitely wear a condom tonight.’

‘You mean if you get lucky,’ Mark teases.

‘I always get lucky,’ boasts Tony.
Questions
If you had a nineteen year old brother or sister whom you knew was having unprotected sex, what would you do or say (if anything)? Give reasons for your decisions.

Romance is lovely but you still need to think about HIV/AIDS!

Information Section

What is AIDS?
AIDS stands for Acquired Immunodeficiency Syndrome. Look at the words. It is acquired which means that a person contracted the disease from another person. You will see that the prefix immuno is there, which stands for our immune system. Our immune system protects us from illness. Immunodeficiency means that the immune system is deficient, meaning that it is lacking in what is needed for it to work well. It is a syndrome, which means that it has a set of symptoms (signs) that is typical of a particular illness.

What causes AIDS?
AIDS is the last stage of HIV infection. HIV is a virus and stands for Human Immunodeficiency Virus. HIV is caused by a virus. To date, we do not know how to cure HIV.

HIV is passed from one person to another. As the virus gradually kills important cells in the body, the immune system becomes less and less able to protect the person against illness. HIV usually lives in an infected person’s body for months or years before any signs of illness appear.

People with HIV have what is called HIV infection. We often refer to both HIV and AIDS as HIV/AIDS as the diseases are very closely related.

The Ways That You Can Become Infected
People can get HIV infection when they have contact with the blood, semen, breast milk and vaginal discharges of another person. This can happen by engaging in unsafe sexual and/or drug use practices.
Your chances of getting the AIDS virus increase with the number of sex partners that you have. If you have many partners, you are at greater risk of coming into sexual contact with someone who has AIDS. This means that you should use a latex condom every time you have sex. You should also use the condom the right way.

People can also get infected with HIV through sharing needles. Some people share needles when they are doing drugs. This can happen even when the person passing the needle looks clean and healthy.

Babies can also contract the virus when their mothers are HIV positive.

**You Do Not Get HIV/AIDS Through Saliva and....**

Now, concern yourself about blood, semen, vaginal discharges and sharing needles. You don’t have to think that everything will give you AIDS.

Although small amounts of AIDS have been found in body fluids like saliva, faeces, urine, and tears, there is no evidence that AIDS can spread through these body fluids.

You will not get AIDS from a mosquito. The mosquito would have to be able to reproduce the virus give a person the AIDS virus. Experts have found that mosquitoes cannot reproduce the virus.

**AIDS ‘likes’ everybody, if it can just get an opportunity to be very close to you**

You will not get AIDS from a virus from sitting on a toilet seat. The HIV virus is very fragile, and cannot live outside of the body.

You will not get infected with the AIDS virus if someone with HIV sneezes on you. It is just not in the nose. Experts agree that any virus that may be present in the saliva will not be enough to cause AIDS.

You will not contract AIDS from swimming in a pool. If the AIDS virus was in a swimming pool, the chlorine in the pool would kill the AIDS virus immediately.

You will not get AIDS from shaking someone’s hand. Remember that the AIDS virus has to get into your blood. The virus cannot pass through skin that does not have a cut or a wound. Even if the hand of the infected person is sweaty, the AIDS virus cannot pass through the sweat.

You will not get AIDS from sharing food and utensils (for example knives and forks) with an AIDS infected person. Remember that the virus just does not live outside of the body.

**Risky Lifestyle!**

The riskiest lifestyle is many sexual partners and excessive use of chemicals, drugs and alcohol. It is these people who tend to get AIDS or to have other health or emotional problems.
You should not get AIDS from donating blood in the Caribbean. The needles at blood collection sites in the Caribbean are never used twice. You can always make your own checks. Remember that healthy persons are needed to donate blood.

By now, HIV/AIDS has been the subject of more research than most other diseases in history. Medical science is confident about these basic facts. So you will not get HIV or AIDS from touching someone, sharing items such as cups or pencils, or coughing or sneezing. HIV is not spread through routine contact in restaurants, workplaces or schools.

However....

However, you still can contract HIV while taking the birth control pill. Some people believe that the pill kills sperm, and so therefore would protect a woman from the virus. The pill does not kill sperm, it only prevents the release of the woman’s egg so that she cannot get pregnant.

**Condoms Are Not Foolproof**

We’re going to talk about condoms now. But remember that condoms are not foolproof. Very few things are. Seatbelts, helmets, and vaccines are not foolproof either. But in the real world we drive to work, vaccinate our children, and hope to get through the day unscathed. No disease strategy is ever perfect. However, sticking to one HIV-free partner is a very good strategy.

**Why do people not use condoms when condoms can save lives?**

We know that latex condoms are very effective at blocking HIV because the pores in latex

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**LIFE SKILLS CORNER - How To Talk To Your Partner About Condoms**

Jeanne Blake (1990: 53) suggests how to talk to your partner about condoms:

*If this isn’t important to you – if it doesn’t mean enough to you that you wear a condom – then forget it”*

*If you don’t respect me enough to understand that this is important, then obviously I’m with the wrong person.*

*‘Not if we’re not safe’*

*“It protects both of us – this is just as much for you as it is for me’*

*‘I have to get a condom – it’ll only take a second’*

*‘If you can’t even talk about it, maybe we aren’t ready to do this’*

*It is best to speak lovingly to your partner, and only become firm- though never abusive - when the partner will not practise safe sex. Discuss other ways with your teacher to ask your partner to use a condom. Remember*

*It’s important to surround yourself with people who really care about you, and do not want to put you in any danger*
condoms are too small to allow the passage of the virus. Condoms help with other sexually transmitted diseases.

Why do many men not like to use condoms? Results from an American telephone interview of heterosexuals in 23 urban areas with a high prevalence of AIDS found that distrust associated with condom use was more likely among males and the less educated. Of the people who answered the questions, 54% believed condoms might fail during intercourse, 41% complained they reduced the pleasure of sex, 35% were uncomfortable buying them and 21% felt uncomfortable putting condoms on.

None of these are good reasons for not using condoms. Condoms can save lives.

GOOD NEWS!
Prevention Can Make a Difference!

Yes, it does make a difference. In the city of San Francisco, in the United States, infections reached an estimated high of 8,000 in 1982. Ten years later, that dropped to 1000 new infections a year, and new infections are estimated at less than 500 per year. This is because of community-based HIV prevention programmes.

**Life Skills Activity**

Your teacher will bring an object that has the general shape of a penis. You will be asked to put a condom on this penis. After you have done this activity, you should write the right and wrong ways to put on a condom.

**Now here are some pointers for putting on a condom:**

First of all, you should use condoms. They are not doing any good remaining in your pocket.

Don’t open condoms with your teeth. You might put a hole in the condom. Then it could be useless!

Put the condom on after you get hard. You may put a few drops of water-based lubricant in the tip of the condom.

Squeeze the tip of the condom to leave some extra space and roll the rest down the shaft (the long straight part of the penis).

If the penis has a foreskin, put the condom on with the foreskin pushed back.

Once the shaft is covered, push the foreskin forward (toward the tip). This lets the foreskin move without breaking the condom.

You may put more water-based lubricant on the outside of the condom.

After you come, hold the base of the condom and pull out.

Throw the condom away. Don’t reuse condoms.

Use a new condom everytime you have sex.

*Adapted from SAFESEX.ORG*
1. **The person I am having sex with looks healthy I mean really healthy. She exercises every day. Therefore I cannot get HIV.**

   Wrong! Do you remember what Mark said to his brother Tony in the story? This is still one of the most popular misconceptions. You can contract HIV from a healthy looking person.

2. **The person I am having sex with looks plump or fat. Only thin people have HIV**

   Wrong again! People of all sizes can have the HIV virus.

3. **Everybody knows that taking drugs weakens the body. If I am not taking drugs, I will not contract the HIV virus**

   Taking cocaine, for example, does weaken the body in many ways. But many persons who have contracted the HIV virus have never taken drugs. Remember that you can contract the HIV virus by having unprotected anal, vaginal, and oral (mouth) sex through contact with infected semen, blood, or vaginal secretions.

4. **If I have HIV I can take my herbs to treat it.**

   There is no known combination of herbs to treat HIV.

5. **If I contract HIV now, by the time I get AIDS there will be drugs to cure the disease**

   Perhaps you are correct. However, the treatment is likely to be very expensive, and no doubt you may want to spend your money on other things.

6. **I am with a person for the past four months. He doesn’t want to wear a condom because we are now in a serious relationship. Is he right?**

   Four months is not a long time to get to know someone, and he may not be aware of whether or not he has HIV/AIDS. The HIV virus can take years to grow into full blown AIDS.

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**Evaluation Page - Chapter 1**

1. List three ways that you can get HIV/AIDS

2. Show or describe the proper way in which a condom should be put on

3. List six common misconceptions about HIV/AIDS
A Conversation Between Two Brothers

(Part 2)

Remember Tony and Mark? They are brothers. Tony is the younger brother. He is nineteen years old. Mark is twenty four years of age. They are now eating breakfast together.

