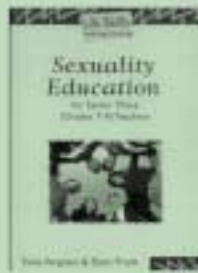


SOUTH AFRICAN HIV/AIDS LIFE SKILLS EDUCATION MATERIALS DIRECTORY

FIRST EDITION



SOUTH AFRICAN HIV/AIDS LIFE SKILLS EDUCATION MATERIALS DIRECTORY

FIRST EDITION

DEVELOPED BY

The HIV/AIDS and STD Directorate of the Department of Health
and the National Project Committee on Life Skills and HIV/AIDS Education

Printed and published by the HIV/AIDS and STD Directorate

© 1999, Department of Health, South Africa

SOUTH AFRICAN HIV/AIDS LIFE SKILLS EDUCATION MATERIALS DIRECTORY
First Edition

Published by the HIV/AIDS and STD Directorate, Department of Health,
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South Africa

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Collation of review of materials

Dr Kenau Swart

Layout and Design

AIDS Media Research Project (AMREP)

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Introduction

Research on curbing the spread of HIV/AIDS has indicated that interventions and educational programmes on HIV/AIDS and sexual health appear to have greater impact if they are offered prior to the onset of sexual activity. It has been suggested by various researchers that it may be easier to establish the desired patterns of behaviour from the beginning of sexual involvement, rather than trying to change pre-existing habits. Furthermore, they concluded that the HIV/AIDS and sexual health education programme should be contextualised within a broader life skills programme.

As the primary school years (6 to 13 years of age) are regarded as the most formative years, it is during this phase that young children establish attitudes that are likely to determine their level of responsibility. In view of the lowering of the age of sexual maturation and sexual debut (10 to 14 years of age) on a global scale, and in order to prevent the spread of the HIV epidemic, it is essential to offer young children at primary school level the opportunity to obtain the necessary knowledge, values, attitudes and skills to prevent HIV infection.

A literature review indicated that there are a substantial amount of resources, programmes and material readily available in South Africa on HIV/AIDS and sexual health for adolescents aged 14 to 19 years (for example the *South African HIV/AIDS Materials Catalogue*, Department of Health, 1998 – see p23), but relatively few materials for younger children.

With the phasing in of the new education curriculum and the outcomes-based education (OBE) approach, various initiatives regarding the development of materials addressing aspects related to life skills, HIV/AIDS and sexual health have taken place and the diversity of materials was surprising. However, in the absence of a directory of this kind, educators and other service providers working with youth have limited knowledge of what is available or how it can be obtained. This directory is intended to support access and wider distribution of life skills and HIV/AIDS education materials.

Organisation of content

This directory focuses mainly on education and information material intended for use by the general public. Following a call for submissions of material to be included in a directory it was found to be mainly printed materials such as books, booklets, games and posters, with a smaller subset of material in the audio-visual category.

The print materials are categorised on a subject area basis, and details of these publications form the main part of the directory, with other categories organised separately at the end. Due to the integrated nature of life skills, sexuality and HIV/AIDS education in an educationally sound programme, it was difficult to absolutely categorise the materials. As a result, material under the subject 'sexuality' will, in many instances, also cover aspects on HIV/AIDS and life skills and vice versa.

The materials are categorised as follows:

1. Life Skills
2. Sexuality Education and Sexual Health
3. HIV/AIDS
4. General
5. Audio-visual Material and Teaching Aids

Evaluation of material

The material included in the directory has been evaluated by a sub-committee of the National Project Committee on Life Skills and HIV/AIDS Education, taking into account criteria such as factual correctness, gender sensitivity, developmental appropriateness, being multi-cultural and outcomes-based.

Although the call for submissions was for material appropriate for youth between 6 and 13 years of age, material more suitable for older youth (secondary school learners) has also been received. Following the evaluation process, it has been decided that such material that has not been included in the *South African HIV/AIDS Materials Catalogue*, Department of Health, 1998, should be included in this directory.

Inclusion of material in this directory does not imply endorsement by the Department of Health or the Department of Education or any other body. It is recommended that sample copies of material be reviewed and evaluated before large quantities are ordered.

Costs

Generally, the materials included in this directory are not free of charge. The cost of materials varies depending on quantities ordered. Payment and terms of delivery should be negotiated directly with suppliers or publishers.

Note

In this directory, life skills refers to a core set of skills that are at the heart of skills-based initiatives for the promotion of the health and well-being of children and adolescents. These include amongst others, decision-making; creative thinking; effective communication; self awareness; coping with emotions; problem-solving; critical thinking; interpersonal relationship skills; empathy and coping with stress.

ORDER FORM

To:

Tel: Fax:

From:

Organisation:

Tel: Fax: e-mail:

Address:

.....

I am interested in further information about the following material(s) that were identified in the *HIV/AIDS Life Skills Materials Directory* produced by the Department of Health.

.....
.....
.....
.....

(tick which applicable)

- Can you please send me a sample copy of the material
- My organisation is interested in purchasing additional copies of the material
- My organisation is interested in funding translation of the material
- My organisation is interested in adapting the material

Other comments (for example: quantities required, deadlines, payment systems, etc.)

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Life Skills

Title of material: *Introduction to Lifeskills: Hands-on approaches to Lifeskills Education / Inleiding tot Lewensvaardighede: Praktiese benaderings tot onderling in Lewensvaardighede*

Author: Edna Rooth

ISBN: 0-7994-1595-2 / 0-7994-1598-7

Specifications: A4 book, 226 pages, illustrated with activities

Languages: English, Afrikaans

Published by: Nasou Via Afrika

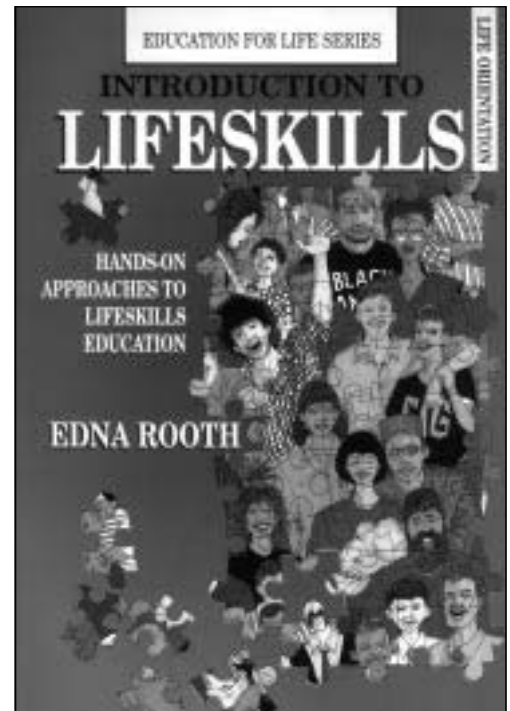
Order information: P O Box 5197, Cape Town, 8000

Tel: (021) 406-3314/3527

Fax: (021) 406-3086/2922

e-mail: tpriem@nasou.com

Comments: This introductory teachers' development resource lays a sound foundation for life skills education, which is also a core aspect of the learning area, life orientation. The book shows an understanding of problems that teachers face and offers solutions that are reality-based. Practical, yet innovative teaching methods are described in an accessible way that invites teachers to interact with the text. Student participation is prompted and the concepts of experimental learning, facilitation, group work and continuity are explained with examples. The book motivates teachers to include life skills education as part of life orientation and includes example lesson plans, teaching strategies, worksheets and staff development activities.



Title of material: *Lifeskills: A Resource Book for Facilitators*

Author: Edna Rooth

ISBN: 0 7978 0566 4

Specifications: A4 book, 192 pages, colour cover, b&w text

Language: English

Published by: Macmillan Boleswa /
Nolwazi Educational Publishers

Order information: P O Box 32484,

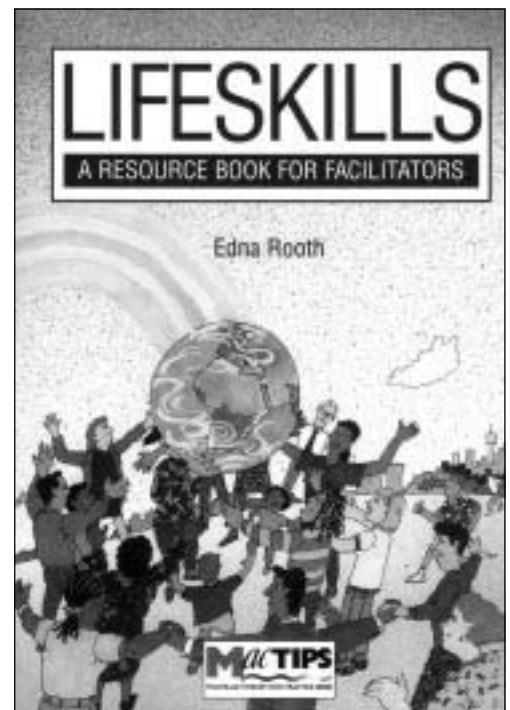
Braamfontein, 2017

Tel: (011) 339-3234

Fax: (011) 403-2505

e-mail: sookdeo@macmillansa.co.za

Comments: A comprehensive overview of approaches to life skills training including facilitation skills, creativity and problem-solving skills, self-concept enhancement, developing empathy, conflict management, developing democracy, stress prevention, evaluation and resources.



