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6



7



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5



6

**witchcraft**

7

## General

This game has been designed to stimulate children to learn to talk openly about hiv/aids and sexuality. It is also designed to inform them about the risks of sexuality, particularly infection with the hiv virus.

The risks of unsafe sex are dealt with in a friendly manner and become discussable in an expressive way. The game is also designed to provide information about hiv infection and aids and to combat the stigmatisation of people with this sickness.

***Let the children play the game according to the instructions before discussing the storyline.***

**Instructions on how to play the game LOVE.check** (number of players 2–8).

- Appoint someone to clean up after the game is over, making sure that the game is repacked completely in the box.
- Shuffle the cards and place them upside down in equal rows.
- Choose who will start first; he or she selects two cards and turns them over.
- Are the two pictures the same? You may keep this pair and select another two cards: turn them over again.
- Are the two pictures different? Turn the cards upside down again and return them to their original spot.
- Now it is the next person's turn to select two cards.
- When all the cards have been matched into their respective pairs the game is finished.
- The player with the most pairs of cards is the winner!

## Game over?

***That's what you thought!***

## Attention to adults, teachers and peer educators:

After the game has been played, you can help the players to find the four stories that have been incorporated into the card game.

- 1 the first story is about hiv and aids in the family: yellow border.
- 2 the second story is about boys and girls falling in love and the risks of sex: red border.
- 3 the third story is about a girl who is at risk, for example, rape and teenage pregnancy: green border.
- 4 the fourth story is about myths, risks and awareness: blue border.

Look at the pictures and talk with the children about the stories in the game.

What do they see? What do they know?

The pictures provide information on how to avoid infection with the hiv virus. The pictures help the children to talk about their own story, about their experiences with people they know who have aids, about their fears and how to deal with hiv+ people in daily life.

Talking about hiv and aids sometimes brings up other difficult topics. Everyone has absorbed certain beliefs and habits concerning sexuality from their families, their cultural background and/or their religion. Everyone is confronted with questions about sexuality at some point in their life.

Let the children talk about their fantasies and actual experiences. Would they act like the people in the pictures or would they do things differently? Encourage the children to be assertive and stimulate them to be honest about things that are difficult for them. You can also use the brief description on the other side of this flyer.

**Remember:** your instructions are of great importance to the children!

Both boys and girls should try to avoid unsafe sex in order to protect themselves and their partner.

Both boys and girls must learn to say **NO** when they don't want to have sex.

## How can you get hiv, aids?

You can become hiv+ if you are infected by blood or sperm that is infected with the hiv virus.

This can happen mostly as a result of unsafe sexual contact. But the hiv virus can also be transmitted from a mother to her unborn child or to a newly born child through breastfeeding, if the mother is infected with the hiv virus.

***90% of infected people got the hiv virus through unprotected sex.***

### **What is hiv?**

Hiv is the name of the virus that causes aids. You can get infected with the hiv virus. The virus then penetrates your body and destroys your immune system. Someone who has the hiv virus is called hiv infected or seropositive (hiv +).

You do not necessarily feel sick and you do not yet have aids.

If you are hiv+, there are medicines that enable you to lead a reasonably normal life.

You have to take your medicines at the same time every day for the rest of your life.

There is still no cure for aids.

### **Can you tell if someone is infected?**

No. A person may look healthy, but can be infected with the hiv virus. You can only know if someone is infected based on the results of an official hiv test.

### **What should you do if you are afraid that you may be infected or if you have questions?**

Go to a clinic, a doctor or somebody you trust. They will be pleased to help you and request counselling and testing.

### **How can you prevent getting hiv/aids?**

Try never to have unsafe sex. Always have safe sex!

There are condoms for men, or you can use a female condom. Also take the contraceptive pill to make sure you don't get pregnant.

It can be very hard to say no to unsafe sex or to ask for a condom, but remember that it concerns your health and that of your partner.

You can also postpone having sex with each other, or remain faithful to a partner who isn't hiv infected.

### ***Share the responsibility for a happy future, take care for yourself and your partner!***

Try to avoid risky situations like using alcohol and drugs, or being a girl alone in a group of boys.

### **Look for support:**

Call a helpline or look for support groups of people with hiv and aids.

### **You cannot get infected with the hiv virus by:**

Shaking hands, hugging, kissing or sharing the same toilet, office, school or swimming pool, sharing the same clothing, food, glasses, spoons, plates, or from mosquito or other insect bites, etc., nor can you get it from injections with sterile (clean) needles. No one can be infected with the hiv virus through odour, sweat, tears or urine.

