

# Adolescents Living with HIV (ALHIV) Toolkit

Welcome to the K4Health Toolkit on Adolescents Living with HIV (ALHIV)! This toolkit has been developed by [USAID](#), [FHI 360](#) and [collaborating organizations](#). The resources in this toolkit cover a broad range of topics pertinent to the treatment, care and support of ALHIV including:

1. [Training](#)
2. [Treatment Literacy & Adherence](#)
3. [Counseling & Disclosure](#)
4. [Life Skills, Prevention and Reproductive Health](#)
5. [Psychosocial Support](#)
6. [Human Rights & Advocacy](#)
7. [Peer Education](#)
8. [Adolescent Transitioning](#)
9. [Research, Policy and Promising Practices](#)

Please help us keep this toolkit up-to-date and relevant by submitting additional resources for consideration through the [feedback form](#)! Any other comments or feedback are welcome [here](#). To find out if a resource has already been included in this toolkit, type the title in the search box. For more detailed information about this and other K4Health eToolkits, go to the [About](#) page.

Together, we can build a brighter future for adolescents living with HIV worldwide!

The Adolescents Living with HIV (ALHIV) toolkit has been developed by USAID, FHI 360 and collaborating organizations in order to promote the treatment, care and support of ALHIV.

## What are K4Health Toolkits?

[K4Health Toolkits](#) are electronic collections of carefully selected information resources on a particular topic for health policy makers, program managers, and service providers. They are

based on a continuous publishing principle that allows them to evolve after publication to capture additional resources and to identify and fill remaining information gaps.

What is the purpose of this toolkit? This toolkit contains resources to help policy makers, program managers, service providers, peer educators and other audiences improve adolescent HIV treatment, care, prevention and family planning services.

### **Who developed this toolkit?**

This toolkit was created under the auspices of the Africa's Health in 2010 project, with leadership by the former Academy for Educational Development (AED) and the U.S. Agency for International Development. The Technical Advisory Group (TAG) for this toolkit consisted of members from more than a dozen international organizations with expertise and experience in the areas of program planning, training, advocacy, marketing, research, policy, and logistics. The individuals and organizations that contributed to this toolkit hold a commitment to promoting evidence-based practices to improve adolescent HIV treatment, care, prevention and family planning services.

### **Members of the Technical Advisory Group**

Members of the Technical Advisory Group, including those who suggested the resources included in this toolkit, were affiliated with the following organizations:

FHI 360, formerly Academy for Educational Development (AED)

African Network for Care of Children Affected by HIV/AIDS (ANECCA)

Baylor College of Medicine International Pediatric AIDS Initiative (BIPAI) at Texas Children's Hospital

Botswana Ministry of Health

Clinton Health Access Initiative (CHAI)

Elizabeth Glaser Pediatric AIDS Foundation (EGPAF)

One Love Project

Southern Africa HIV and AIDS Information Dissemination Service (SAfAIDS)

UNICEF

University of Witwatersrand

U.S. Agency for International Development (USAID)

World Health Organization (WHO)

## What types of resources are included?

The resources were selected based on a wide search for relevant published and grey literature from around the world, with health policy makers, program managers, and service providers in mind. For example, the toolkit contains:

1. Up-to-date background and reference materials to design evidence-based, state-of-the-art programs.
2. Job aids and other tools to increase the effectiveness and quality of program activities and services.
3. Various publication formats including books, manuals, briefs, case studies, fact sheets, project reports, reviews, teaching and training materials, tools, and job aids.

## Who are the intended audiences?

- **Policymakers** will find research and information to help set national guidelines and minimum care packages regarding service provision for adolescents living with HIV (ALHIV).
- **Program managers** will find information and job aids to help them design, plan, and manage services for ALHIV.
- **Community health workers and peer educators** will find tools and job aids to help them provide quality services to their adolescent clients.
- **Communication professionals** can use the toolkit resources to explore strategies, media, and messages about adolescent HIV treatment, care, prevention and family planning.
- **Trainers** can review the latest curricula for training community health workers and other service providers on adolescent HIV treatment, care, prevention and family planning.

We invite you to suggest resources or adapt the resources in this toolkit to suit your local circumstances and languages.

## How do I get started using this toolkit?

Improving adolescent HIV treatment, care, prevention and family planning services requires a holistic approach including accurate information; up-to-date policies and guidelines; quality training, supervision, and services; and effective communication strategies. This toolkit provides information on all these elements and contains tools and resources to help you implement a variety of services and interventions for adolescents living with HIV.

To browse the contents of this toolkit, use navigation to the right to view resources related to

programmatic topics relevant to ALHIV service provision. Each section includes a list of a number of high-quality resources selected by the ALHIV Technical Advisory Group, further organized by sub-topic. Click on the title of the resource for more information about it, or click on the full-text link to get direct access to the full resource.

### **How can I suggest a resource to include in this toolkit?**

We invite you to contribute to evolving and enhancing this toolkit. If you have developed or use quality resources that you think should be included in the toolkit, please use the [feedback form](#) to suggest them. The toolkit collaborators will review and consider your suggestions.