Title of material: *Facilitating Life Skills: Your Survival Guide*

Author: Nicky Kruger and Lien van Niekerk

ISBN: 0 620 23252 8

Specifications: A4 book, 168 pages, 10 core modules

Language: English

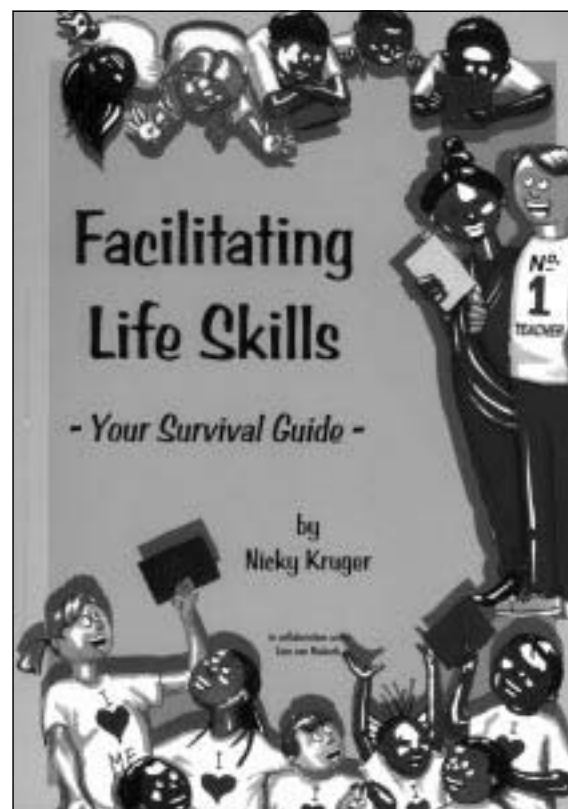
Published by: Amabhuku Publications

Order information: P O Box 72456, Lynnwood Ridge, 0040

Tel: (012) 803-3211

Fax: (012) 803-3161

Comments: A comprehensive resource for trainers and teachers, addressing the problems teachers face in trying to cope with the new approach to teaching and learning. It provides ample practical guidelines and tips on the knowledge, attitudes and skills needed to become an effective outcomes-based education facilitator. In addition to the manual, ten core modules (covering the eight specific outcomes within life orientation) have been developed, including self-awareness, self-concept, problem-solving and decision-making.



Title of material: *A Trolley Full of Rights*

Author: Story Circle and RAPCAN

Specifications: A4 (landscape), 33 pages, colour, illustrated

Language: English

Published by: RAPCAN

Order information: 197 Lower Main Rd,
Observatory, 7925

Tel: (021) 448-9034

Fax: (021) 448-9042

e-mail: rapcan@iafrica.com

Comments: A well illustrated and well presented comic format regarding rights of the child. Written as a story about a group of children. Could be used as a reader for Foundation Phase learners addressing various rights of the child. Other valuable resources, focusing on child abuse, for example, posters, leaflets, etc are available from RAPCAN.



Title of material: *Strangers are not the only Danger!*

Author: Bob McKay

ISBN: 0-620-19095-7

Specifications: A5 book, 17 pages, colour

Language: English

Published by: Bob McKay Studios

Order information: P O Box 2693, Cresta, 2118

Tel: (011) 678-6719

Fax: (011) 678-1270

e-mail: info@solecor.co.za

Comments: Appropriate as a reader for Foundation Phase learners. The content focuses on child abuse, emphasising that it is "Okay to say 'no' and okay to tell".



Title of material: *Can-Can-Kidz*

Author: Wynne Cohen

ISBN: 0-620-20454-0

Specifications: A4 book, 41 pages, illustrated; reader, 45 pages; colour cards

Language: English

Published by: Can-Can-Kidz International

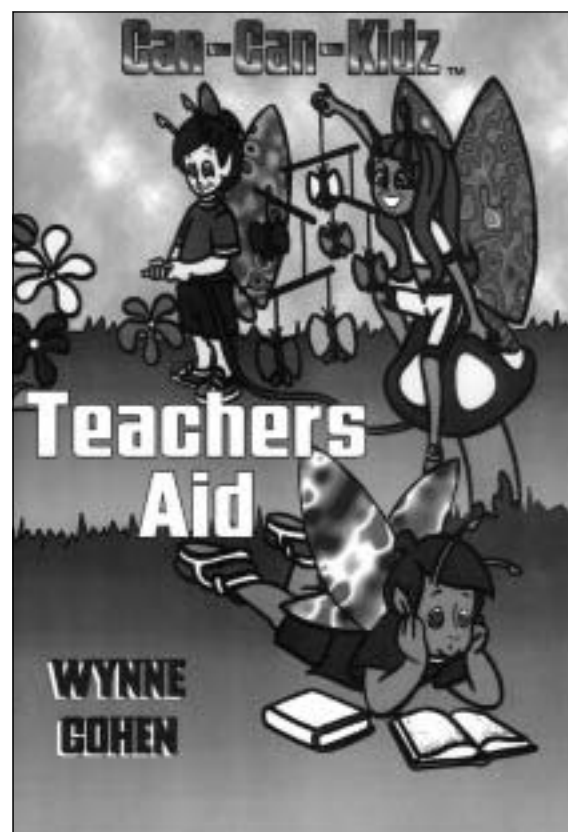
Order information: P O Box 1812, Saxonwold, 2123

Tel: (011) 786-2250

Fax: (011) 887-1181

e-mail: toledu@mweb.co.za

Comments: This facilitator's manual, with three readers and a pack of cards focuses on self-esteem and positive relations amongst Foundation Phase learners. Addresses tolerance, non-discrimination and anti-biased behaviour. It is strongly geared towards positive messages.



Title of material: *Lion's-Quest: Skills for Adolescence*
Authors: Lions Club International and Quest International
Specifications: A4, Facilitator's manual and learner's workbook
Language: English
Order information: Dr A van der Merwe
Tel: (012) 661-8513
Fax: (012) 661-8513
e-mail: avdm@cyberhost.co.za

Comments: *Lions Quest – Skills for Adolescence* is a comprehensive youth development and drug prevention programme for learners in grades 8 and 9. The programme brings together parents, educators and community members to teach young adolescents life skills within a caring environment. Note: This material is available only to those who attend a training workshop.



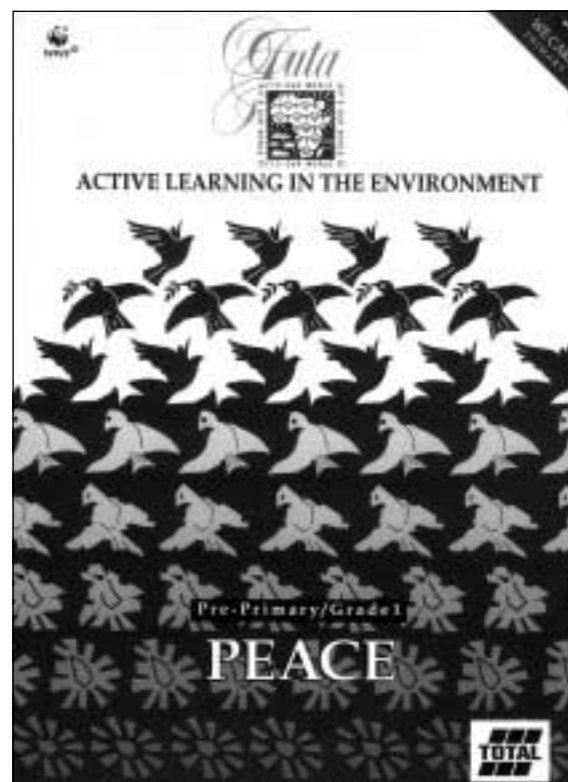
Title of material: *My Own English Magazine*
Author: Educational Support Services Trust
Specifications: A4, colour, bi-monthly educational magazine
Language: English, Afrikaans, Xhosa
Published by: Educational Support Services Trust
Order information: Harrington House, Second Floor, Barrack St, Cape Town, 8001
Tel: (021) 461-6399
Fax: (021) 261-4198
e-mail: studio@esst.org.za

Comments: Suitable for last grades of Intermediate Phase and the Senior Phase promoting health in general and substance abuse, TB, sexual abuse, rights of the child and various skills (communication, how to say 'no', choices) specifically. Strong visual component.