Tony says ‘You will be happy to know I am using the condoms.’
‘Every time?’ asks Mark.
‘Of course’ says Tony.
‘Well, you are a sensible man,’ says Mark ‘You know I was hearing a big man talking the other day and he was saying ‘Chu, I can’t get AIDS’. Some big people just don’t have any sense.’
‘Maybe he just wants to sound big and powerful,’ says Tony
‘He sounds like an idiot, especially in this day and age. He may be influencing young people to have that same attitude. Now suppose a young boy hears him and feels that he too can’t get AIDS. You think he can run back to that man and say ‘well, look what you did to me, and curse him out properly.’
‘That man would probably not even care,’ says Tony
‘And even if he did care,’ says Mark ‘The boy or girl would still have AIDS.’
‘True,’ says Tony.
‘Anyway, the important thing is that you wear a condom. Not only for AIDS but also to protect you from STIs.’
‘What does STI stand for again?’ asks Tony ‘I forget - it’s true I am thinking of other things now.’
‘Like eating all the food on the table?’ asks Mark He says seriously now ‘STIs are sexually transmitted infections. You might know STD – Sexually Transmitted Disease – but some people call them STIs now. Anyway, they are infections you can get from having sex with someone who has, for example, herpes or gonorrhea.’
Mark continues ‘You also don’t want to father a baby at nineteen. Remember Uncle
Tommy told us that he got his first child at eighteen, and it was very hard on him and the girl. I want you to enjoy your young life.’
‘It would be very nice to be a father one day,’ says Tony. ‘But I just can’t afford it now. I’m still borrowing money off you all the time.’
‘By the way, what about that five hundred dollars you borrowed from me the other day?’ asks Mark.
‘Lord, is that the time already?’ says Tony ‘I have to rush. Bye!

Questions

1. How can people who boast that they cannot get AIDS do harm to other people?
2. Give at least three reasons why Tony should wear a condom.

Information Section

You and your family can reduce the risk of getting AIDS:

1) From learning the ways to reduce the risk of AIDS and other STDS

2) By making sure that you get tested for AIDS if you are pregnant. (If your woman is pregnant, ask her to take the test)

3) By learning to talk to your family about AIDS

Seven Ways to Reduce Risk from AIDS and Other STDs

Well, the good news is that you can avoid other STDs by learning how to avoid HIV/AIDS. And there is more good news. There are many ways that you can reduce your risk of getting AIDS and other STDs.

Here are the guidelines:

• Stay with one partner only. If you or your partner decide to end the relationship, stay again with one HIV-free partner.

• Use condoms. Are you saying – are we going through that again? Well, it’s so important that it bears repeating.

• Use new condoms every time you have sex. An old condom may be defective.

• Unless you’re 100% sure your sexual partner is not infected with HIV or other STDs, reduce your risk by using a latex (rubber) condom on the penis from start to finish every time you have anal, vaginal, or oral sex The female condom can also help to protect you. Learn to talk with your partner about condoms and safer sex.

• If you use a lubricant, use one that is water-based. Lubricants containing oil

Many people do not know they have the HIV virus and therefore can unknowingly pass it on to others. This is because they usually look and feel fine for many years after HIV infection occurs.
(such as Vaseline) might cause latex condoms to break.

- If you use spermicidal (birth control) foams and jellies, use them along with condoms, not in place of condoms.
- If you take drugs, seek help. Never share needles.
- Avoid mixing alcohol or other drugs with sexual activities – they might cloud your judgment and lead you to engage in unsafe sexual practices.

It is Important for all Pregnant Women to get HIV tested.

All pregnant women should be tested for HIV/AIDS. HIV-infected women can pass the virus to their newborns during pregnancy and childbirth. The risk of the baby getting AIDS is reduced if a HIV positive mother gets tested.

Treatment during pregnancy can help an HIV-infected woman protect her baby from becoming infected. Without treatment, more than a third of all babies born to HIV-infected women will get the virus and eventually become sick.

Parents and Children Should Talk About HIV

One very important way to reduce HIV/AIDS is for families to talk about HIV/AIDS. Good communication between parents and children is very important.

Talking about HIV/AIDS is not just a one-time activity. Parents and children should also have regular conversations about delaying sexual activity, the importance of an education, the problems of drug abuse and so on.

Sexual activity begins early for many teens. Almost half of all Caribbean teenagers begin sexual activity before they are twenty. The HIV epidemic is increasingly becoming an epidemic of the young.

Safe Blood Starts with Me

This was the theme for World Health Day 2000. Safe blood is one that is tested and is found to be free of infectious or other contaminants.

Life Skills Activity

Pretend that you and your classmates are a family. How would you introduce the subject HIV/AIDS to your family? Remember that each family is different. However, there are some basic guidelines that you should follow. After you have finished the role plays, list at least three points for each.
Physical and Emotional Disadvantages of Not Knowing How Sex Affects Your Body

Many young people today grow up with little or no correct information about health. If you do not have the correct information, these are the disadvantages:

**Physical Disadvantages:**
- Exposure to Sexually Transmitted Infections (STIs), including HIV
- Exposure to the risk of cancer of the cervix from having sex at an early age
- Being pregnant or getting a woman pregnant at an inappropriate time – for example, before you have finished your education or are too young to get a job

**Emotional Disadvantages:**
- Often misled into thinking that sex is love
- Can develop strong attachments to persons who are exploiting (using) you
- Can distract you from your goals, resulting in poor school and work performance
- Unable to protect yourself from STIs and pregnancy

**Having sex with a child or a virgin will not rid you of HIV/AIDS or any other sexually transmitted infection.**

It is a crime for an adult to have sex with a child – childhood is meant for development, not for sex!
The Relationship Between HIV and other STIs

The presence of certain STIs increases the risk of getting HIV infection during contact with an HIV-infected person. Certain STIs result in breaks in the skin on or in the anus, vagina, or penis that permit the virus to enter the blood system more easily. See your doctor for testing and treatment if you think you might have any STI.

On the following pages, you will see a long list of STIs. You do not have to learn them by heart. You may discuss them with your teacher and classmates.

Sexually Transmitted Infections

All sexually transmitted infections are infectious diseases that you can get from having unsafe sex. Below are some common symptoms. Do not try to treat yourself – go to a doctor.

**Candida**

The candida infection is a common yeast, and can be transmitted sexually. Symptoms include many reactions. A few of these are itching, bloating, persistent heartburn, kidney and bladder infections. The infection behaves differently in everyone.

**Chlamydia**

Chlamydia is an infection caused by parasites. About 10% of men and 70% of women have no symptoms at all in the early stages of the infection. As the infection progresses, both men and women suffer from inflammation, itching, difficulty urinating and pain during sexual intercourse.

**Epididymitis**

Epididymitis is an inflammation of the epididymis, a structure located along the back of the testicle. The earliest symptom is swelling of one or both testicles, and the area becomes hot, tender and very painful.

**Genital Warts**

Warts are skin growths which may be contracted sexually. All types of warts are highly contagious. They are moist, rubbery, and resemble tiny heads of cauliflower.

**Gonorrhea**

Gonorrhea is one of the most common sexually transmitted diseases in the world. Women with gonorrhea often experience no symptoms (signs of illness). Women who do have symptoms may have need to urinate often, and they find urinating painful. They may also have pain in the pelvic area. Men with gonorrhea usually do experience symptoms, such as yellow discharge from the penis, and painful urination.
**Herpes**

The herpes viruses are from a family that cause blisters on the skin and the moist linings of the penis or vagina. Both men and women feel burning, tingling or itching.

**Syphilis**

Syphilis normally has three stages. In the first stage, ten to ninety days after contact, a red painless ulcer appears at the spot where the bacteria (germs) entered the body in the first place. The illness gets worse with time. If not treated, the disease can lead to brain damage, hearing loss or blindness.

**Trichomoniasis**

Trichomoniasis is a common STI. The principle site of infection if the vagina. Trichomoniasis may be present in the vagina for some time without symptoms. When symptoms do occur, they are similar to those of a yeast infection, including inflammation and itching of the vaginal area.

**Vaginitis**

Vaginitis is an infection that causes swelling and redness of the vaginal area. Some types of vaginitis are sexually transmitted. Vaginitis can also be a symptom of a more serious infection such as Chlamydia or Gonorrhea.

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**Evaluation Page - Chapter 2**

1. List seven ways to reduce the risk of getting HIV/AIDS
2. Explain why it is important for a woman to get tested if she is pregnant
3. List at least three Sexually Transmitted Infections other than HIV/AIDS
4. Describe why it is important for families to talk about HIV/AIDS and other STIs?
Chapter 3

Being HIV Positive

Key Objectives

After finishing this chapter you should be able to:

1. Explain the importance of taking an HIV/AIDS test
2. Explain the first things to do if you are HIV/AIDS Positive
3. Describe the way not to treat a person who is HIV/AIDS positive.

Two Conversations

It is Monday evening. Babs is visiting Tony, a nineteen-year-old man. Tony looks at Babs admiringly. She has on a short dress and her hair has just been done in braids. Unknown to him, she is admiring him as well. She loves his smile. She loves his hair. She loves the fact that he wears a condom, and is protecting her.

‘Tell me Babs,’ says Tony ‘Do you ever think about AIDS?
‘Of course. My friend Pearl doesn’t because she doesn’t like to think about AIDS. She says that if she thinks about AIDS every time she has sex, then she will worry too much. She says when she hears a programme about AIDS on the radio or on the television, she practices safe sex for a while. Then she forgets. Pearl says she doesn’t even know how to tell her boy friend that he must put on a condom before they have sex. He likes it ‘bareback’. Besides, she says, when she really gets into the mood she can’t think of any kind of protection at all.’
‘She has to take better care of herself than that. As for him, maybe he doesn’t know better. Or maybe he just doesn’t care for her all that much,’ says Tony.