### **How can I make a comment or give feedback?**

If you have comments about the toolkit, please use the [feedback form](#). Your feedback will help to ensure the toolkit remains up-to-date and is continually improved. For example, you can share ideas about how you have used the toolkit in your work so that others can learn from and adapt your experiences.



## **Training**

This section contains a variety of training tools and guidelines for program managers, healthcare providers, peer educators, and other people who work with adolescents living with HIV (ALHIV).



## **WHO Integrated Management of Adolescent and Adult Illness (IMAI) Modules**

IMAI stands for Integrated Management of Adolescent and Adult Illness (IMAI). The World Health Organization has coordinated the development of the IMAI guidelines and training materials, based on a working group involving 22 Departments and AFRO in addition to a large international working group.

## **General Resources: WHO Integrated Management of Adolescent and Adult Illness**

### **Resources:**

- **IMAI One-Day Orientation on Adolescents Living with HIV: Facilitator's Guide**

The following is a Facilitator's Guide for a one-day course developed as an optional training for the World Health Organization (WHO) Integrated Management of Adolescent and Adult Illness (IMAI) package, focusing on adolescents living with HIV. The target audience for this training are first-level facility health workers who have attended the WHO IMAI-IMIC [Integrated Management of Childhood Illness] Basic HIV Care with ART and Prevention training course, the WHO IMAI Acute Care training course, and are working with adolescent

patients. The objectives of the course are to orient a range of health workers to the special characteristics of adolescence and to identify and practice appropriate ways of addressing important issues for adolescents living with HIV.

- **IMAI One-Day Orientation on Adolescents Living with HIV: Participant's Guide**

The following is a Participant's Guide for a one-day course developed as an optional training for the World Health Organization (WHO) Integrated Management of Adolescent and Adult Illness (IMAI) package, focusing on adolescents living with HIV. The target audience for this training are first-level facility health workers who have attended the WHO IMAI-IMIC [Integrated Management of Childhood Illness] Basic HIV Care with ART and Prevention training course, the WHO IMAI Acute Care training course, and are working with adolescent patients. The objectives of the course are to orient a range of health workers to the special characteristics of adolescence and to identify and practice appropriate ways of addressing important issues for adolescents living with HIV.

- **IMAI Wall Chart on the Adolescent Living with HIV**

This IMAI wall chart provides the World Health Organization's definitions of 'adolescents', 'youth', and 'young people'. In addition, the IMAI wall chart offers special challenges and recommendations in providing prevention, care, treatment, and support for adolescents living with HIV.

## **Adolescent Job Aid**

A handy desk reference tool for health workers who provide services to children, adolescents, and adults.

### **Resources:**

- **Adolescent Job Aid Part 1: The Clinical Interaction between the Adolescent and the Health Worker**

This is the first of three phases and it contains guidance on commonly occurring adolescent-

specific problems or concerns that have not been addressed in existing World Health Organization (WHO) guidelines (e.g. delayed menarche). It also contains guidance on some problems and concerns that are not adolescent specific but occur commonly in adolescents (e.g. sexually transmitted infections) and highlights special considerations in dealing with these conditions in adolescents.

- **Adolescent Job Aid Part 2: Algorithms, Communication Tips, and Frequently Asked Questions**

Part two of three in this series examines algorithms, communication tips and frequently asked questions on 25 presentations related to developmental conditions, pregnancy-related conditions, genital conditions including sexually transmitted infections, HIV and other common presentations.

- **Adolescent Job Aid Part 3: Information to Provided to Adolescents and their Parents or other Accompanying Adults**

This is the third and final phase and contains information for adolescents and their parents, or other accompanying adults, on important health and development issues.

## **WHO Adolescent Health Orientation Programme**

The WHO Adolescent Health Orientation Programme was developed to assist individuals and institutions that have important roles in promoting healthy adolescent development and in preventing and responding to health problems among adolescents.

## **Facilitator Guide**

**Resources:**

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# Facilitator Guide: Orientation Programme on Adolescent Health for Health-Care Providers

A range of individuals and institutions have important roles in promoting healthy development in adolescents, and in preventing and responding to health problems challenging this population group. Health-care providers (HCP) have important contributions to make in both these areas. However, situation analyses and needs assessment exercises carried out in different parts of the world point to shortcomings in their professional capabilities and in their 'human qualities' as a result of which they are unable and oftentimes unwilling to deal with adolescents in an effective and sensitive manner. To bridge this gap, the Department of Child and Adolescent Health and Development (CAH) of the World Health Organization (WHO) developed the Orientation Programme on Adolescent Health for Health-care Providers (OP) with other partners. The OP is a joint effort of the Commonwealth Medical Association Trust, UNICEF and WHO.

The overall aim of the OP is to orient health-care providers to the special characteristics of adolescents and to appropriate approaches to addressing some of their health needs and problems. This will strengthen the abilities of health-care providers to respond to adolescents more effectively and with greater sensitivity.

## Handout

### Resources:

- **Handout: Orientation Programme on Adolescent Health for Health-Care Providers**

These handouts provide the facilitator(s) and participants with technical information on specific areas covered in each module.