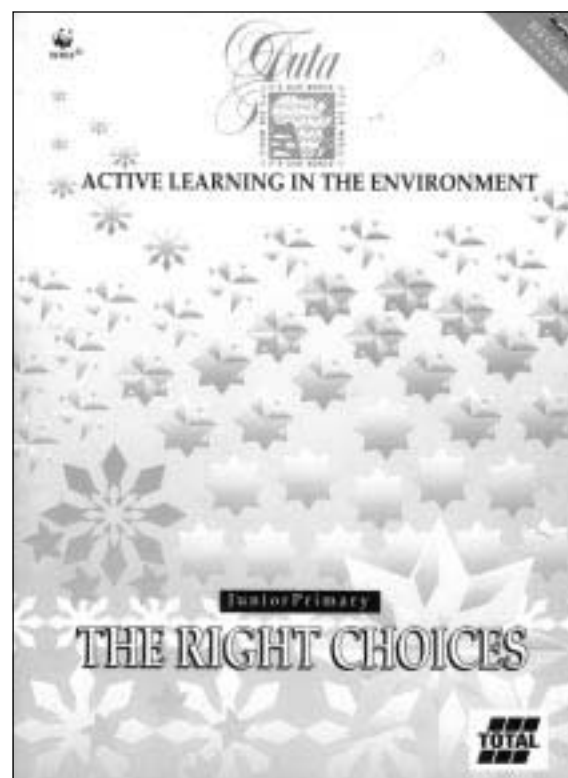
Title of material: *Peace / Vrede*
Author: Heila Lotz
ISBN: 0 7021 35135 / 0 7021 3514 3
Specifications: A4 book, 20 pages, illustrated
Language: English, Afrikaans
Published by: Juta
Order information: P O Box 2160, Bedfordview, 2008
Tel: (011) 455-4550
Fax: (011) 455-1881
e-mail: books@juta.co.za
www: www.juta.co.za

Comments: This resource is recommended for teachers working with Foundation Phase learners. A number of skills, such as respect, creative thinking, empathy, tolerance, problem-solving, communication and conflict resolution are addressed in an integrated manner. The content is also very valuable although not HIV/AIDS specific. Various activities are suggested to build learners' self-image and positive relationships.



Title of material: *The right choices / Die regte keuses*
Author: Heila Lotz and Leigh Sumner
ISBN: 0 7021 3388 4
Specifications: A4 book, 20 pages, illustrated
Language: English, Afrikaans
Published by: Juta
Order information: P O Box 2160, Bedfordview, 2008
Tel: (011) 455-4550
Fax: (011) 455-1881
e-mail: books@juta.co.za
www: www.juta.co.za

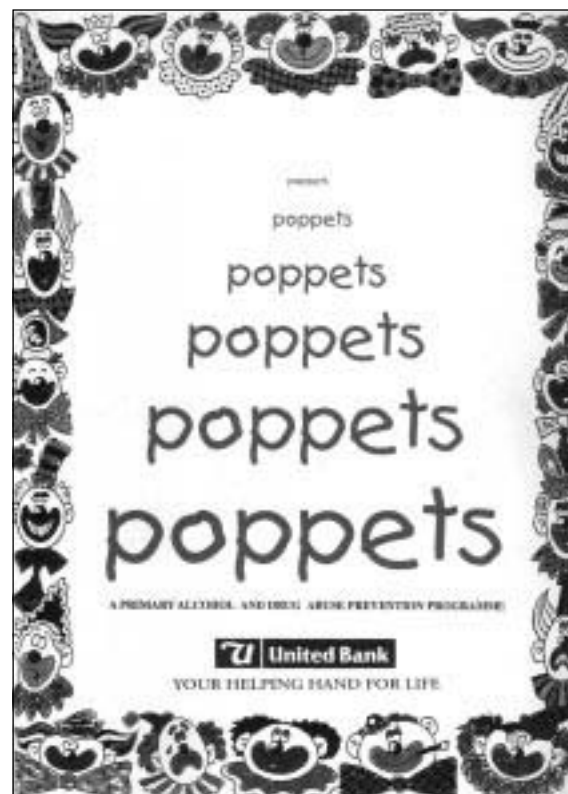
Comments: A resource recommended for teachers working with Foundation Phase learners. Skills addressed include decision-making, verbal-expression, critical awareness and problem-solving. Various health and safety choices are covered, although not directly related to HIV/AIDS.



Title of material: *Early Learning Pack: Me*
Author: Leigh Sumner
ISBN: 0 7021 4567 X
Specifications: A4 book, 64 pages, illustrated plus A3 poster, colour
Language: English
Published by: Juta
Order information: P O Box 14373, Kenwyn, 7790
Tel: (021) 797-5101
Fax: (021) 762-7424
e-mail: ctbooks@juta.co.za
Comments: Although not HIV/AIDS specific, this manual addresses many of the life skills, values and knowledge necessary for healthy living. Suitable for pre-primary and grade 1 learners.

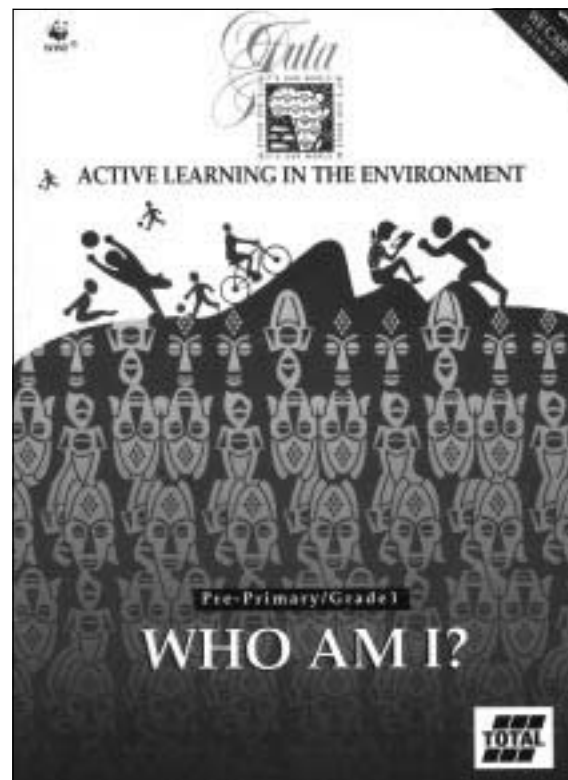


Title of material: *Poppets. A primary alcohol and drug abuse prevention programme*
Author: Institute for Health, Training and Development / SANRA, Western Cape
Specifications: A4 book, 108 pages, illustrated
Language: English, Afrikaans, Xhosa
Published by: Institute for Health, Training and Development
Order information: P O Box 1874, Bedfordview, 2008
Tel: (011) 450-1546
Fax: (011) 450-2080
e-mail:
Comments: A resource for trainers and teachers focusing on prevention of substance abuse and related problems by Foundation Phase learners. The programme includes alcohol and drug information, which educates learners with regard to their emotions, decisions and perceptions. Exciting alternatives are also offered to fulfill the needs otherwise met by substances. Some of the topics covered by the programme include feelings, self-image, sexuality, decision-making, peer pressure and where to get help.



Title of material: *Who am I? / Wie is ek?*
Author: Sue Scheepers and Moeneba Slamang
ISBN: 0 7021 3619 0
Specifications: A4 book, 20 pages, illustrated
Language: English, Afrikaans
Published by: Juta
Order information: P O Box 2160, Bedfordview, 2008
Tel: (011) 455-4550
Fax: (011) 455-1881
e-mail: books@juta.co.za
www: www.juta.co.za

Comments: A teacher's resource focusing on learners in the Foundation Phase. The aim of the book is to develop learners' self-awareness. Skills addressed include empathy, communication, responsibility, interaction and co-operation. Although not HIV/AIDS specific, the content could form the basis for further education in this regard.



Title of material: *Let's Talk: An HIV/AIDS life skills resource pack for primary schools*
Author: Solidarity Publications
Specifications: 15 x A1 wall charts, laminated, colour; 3 x A4 readers; 1 x teacher's guide; assessment cards
Language: English
Published by: Solidarity Publications
Order information: P O Box 11435, Randhart, 1457
Tel: (011) 907-3053
Fax: (011) 907-3053
e-mail:

Comments: An integrated resource pack that is user friendly and could be used with great success in areas without electrical infrastructure. The wall charts cover topics such as how to make decisions and solve problems, handling disagreement, relationships, personal hygiene, talking about feelings, HIV/AIDS, African cultures and religions of the world. A teacher's guide on the use of the wall charts and booklets is included. The assessment



cards can be used for continuous assessment. Readers topics include personal safety, a child living with HIV/AIDS and helping children deal with death.