It is three weeks later. Babs meets Pearl outside of her house. ‘You hear how Annie get AIDS?’ asked Babs.
‘She fool around with too much man,’ says Pearl
‘She had one boy friend. He gave her the AIDS,’ says Babs.
‘Gerald! And the boy looks so healthy?’ Pearl frowns.
Babs says. ‘Why are you looking so worried?’
‘Well, I had sex with him once.’ Pearl starts to cry ‘Just once. I mean we weren’t man friend or woman friend or anything. Jesus Christ, what is this upon me now Lord. I’m going to kill her. It is she who gave it to him because she sleeps with every man in this town.’ Then Pearl begins to shout out many four-letter words.
‘Okay, calm down.’ Babs put an arm on Pearl’s shoulder ‘We don’t know what happened. We can go to the health clinic together.’
Babs later tells Tony about Annie having HIV, and Pearl’s reaction to it. ‘She is in
shock,’ she says, ‘I really feel sorry for her. But she says that she won’t go to the doctor. She doesn’t care any more.’
‘I will have a talk with her,’ says Tony. ‘If she doesn’t have it, she is home free. If she has it, the doctor can give her drugs to ease the symptoms.’

Questions

1. Why is it important to take responsibility for your own sexual behaviour?
2. How should Annie’s friends now treat her?

Information Section

The Importance of Taking an HIV Test

There are many symptoms of the HIV infection, but these may also be the symptoms of other diseases.

The only way to know for sure if you have HIV is by taking the specific HIV test.

If your test result is ‘positive’ it means you have the HIV infection and will need special medical care. Additional tests can tell you how strong your immune system is and whether you need to take medications. Some people stay healthy for a long time with HIV infection, while others develop serious illness and AIDS more rapidly. Scientists do not know why people respond in different ways to the HIV infection.

If your test is ‘negative’ and you have not had unsafe sex for six months before taking the test, it means you do not have the HIV infection.

When Should You Take the HIV Test?

If you have been having unprotected sex, especially with many sex partners, you should take the HIV test. Also, if you are planning a pregnancy, you and your partner may want to know if either of you is infected before having a baby.

You should call the AIDS Hotline in your country.

Before you are tested, make sure that counseling is provided, both before and after the test. Consult with a health care provider with experience with HIV care or visit your local clinic.

You Do Not Necessarily Become Sick Immediately After Contracting HIV

Some people experience a short flu-like illness soon after infection, but most feel perfectly healthy. Most people are not aware that they have HIV. After a period of several weeks or

Do not ever mock or blame anyone who has contracted HIV virus. Be compassionate! Treat them the way you would want to be treated!
longer the body begins to make antibodies to
the virus. Unfortunately, because of the way
the HIV virus operates, the antibodies cannot
protect the body against HIV and its effects.

At some point after becoming HIV positive, the
infected person may begin to suffer such
symptoms as chronically enlarged lymph
nodes, weight loss, fatigue, diarrhea, fevers,
and night sweats. As the person becomes
weaker, he or she becomes susceptible to
many infections and other illnesses.

### How is HIV Treated?

Currently, there is no way to get rid of all the
virus once a person is infected. However, new
medicines can slow the damage that HIV
does to the immune system. Doctors are
getting better at treating the illness that are
caused by HIV infection. Many people now
consider HIV infection a manageable long-
term illness.

### Life Skills Activity

Your teacher will pretend to be a medical doctor. Pretend that you have a bad case of the
‘flu’. Remember – the doctor cannot help you if you do not tell him all of your symptoms!
What questions will you ask the doctor?

### The First Things To Do If You are
HIV Positive

If you’ve tested positive for HIV, you should:

- See a health care professional for a
  complete medical work-up for HIV
  infection and advice on treatment and
  health maintenance. Make sure you are
tested for other STDs.

- Inform your sexual partner(s) about their
  possible risk for HIV.

- Protect yourself from any additional
  exposure to HIV

- Avoid drug and alcohol use

- Seek support from trustworthy friends
  and family when possible, and consider
  getting professional counseling

- Find a support group of people who are
  going through similar experiences

- You should not donate blood
You should eat only healthy foods. Healthy foods will make your immune system strong to fight infection. The best way to maintain a healthy diet is by:

- drinking plenty of fluids: water, diluted vegetable juices, real fruit juices and soups
- avoiding foods that lower your immunity. These foods include fried foods, hydrogenated oils, too much sugar, and ‘junk’ food. Eat an adequate portion of complex carbohydrates. This means that you choose whole wheat flour and brown rice over white flour and white rice. It also means that you eat ‘natural’ foods such as yams, coco, breadfruit, fruits and vegetables. Eat adequate amounts of protein such as fish, chicken, dried beans and nuts

There are other lifestyle changes that you should make. Do not smoke or drink alcohol (rum, whiskey and other hard liquor). Take your medicines regularly, see your doctor regularly and join a support group.

Avoid coming into contact with people with contagious diseases. For example, phone ahead before visiting friends or family to be sure all of the household members are healthy. Try to avoid spending time in crowds. Practice careful personal hygiene, especially wash your hands often. Many infectious diseases are spread by the hands.

Those persons who live a healthy life and healthy eating patterns and get adequate sleep may have less difficulty with symptoms than those who do not.

Get Support

You are certainly not alone. Phone your Ministry of Health to find out where you can get support. It will be very good if you speak with other persons who have HIV/AIDS. You will need people who really understand what you are going through.

Be a Good Friend to a Person with HIV/AIDS

A friend in need is a friend indeed!

A friend or acquaintance with HIV/AIDS will need your support and understanding, just as with any other life-threatening illness. Your continued friendship will be very important. Most importantly, your friend will want to be treated as usual – as a valuable human being. And remember, casual contact – a hug, a handshake, a kiss on the cheek – poses no threat of infection to you. Do not discriminate against them, or make them feel worse. Sometimes people are raped and you do not even know how they got the infection. It is always cruel to blame the victim.
Persons with HIV/AIDS should not discriminated against

Well, first look at it this way. If a person you really love has HIV/AIDS, would you want that person to suffer from discrimination? Many persons with HIV/AIDS are very productive people. Think very hard indeed before you take any privileges away from them.

If you plan to have your ears pierced or to get a tattoo, go to a qualified professional who uses new needles for each procedure.

The Wise Words from a Jamaican Man who Tested HIV-Positive

I found out that I was HIV positive when I had to take an insurance test. First of all, I thought the person who told me had to be wrong because I was neither a homosexual nor did I take drugs.

It took me a while to get over the shock, of course. When people first find out they’re HIV positive, they think they are going to die within a couple of weeks. Actually, you can live for decades with this disease once you treat your body very well or, if you have to, take the medication.

Most people are really scared of finding out that they have HIV. Sometimes they don’t even want to tell the doctor all of the symptoms they have. But it is best to find out. If you find out early, you can do a lot to help yourself.

The most important thing is to empower yourself. Even if somebody says ‘you gewy dead tomorrow’ you know the facts. You can only know the facts if you get involved and become informed.

The day I found out that I was positive I found out that I was the same person that I was the day before. You don’t really change. If you were kind yesterday, you are still kind with HIV. If you were a bad person before HIV, you are probably going to be a bad person after getting HIV.

The problem with AIDS is that if it is stigmatized, most people won’t get tested for it. And if people won’t get tested, they it will go underground and the whole AIDS thing will explode.

Some people feel bitter after hearing they are HIV positive. They feel that someone knew they had it and then gave it to them. They then try to give as many other people the virus as they can. This is just not the way to go about things. Harming other people won’t make you feel better.

Family support is the most important thing. Families need to learn first of all that they cannot contract HIV from touching people or eating with them or anything like that. HIV is spread through sexual contact and through blood transfusion. All families should be supportive and get as much information about HIV as they can. It is best to treat a family member the way you would want to be treated.
1. Explain the importance of taking an HIV/AIDS test

2. Explain the first things to do if you are HIV/AIDS Positive

3. Describe the way not to treat a person who is HIV/AIDS positive.
A True Story

(Taken from an Interview with a Former Drug User)

I started using drugs when I was fourteen. I never took drugs for the fun of it. I took them because I felt worthless. Home was hell, my parents just did not know how to be parents. I dropped out of school at fifteen. Then when I was sixteen I took up with the wrong kind of man. One cut my face with a knife. But I was so dying to hear that somebody loved me. I think every young girl needs to know that ‘I love you’ can mean nothing. It is just a way to get a girl into bed. I took sex as the love I did not get from my parents. I got pregnant, and my mother more or less had to take care of my daughter.

My moods went up and down. Then I took up drugs – a kind of seasoned thing made from crack and ganja. My boyfriend and I used to smoke it everyday. I used to get very depressed after the drugs. When I got depressed, I would remember things like how my younger sister was doing so much better in life than I was.