## Treatment Literacy & Adherence





This section contains a number of resources which promote

strategies to improve treatment literacy and medication adherence among children and adolescents living with HIV.

## Children's ART Literacy Series

The Children's Anti-Retroviral Therapy (ART) Literacy Series shares knowledge, facts, and a series of creative and fun activities, centered around children and antiretroviral therapy. The series primarily targets children aged 6-12 living with HIV, though much of its content is also appropriate for older adolescents. The series is based on the concept of 'edu-tainment' which integrates 'education' and 'entertainment' strategies to promote enjoyable learning processes.

### Resources:

- **Introduction to Children's ART Literacy Series**

This is the introduction to a series of eight booklets that attempts to address the lives and needs of children on ART, and their families. The introduction provides the reader with a suggested program plan, which can be adapted to suit the needs of the community.

- **HIV and AIDS and My Treatment**

Booklet two of eight explains the meaning of HIV, AIDS, and ART. This booklet helps the reader to understand the difference between HIV and AIDS, and explains why the HIV treatment available today is so important.

- **My Family and My Treatment**

Booklet three of eight helps children and young adolescents to think about issues related to their family, including relationships, illness, death, and remembering good times with loved ones.

- **My Body and My Treatment**

Booklet four of eight helps children and young adolescents to understand how the body works and uses this information to show the effects of HIV and ARV treatment on the body.

- **People Who Support Me with My Treatment**

Booklet five of eight discusses the special people who help and support children and young adolescents in different ways with their treatment for HIV.

- **My Daily Life and My Treatment**

Booklet six of eight helps children and young adolescents to think about how to fit their life and treatment together.

- **My Future and My Treatment**

Booklet seven of eight is to be used with the Board Game in the toolkit, which is also attached. The game will help children and young adolescents with problem solving, identifying hopes and dreams and ways of achieving them, and helping others as they identify their hopes, fears, and dreams over the course of the game.

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## **Learning about My Treatment can be Fun**

Booklet eight of eight is designed to help children and young adolescents to check their knowledge about ART, and help them teach their friends and family about ART. This booklet should be used with the fun word puzzle and the ART Quiz Cards, which has also been attached.

- **TB/HIV Co-Infection, Anti-Retroviral Therapy and Children: The Basics You Should Know**

A brochure containing basic information on Tuberculosis and HIV/TB co-infection.

- **ART Literacy Poster: Respect**

A poster about respecting others as way to combat HIV and AIDS related stigma and discrimination.

- **Training of Trainers Handbook: Supporting Parents and Caregivers of Children Living with HIV**

This handbook is intended for trainers or facilitators working with parents and primary caregivers of children living with HIV. It gives guidance, information and activities to build the capacity of trainers and facilitators who work with parents and primary caregivers of children living with HIV, and specifically children who are on antiretroviral therapy (ART). Trainers and facilitators will then be able to transfer skills and knowledge to parents, guardians and primary caregivers, who can in turn take on a more informed and active role in caring for children living with HIV.

## **Counseling & Disclosure**



This section contains a number of resources to assist service

providers at every level to provide counselling services for adolescents living with HIV, including guidance on the disclosure process.

## **General Resources: Counseling & Disclosure**

General resources related to counseling and disclosure.

### **Resources:**

- **Disclosure of HIV to Perinatally Infected Children and Adolescents**

This chapter addresses the following: collaboration with caregivers to create a disclosure plan; age-specific considerations for disclosure; ways in which providers can prepare families for the disclosure discussion; considerations for disclosing to adolescents; and follow-up visits to provide support and to monitor the child's/adolescent's emotional adjustment and understanding of the illness.

- **HIV Testing and Counselling for Children: A Training Course for Counsellors**

This is the participant's workbook for Zimbabwe's Ministry of Health and Child Welfare HIV Testing and Counselling for Children Training Course. The object of this training material is to ensure that counsellors are able to provide children with quality HIV Testing and Counselling services, follow up care, and support services.

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## **Counselling Guidelines on Disclosure of HIV status**

This is the first publication in a series of guidelines that offer practical guidance on specific issues relating to HIV and AIDS. This first booklet highlights counselling guidelines on disclosure of HIV status.

- **Guidelines for Counselling Children who are Infected with HIV or Affected by HIV and AIDS**

This is the seventh publication in a series of guidelines for counselling people who are infected with HIV, who are concerned about being infected with HIV or who are living with or caring for people with HIV or AIDS. This booklet highlights guidelines for Counselling Children who are Infected with HIV or Affected by HIV and AIDS.

- **Talking with Children, Young People and Families about Chronic Illness and Living with HIV**

This document draws together evidence-based practice and practice-based evidence from clinical experience and understanding that has developed on the issue of talking with families about illness and HIV. It proposes a number of good practice principles of engaging parents in dialogue about disclosure and talking to children about HIV. The report includes the voices and opinions of children and young people living with HIV, who share their experiences of disclosure. While based in the UK, information from this report can be adapted and implemented in any regional setting.