Title of material: *Opening Pathways*

Author: Glynis Clacherty, Ingrid Woolf, Lindsay Mackay, Mindy Stanford

Specifications: A4 book

Language: English

Published by: Right to Hope Trust, Clacherty and Associates, Hodder and Stoughton

Order information: P O Box 613, Auckland Park, 2006
Tel: (011) 482-4083
Fax: (011) 726-3633
e-mail: clachert@icon.co.za

Comments: Focusing on grade 7 learners, this book addresses topics such as personal development, values, skills (including decision-making, making choices and goal setting) and human rights.



Title of material: *Body and Soul life skills package – learners' package*

Author: Lebo Ramafoko

ISBN: 0-620-22205-0

Specifications: A4 book, 40 pages, comic reader;
4 x workbooks in full colour box folder

Language: English

Published by: Soul City

Order information: P O Box 1290, Houghton, 2041
Tel: (011) 728-7440
Fax: (011) 728-7442
e-mail: soulcity@soulcity.org.za
johnmolefe@soulcity.org.za

Comments: Consists of four learner workbooks: Who am I?; My relationships; Making choices; My actions affect others. These provide fun activities for learners to develop life skills and explore the themes in the comic reader. More suitable for grades 4 to 7 and higher. Accompanied by a facilitator's guide and four sets of facilitator's notes.



Title of material: *Body and Soul life skills package – facilitators' package*

Author: Lebo Ramafoko

ISBN: 0-620-22206-9

Specifications: A4 book, 40 pages, comic reader, illustrated; 4 x facilitators' workbooks – each 18 pages

Language: English

Published by: Soul City

Order information: P O Box 1290, Houghton, 2041
Tel: (011) 728-7440
Fax: (011) 728-7442
e-mail: soulcity@soulcity.org.za
 johnmolefe@soulcity.org.za

Comments: Consists of a facilitator's guide and four sets of pullout facilitators' notes. These books are similar to the learners' workbooks but include guidelines on how to do the activities with the learners. These guidelines include specific learning outcomes for each activity.



Title of material: Life Skills and HIV/AIDS Education Grades 1-7

Author: AM Educational Consultants for the Department of Health

Specifications: A4 book, 7 x facilitators' manuals, approximately 60 pages each; A4, 7 x learners' activity books, approximately 24 pages each; A4, resource guide for facilitators, 224 pages; set of 40 posters to support the programme; parents' booklet

Language: English, grade 1-3 learners' activity books in all official languages

Published by: Department of Health

Order information: Government Printers, Private Bag X85, Pretoria, 0001
Tel: (012) 323-9731
Fax: (012) 323-0009

Comments: The materials were developed for use in primary schools. It has been piloted in 20 schools in the Free State and Northern Province. It is done in black and white and therefore could easily be copied. Life Skills such as decision-making, problem-solving, how to say "No", building self-esteem are integrated with sexuality education and HIV/AIDS information. Caring for a person with HIV as well as how to cope with death and dying are addressed. Sexual abuse and substance abuse are also covered by the programme. Teachers should preferably receive training before using the programme.



Sexuality Education and Sexual Health

Title of material: *Talking with your Child about Sex – a guide for parents*

Author: Planned Parenthood Association of South Africa (PPASA)

Specifications: A5 book, 20 pages, illustrated

Language: English

Published by: PPASA

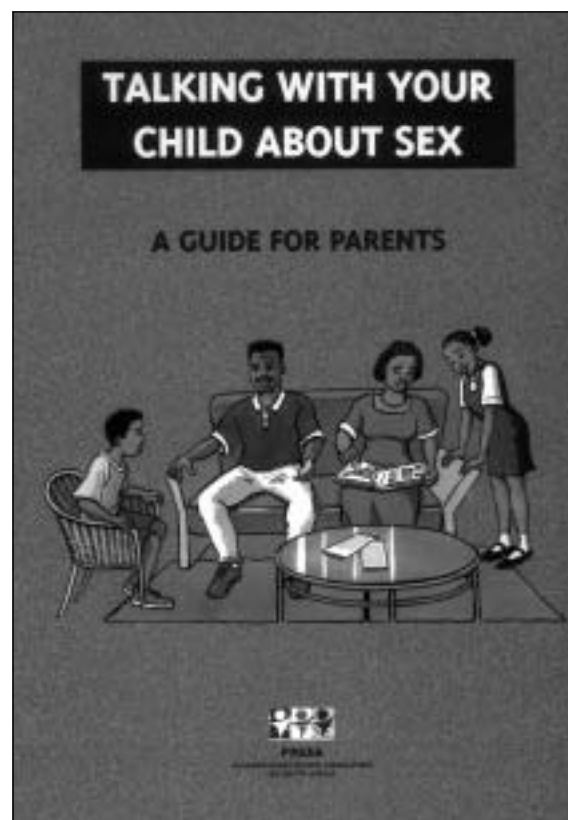
Order information: Louise van Tonder, PPASA

Tel: (011) 482-4601

Fax: (011) 482-4602

e-mail: ppasa@wn.apc.org

Comment: This booklet guides parents on how to discuss sex and sexuality with their child by answering some questions that parents might have. It provides basic information on human growth and development. The booklet also gives helpful hints for parents.



Title of material: *Heart to Heart*

Author: T Watson

ISBN: 0-9583890-1-2

Specifications: A4 book, 36 pages, full colour comic story with exercises and facilitator's guide

Language: English

Published by: The Storyteller Group

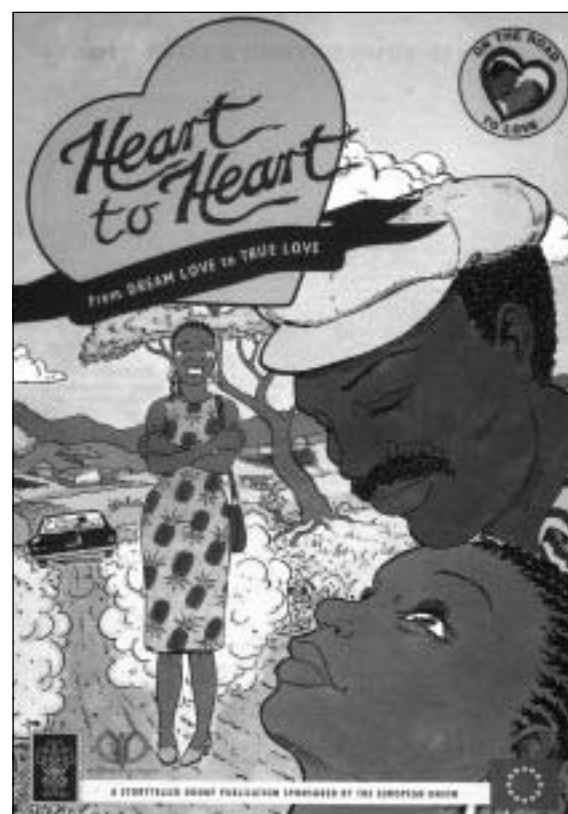
Order information: P O Box 617, Melville, 2109