My boyfriend took up with this other woman – and I got so depressed I tried to cut my wrists. I was sent to Ward 21. He did not even come to visit me. Worse, I heard that he was boasting how I had tried to kill myself over him. No feelings for me at all. It took me all of ten years to realize that he was as damaged as I was. It took me all of eleven years before I finally broke the drug habit. I remember when I first took that thing I said ‘so what?’ I just didn’t care at the time. I was so wrong.

I want to have a useful life. I am better now, even if I still feel depressed sometimes. At least I am now going back to school and doing my best. I am really trying to make it now, and I have the kinds of friend who support me. But if I could I would ask every young person not to take drugs even once.
Questions

1. In your opinion, was this woman’s unhappy life an excuse for her to use drugs?
2. How did using drugs make her problems worse?
3. What is the important message that she now has for other people who might consider taking drugs?

Information Section

What are Illegal Drugs?

Illegal drugs contain various chemicals. Most give some sort of pleasure. Drugs cover such substances as cocaine, heroin, ecstasy, ganja, cigarettes and rum.

Why are drugs like ganja and cocaine illegal?

There are arguments both for and against the legalization of drugs. Those for the legalization of drugs state among other things, that ganja and certain other drugs are no more dangerous or addictive than alcohol or tobacco, and that legalization will not create any less abuse than legally obtainable alcohol does. Those against legalization of drugs like ganja and cocaine state, among other things, that legalizing drugs will create more addicts, more traffic accidents, and a great deal more personal misery. They are of the opinion that access to dangerous and potentially lethal substances should not be legal.

Drug Addiction, Drug Abuse

Addiction is a constant need for something, developed as a liking that leads to habitual use. An addict is someone who has a harmful habit. We call someone who has a habitual use of drugs, a Drug Addict.

The word abuse means to use wrongly or to treat badly. For example, I am abusing my body may mean that I am eating too much junk food or that I am addicted to drugs. All drugs are poisons in the body if abused. The National Institute of Drug Abuse in the United States uses the definition: ‘drug abuse is the use of a drug for other than medicinal purposes which results in the impaired physical, mental, emotional or social well-being of the user.’

It’s easy to abuse drugs once you’ve started taking them. Many people are attracted to a high – things are beautiful, you feel confident,
you may even feel like a god. The problem is that it is all so very temporary. That great high is usually followed by extreme depression and an extreme craving for another ‘hit’ just to feel better again. You never get back the feeling of that first high ever again.

Many addicts spend a ‘lifetime’ chasing that first high that never returns. It is very difficult to break that cycle, because the individual has become an addict.

Drug abuse hurts...

Drug Abuse hurts the nation, the user’s family, and of course, the user.

If a nation has too many drug-abusers, this leads to more crime (more people pushing drugs) and more money used for health care. No family of course wants to have a drug abuser in their family because of the many problems it creates. Drug abuse is very harmful to the user. It hurts the user by damaging his or her emotional and physical health.

The immediate effects of a drug depend on many factors, such as the amount taken, the emotions of the person at the time, the setting, the person’s health, the person’s level of tolerance, and the way the drug enters the body.

The abuse of drugs can lead to:

1. overdose
2. accidents
3. ill-health/death
4. legal problems
5. economic (money) problems

Overdose
Overdose can happen as a result of the strength or type of illegal drug. There is also the question of uncertain purity. Drug manufacturers will often add anything to add weight or bulk. After a while, a small amount of the drug will not have the kind of pleasurable effects it once had. So you will need to take more of the drug to get the same effect. An overdose can cause psychosis, fits and even death.

Accidents
When you take drugs, you can become overconfident and take foolish risks. You can injure or kill yourself or others. You may also have a ‘bad trip’ and not be aware of where and what you are, and panic. If you work with machinery, you may also have a serious accident.

Ill-health
There are many signs of drug abuse. Some of these signs include twitching, great nervousness, paranoia and a very rich fungus on the palm of the hand, usually the left hand.
Long term drug abuse can destroy a healthy body and mind. It can damage your organs like the liver, kidney and lungs. The lungs, for example, are not designed to take in large amount of smoke or chemicals. A first sign of harm to the lungs is that the user gets more frequent colds, or longer colds.

Drug abuse can also raise or lower the heart beat, making the heart work far more than it should have to on a regular basis.

Drug abuse leads to the risk of hepatitis, HIV/AIDS, other STDs and other infections. Your body and mind gradually lose their strength. Drug abuse can eventually lead to death.

**Legal problems**
Using, exporting, importing, or dealing in drugs, such as ganja or cocaine, is illegal. You may be the one who gets caught.

There is another reason why abusing drugs can create legal problems. If a person has a very bad reaction to a drug, it can also cause him or her to be violent or even commit murder.

**Economic (money) problems**
The continued use of drugs can be very costly. Some people spend thousands of dollars every year on their drug habit. If the drug abuser is not very rich, this leaves her with less money for things like food and clothes. To support drug use, some users will turn to crime or sell their bodies. Sometimes users do not practice safe sex when selling their bodies in their desperate bid to get the money to buy drugs. Many times these users contract HIV/AIDS and other STDs.

**Loss of Family and Friends**
Most families will try to deal with a family member who is drug –dependent.

It is very hard on the family. The family may notice any of the following symptoms: unusual talkativeness, poor behaviour, poor hygiene, lying and stealing.

Sometimes the family genuinely does not know how to cope with an addict, or they are afraid that the drug abuser may damage other family members in some way. Some families will ask the drug abuser to leave the home!

Friendships can be lost if the drug user needs drugs more than he or she needs other people. Friends will be aware that the addict never pays back loans, and that he will do virtually anything to get money for his next fix. Some friends are also disturbed by the continual movement of the eyes and body of the drug abuser. The drug abuser may be called that ‘cokehead’ or that ‘crack head’. Friends turn away because they cannot trust the addict. Friends may also be afraid that people will say ‘birds of a feather stick together.’

**Why do some people become drug abusers and others not?**
In many homes, drugs are normally used or abused. Drug abuse runs in families – it can be passed on from parent to child. Sometimes the whole family (even children as young as six) are lighting up ‘spliffs’ or having a drink of alcohol. It then becomes the normal or accepted thing to do.

Different people have different ‘reasons’ for taking drugs at different times. There is no single cause – but rather many factors working together at the same time. Common reasons are being unhappy at home, being introduced to drugs at an early age, and the availability of the drug.

There are many who smoke or drink alcohol but they do not become drug abusers. Others may become addicted right after the first time they use the drug, especially with drugs like
Understanding HIV/AIDS and Drug Abuse

crack cocaine, which are very addictive. Each person reacts differently to different drugs. It is therefore difficult to tell who will become addicted after the first use.

People take drugs for the following reasons:

Peer Pressure
Some young people are more likely to suffer from peer pressure than others. Some young people hardly dare to be different, even when their friends are doing something wrong. So if a friend says 'you’re too coward' if the young person does not want to take the drug, the young person automatically relents. In fact, the brave thing is to refuse. Doesn’t it takes strength to be different when you know that others are doing the wrong thing? Sure it does! Those who will not take drugs know that the drug-pusher wants to harm them.

Because the Boyfriend or Girlfriend Does It
A man might state openly or he may do so indirectly 'Look here, if you want me to be your man, you will smoke this. You’re looking down on me if you don’t take this.' Because the young lady may be really fearful of losing her boyfriend, she does as he says. The irony is that if she gets addicted to the drug she usually becomes a real problem to him, and no one will leave her faster than he does!

Seeing adults smoke or drink
No one has to do the wrong things that their parents do when they are old enough to know better. For example, many people who were abused as children will not abuse their own children.

Still, parents should set good examples for their children. Parents should know that their children will tend to do what they see their parents doing.

To feel grown up
Some youngsters take drugs in order to feel grown up. If they have become addicted, drugs can put them back many years in life. See the contradiction?

Challenging authority
There is a saying ‘cutting off your nose to spite your own face’. Yes, the family will be distressed when a family member does drugs. But won’t the most harm be usually done to the person who is taking the drugs? Yes.

Curiosity
People use drugs because they offer pleasures. However, the pleasure can quickly turn into a nightmare. Very few people want to be drug-dependent.

“when you are an addict, there is a kind of dying with you. You give all the excuses, because you then resent everybody. I couldn’t even learn – I thought my teacher was too bossy. I had no strength, no self control. I was manipulative – I tried to get money out of people anyway I could.”

A Quote from a Former Drug Abuser

To escape emotional problems
Escaping problems is a popular reason for taking drugs. The world really can be a hard place. Most of us have serious problems at various points in our lives. Many of us will suffer from some sort of serious injustice or emotional pain. This may mean that you want to escape from reality for a while.

All of us need to know how to cope with problems and stress. Please read 'Help For Anxious People', a book in this series.
The personality of the addict also seems to play a part in drug abuse. At first, the drug makes the person feel great – just like the person they would really like to be – for example, more confident, less shy, and not sexually inhibited. These people are ill at ease with their normal selves.

The thing is – why make a problem worse? Why make life harder and more cruel for yourself? The important thing is to find somebody to talk to when you are feeling sad.

Discuss your problem with an adult you respect or with a counselor or minister of religion. Sometimes your problems are so bad, you say you know, I just don’t care, nobody really cares about me, look at my life, why the hell shouldn’t I take drugs?

The good news is that there are almost always ways to solve or improve any problem that you have.