- **Disclosure Flipchart**

This resource is a child-friendly disclosure flip chart that can be used by health care providers and caregivers when disclosing a HIV status to a child or young adolescent.

## **Life Skills, Prevention & Reproductive Health**



This section contains resources and guidelines

pertaining to life skills education, prevention with positives and adolescent sexual and reproductive health, including positive living strategies for adolescents living with HIV (ALHIV).

**Resources:**

- **Botswana Teen Club Life Skills Curriculum**

Lesson plans for life skills education with adolescents living with HIV.

## **General Resources: Life Skills, Prevention & Reproductive Health**

General resources related to life skills, prevention and reproductive health.

**Resources:**

- **BIPAI Teen Club Life Skills Curricula**

A life skills curriculum for adolescent HIV psychosocial peer support created for the Malawi Teen Club program of the Baylor College of Medicine International Pediatric AIDS Initiative (BIPAI). Part 1 presents background information, programmatic tools, and health education content. Part 2 presents activity lesson plans.

- **Positive Living for a Brighter Future II**

For adolescents living with HIV/AIDS ages 13 to 17

- **Teen Talk: A Guide for Positive Living**

The Botswana edition of Teen Talk, a question and answer guide for HIV-positive adolescents, was adapted from the original version published in the United States by Weiner and Wood in 2004. Teen Talk covers a variety of topics including ARVs, adherence, friendship, nutrition, exercise, reproductive health, positive prevention, multiple concurrent partnerships, safe male circumcision, prevention of mother to child transmission, emotions and disclosure.

- **My Life Starting Now: Knowledge and Skills for Young Adolescents**

This manual is intended for churches, faith-based organizations and community groups, primarily based in sub-Saharan Africa, who want to help young people develop the life skills they need for life. Attention is given to good communication skills, equal rights of girls and boys, avoiding drugs and alcohol, preventing pregnancies and HIV infection, and accepting young people and their adult relatives who are already HIV-positive.

- **It's All One Curriculum: Guidelines and Activities for a Unified Approach to Sexuality, Gender, HIV and Human Rights Education**

It's All One Curriculum is a two-book set. This book (ACTIVITIES) includes a bank of 54 engaging sample classroom activities. The companion book (GUIDELINES) which is also attached, supports the use of participatory, learner-centered teaching methods.

- **Tracking your Health: A Guide to Creating a Tracing Book**

This manual is the second in a series called Body Maps: Bringing Mind, Body and Community Together for Wellbeing. The manual outlines how to develop a Tracing Book. A Tracing Book is somewhat like a smaller version of the Body Map. A Body Map is a life sized tracing of a body combined with text and symbols. A Tracing Book can be used to better understand the authors own health and keep track of changes seen or felt in the body.

- **My Future Today: A guide for Youth**

This resource is a reference guide for youth on topics such skills for life, relationships and

sex, health and wellness, drugs and substance abuse, family, further education and university, work, home, leisure and entertainment, travel and transport, environmental matters, money management, safety, security, police and access to justice, governance, and regional and international organisations.

- **Teen Talk: Living with HIV**

A question and answer guide about positive living for youth living with HIV.

- **Understanding HIV Basics**

This is part of the CATIE and REPSSI series of books that helps children and adolescents to understand the basics of HIV.

- **Life Skills Manual**

The Life Skills program is a comprehensive behavior change approach that concentrates on the development of the skills needed for life such as communication, decision-making, thinking, managing emotions, assertiveness, self-esteem building, resisting peer pressure, and relationship skills

- **What Works**

This publication is an overview of what is known about carefully evaluated interventions that help prevent teen pregnancy.

## **Living Positively Series**

Resources related to positive living strategies.

**Resources:**

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## **Helping Children Living with HIV**

These are guidelines for adults to use with the children's book *My Living Positively Handbook*. Both books will help the reader to care for a child living with HIV. It was prepared by families, health care workers, and counselors. Pictures, activities and simple information aid the reader to help the child find ways to live positively.

- ### **You and Your Child with HIV - Living Positively**

A booklet for caregivers of children living with HIV and for the children themselves so that they can be partners in their own health care.

- ### **My Living Positively Hand-Book**

A workbook for children living with HIV. The workbook was developed by children, families, doctors, nurses, teachers, and counsellors with the goal of helping children learn about HIV, and teaching them how to live positively.

## **Positive Prevention**

Resources related to positive prevention strategies, also known as "prevention with positives" (PWP).

### **Resources:**

- ### **Prevention Strategies for People Living with HIV**

This guide on positive prevention was developed to assist people living with HIV, service providers, and policy makers to understand, promote and implement appropriate rights-based strategies for addressing the prevention needs of people living with HIV. The guide includes sections which focus on action points and provides useful information on key issues to consider when developing prevention programmes for people living with HIV.

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# Positive Prevention by and for People Living with HIV

This is a working paper that is intended to help build consensus among people who know they are living with HIV around the concept and implementation of positive prevention. The discussion does not focus on broader HIV prevention issues. However, by facilitating debates on positive prevention from the perspective of people living with HIV, the discussion seeks to inform and strengthen HIV prevention programs, policies and funding priorities.

