

# MODULE 1: PROGRAM LAUNCH

## *Getting Off To A Great Start*

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### **Purpose:**

This first session introduces participants to the course and to one another in a fun and stimulating way.

### **Objectives:**

- ❖ Participants understand the course objectives and how it will benefit them personally;
- ❖ Participants feel positive and excited;
- ❖ Participants meet and begin to feel comfortable with one another.

### **Time: 2 hours**

TOPIC	TIME	METHOD	MATERIALS
Program Launch	20 minutes	Discussion	Paper & pens for participants helpful
Categories Game	20 minutes	Game	None
Getting to Know Each Other	30 minutes	Interviews in Pairs	None
Setting Ground Rules	30 minutes	Discussion	Board or flipchart paper helpful
Course Overview	20 minutes	Talk	Board or flipchart paper helpful

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**Key Message:** There's more to teaching than talking.

**Key Skill:** To motivate participants to avoid HIV infection.

The purpose of any training is to deliver results. Participants must be more effective after the training than they were beforehand. What do they now *know* that they didn't know before? What can they *do* now that is new? How have their feelings changed as a result of the course? If a beneficial change has not taken place, the course has not been successful.

The key to effective training is motivating the participants. When participants feel that the training will benefit them personally, they will be motivated to attend and learn. Spend time at the beginning talking about the benefit of the course for them. Ask them to think about:

- What do they need this information for?
- How will they benefit from it?
- How can they apply it in a real, practical way?

Remember, you cannot motivate other people. You can only create a climate where they can motivate themselves. Each person is responsible for learning. As the facilitator, you are responsible for creating the best climate for

learning to take place. At the beginning of the course ask participants these questions:

- What do they expect of this course?
- What results do they want most?
- What are they willing to do to get those results?

Create and maintain interest by using a variety of teaching approaches. Invite outside speakers to take part in relevant sections. Health professionals alleviate participants' concerns about confidentiality. They may also be more comfortable addressing sexual behaviour issues. Participation by clinic staff is also beneficial as it may facilitate youth access to services.

Games, group work, role-plays and competitions get participants attention and engage them in a learning experience. During each exercise, participants think, reflect and answer questions. Later they draw conclusions or generalize ways this applies to real life. Finally, with guidance from the facilitator, they apply the knowledge or skill to their own life.

### ACTIVITY

## PROGRAM LAUNCH

**Purpose:** Participants will understand the workshop's goals and how it will benefit them personally.

**Age Group:** All ages

**Time:** 30 minutes

**Materials:** Flipchart, markers, pens & paper for participants helpful

**Delivery:**

1. Welcome participants and introduce yourself.
2. Let the participants also introduce themselves.
3. Explain that this training is about staying healthy and getting what you want in life. The overall workshop goals are:
  - To help you have the life you want and stay safe from HIV/AIDS
  - To enable you to have the relationships that you want in a way that keeps you safe from HIV infection.
4. Focus on the good things that participants can get from participating by asking:
  - Would you like to enjoy wonderful loving relationships that keep you healthy and safe?

- Would you like to know about all the different ways to stay safe from HIV infection?
  - Would you like to feel really confident about saying what you want in a relationship?
  - Would you like to know ways you can support and help each other?
5. Ask everyone to pick someone next to them. Ask these questions and take notes on their answers:
    - What else do you think you will get out of this training?
    - What would you most like to know or be able to do after this training is over?
  6. After a few minutes, ask for examples of what people want from this course.
  7. Conclusion: We are going to explore all these things in a fun and interesting way. We will play games, tell stories, act out some dramas and discuss things together. There won't be any long lectures. The issues about HIV and AIDS are serious, but we can still enjoy learning about them. When we have fun, we learn even more.

Adapted from *Journey of Hope, Ghana Users' Guide*, Government of Ghana, JHU/CCP, Potential Unlimited International, USAID, UNAIDS, 2001

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### ACTIVITY

## SETTING GROUND RULES

**Purpose:** Participants will agree on expected behavior during the course.

**Age Group:** All ages

**Time:** 30 minutes

**Materials:** Flipchart, markers, helpful

**Delivery:**

1. Explain that for a good experience we need to agree on some ground rules for how we'll work together during the training.
  2. Ask participants to suggest some ideas about these rules. Write them on a flipchart.
  3. If any important ones have been left out, you can suggest them at the end. Here are some ground rules that other groups have used:
    - We will speak one at a time and listen to each other.
    - We will encourage shy participants to speak.
- |  |
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| <ol style="list-style-type: none"><li>4. When there are no more suggestions, ask the group if they will adopt these ground rules for the duration of the workshop.</li><li>5. After they agree, post the rules at the front of the room.</li></ol> |
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- We can be free to talk openly about sexual matters. We understand that talking a lot about sex does not mean that we are free in our sexual behavior.
  - We will not talk about personal stories that are discussed here to people outside the group.
  - We will begin on time and end on time.
  - We agree that each of us has a right not to participate. We will not pressure anyone to take part in an activity or share personal information.
  - We will come on time.
  - We encourage and welcome all questions.