**To feel creative**
Some people may decide to continue using drugs, either occasionally or as a regular part of their life in order to feel creative. They often say things like ‘well so and so takes drugs and he is a big star.’ Most creative people do not need to take drugs in order to feel creative.

**Do Men Take Drugs More Than Women Do?**

It would seem so. All over the world there are more male addicts than female: for example, in Britain, there are about three male addicts for every female. We do not know if this is because women are less likely to partake in illegal activities than men. In many cases, women are introduced to drugs by the boyfriend. However, unfortunately, increasingly more women are taking drugs. Women also tend to consume far more tranquilizers than men do.

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**Life Skills Activity**

Role play with your fellow students how you can walk away from drugs. Then write down the various ways that you can say ‘no’.

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**LIFE SKILLS CORNER**

**How to Walk Away**

*Look at these statements and assess them. Do you have any suggestions?*

The key is not even having to say no to anybody. ‘Saying no’ should be your last resort. The first step was avoiding the whole situation to begin with.

If you are being pressured, and you feel weak, buy some time. Find a couple of minutes when you can be alone and think. This is your chance to think things out. You want to get away from the pressure.

Walk away and don’t turn around. Leave quick and sober. Once you try drugs, it’s easy to find yourself doing it again.

Leave if you can’t change the subject or get friends off your back. Hanging out gives them more time to change your mind.

You don’t need to say no. Just say ‘excuse me’ and leave. They’ll get the message.

Pretend you saw and heard nothing. Pretend that you didn’t hear them ask you anything. Then turn around and talk
How can you Prevent Drug Abuse?

There are three different stages in the progression of drug abuse. Becoming involved in any one of these three stages can help prevent drug abuse:

- stopping the person before they start
- stopping the person when she has started but use is not a habit
- get the person into treatment when he or she has become an addict

You should get the addict into treatment as soon as possible.

Why are illegal drugs sold?

The illegal drug trade is primarily an economic activity. Many people who sell the drugs will not take them, and will strongly discourage their children from taking them, because they see the terrible toll on those who abuse the drugs.

There are also cultural influences in almost every country that allows drug use. In Jamaica, for example, ganja has been a part of the culture for over one hundred years. Alcohol has been with us for over three hundred years, and the mass media shows people having fun at parties and festivals where alcohol flows. Tobacco use has been traced to the Arawak Indians.

It would be impossible to eliminate illegal drugs totally. The aim is to bring use under control and to have as few people as possible become dependent on the drugs.

Evaluation Page - Chapter 4

1. Give three reasons why people abuse drugs?
2. State why drug abuse is bad for your health.
3. Describe how drug abuse can lead to the loss of family and friends.
Chapter 5
Cocaine And Ganja

Key Objectives

After finishing this chapter you should be able to:

1. Discuss the negative impact of taking cocaine
2. Discuss the negative impact of taking ganja

The Story

The party has almost finished. There are three persons left, Marlon, Kenneth and T.K. Kenneth opens up a packet.

‘Know what this is?’ Kenneth says to the other young men.

Marlon says ‘That is crack cocaine. Where did you get that poison from?’

‘This is not poison,’ says Kenneth. ‘This is the gateway to a wonderful world, man. It’s true you don’t know.’

‘No thank you,’ says Marlon.

‘You know what I always notice about you?’ Kenneth starts to get angry ‘You always so tame, like a little baby girl.’

‘Why are you cursing the man for?’ says T.K. ‘Why so you want us to take that? So that we three can be miserable together, not just you alone? Sorry. I am out of here.’

Kenneth curses and shouts while Marlon and TK leave.

TK says to Marlon ‘Are you ever going to go back to that man’s house?’

‘I look like a man who needs more problems to you?’ asks Marlon.

Two hours later, Kenneth sees little twelve-year-old Martha next door. He says ‘Come here, little girl.’

‘Kenneth, what do you want?’

‘This is going to make you feel very good,’ he says.

‘Is it a drug? That is bad for me.’

‘Would I give you something that is bad for you? It is only in small dose. It won’t kill you.’

‘Mummy says drugs are bad for you.’

‘You think your mother knows everything? Doesn’t she smoke a cigarette every now and again? Smoking is very harmful too, you know. She has the right to tell you not to have any fun? I would never do anything to harm you. A little bit of anything can’t harm you. You don’t want to feel nice?’

Martha hesitates. Kenneth says ‘I would never hurt you, little girl.’

‘Alright then, promise me it is just a little bit then,’ says Martha ‘I don’t want anything to make me get crazy.’
Questions

1. What strategy did Kenneth use to try and get Marlon and TK to use the drug? Why was he unsuccessful?

2. What strategy did Kenneth use to try and lure Martha to use the drugs? Why was he successful?

Information Section

COCAIN

What is cocaine?

Cocaine is known as coke, rock, snow and nose candy. It is also known as crack or crack cocaine when mixed with cheap chemicals.

Cocaine is one of the most powerful drugs known to mankind. Cocaine comes from the coca bush, and most of these bushes growth in the South American countries of Colombia, Bolivia and Peru. The effects of cocaine last in the brain for thirty to forty minutes. Cocaine is known as the rich man’s drug because it is expensive.

Cocaine is not new to the West. For example, in the UK, during World War II (1939-45), there were reports that prostitutes would supply soldiers coming home on leave with the drug.

Crack cocaine is cheaper than ‘pure’ cocaine and much more dangerous. Crack cocaine is made from cocaine in a process called freebasing. In freebasing, cocaine powder is cooked with ammonia or sodium bicarbonate (baking soda) to create rocks, chips, or chunks that can be smoked.

Crack cocaine is a form of cocaine that has been altered so it can be smoked. The term crack refers to the cracking sound that is heard when the mixture is smoked. Crack is usually smoked in a pipe. Because crack vaporizes and acts more quickly than pure cocaine, crack cocaine effects are felt more quickly and they are stronger than those of powder cocaine. However, the effects of smoked crack are not as long as those of snorted powder cocaine. The effects of crack usually lasts five to seven minutes.

Some of the physical dangers of long term use of (ordinary) cocaine

Cocaine abuse causes many problems. Some of these include irritability, constant movement, sleeplessness and the loss of one’s job.

Cocaine abuse can cause serious health problems. Yes, there can be nausea and damage to the lining of the nose, but those are not the worst problems. When cocaine is used, the blood pressure rises, and there is less blood going to the heart. This can cause heart attacks or convulsions within an hour after use. Cocaine abusers with high blood pressure, epilepsy and heart disease are especially at risk. Studies show that even those persons with no previous heart problems risk heart problems from using cocaine. People who inject cocaine into their bodies are at high
risk for AIDS and hepatitis when they share needles.

The public often hears about deaths from cocaine. However, many persons still mistakenly believe the drug is not as harmful as other illegal drugs. Cocaine’s immediate effects include raised breathing rate, raised blood pressure and body temperature, and dilated pupils.

What are some of the physical dangers of long term use of crack cocaine

Crack is particularly dangerous for several reasons.

Crack is inhaled and so quickly gets into the lungs, into the blood, and carried swiftly to the brain. The chances of overdosing can lead to coma, convulsions and even death.

Crack’s fast rush of 5 to 7 minutes of intense pleasure leads to sadness. The person then uses more crack in order not to feel unhappy. Because of the brief high, users are always thinking about ways to get more crack.

Habitual use of crack may lead to cocaine psychosis, and can cause a condition known as formication, in which insects or snakes are perceived to be crawling under the skin. The paranoia and depression can cause the person to be violent.

Crack addiction can occur very quickly. Crack addiction is very difficult to break. Animal studies have shown that animals will work very hard (press a bar over 10,000 times) for a single injection of crack, choose crack over food and water, and take crack even when this behaviour is punished. The animals in these studies must have their access to crack limited, otherwise they will take doses that will poison or even kill them. People addicted to crack behave similarly. They will go to great lengths to get crack and continue to take it even when it hurts their school or job performance and their relationships with loved ones.

The tolerance for crack increases so that increasingly greater amounts are needed to gain the same effect. Users may only realize that they are addicts when they try to do without the drug.

Life Skills Activity

Three of your classmates will pretend to be children. Their ages will be five, eleven and sixteen. Role play with your fellow students how to introduce a talk to each child about drug use.
**GANJA**

**What is Ganja?**

Ganja, often known as cannabis, pot or ganja, comes from the plant Cannibis Sativa which grows in many parts of the world, including most countries in the Western Hemisphere. The green leaves of the plant are rolled into a cigarette (called a joint) and smoked.

All forms of ganja are mind-altering. In other words, ganja changes how the brain works. Ganja contains THC (delta-9-tetrahydrocannabinol), the main active chemical that creates the ‘high’. Ganja contains more than 400 other chemicals. Ganja’s effects on the user depend on the strength or potency of the THC it contains.

**Is Ganja Really Dangerous?**

There is a debate on that. There are certainly very good effects from using the ganja plant for treating certain diseases.

Everybody has a different reaction to ganja. With some you may see a drastic change in personality. Others have a burst of happiness one moment and become violently angry the next moment. Some people are unable to concentrate.

**The long term effects of ganja**

While all of the long-term effects of ganja are not yet known, there are studies showing serious health concerns. For example, a group of scientists in California examined the health status of 450 daily smokers of ganja but not tobacco. They found that the ganja smokers had more sick days and more doctor visits for respiratory problems and other types of illness than did a similar group who did not smoke either ganja or tobacco.