## Psychosocial Support



This section contains resources related to psychosocial support and mental health awareness, including guidance on how to form and implement peer support groups for adolescents living with HIV (ALHIV).

## General Resources: Psychosocial Support

General resources related to psychosocial and mental health care and support.

### Resources:

- **Protecting Children Affected by HIV Against Abuse, Exploitation, and Violence**

This document is intended to explore strategies to protect children orphaned or made vulnerable by HIV (OVC) from abuse, exploitation, violence, and neglect. The report draws from lessons learned by OVC program managers, designers, and policy developers, particularly those associated with the President's Emergency Plan for AIDS

Relief (PEPFAR).

- **Caring for Children Living with HIV in Africa**

This report, **Equipping Parents and Health Providers to Address the Psychological and Social Challenges of Caring for Children Living with HIV in Africa**, provides information to better understand the psychological and social challenges faced in Africa by perinatally-infected children (aged 0-12 years), their parents/caregivers, and their health providers. It explores factors that contribute to the ability of children living with HIV to cope and thrive, and identifies the tools and approaches being used to help parents/caregivers and health providers provide psychosocial support (PSS) to these children. The report elaborates on the themes discussed in the **Meeting the Psychosocial Needs of Children Living with HIV in Africa** technical brief.

- **Provision of psychosocial support for young people living with HIV: voices from the field**

This review provides a synthesis of the experiences of organizations around the world providing psychosocial support for young people living with HIV. The article presents the findings from a multi-country, qualitative assessment, conducted by the WHO in 2008. The WHO report is titled "A Qualitative Review of Psychosocial Support Interventions for Young People Living with HIV".

- **Meeting the Psychosocial Needs of Children Living with HIV in Africa**

Documents promising practices in critical services related to the psychological and social wellbeing of perinatally-infected children in Africa. These include the identification, testing, and counseling of children so that they are linked to appropriate support as early as possible, as well as on-going support to help children and their families manage disclosure, stigma, grief and bereavement processes.

- **A Qualitative Review of Psychosocial Support Interventions for Young People Living with HIV**

The Department of Child and Adolescent Health of WHO undertook, in collaboration with the Health and HIV departments of UNICEF in New York, a review of interventions for providing psychosocial support for young people living with HIV (YPLHIV). Drawing on information from key players and organizations around the world, the study investigated the following: what organizations are doing to provide psychosocial support for YPLHIV; the major problems faced by YPLHIV and the obstacles organizations must overcome to meet their needs; specific outcomes that organizations are trying to achieve; lessons learned in effective provision of psychosocial support for YPLHIV (what works and what does not); policy and programme recommendations; and research questions that remain unanswered. The report provides recommendations and guidelines for how organizations around the world can improve psychosocial support services for YPLHIV as they transition to adulthood.

- **Making a Hero (Active Citizen) Book: A Guide for Facilitators**

This guide provides facilitators with the process for making a Hero Book. The process of making a Hero Book involves leading groups of children through a series of autobiographical storytelling and art exercises. By doing this, it is the hope that children may find solutions to personal and social challenges they face. The process also helps to encourage the community to respond to these challenges in an active way.

- **Facilitating Care and Support Through Kids Clubs: A Training Guide for Kids Club Leaders**

This manual is a training guide for Kids Clubs? leaders and is designed to equip them with knowledge and skills that they will need to start up and run Kids Clubs.

- **Psychosocial Care and Counseling for HIV-Infected Children and Adolescents: A Training Curriculum**

This curriculum describes the Psychosocial Care and Counseling for HIV-Infected Children and Adolescents course. The goal of this competency-based training is to enable health care providers to provide safe high quality counseling and support services to HIVinfected children, adolescents and their families. Using knowledge and skills acquired from this training health care providers, particularly those involved in directly providing counseling services, should be able to provide appropriate assessment and basic interventions.

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# **Psychosocial Care and Support Mainstreaming Guidelines**

This particular guideline is a 'generic' mainstreaming guideline, one that is offered as a 'one size fits all', so that any organisation working in any programmatic area, may be guided to mainstream psychosocial support.

- ## **The Mental Health Needs of Vulnerable Children and their Caregivers in Low Income Areas: A Training Guide**

This Training Guide was compiled for community-based HIV and AIDS workers, but may be useful for other individuals or groups. It is based on the premise that a significant proportion of vulnerable children and their caregivers in low income areas have unmet mental health needs that place them at risk for developing mental health problems and disorders.

- ## **Mainstreaming Psychosocial Care and Support within Paediatric HIV and AIDS Treatment**

This publication is designed to offer health care workers relevant background psychosocial information, which includes an introduction to concepts such as psychosocial care and support (PSS), the implications of the different phases of child development for working with children, and the health care team approach. In addition the guide addresses ways in which a health care worker can facilitate effective treatment with children and caregivers, focusing on the biomedical experience of treatment, voluntary testing and counseling (VTC), and disclosure and adherence. This publication aims to be thorough and detailed. It also includes, though, a set of easily accessible theory and practice cards that summarise and simplify the material, and offers action guidelines for easy use at the community level.