Tel: (011) 482-3008

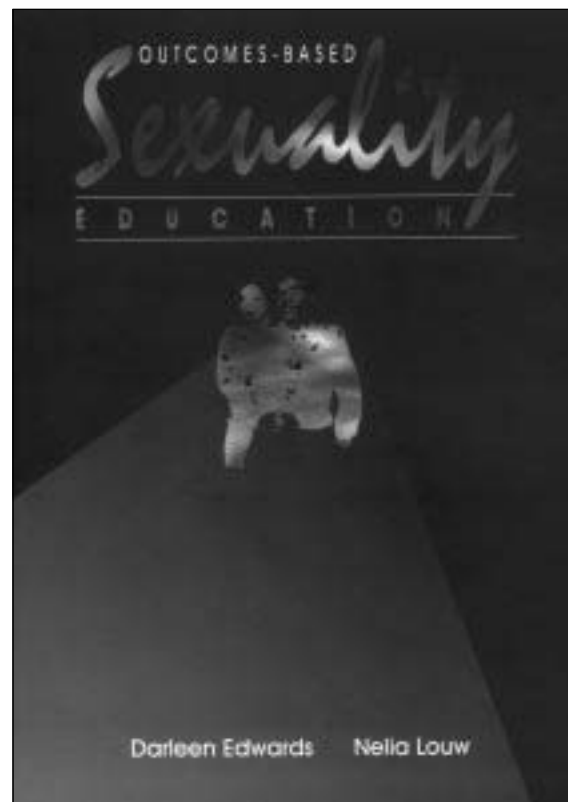
Fax: (011) 726-1632

e-mail: storyteller.group@pop.onwe.co.za

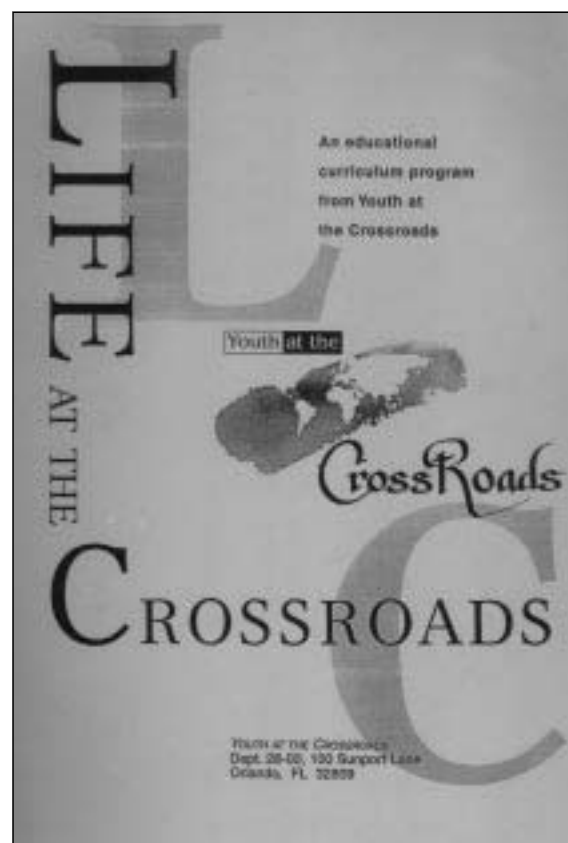
Comments: Suitable for learners in grades 8 to 12. A comic drawn up in consultation with learners who guided the development of the story. Includes a scenario of the consequences of sexual relationships.



Title of material: *Outcomes-based Sexuality Education*
Author: Darleen Edwards, Nelia Louw
ISBN: 0-7986-5307-8
Specifications: A4 book, 167 pages, illustrated
Language: English
Published by: Amabhuku Publications
Order information: P O Box 72456, Lynnwood Ridge, 0400
Tel: (012) 803-3211
Fax: (012) 803-3161
Comments: The book helps the facilitator with the outcomes-based approach regarding sexuality education. The content and skills are very appropriate and suitable for grades 7 and above. Content rich.



Title of material: *Life at the Crossroads: An educational curriculum programme for Youth at the Crossroads*
Author: Balance, E, et al
Specifications: A4 book
Language: English
Order information: **Tel:** (011) 315-2340
Fax: (011) 315-2350
e-mail: ccrusade@cccsa.org.za
Comments: Highly recommended facilitator's manual suitable for the senior phase. Themes include relationships, character, AIDS (including what it is, how do you get it, other STDs), decisions and rewards.



Title of material: *Talking about life*
Author: Gauteng Department of Health
Specifications: 18 x A3 posters, colour, laminated
Language: English
Published by: Government Printing Service
Order information: Private Bag X085, Marshalltown, 2107
Tel: (011) 355-3394
Fax: (011) 355-3399

Comments: Could be used as a teacher manual and/or teaching aid focusing on learners in grade 6 and above. The posters illustrate human development from conception to adulthood. Factual information is given at the back of each poster making it a very useful teacher's guide. Ideas for an integrated approach including life skills, are suggested. Facilitation and activities tips included.



Title of material: *Isikhathi Sethu – Circle Time, a preparatory manual for HIV/AIDS and sexuality education*

Author: Lynn Dalrymple and Paul Botha
Specifications: A4 book
Language: English
Published by: DramAidE
Order information: P O Box 45, Empangeni, 3880
Tel: (0351) 939-11 / 939-131
Fax: (0351) 929-140
e-mail: lynndal@iafrica.com



Comments: *Isikhathi Sethu* or *Circle Time* embodies an approach/methodology for primary schools to address learners' needs. It provides the skills that teachers and learners need to deal with sensitive or controversial issues, such as HIV/AIDS, violence to persons, sexual abuse and criminality. The methodology is also appropriate in establishing a human rights culture in South Africa. The first part of the manual outlines the approach and is a guide for teachers. The second part outlines a range of games and activities that can be used. The games and activities that can be used around specific themes, for example learning about myself, crossing boundaries and what would you do? The manual concludes with examples of how the preparatory games can be developed for more specific HIV/AIDS education and sexuality education.

Title of material: *Sex: What to tell children / Seks: Wat om vir kinders te vertel*

Author: Rita Margow

ISBN: 0195705980 / 0195705998

Specifications: A5 book, 112 pages, colour cover

Language: English, Afrikaans

Published by: Oxford University Press Southern Africa

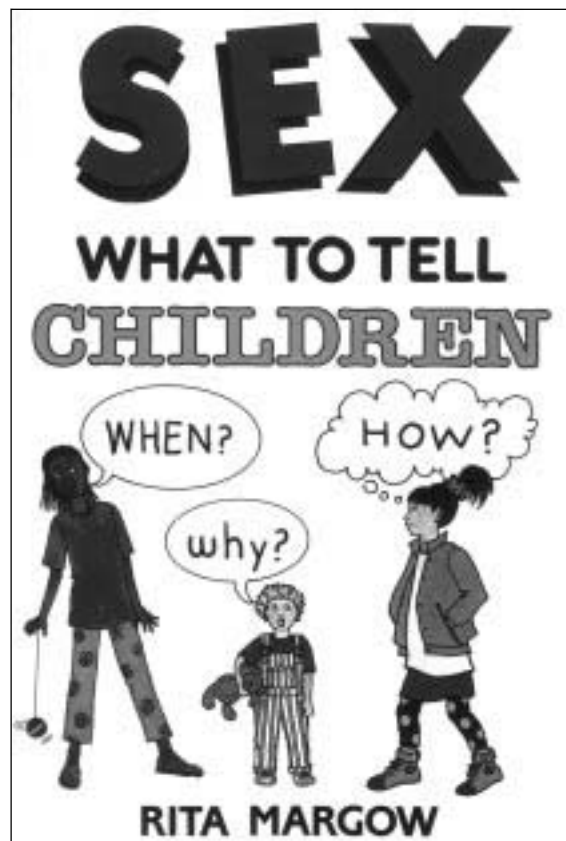
Order information: P O Box 12119, N I City, 7463

Tel: (021) 595-4400

Fax: (021) 595-4430

e-mail: oxford@oup.co.za

Comments: Resource for teachers and parents. Covers, inter alia, the emotional as well as the physical aspects of sex, deals with parents' quandries, examines parental attitudes which influence children, shows how children can be taught to resist molestations and is explicitly illustrated in colour so that explanations are easy.



Title of material: *Lifeskills & HIV/Aids Education: A Manual and Resource Guide for Intermediate Phase School Teachers*

Author: Planned Parenthood Association of South Africa (PPASA)

ISBN: 1 868 5373 07

Specifications: A4 ring binder, 176 pages, lesson plans, teacher manual, teacher information, learner worksheets, illustrated

Language: English

Published by: Heinemann Publishers

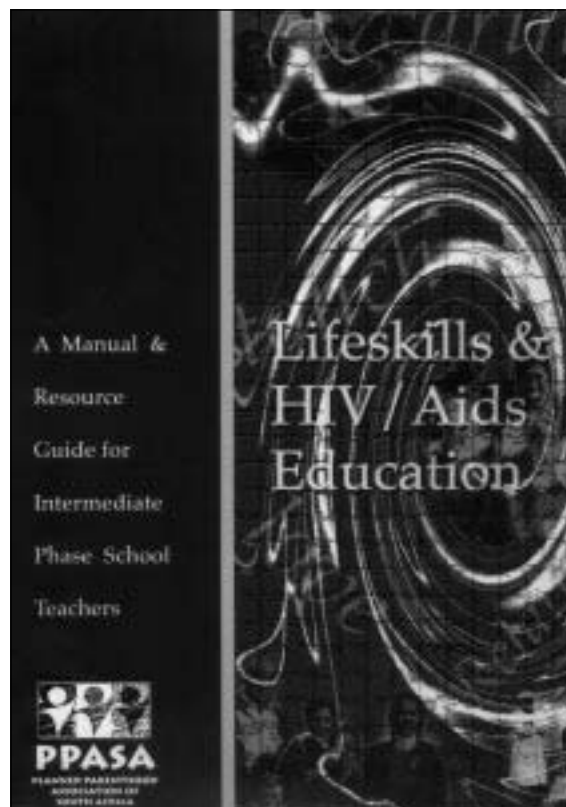
Order information: P O Box 781940, Sandton, 2146