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**LIFE SKILLS CORNER**

**How to Introduce the Talk about Drugs to your Child**

You are almost ready to have the talk about drugs with your child. Find a time for an interrupted ten minutes or so. Tell your child “I’d like to talk with you about drugs. I don’t think we’ve ever talked about this (or we need to talk about this again). I think it’s really important.”

Some younger children may be happy to talk with you, while others may be uninterested. Many children assume that they actually know more about real life than you do. Some common responses from a resistant child ‘I already know about drugs,’ or ‘I learned that in school.’

If your child doesn’t want to talk, be patient. Many parents report that timing is everything. Some children do better during a walk (boys especially seem to do better when they can move and talk at the same time). And remember, you can use the following statement as many times as necessary: ‘It’s part of my job as a parent to have this talk, to listen to you and answer your questions. It’s your part as my child to listen and ask me questions.’

Remember how you liked to be spoken to when you were young – kids still don’t want to be talked down to or treated like babies. At the first sign of a patronizing speech, they’ll shut down.

Next you could say ‘I’ve got some questions to discuss. First, what have you learned about why people get stressed?’ or you could ask ‘What stresses you?’ Next, ask if she’s had any chapters on difficult feelings. School
Addiction
is an
Illness

People who smoke ganja often develop the same kinds of breathing problems that cigarette smokers have. They have symptoms of daily cough and more frequent chest colds. They are also at greater risk of getting lung infections such as pneumonia. Scientists have found signs of lung tissue injured or destroyed by ganja smoke.

Cancer
Findings so far show that the regular use of ganja or THC may play a role in cancer. Ganja smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations. Studies show that someone who smokes five joints per week may be taking in as many cancer-causing chemicals as someone who smokes a full pack of cigarettes every day.

Slowing down of reflexes
Ganja can cause your reflexes to slow down. Many people who are addicted to the drug are unable to move quickly. They may have a hard time remembering things that just happened. They may feel dizzy. The drug can interfere with learning by causing confused thinking, or make the person forget what they learned if they were ‘high’. It can lead to a loss of interest in school/university work.

Because the reaction to things or movements can slow down, ganja use can cause accidents as space and time differs from what really exists and makes the driver think that other vehicles are nearer or further away than they really are.

Life skills continued

chapters on drug abuse may not talk about feelings: instead, they may be general talks about how to stay away from strangers offering drugs. Ask what your child has learned.

You could say something like ‘There are many reasons people abuse alcohol and drugs. One reason is to escape from difficult feelings like stress, anger and sadness. I’d like to start by talking about the stresses you feel.’

The above was adapted from Cappello, Dominic and Becher, Xenia G. (2001) Ten Talks Parents Must have with their children about Drugs and Choices New York: Hyperion.

You could also ask the child what he or she knows about drug abuse. If the child asks you a question to which you do not know the answer, tell her that you will find out and get back to her. It is very important for your child to feel respected during talks like this. You may want to tell the child at this point that you love him very much.

This section is taken from an interview with the late Hugh Croskill. The interviews were Fae Ellington and Cliff Hughes. This is taken from the Class Magazine page 8 in The Jamaica Herald June 16-22, 2002

Hugh Croskill ‘I told myself at the time (I was taking crack) that I am bigger than this...no substance could take control of my life...and that’s the biggest mistake we make. Because I can tell you that there is no substance like it. It’s probably the most addictive substance known to mankind...it’s sole purpose is to destroy your life and to destroy the lives of those around you....’
What about pregnancy? Will smoking ganja hurt the baby?

Doctors advise pregnant women not to use illegal drugs and even many legal drugs because they might harm the growing fetus.

Some scientific studies have found that babies born to ganja users were shorter and weighed less than those born to mothers who did not use the drug. Small babies are more likely to develop health problems.

When a nursing mother uses ganja, some of the THC is passed to the baby in her breast milk. This is a matter for concern, since the THC in the mother’s milk is much more concentrated than that in the mother’s blood.

Why do young people use ganja?

There are many reasons why some teens start smoking ganja. Most young people smoke ganja because their friends or brothers and sisters use ganja and pressure them to try it. Some young people use it because they see older persons in the family using it. Others may think it’s cool to use ganja because they hear songs about it and see it on TV and in movies.

Some teenagers may admire someone who smokes ganja. Adults can admire someone without doing everything that person does. Teens are more likely to want to do everything their hero does. Some teens may also feel they need ganja and other drugs to help them escape from problems at home, at school, or with friends.

Ganja, all illegal drugs, and legal drugs such as tobacco and alcohol, may be especially harmful during the teen years. The teen years are a period of rapid physical and sexual development.

The good news is that most teens do not use ganja.

Does Ganja lead to the use of other drugs?

It could. Studies on the patterns of drug use and their long-term effects on high school students in the USA show that very few young people use other illegal drugs without first trying ganja. For example, they found that the risk of using cocaine is 104 times greater for those who have tried ganja than for those who have never tried it. Using ganja puts children and teens in contact with people who are users and sellers of other drugs. So there is more of a risk that a ganja user will be exposed to and urged to try other drugs.

Scientists are examining the possibility that long-term ganja use may create changes in the brain that make a person more at risk of becoming addicted to other drugs, such as alcohol or cocaine. While not all young people who use ganja go on to use other drugs, more research is needed to predict who will be at greatest risk.
Douglas (2000: 156) in *Patterns of Substance Abuse and Use Among Post-Primary Students in Jamaica*, states that:

Ganja is by far the illicit drug most frequently used by Jamaica’s adolescents. In Jamaica, ganja is most often smoked, though it is often times taken orally; more recently, and with greater frequency, the leaves are used in found. ....If teenagers come to rely on ganja as a mechanism for coping with school, family or other tensions, they may not develop the skills they will need to deal with future crises or problems or to make decisions, that confront them as young adults. Although ganja was thought to produce primarily psychological dependence, evidence from recent animal studies suggest ganja may produce physical dependence as well. A major part of the teenagers mentality is that they believe that everyone their age is smoking ganja. This misconception leads adolescents to believe that nothing is wrong with those people, so why should they not try it. Many believe that they can control it, and they deny the fact that they can become dependent and begin to abuse it.

**Finally, I’m drug free!**

**Evaluation Page - Chapter 5**

1. Discuss the negative impact of taking cocaine
2. Discuss the negative impact of taking ganja
Key Objectives

After finishing this chapter you should be able to:

1. Discuss the negative impact of alcohol
2. Discuss the negative impact of tobacco
3. Identify those individuals who should not drink alcohol

Chapter 6
Alcohol And Tobacco

The Story

Merlene says to Tasha.
‘I tell you, Tasha. I just don’t know how to handle my lousy pay cheque. Lord knows how many things I need to buy – and one of them is rum. Donna is not doing well at school at all. I can’t find my rent money. That man of mine is treating me badly. Maybe that is why I drink. I want to forget my problems.’

Tasha says ‘It’s a good thing you’re not keeping these thoughts to yourself. You think you are the only one who feels bad? Everybody feels bad sometimes. I read somewhere that if you don’t have good self esteem, you won’t attract the right kind of man. Many times we attract people who mirror ourselves in some way.’

‘Well, I abuse rum and he abuses me,’ says Merlene ‘Anyway, maybe it is better to stay with the evil I know than the good I know not.’

‘You know, there are so many good things about you,’ says Tasha ‘Remember how you once saved to do that accounts course – cent by cent? That was something else. I don’t think I could have done that. I think you deserve better than the treatment you’re getting, and you think so too. But I know that you’re also worried about Donna. You need to take responsibility for your actions for both your sake and for her sake. Don’t take the rum. You don’t want to give your daughter the wrong example.’

I would like you to go to AA which stands for Alcoholics Anonymous. It won’t be easy getting off the rum, Marlene, but you can do it. AA knows many ways to help you, and will guide you how to get help for your other problems. You will be with people who have also have problems with alcohol, and you will all support each other. You smoke about –what – five cigarettes every day? That isn’t the worst case, but maybe AA can guide you on that too, or tell you where to go.’

Merlene says ‘I tell you, I need to try something. You’ve made me feel better. I’m glad I have a friend to talk to. I think everybody needs somebody to talk to every now and then.’
Questions

1. Tasha says ‘You need to take responsibility for your actions’. Was Merlene taking responsibility for her drinking?
2. How could Merlene’s drinking affect her child?

Information Section

THE DANGERS OF SMOKING
TOBACCO

Why does smoking cause so many problems?

Every time a person smokes, he or she is inhaling over 4,000 different chemicals, including nicotine. Nicotine is the poisonous substance in tobacco. Nicotine is addictive and increases levels of the pleasure-inducing brain chemicals. This pleasurable feeling is a reason why smoking tobacco is very addictive.

Tolerance to nicotine develops quickly. That is, the dose needed to achieve the desired effect begins to rise almost immediately. This encourages you to increase the amount you smoke. This may make you become a nicotine addict. If you stop smoking, withdrawal symptoms occur. These include, for example, anger and a difficulty in concentrating.

Once the smoking habit has been acquired, it is difficult to break. Some people can break the habit quickly, but most people cannot.