- ## **The Child Within: Connecting Children with Children who Have Experienced Grief and Loss**

This workbook was written for people who provide care and support to children affected by illness and death of a parent or other family member, or who have encountered some other form of personal hardship. The main focus of the workbook is not on imparting new information, but on strengthening the capacity of the participants to connect with and support

children who have experienced grief and loss, and are vulnerable to psychosocial and physical harm.

- **Helping Teens Work through Grief**

This book was produced in two editions. The first edition included multidimensional activities, reflecting the many issues that touch the lives of grieving teens. It has been a practical resource manual, providing nuts-and-bolts information for caring adults as they take the steps toward establishing a grief group. In the second edition of Helping Teens Work through Grief, the book touches on the topic of trauma, and how those whose lives are shattered by its effects need special care and evaluation.

- **Building Resilience in Children Affected by HIV/AIDS**

This handbook is aimed at helping parents, caregivers and teachers to understand children who are nursing a diseased parent or who have lost a parent. It provides practical advice for teachers and caregivers on how to support children who have experienced loss and death in order to help them cope. In addition, it offers ideas for discussions that can be held on a one-to-one basis in the child's home or with a group of children in the classroom. It is neither a recipe for success nor a book of rules. Instead, this handbook consists of a collection of ideas, theories, tasks and exercises that should help us to understand the behaviour and feelings of children affected by HIV/AIDS.

- **Memory Work Manual: Facilitator's Guide**

This manual has been produced to help people who want to run memory workshops as part of their work. Memory work can be defined as creating a "safe space" in which to explore your life story as a form of "self help" or group support. The "safe space" can be a physical space - like a room or the shade under a tree, where people explore and share their life stories just by talking. However, these spaces can also be the space on the pages of a book or on the sides of a box on which you express things about your life by writing or drawing.

## **BIPAI: Adherence Education and Psychosocial Support Curriculum**

This curriculum is intended to assist health professionals in providing ongoing education and support to parents and caregivers of HIV-positive children being treated with ARVs.

**Resources:**

- **Health Staff and Communication Skills**

This resource provides a description of critical communication skills for health professionals providing adherence and psychosocial training.

- **Providing Psychosocial Support to the Child & Caregivers**

This source provides a description of key assessments that must be made when providing psychosocial support (adherence counseling) to children and caregivers.

- **Caregiver Education: Group Session 1**

A facilitator's guide for health care workers providing adherence education to caregivers. Discussion topics include health care resources, the immune system, HIV, ARV therapy, adherence, and communication with the health care team.

- **Caregiver Education: Group Session 2**

A facilitator's guide for health care workers providing adherence education to caregivers. Discussion topics include an overview of medications, tips for medication administration, reminder strategies, planning ahead, adverse side effects, universal precautions, and disclosure.

- **Supplementary Materials: Assessment Guides and Visual Aids**

Supplementary materials for BIPAI's adherence education and psychosocial support curriculum. The supplementary materials include a session 1 assessment, a session 2 assessment, and a disclosure visual aid.

## Human Rights & Advocacy



This section contains resources and tools related to human rights and advocacy, including participatory activities that can be conducted with adolescents living with HIV (ALHIV).

## General Resources: Human Rights & Advocacy

General resources related to human rights and advocacy.

### Resources:

- **Healthy, Happy, and Hot: A Young Person's Guide to Their Rights, Sexuality, and Living with HIV**

This guide is written for young people living with HIV and explores how their human rights and sexual well-being are related and suggests strategies to help them make decisions about dating, relationships, sex and parenthood.

- **Psychosocial Support Advocacy Toolkit**



This toolkit aims to support non-governmental organisations (NGOs) and community based organisations (CBOs) in developing countries, to plan and implement effective advocacy work around psychosocial support (PSS). It aims to help NGOs/CBOs to have a clear understanding of what PSS and advocacy are.

- **Human Rights are Children's Rights**

This booklet is created for children, and their teachers and parents. It contains an introduction to human and children's rights, three stories dealing with rights that are important in the context of HIV/AIDS, and activities for readers. The booklet should be used as an interactive tool to help children understand what children's rights are, and why they are important when talking about HIV/AIDS. The stories should be used as a starting point for discussions on each topic.

## **Teaching Human Rights**

Resources related to the teaching of children and adolescents about human rights issues.

**Resources:**

- **ABC MEP Annexes: Human and Children's Rights**

This publication contains: (1) The Universal Declaration of Human Rights (1948); (2) The Convention of Rights of the Child; and (3) A brief Introduction to International Human Rights Law Terminology.

- **ABC: Teaching Human Right- Practical Activities for Primary and Secondary Schools**

This resource aims to serve as a user-friendly tool for human rights education and a multi-coloured umbrella covering a number of basic human rights areas. It offers practical advice to teachers and other educators who want to foster human rights awareness and action among primary and secondary school children, including suggestions for developing learning activities.

- **Human Rights Topics for Preschool and Lower Primary School**

This resources provides educators with human rights topics and corresponding activities that can be used in preschool and lower primary school settings.