Tel: (011) 322-8600

Fax: (011) 322-8717

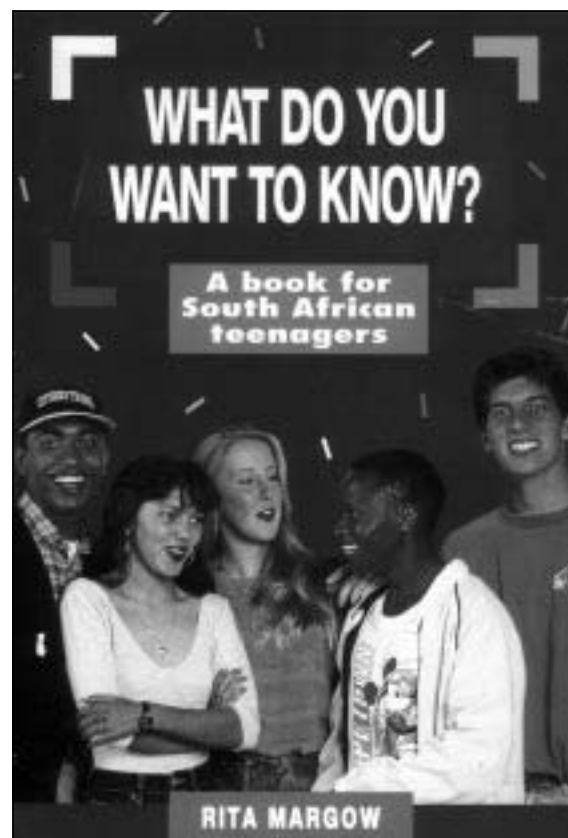
e-mail: cust.service@Heinemann.co.za

Comments: A resource for facilitators focusing on learners in the Intermediate Phase. Useful learner activities are given. Topics addressed include self-esteem; my relationships with family, friends and community; understanding my body; keeping my body safe and healthy; HIV/AIDS in my world; sexual abuse; caring for someone ill at home and when someone I love dies.



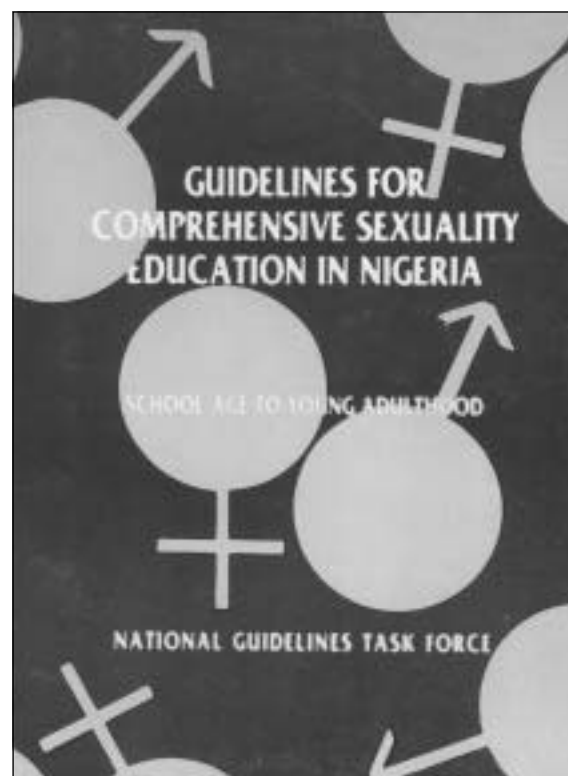
Title of material: *What do you want to know? Wat wil jy weet?*
Author: Rita Margow
ISBN: 01957 08709 / 01 957 08776
Specifications: A5 book, 184 pages, colour cover, illustrated
Language: English/Afrikaans
Published by: Oxford University Press Southern Africa
Order information: P O Box 12119, NI City, 7463
Tel: (021) 595-4400
Fax: (021) 595-4430
e-mail: oxford@oup.co.za

Comments: A resource for Senior Phase learners and parents. Covers topics such as: Looking after your body; finding friends; how effective are contraceptives?; is masturbation harmful?; how not to get AIDS; what to do if you are raped; alcohol and drugs; how to avoid sexual abuse.



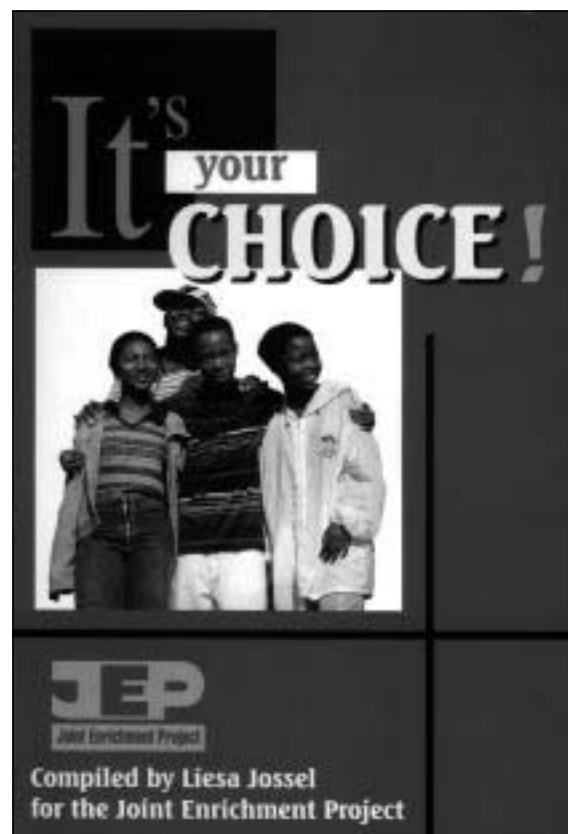
Title of material: *Guidelines for Comprehensive Sexuality Education in Nigeria: School age to young adulthood*
Author: National Guidelines Task Force
ISBN: 978-33952-0-3
Specifications: A5 book, 82 pages
Language: English
Published by: Action Health Incorporated
Order information: P O Box 803, Yaba, Lagos, Nigeria
Fax: (092341) 861-166

Comments: This book is suitable for all grades and could be integrated into all learning areas. Key concepts addressed are: Human development; relationships; personal skills; sexual behaviour; sexual health; society and culture.



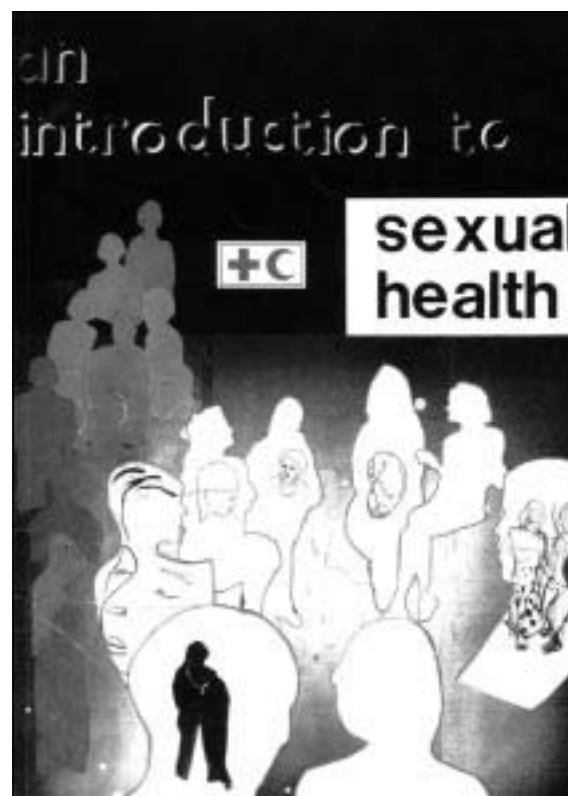
Title of material: *It's your choice!*
Author: Liesa Jossel and Joint Enrichment Project
ISBN: 0 7021 4214 X
Specifications: A4 book, 108 pages, illustrated
Language: English
Published by: Juta
Order information: P O Box 2106, Bedfordview, 2008
Tel: (011) 455-4550
Fax: (011) 455-1881
e-mail: books@juta.co.za
www: www.juta.co.za

Comments: A resource covering various topics such as: personal development; relationships; sex and violence. Life skills such as communication, negotiation, resisting peer pressure and goal setting are addressed. Many activities are given. Suitable for learners in grades 10 to 12.



Title of material: *An introduction to sexual health*
Author: International Federation of Red Cross and Red Crescent Societies
ISBN: 92-9139-007-X
Specifications: A4 book, 138 pages, illustrated
Language: English
Published by: International Federation of Red Cross and Red Crescent Societies
Order information: Case Postale 372, CH-1211, Geneve, 19, Switzerland
Tel: +41 (22) 730 42 22
Fax: +41 (22) 733 03 95
e-mail: secretariat@ifrc.org

Comments: This resource book is for people who train trainers in health topics, or who are engaged in the planning implementation and evaluation of health promotion programmes.