By the time a person has become an addict, he may find it necessary to combine smoking with other activities such as reading the newspaper or watching television. A woman might find she needs to smoke during times of stress.

Many smokers are afraid of what might happen if they stopped. Many smokers fear that if they stopped they would gain weight or would have difficulty doing their work.

However the long term effects of smoking many cigarettes every day can be one or many of the following:

- Lung cancer
- Cancers of the mouth, throat, pancreas, bladder, kidney and stomach
- Lungs cannot expand and there is a loss of oxygen to body
- Chronic bronchitis
- Chronic heart disease
- Discoloured finger nails and teeth
- Smell loss
- Gum problems
- Ulcers

Many young people know about the risks of smoking. At this age, most people also tend to feel invincible and immortal, and genuinely believe that all of the well-known dangers of smoking will somehow not happen to them – or at least, be something to worry about only in the distant future.
**ALCOHOL**

**Alcoholism**

Alcohol is a drug. Alcoholism is a disease which means that a person is physically or psychologically dependent on ethanol (ethyl alcohol). Some people drink alcohol but are not as physically or emotionally dependent on the drug as alcoholics.

There are many factors that cause alcoholism. Some of the other factors that can influence a person to abuse alcohol are:

- environment
- stress levels
- availability of alcohol
- influence of friends or social group
- family

Alcohol affects everyone differently. No one knows why some people are able to drink moderate amounts of alcohol for years without developing problems, while others become alcoholics. It is known, however, that the children of alcoholic parents are more likely to become alcoholics themselves.

Still, there are just no ‘rules’ when it comes to alcohol abuse. A person with no family history of alcohol can still become alcohol-dependent. Or a person who has a family where every family member drinks may never develop alcoholism.

Some people become intoxicated (drunk) with the first drink. Others may be able to consume four or five drinks before showing any effects.

Alcohol has a greater effect on women than on men. Women’s bodies are lower in water content and higher in fat content. Because of the higher fat content, the alcohol becomes more concentrated in the bloodstream and is retained in women’s bodies longer.

Please remember however that alcohol abuse is dangerous for both women and men.

**How Do I Know If I Am An Alcoholic?**

Do you have a strong need to drink every day? When you drink, does each drink create a craving for another drink? Do you need more and more alcohol in order to feel its effects? Do you get symptoms like nausea, sweating and shakiness when you try and stop drinking alcohol? Are you unable to limit your drinking?

If you have answered ‘yes’ to even one of these questions, you are probably an alcoholic, and you need help.

How does alcoholism start? Some people will first need to drink for every mood: to relax, to celebrate, to forget one’s sorrows and so forth. The alcoholic soon needs no excuse to drink, and will be completely controlled by the alcohol. Alcoholism will often lead to depression, anxiety, memory loss and a lack of balance. Some alcoholics become very aggressive. They may also begin taking out their anger on those closest to them. The families of alcoholics often suffer a great deal.

Alcoholics are often ashamed and angry at their alcoholism, and may have very low levels of self-esteem. They often seek to numb this pain by drinking more alcohol.

Alcoholism usually starts slowly but can progress with lightning speed, depending on a person’s tolerance for alcohol.

**The Dangers of Alcohol**

The abuse of alcohol increases the risk of serious illness. Drinkers who drink 20 or 30 bottles of beer or 30 to 45 oz. of whisky weekly over a number of years are more likely to
Words of Wisdom from an Alcoholic

I suffer from depression. I now wish that I had gone to a doctor and tried to get it treated or taken some other route. I became an alcoholic. Sometimes when you turn against yourself you do things that you regret later down in life. You don’t care about that when you first do it but later on you start to see how your life would have been much better if you had just never taken that thing. It’s very awful when you have two big problems – feeling bad and being an alcoholic. Being an alcoholic does not help anything - because all it does is damage your liver and your health. So you now have another demon to fight against. Don’t take drink, drugs and don’t even overeat. Try and be good to yourself. If you are not good to yourself, who will be? You even attract the wrong kind of man, because which man is going to take up with an alcoholic woman, or stick with her for very long?

As far as the body is concerned, alcohol is a poison.
Very Good News

It’s tough yes, but many alcoholics have stopped drinking, and many former smokers have stopped smoking. Alcoholics realize that even one drink can set them back so they do not drink at all, not even a glass of champagne. They often find that after a while they are experiencing much better health. People who stop smoking often find that their gums are healthier, and that they can breathe easier. The benefits of stopping are a hundred times worth those first feelings of real discomfort when you first give up drinking and smoking.

Life Skills Activity

Pretend that a classmate smokes several packs of cigarettes per day. Speak to that person about the bad effects of smoking. First, write the things you would say on a sheet of paper, then do the role-play.

**Tips:** Remember not to shout at the person or ‘talk down’ to him or her. Did you tell the persons the dangers of smoking? Did you tell them the benefits of not smoking?

Remember that you cannot stop the individual from smoking, so don’t get frustrated if he or she does not take your advice. The person may know very well the benefits of not smoking, but chooses to smoke anyway. If the person becomes irritated with you, you may want to stop giving the advice. Again - it is the person and not you who finally makes the decision.

If I have trouble with drinking, can’t I simply reduce my alcohol use without stopping altogether?

That depends. If you are an alcoholic, the answer is ‘no’. Studies show that nearly all alcoholics who try to merely cut down on drinking are unable to do so for a long time. Instead, not having any alcohol whatsoever is nearly always necessary for successful recovery. However, if you are not alcoholic but have alcohol-related problems, you may be able to limit the amount you drink.

What about curing alcoholism?

Alcohol makes the drinker physically dependent on the alcohol, and withdrawal can be life-threatening. So when an alcoholic is being withdrawn from alcohol, medication may be necessary. In the long term, however, there is no medication to date that can cure alcoholism.

What is the safe level of drinking?

Many men can safely drink up to two drinks per day. Many women and older people can safely drink one drink per day. One drink is one 12 ounce bottle of beer or wine cooler OR one 5-ounce glass of wine OR 1.5 ounces of 80-proof distilled spirits.

However, certain people should not drink at all, that is:

- people who plan to drive or engage in activities that need alertness and skill, like driving
- people taking certain medications,
including certain over-the-counter medicines
• people with medical conditions that can be worsened by drinking
• recovering alcoholics
• children and teenagers under the age of 18
• pregnant women

Drinking during pregnancy can have a number of harmful effects on the newborn, ranging from mental retardation, and damage to organs. Unfortunately, many of these disorders last into adulthood. It has been said that a mother who drinks or takes illegal drugs during pregnancy is committing child abuse.

Like crack cocaine, the social consequences of alcoholism can be very destructive. Alcohol abuse takes a tremendous toll on society through traffic and other accidents, poor job performance, and emotional damage to entire families.

**LIFE SKILLS CORNER – Special Issues in Preventing Smoking Tobacco**

The challenges faced in the prevention of smoking are very much like the challenges faced in the prevention of the abuse of other drugs, with a couple of differences. Because tobacco is a legal drug, openly used by adults, its use is seen as less harmful and more ‘normal’. Because you, as the parent or friend, are opposing a billion-dollar industry whose aim is to promote this drug. You have to be much stronger than the message given by the tobacco industry. The message tends to promote tobacco as safe and good for your image.

Other than that, it is similar to other drug prevention steps:

Teach children about healthy living. Help them understand the harm from tobacco and teach them about addiction.

Raise children who can meet their needs without drugs. Then, if they smoke a cigarette, it is not because they need this drug to help their moods or to boost their self-image

Create a family climate in which children feel they can talk with you about anything without fear. Then if they are thinking of smoking, they will talk to you about it.

Give an clear message that children should not use drugs. Tobacco products are a serious health hazard and are not to be used. You can enforce such a rule with younger children. With pre-teens and teenagers, you need to rely on reasoning

Have ongoing family discussions about alcohol, tobacco and other drugs

Should your children try smoking, you can express your strong feelings. It is important to say what you think. But avoid overreacting to the kids trying out a cigarette. If you shout, for example, the child may rebel. The child may also not want to talk to you about his or her problems.

*Adapted from Shwebel, Robert (1998) *Saying No is Not Enough* Newmarket Press: New York p. 140-141*
Evaluation Page - Chapter 6

1. Give three reasons why smoking causes problems
2. Give three reasons why alcoholism causes problems
3. Identify those individuals who should not drink alcohol
Note! The definitions of the words here pertain to Chapters 1-6. There are other definitions for many of the words below. For example, note that the word ‘infectious’ has other meanings other than how it was used in this chapter. Why don’t you look it up in the dictionary to see if anyone you know has an infectious smile?

Anus (noun)
The anus is the opening of the bowel through which faeces pass. Anal is the adjective.

Antibody (noun)
An antibody resides in the blood, and helps to fight off infections and diseases. An antibody matches the specific agent that causes a sickness, much like a key matches a lock; and then helps to destroy the agent.

Cell (noun)
A cell is a very small unit of living matter. Our bodies are made of cells.

Chlorine (noun)
A chemical used to disinfect water

Chromically (adverb)
This comes from the verb chronic. Chronic means that an illness is long-term or always present. For example, she suffers from chronic bronchitis

Contagious (adjective)
Caught by contact with infected people or things

Contaminant (noun)
A thing that is harmful or unclean.