- **Human Rights Topics for Upper Primary and Lower and Senior Secondary School**

This resources provides educators with human rights topics and corresponding activities that can be used in upper primary, and lower and senior secondary school settings.

## Peer Education



This section contains resources and training materials for peer educators, especially those who are adolescents living with HIV (ALHIV) and/or expert patients.

## General Resources: Peer Education

General resources related to peer education.

**Resources:**

- **Youth Peer Education Toolkit: Training of Trainers Manual**

This Training of Trainers Manual provides a comprehensive training programme that can be used by 'master' level peer educators and trainers. Activities were developed based on experience in the field during subregional workshops, on evidence from the literature, and from successful Y-Peer peer education programmes. Special attention is given to gender and cultural sensitivity and to youth participation in health education. The training curriculum focuses on sexual and reproductive health and the prevention and management of HIV, other STI's and substance abuse.

- **Youth Peer Education in Reproductive Health and HIV/AIDS: Progress, Process, and Programming for the Future**

The objectives of this publication are to: provide an update on youth peer education experience; better understand where and how youth peer education has been used; examine the successes and failures of youth peer education objectively; and explore specific issues related to successful youth peer education efforts.

- **Methods Handbook for Youth Social Work**

This book is intended for use by youth trainers, community workers and youth group leaders, as well as project managers in government institutions and civil society organisations. It includes methods which have been successfully employed in numerous youth projects, in South Africa, Zambia, Kenya, Rwanda and Uganda.

## **Transition of Care**



This section contains resources related to the

healthy transitioning of adolescents living with HIV (ALHIV) into adult care.

## General Resources: Transition of Care

General resources related to transition of care for adolescents.

### Resources:

- **Moving On Positively: A Guide for Youth, Caregivers and Providers**

This guidebook aims to help young people living with HIV, their caregivers and their health providers start thinking about the transition from pediatric to adult healthcare. Ideas for how to start the conversation about transition and tools that you can use to help make those conversations easier are provided.

- **Transitioning HIV-Infected Adolescents into Adult Care**

These guidelines have been developed to assist providers with the transition process to ensure that HIV-infected young adults are successfully and seamlessly integrated into an adult care setting. Recommendations are meant to serve as a guide and will need to be tailored to the individual patient.

- **Transitioning HIV Positive Youth into Adult Care**

In order to meet the knowledge gap in supporting young people living with HIV as they transition from pediatric to adult health care, this report identifies US-based organizations with effective transition models in place, provides a review of the literature, and offers guidelines for practitioners seeking information about implementing transition policies and procedures in their organizations.

- **Transitioning HIV+ Youth to Healthy Adulthood: A Guide for Health Care Providers**

A guide for health care providers on how to transition HIV+ youth into adult care. This booklet is primarily intended for providers working with perinatally infected HIV-positive adolescents and young adults; however, much of the information will be relevant to behaviorally-infected youth, as well.

## **Research, Policy & Promising Practices**



This section contains emerging research, policy

documents and promising practices related to the treatment, care and support of adolescents living with HIV (ALHIV).

## **General Resources: Research, Policy & Promising Practices**

General resources related to research, policy and promising practices.

### **Resources:**

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## **Needs, Challenges and Opportunities: Adolescents living with HIV in Zambia**

The aims of this qualitative study, carried out in 2010, were twofold. The first was to explore and document psychosocial, sexual and reproductive health (SRH) needs of adolescents (10-19) living with HIV in Zambia. The second aim was to identify gaps between these needs and existing SRH and HIV-related initiatives and services currently available to young people.

- ### **A Qualitative Review of Psychosocial Support Interventions for Young People Living with HIV**

The Department of Child and Adolescent Health of WHO undertook, in collaboration with the Health and HIV departments of UNICEF in New York, a review of interventions for providing psychosocial support for young people living with HIV (YPLHIV). Drawing on information from key players and organizations around the world, the study investigated the following: what organizations are doing to provide psychosocial support for YPLHIV; the major problems faced by YPLHIV and the obstacles organizations must overcome to meet their needs; specific outcomes that organizations are trying to achieve; lessons learned in effective provision of psychosocial support for YPLHIV (what works and what does not); policy and programme recommendations; and research questions that remain unanswered. The report provides recommendations and guidelines for how organizations around the world can improve psychosocial support services for YPLHIV as they transition to adulthood.

- ### **Strengthening the Health Sector Response to Adolescent Health and Development**

This publication outlines the World Health Organization's (WHO) '4-S Framework' for strengthening health sector responses to adolescent health and development. The 4-S framework currently uses two programmatic "entry points" to strengthen the health sector response to adolescent health and development: HIV prevention, care and support of those with HIV; and preventing early pregnancy and pregnancy-related mortality and morbidity.

- ### **Special Needs of In-School HIV Positive Young People in Uganda**

This resource highlights key findings in a Uganda-based research study with the objective of exploring the special needs of HIV-positive young people in primary and secondary schools in Uganda with a view to identifying possible responses by the education sector with regards to these needs.

- **Ethical Approaches to Gathering Information from Children and Adolescents in International Settings**

This document aims to provide guidance through a maze of ethical issues that require consideration when working with young people.