Title of material: *Sexuality Education for Foundation Phase (Grades 1-3) Teachers*

Author: Tania Vergnani and Lesley Palmer

ISBN: 186 853 7587

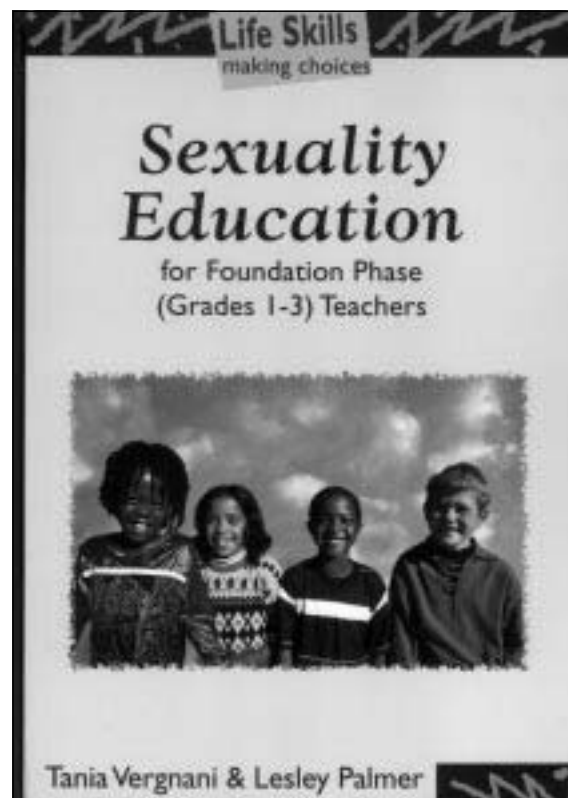
Specifications: A4 book, 64 pages, colour cover, illustrated

Language: English

Published by: Heinemann Publishers

Order information: P O Box 781940, Sandton, 2146
Tel: (011) 322-8600
Fax: (011) 322-8717
e-mail: cust.service@Heinemann.co.za

Comments: This manual is very appropriate as a facilitator's support to sexuality education. Many activities and hints are given.



Title of material: *Sexuality Education for Intermediate Phase (Grades 4-6) Teachers*

Author: Tania Vergnani and Elzan Frank

ISBN: 186 853 5754

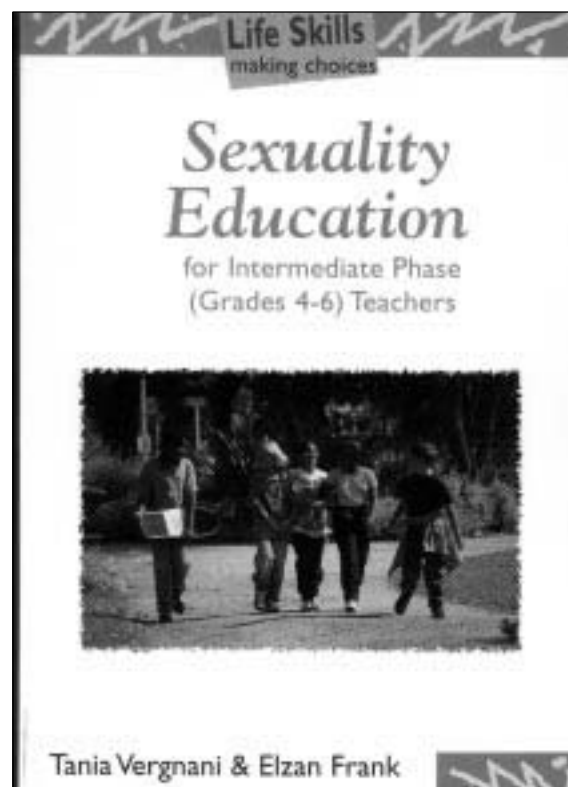
Specifications: A4 book for teachers of grades 4-6 (9-12 year olds); 96 pages, illustrated, colour cover

Language: English

Published by: Heinemann Publishers

Order information: P O Box 781940, Sandton, 2146
Tel: (011) 322-8600
Fax: (011) 322-8717
e-mail: cust.services@Heinemann.co.za

Comments: This book is very appropriate as a facilitator's guide to sexuality education. It addresses child sexual abuse and HIV/AIDS specifically.



Title of material: *Sexuality Education for Senior Phase (Grades 7-9) Teachers*

Author: Tania Vergnani and Elzan Frank

ISBN: 186 853 6874

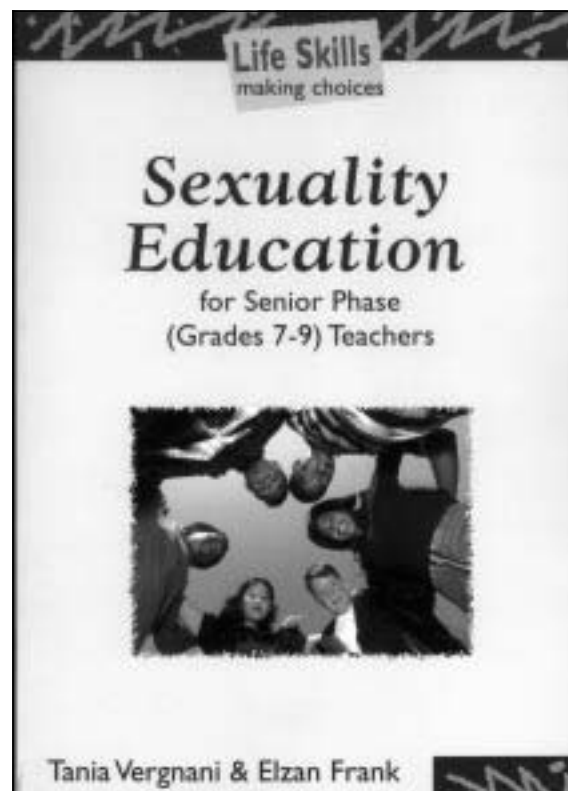
Specifications: A4 book for teachers of grades 7-9 (13 years upwards); 112 pages, illustrated, colour cover

Language: English

Published by: Heinemann Publishers

Order information: P O Box 781940, Sandton, 2146
Tel: (011) 322-8600
Fax: (011) 322-8717
e-mail: cust.services@Heinemann.co.za

Comments: An excellent facilitator's guide on sexuality education, addressing issues such as self-esteem, relationships, teenage pregnancy; as well as HIV/AIDS and other STDs.



Title of material: *Life Skills: Family and Sexuality Education*

Author: CD Louw, GH Weitsz, CV Radebe

ISBN: 07-9864-308-0

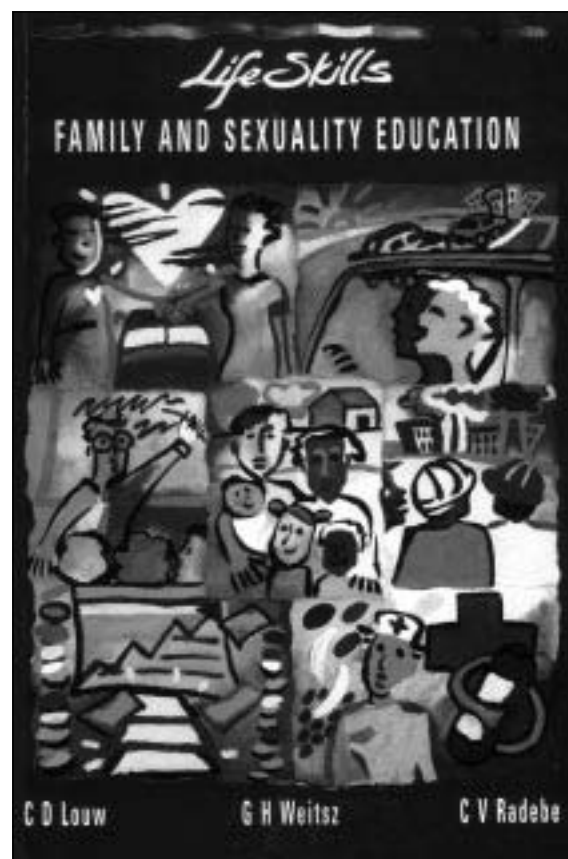
Specifications: A4 book, 140 pages, 1-colour text, 4-colour cover, illustrated

Language: English

Published by: Kagiso Education

Order information: Maskew Miller Longman, P O Box 396, Cape Town, 8000
Tel: (021) 531-7750
Fax: (021) 531-4049
e-mail: mml@iafrica.com

Comments: This guide could be used for learners in the Intermediate Phase and above. It provides guidelines to facilitate sexuality education in a sensitive manner and addresses the most important life skills required to cope with everyday problems. Furthermore, it provides a parent guidance programme that is an essential pre-requisite for sexuality education.