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info@lovecheck.org  
www.lovecheck.org

## A brief description of the pictures and the stories depicted in the card game

- 1 The father is in the clinic and he has been told that he has contracted the hiv virus.
- 2 The father is telling his wife about his illness.
- 3 The mother is going to the clinic and wants to be tested for hiv.
- 4 The mother tells her family that she, too, is infected with the hiv virus.  
They feel sad.
- 5 The father is signing his will so that his wife and children will have his possessions after he has died.
- 6 The family is working in the garden. It is important that relatives and friends take care of someone who is hiv+.  
Try to stay together.
- 7 The family is eating together. Although mother has aids, it is safe to touch the same dish or spoon.
- 8 A friend of the mother takes good care of her and gives her fresh fruit and drinks. Healthy food strengthens resistance.
- 9 Friends visit the mother and pray with her. Always take good care of people with aids.  
It is important to try to talk openly about hiv and aids. It should not be a secret.
- 10 People who are hiv+ can use Anti Retro Viral pills: every day strictly at the same time, for the rest of their life.  
With good treatment, you have a future.  
We can treat hiv, but we cannot cure.
- 11 Support and herbs of the traditional healer might make the patient feel more comfortable. Let the doctor decide if the medicines and herbs can go together.
- 12 The mother and children are sitting close to each other, although the mother has aids.  
You cannot be infected with the hiv virus by hugging.
- 13 The mother is being comforted in the hospital by her family and friends.  
She will die.
- 14 The mother has passed away. There is still no cure for aids. It could be helpful to make contact with support groups to talk about loss of friends and family and about sorrow.
- 15 Try to go to school, do your best and learn as much as you can. It might help you in the future.  
What choices will you make? You still have a future!

- 1 When boys and girls use alcohol and drugs they might not think of having safe sex. Stay alert.
- 2 Boys talk about condoms. You share the responsibility. It is cool to use a condom.
- 3 A girl and a boy are in love with each other.
- 4 The boy is asking the girl to have sex, she refuses, and together they decide to wait.  
They are very much in love but decide to postpone having sex for a while.
- 5 Another boy is trying to claim the girl to have sex with him, but she wants to be faithful to her friend.  
Having safe sex or remaining faithful to one safe partner are options for not contracting hiv.
- 6 They want to have sex, but because of the danger of contamination they use a condom.  
Be responsible both to and for each other. Stay safe.

- 1 An older boy tries to force a girl to have sex with him. She refuses and offers resistance.  
Avoid situations where sexual abuse can take place. Don't feel guilty.
- 2 Her mother helps her and is angry with the boy. She comforts her daughter.
- 3 The mother and daughter go to the police to lodge a complaint against the man.
- 4 The mother and her daughter talk with each other about her experience.
- 5 A teacher wants to give high marks in exchange for sex, but the girl is strong and refuses. A man can treat a woman, pay for her food or drinks, or even be a sugar-daddy for example, but that still doesn't give him the right to your body!
- 6 Because of unsafe sex, young girls get pregnant and no longer go to school.
- 7 It is very important to talk about your experience, with your friends or other people. You can also call the 'Childline'.  
They will be pleased to listen to you and try to help you anonymously.

- 1 The hiv virus is active everywhere in the world, so you have to protect yourself everywhere. (source UNAIDS 2005).
- 2 One cannot be infected by kissing.
- 3 One cannot be infected by drinking from the same glass or touching the same dish or spoon of a hiv+ person.
- 4 One cannot be infected by shaking hands or by giving a hug to someone who is hiv+.
- 5 One cannot be infected by insects.
- 6 One cannot be infected by sitting on the same toilet.
- 7 One cannot be infected nor cured by witchcraft.

**LOVE.check / southern Africa**

*Team:* Adriaan Backer, Erna Beumers, Christien Broecheler, Marleen Engbersen, Lincie Kusters, Gemma Pagano, Karin van Paassen, Caroline Schaap, Daniëlle Schaffelaars

*Design:* Daniëlle Schaffelaars

*Photography:* Adriaan Backer

*English Translation:* Robert Rouveroy csc, Rosalie Steinmann

*Translation African languages:* SACBC AIDS Office Staff

*Printing:* Fishwicks Printers

*Special thanks to the people in the photos.* They are actors, members of the drama group Teleios Korban Organization in Ekangala (S.A.) Coordinator of this group; Martin Durujis: durijis@yahoo.com

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info@lovecheck.org – www.lovecheck.org

Concept & design pilotgame Zambia: Tina Lenz, WEB.foundation