- **Promoting Adolescent Sexual and Reproductive Health through Schools in Low Income Countries: An Information Brief**

This information brief has been prepared to support World Health Organization (WHO) staff working at the international, regional and national levels to promote the uptake of adolescent sexual and reproductive health through schools in low-income countries.

- **Sexual and Reproductive Health Needs of Adolescents Perinatally Infected with HIV in Uganda**

This resource highlights key findings of a study that involved qualitative research and a survey of 732 perinatally HIV infected girls and boys aged 15-19 years in four districts of Uganda (Kampala, Wakiso, Masaka, and Jinja). Its aim was to better understand the reproductive health and sexuality (desires, experiences, beliefs, values and practices) of this population group, and to identify anxieties or fears they have around growing up, love and loving, dating, pregnancy, fatherhood, motherhood, relationships and intimacy that could be addressed through programmatic solutions tailored to their unique needs.

- **Inter-Agency Task Team on HIV and Young People**

This resource is an overview of HIV Interventions for Young People.

- **Sexuality of Young People Perinatally Infected with HIV: A Neglected Element of HIV/AIDS Programming in Uganda**

This resource highlights a neglected element in HIV/AIDS programming in Uganda- the sexuality of young people perinatally infected with HIV.

- **HIV-Infected Youth**

This resource highlights that programs rarely address specific needs of youth with regard to medical, psychological and social support.

- **Young People and HIV Fact Sheet**

This fact sheet highlights some of the facts and figures about the number of people affected by HIV and AIDS.

## **Global Consultation Documents**

Resources related to a series of global consultations held by the World Health Organization (WHO), United Nations Children's Fund (UNICEF) and various stakeholders to strengthen a multi-sectoral response to the treatment, care, and support of adolescents and young people living with HIV.

### **Resources:**

- **Second Global Consultation on Service Provision for Adolescents Living with HIV Consensus Statement**



This Consensus Statement captures key findings and priority actions, based on the evidence from programmes and research presented by a wide variety of service providers, community based organizations, researchers and adolescents and young people living with HIV in attendance.

- **A Qualitative Review of Psychosocial Support Interventions for Young People Living with HIV**

This resource discusses how the Department of Child and Adolescent Health of WHO undertook, in collaboration with the Health and HIV departments of UNICEF in New York, a review of interventions for providing psychosocial support for Young People Living with HIV (YPLHIV).

- **More Positive Living: Strengthening the Health Sector Response to Young People Living with HIV**

From November 13-17, 2007 WHO and UNICEF convened a global consultation in Malawi to increase understanding, identify gaps and obstacles, and make practical recommendations to improve the role of the health sector in the provision of care, support, treatment, and prevention of YPLWHIV. The following is a report of their findings.

- **Strengthening the Health Sector Response to Care, Support, Treatment and Prevention for Young People Living with HIV**

This resource highlights the fact that the health sector needs to provide young people living with HIV with a range of services, including developmentally appropriate information about HIV and AIDS; physical and psychosocial care and treatment for HIV and AIDS; mental health and sexual and reproductive health services; and linkages and referrals between services in the health sector, and with services provided by other sectors.

## **Promising Practices**

Promising practices related to the treatment, care and support of adolescents living with HIV (ALHIV).

**Resources:**

- **Global HIV/AIDS News and Analysis**

This newsletter includes an article about the Botswana Teen Club program, a peer support group for adolescents living with HIV (ALHIV).

- **Our Children, Our Future: Zimbabwean Good Practices Responding To The Needs Of Orphans And Vulnerable Children**

This document highlights two best practices in OVC programming in Zimbabwe: Africaid's Zvandiri Programme, which provides care and support services to adolescents living with HIV (ALHIV); and Kapnek Trust's Early Childhood Centres, which provides school-aged children with food, health care and educational interventions.

- **Child Participation Web**

These guidelines were written for individuals working in or funding programmes working with vulnerable children. They may be used as a training tool for organizations wishing to increase their focus on child participation.

The points to take away from this guide are as follows: child participation is not an option or an add-on, but a right enshrined in the United Nations Convention on the Rights of the Child (CRC) to ensure that all children have the opportunity to actively participate in all issues directly affecting them; child participation contributes significantly to the psychosocial wellbeing of children; child participation may increase the skills, confidence and social connectedness of the children involved; child participation brings unique perspectives which can enhance all types of programmes relating to the well-being of children and their families; child participation brings energy, creativity and fun to development programmes; and one may start gradually with child participation methods so that this eventually grows organically in your organisation until it is mainstreamed into all aspects of your functioning.

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# Mobilising Children and Youth into Their Own Child- & Youth-Led Organisations

This publication is aimed at: adults within organisations who are already working with children and youth and who would like to move in the direction of giving these children and youth greater autonomy and participation opportunities; and children and youth who would like to assume more responsibility around matters that concern them and who would like to move in the direction of child- and youth-led organisations.

- ## What is the Y+ Programme?

This resource talks about the Global Network of People living with HIV in a bid to address specific gaps in the HIV response and address the specific needs of young people living with HIV (YPLWHIV).

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