

## MODULE 7: CONCLUSION

### *Putting It All Together*

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#### **Purpose:**

The last session provides an opportunity to reinforce ideas presented earlier in the course. Participants decide how they will put new their life skills into practice and make a commitment to action.

#### **Objectives:**

- ❖ Participants commit to protecting themselves from HIV infection;
- ❖ Participants pledge to care and support those with HIV/AIDS;
- ❖ Participants agree to share what they have learned with others.

**Time: 2 \_ hours**

TOPIC	TIME	METHOD	MATERIALS
Overcoming Difficulties	15 minutes	Human Knot Game	None
Practicing What We've Learned	1 hour	Skills Circuit	Balls, condoms, paper/pens
Taking Action	30 minutes	Individual Actions & Team Contract	Team contract poster
Congratulations & Certificates	30 minutes	Certificates	Certificates
Workshop Evaluation	15 minutes	Mood Meter	Mood meter table with questions

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**Key Message** Look after yourself; look after one another

**Key Skill** Protect yourself from HIV/AIDS and treat those with HIV/AIDS with compassion.

The HIV/AIDS epidemic can be slowed by deliberate, concerted effort involving everyone. Community involvement and life-skills education are keys to empowering young people to look after themselves, and enable them to look after one another.

Young people need a clear understanding of the risks of HIV/AIDS. Parents, teachers, health workers, guardians, and those in the community in charge of rites of passage can all counsel young people about the risk of HIV/AIDS.

Young people have the potential to bring discussion about HIV/AIDS out of the realm of the taboo and into the open. In doing so, they share responsibility for spreading the word about what HIV/AIDS is, how it is

transmitted, and how it can be prevented.

Because all young people are vulnerable, efforts must be made to reach young people in and out of school, boys and girls alike. Youth-serving organizations and faith communities, mass media and popular culture must all be harnessed in this effort.

Looking after one another not only means talking openly about HIV/AIDS and how to avoid it, but also encouraging friends to get tested, going for testing together, speaking out against unsafe sex practices, and advocating for fair treatment of people living with the disease

### GAME

## HUMAN KNOT

**Purpose:** To remind everyone that problem solving is something we can do together

**Time:**

**Materials:**

**Delivery:**

Introduce this game saying that all of us deal with problems every day. But problem solving can be fun, especially if we do it together. This game is a good reminder.

**Materials:** None

**Age Groups:** All ages

**Time:** 10 minutes

**Delivery:**

1. Participants form a circle facing inward.
2. Each participant reaches out and clasp hands with two different people.
3. Without letting go, participants must untangle themselves back into a circle.
4. Ask participants what they think this game symbolizes.

### ACTIVITY

## LIFE SKILLS CIRCUIT

**Purpose:** Conclude the program by reinforcing participants' communication and sport skills.

**Time:** 1.5 hours

**Materials:** Balls or other sports equipment, seating for Life Skills stations, condoms and penis model, role-play descriptions

**Preparation:**

Write up several assertiveness situations. Leave these in Life Skills Station 2.

Write up several conflict situations where one person will use "I" statements. Leave these in Life Skills Station 3.

Set up 8 skill stations. These might include:

#### Sports Skills Stations

1. Players do body wraps (e.g. single and double circles, figure 8)
2. Players do volley passes.
3. Two and two players serve to each other (under and over arm).
4. Two and two players practice spikes and dig passes.

Vary the degree of difficulty in these stations, start the players with easy tasks, and proceed to more difficult ones.

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### Life Skills Stations

1. Players demonstrate putting a condom on a model
2. Participants role-play assertiveness situations
3. Participants role-play situations using "I" statements
4. Participants make up a jingle about delaying sex.

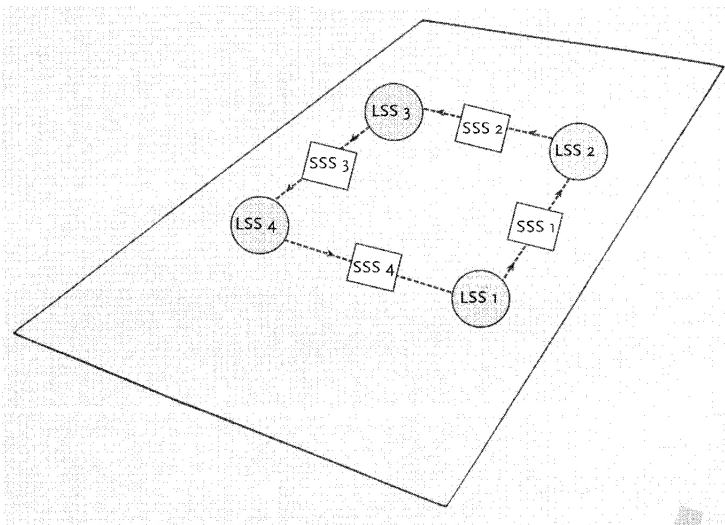
### Delivery:

1. Explain that this game is like common circuit training; participants perform different activities in different stations. The object is to carry out the tasks in each station within a given time.

There are 8 stations: 4 Sports Skills and 4 Life Skill stations.

2. Tell the group how long they have at each station. (Try to give enough time to finish the tasks.) Tell them how many times they will visit each station. (It is usual for the participants to have two rounds in this circuit.)
3. Start with an equal number of participants at each station.
4. Signal participants to start working at the tasks. Call out when it is time to rotate.
5. Continue until everyone has completed all the stations the desired number of times.
6. Call the group together to perform and hear the jingles.

*Adapted from Kick AIDS Out Trainer's Manual, 2004*



### ACTIVITY

## PUTTING IT INTO PRACTICE

**Purpose:** To take these experiences beyond this workshop and decide how to put my new learning into practice.

**Time:** 30 minutes

**Materials:** pen and paper

**Delivery:**

1. Explain that when people attend a workshop, their learning takes place in a different place than “the real world”.
2. This is why we will spend some time working on ways you will carry these skills out into your daily world.

3. Post or read a list of the key course topics. Give participants time to write down how they will put these ideas into practice after the course.
4. When time is up, ask participants to form groups of 3 and share their plans with each other for 10 minutes.
5. Ask people for examples of actions mentioned in their group.
6. Conclude by pointing out frequently mentioned actions as well as ones that no one mentioned at all. Transition from individual plans to the Team Contract.

### ACTIVITY

## TEAM CONTRACT

**Purpose:** Reinforce participants’ decision to take personal sexual responsibility

**Materials:** A large sheet of paper with the contract

**Age Groups:** Children age 11 and older

**Time:** 20 minutes

**Preparation:** Make a poster with the words **Abstain, Be Faithful, Protect, Teach, and Care** on it

**Delivery:**

1. Invite participants to join young people around the world who have pledged to remain HIV free and to help stop the spread of the disease.
2. Explain that signing the poster is like signing a contract to play professional football. By signing you agree to play by the following rules:  
**Abstain:** Delay sexual intercourse until you enter into marriage or a mature, loving relationship.

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**Be Faithful:** When you decide to have sex, get tested with your partner, commit to being faithful, and ask your partner to make the same commitment.

**Protect:** When you decide to have sex, protect yourself from HIV/AIDS and other STI's by consistently using condoms.

**Teach:** Join the fight against AIDS by teaching others about how to avoid HIV infection.

**Care:** Care for people with HIV/AIDS by showing compassion,

helping them and encouraging others to do the same.

3. Have the coaches sign the poster first. This shows participants they have made a decision.
4. Now invite participants to sign the contract. Emphasize that it their choice to sign.
5. Tell participants that you will keep the contract to remind them of their pledge.

*Adapted from Grassroots Soccer, 2004*

## ACTIVITY

### CONGRATULATIONS & CERTIFICATES

**Purpose:** To conclude the course in a positive, upbeat way

**Time:** 20 minutes

**Materials:** Certificates for each participant

**Preparation:** To give this event more importance, invite influential adults (teachers, parents, leaders) to attend the ceremony

**Delivery:**

1. Explain to everyone that this has been a long and demanding course for everyone.
2. Thank all the organizations and individuals who helped make the course a success.
3. Thank the participants for their hard work, honesty and

participation. Explain how much you learned as a leader. Express your wishes for every participant to achieve their hopes and dreams.

4. Ask a respected leader give out the certificates -OR--
5. Pass each participant someone else's certificate. Ask the first person to go to the front of the room, announce the name of the person whose certificate s/he has and ask them to come to the front of the room. S/he then presents the certificate, telling the audience about some quality the person has that will ensure his or her success in life. After everyone applauds, the recipient introduces the person whose certificate s/he has. Continue until all the certificates are awarded.