Adapted from *Life Skills Manual*, Peace Corps, Publication #M0063, 2001

### GAME

## CATEGORIES

**Objectives:** Participants begin to know each other and feel comfortable

**Age Group:** All ages. Vary the questions depending on the group's age or make-up

**Materials:** None

**Time Frame:** 10-15 minutes

#### Delivery:

1. Invite the group to stand around you. Explain that this fun game gets everyone up and moving. Participants mingle and learn about each other by responding to "categories".
2. Explain that you are going to name a category. For example, 'everybody with the same favorite football team as you.' When you say 'Go!' try to find everyone with the same favorite team.
3. Before you call out a category, have everyone run around, not in a circle or straight line, but randomly. Ask people to do a funny run or warm up exercise like "knees up" while they run. Then when you call the category they'll have to scramble more to find their group.
4. Play until everybody has found a group. When you say 'Stop!' everybody should stop talking and bring their attention back to you. See what types of groups you have.

Then play another round with a new category.

5. Encourage each group to cheer for their category. For a favorite soft drink, one group chants "Pepsi! Pepsi! Pepsi!" and another "Coke! Coke! Coke!" etc.

#### Possible Categories

Favorite Style of Music, or Artist  
Favorite Football Team  
Favorite Subject in School  
Same Age  
Same Number Of Siblings  
Same Breakfast Eaten This Morning  
Same Way They Got To the Training

6. After 3-4 rounds, stop with the participants while they are still in their groups. Ask them to discuss these questions:
  - What things worry you about HIV/AIDS?
  - How serious a problem do you think AIDS is here?
  - How much do you worry that you or your friends could get HIV/AIDS?
7. Give each group 5 minutes per question. Then have each group offer a few ideas to the larger group. Afterwards, use these issues to introduce the course content.

Adapted from *Grassroots Soccer, 2004*

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### ACTIVITY

## GETTING TO KNOW EACH OTHER

**Purpose:** To get to know more about each other

**Age Group:** All ages

**Materials:** (Optional) Board or paper, tape, pens or markers

**Time:** 20-40 minutes

#### **Preparation:**

Decide in advance which questions you want participants to ask in the interviews. Choose the questions with your participants in mind. Post the questions on a chalkboard or paper if available.

#### **Sample Interview Questions**

- Do you play a sport? What sport? When did you start playing?
- What do you want to learn most from this workshop?
- Do you think HIV/AIDS is a big issue among your close friends? Why?

#### **Delivery:**

1. This exercise requires good questioning, listening, and presentation skills, much like football requires certain skills for successful play.

2. Instructions: Pair up in teams of two.
3. In pairs, interview each other using these questions.
4. No writing is permitted; all information gathered must be committed to memory. You will have 15 minutes to do both interviews.
5. Each participant will then present their partner to the group using what they learned about him or her.
6. After everyone is presented, introduce yourself answering the same questions. Conclude with these key messages:
  - Players must know everyone on the team to truly work together and win;
  - By the end of the course we'll all know each other very well;
  - The people in this group can help and support one another.

Adapted from *Grassroots Soccer, 2004*

### ACTIVITY

## COURSE OVERVIEW

**Purpose:** Participants will understand the how the course will benefit them personally.

**Age Group:** All ages

**Time:** 20 minutes

**Materials:** Flipchart, markers, pens & paper for participants helpful

**Delivery:**

1. Explain again that this training is about staying healthy and getting what you want in life. Point to the workshop goals:
  - **To help you have the life you want and protect yourself from HIV/AIDS**
  - **To help you have the relationships you want in a way that keeps you safe from HIV/AIDS**

2. Ask participants what they think about these two goals.
3. Explaining that learning is very participatory. No long, boring lectures, lots of games, activities in small groups and discussion instead. No one will have a chance to fall asleep! Each session is about hours long.
4. The core sessions are : Facts about HIV/AIDS, Staying Safe; Knowing Your Values; Expressing Yourself with Confidence; Choosing Compassion
5. Conclude by asking participants to think about what they have heard about HIV/AIDS and bring their questions to the next session.

Adapted from *Journey of Hope, Ghana Users' Guide*, Government of Ghana, JHU/CCP, Potential Unlimited International, USAID, UNAIDS, 2001