Contradiction (noun)
Saying something is wrong or not true

Convulsion (noun)
A violent movement of the limbs that you cannot control

Depression (noun)
Feeling disappointed and hopeless. Depressed is the adjective.

Emotion (noun)
A strong feeling. Emotional is the adjective

Epilepsy (noun)
A nervous disorder that makes a person’s body move uncontrollably

Fetus (noun)
A baby growing in a womb

Fragile (adjective)
Easily destroyed, easily broken

Gene (noun)
The parts of a cell in your body responsible for passing on physical characteristics to your children. Genetic is the adjective.

Habit (noun)
Something you do often. Habitual is the adjective.

Havoc (noun)
Damage

Hepatitis (noun)
A serious disease in which the liver becomes inflamed (red and swollen)

Heterosexual (noun)
A heterosexual is a person who is sexually attracted to people of the opposite sex.

Homosexual (noun)
A homosexual is a person who is sexually attracted to people of the same sex.

**Hydrogenated**
Hydrogenated fats remain solid or semi-solid at room temperature. Recent research suggests that these fats may be harmful to heart health.

**Hygiene (noun)**
Keeping clean and healthy

**Infection (noun)**
A disease that is likely to spread from person to person. *Infectious* is the adjective.

**Influence (noun)**
The power to affect someone or something

**Irritability (noun)**
The state of being easily annoyed. *Irritable* is the adjective.

**Lubricant (noun)**
A lubricant is an oil or grease which makes something move easily. Only special lubricants are used for sex – discuss these with your doctor or nurse.

**Manipulate (verb)**
To cause to behave in a way that benefits you

**Medication (noun)**
The medicine that the doctor gives to a patient

**Mental (adjective)**
Relating to the mind

**Metabolic (adjective)**
The processes in the body that convert food and convert food into energy

**Misconception (noun)**
A wrong idea, a misunderstanding

**Multiple (adjective)**
Involving many parts, things or people.

**Numb (adjective)**
Unable to feel or move.

**Paranoia (noun)**
a form of mental illness in which a person wrongly believes that he or she is being badly treated by others or that he or she is somebody very important.

**Physiology (noun)**
The study of the bodies that people and animals have. *Physiological* is the adjective.

**Prefix (noun)**
A part of a word that is added to the beginning of another word.

**Prevalence (noun)**
Being widespread. *Prevalent* is the adjective.

**Psychology (noun)**
The study of how the mind works. Psychological is the adjective.

**Reproduce (verb)**
To make something. To have children.

**Respiration (noun)**
Breathing. Respiratory is the adjective.

**Self-esteem (noun)**
Respect for yourself

**Semen (noun)**
Semen is the white fluid produced by males. Semen contains the male sex cells.

**Shaft (noun)**
The long straight part of the penis

**Strategy (noun)**
The act of planning and carrying out a plan

**Substance (noun)**
A particular type of matter
Susceptible (adjective)
Likely to suffer from. For example, he is susceptible to colds

Symptom (noun)
A sign of having an illness

Therapy (noun)
The treatment of illnesses

Virus (noun)
A virus is an extremely tiny creature that can cause a disease. A virus is so small that you can only see it under a microscope. A microscope is an instrument which magnifies very small objects placed under its lens. Viruses cause many diseases such as ‘flu (influenza) and chicken pox. HIV and AIDS are also caused by viruses.

Withdrawal (noun)
The act of removing or going away. The process of stopping use of a drug after being addicted to it.

Phrases

The immune system
Your immune system is your protective system. ‘Immune’ means ‘that you are not likely to catch a particular disease. For example, you could say that he is immune to measles. The immune system fights off diseases. People tend to have strong immune systems when they eat properly, get enough sleep, adequate exercise and avoid too much stress. HIV damages cells in your immune system that fight off infections and diseases.
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Prerequisites

Before you teach your group about HIV/AIDS and about drug abuse, you should know more than your students – and much more than what is contained in this book! You should also visit your Ministry of Health Library to read the current research on the HIV/AIDS virus.

Your Qualifications/Experience

You should have taught adults successfully for more than two years.

You should preferably be a nurse OR
have had some kind of experience in the health field OR
be a counselor

Ideally, you should have a degree or diploma or certificate in Training Principles and Practices, or other similar course, which has covered Programme Planning and Programme Delivery.

Remember that when teaching adults you should.....

1. Establish a comfortable atmosphere with minimal distractions
2. Speak slowly and clearly and avoid technical terms
3. make instruction relevant to the learner by using examples specific to the experience
4. praise the individual's/group’s progress toward the learning goal
5. provide feedback to the learner to encourage self-evaluation
6. remember that the teaching and learning process is the mutual responsibility of the instructor and learner.
7. speak to each and every adult with respect

Some of the material contained in this book is very sensitive. Do not force anyone to take part in any activity which they find very embarrassing.
Chapter Organization

You will notice that each chapter is divided into six sections. These sections are:

1. Objectives
2. A Story
3. Information Section
4. Life Skills Activity
5. Life Skills Corner
6. Evaluation Page

Planning Your Time

The chapters can last either 2 or 3 hours. The time to be devoted to each chapter will depend on the time that you have available and the group’s level of understanding. Here are some suggestions before you make your chapter plan.

Objectives

If you want to include an ice-breaking exercise for Chapter 1, make it no more than 10 minutes.

Briefly introduce the topic to the learners. Explain why the topic is important. For example, you could say: *an increasing number of people in the Caribbean is getting the HIV infection. So we are going to learn about how to avoid HIV infection. If you have been infected by the HIV virus, we will suggest some steps that you should take to cope with the illness. Many people are living with the HIV virus and are very productive human beings.*

Another example is: *we’re going to talk about alcohol now. Tell me what drinks contain alcohol. That’s very good. Alcohol is also in brandy, champagne etc. Beer does not have as much alcohol as rum, but that doesn’t mean that you should drink 3 beers in a row. Why did I just say that?*

Before each chapter, encourage your learners to ask questions. Inform them that if you do not know the answer, you will research the question, and get back to them another time.

Then read the objectives aloud to the students, and explain the objectives. You will observe that there is more material in each chapter than that which covers the objectives. That is to ensure that a few key points are remembered very well. However, you may of course elect to develop some of your own objectives.

This exercise should take no more than 15 minutes.

Time: 10 – 15 minutes
**Story**

You will note that much of the conversation in the stories is not in Standard English. This is to make the discussion in the story more realistic to the learners, since relatively few persons in the Caribbean always converse in Standard English.

Then you may do the following:

1. Read the story out loud for everyone (5 minutes)
2. Ask the learners to be actors so that the story can be dramatized (10 minutes)
3. Ask the learners to answer the questions given for the story (10-15 minutes)
4. Explain that many of the conversations are not in Standard English

**Time:** 30 minutes

*OPTIONAL* - Ask the group to share similar experiences

If you include the OPTIONAL Section, this exercise will take 40 minutes.

**Information Section**

1. Go through the information section step by step. Ask questions after each section to assure learner understanding.
2. Also ask the learners to share what they know about the particular topic.
3. Inform the participants that there is a Resource Centre at the back of the book that will help them with the words that they do not understand. You should help the learners by giving them other contexts in which these words are used. Remind them that there are other definitions of many of the words in the Resource Centre. Encourage them to use dictionaries.

**Time:** 1 hour to 1 hour 10 minutes, depending on the group’s level of understanding

**Life Skills Activities and Corners**

**Life Skills Activities**

You will note that the life skills activities are not included in the chapter objectives. This is because the students will require special and often individual tutorials in order to be competent in the life skills activities described in this workbook. The life skills activities are only meant to
give the basics of the particular lifeskill.

All life skills activities will take twenty minutes to half an hour. Ensure that at least five persons get the opportunity to participate in each life skills activity. Ensure that each member of the group gets the opportunity to perform the role play in one of the life skills activities.

Special materials are only required for Chapter 1. For Chapter 1, you should obtain a plastic or wooden object in the shape of a penis so that the learners can practice putting a condom properly on the object.

After the life skills activity, ask the group to share with you and each other what they have learned.

**Time: 20 to 30 minutes**

*Life Skills Corner*

This section gives guidelines to the Life Skills activity. However, it is not designed to cover all of the possible answers.

**Time: 10 to 20 minutes**

*Evaluation Section*

Ask the learners to get into groups of three to perform this exercise. Then read the objectives of the chapter to them. Ask them if the objectives were achieved. If they feel that they have not achieved all of the objectives, go over any point that they wish to discuss.

**Time: 10-15 minutes**

At the end of the programme you should ask the learners:

1. How would you describe the length of the course?
   - Too slow
   - About right
   - Too long

2. How clear and understandable was the teaching?
   - Very clear and understandable
   - Clear and understandable
   - Not clear and understandable
3. How useful was the course in helping you learn about HIV/AIDS?

- Very useful
- Useful
- Not useful

4. How useful was the course in helping you learn about drug prevention?

- Very useful
- Useful
- Not useful

5. How enjoyable was the course?

- Very enjoyable
- Enjoyable
- Not enjoyable

Tabulate the students’ answers and return.

Planning Your Time – A Recap

<table>
<thead>
<tr>
<th>Section</th>
<th>Least Time</th>
<th>Most Time</th>
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<td>Evaluation Section</td>
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Remember this is serious stuff but also put a little fun in it. Learning can be fun!