Title of material: *Its Your Body: An integrated approach to biology and sexuality education*

Author: Peter Ranby, Harriet Perlman

ISBN: 0-636-02016-9 / 0-636-01 9942

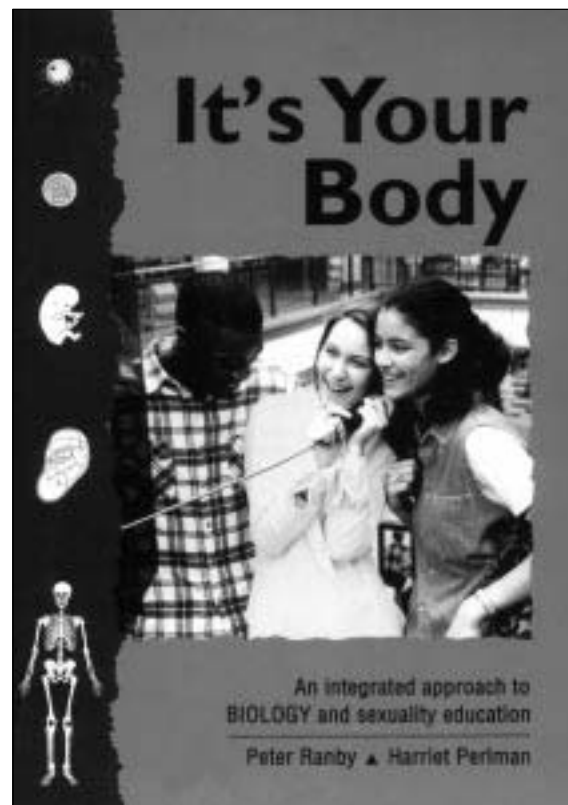
Specifications: A4 pupil's book, 128 pages, 1-colour text, 4-colour cover, illustrated; A4 teacher's guide, 82 pages, illustrated

Language: English

Published by: Maskew Miller Longman

Order information: P O Box 396, Cape Town, 8000
Tel: (021) 531-7750
Fax: (021) 531-4049
e-mail: mml@iafrica.com

Comments: This book, accompanied by a teacher's guide, may form part of a Biology or life skills source for grades 7 to 10. The teacher's guide provides support for teachers in outcomes-based education; lesson preparation; managing group work; assessing learner's performance.



Title of material: *Blue Train to the Moon*

Author: Dianne Hofmeyr

ISBN: 0-636-01908-X

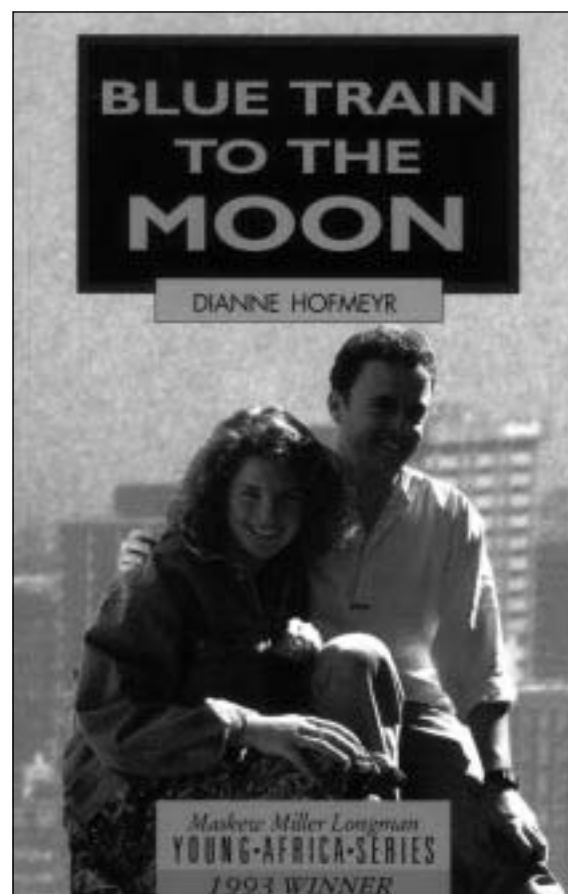
Specifications: A5 book, 96 pages, 1-colour text, 4-colour cover, illustrated

Language: English

Published by: Maskew Miller Longman

Order information: P O Box 396, Cape Town, 8000
Tel: (021) 531-7750
Fax: (021) 531-4049
e-mail: mml@iafrica.com

Comments: Novel for young people – in diary format about a young girl who contracts HIV. Suitable for secondary school libraries and as a reader/novel in English language for grades 8 to 10.



Title of material: *Dear Diary, I'm Pregnant: Teenagers talk about their pregnancy*

Author: Anrenee Englander

ISBN: 1-55037-440-0

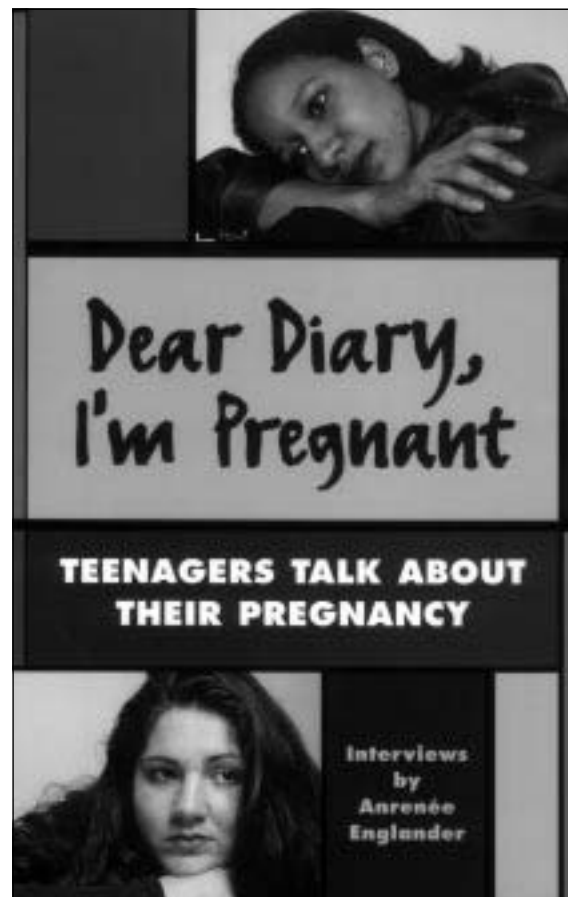
Specifications: A5 book, 160 pages, 1-colour text, 4-colour cover, illustrated

Language: English

Published by: Annick Press

Order information: P O Box 396, Cape Town, 8000
 Tel: (021) 531-7750
 Fax: (021) 531-4049
 e-mail: mml@iafrica.com

Comments: Suitable for secondary school libraries. The book presents the voices of pregnant teenagers as they talk about their needs; interests; decisions and choices around motherhood; adoption and abortion.



Title of material: *Body Wise: Sex education, health and advice for South African youth*

Author: Harriet Perlman

ISBN: 0-63602-321-4

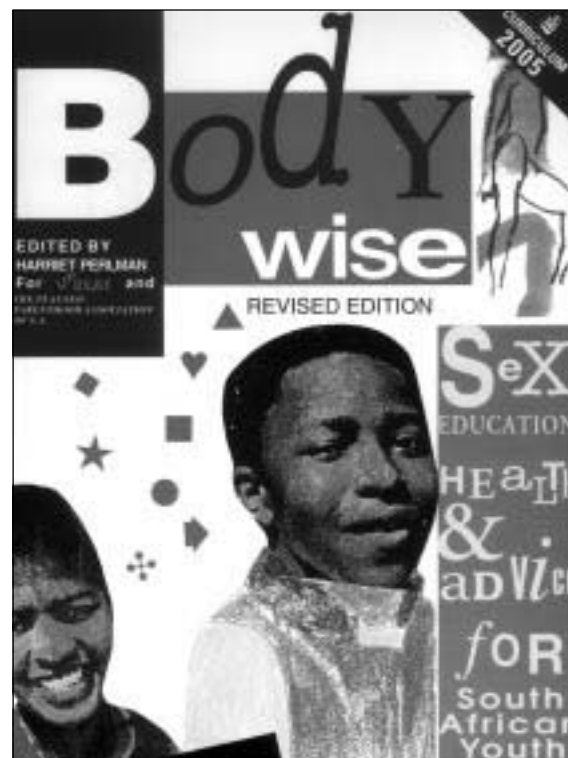
Specifications: A5 book, 100 pages, 1-colour text, 4-colour cover, illustrated

Language: English

Published by: Sached Books

Order information: Maskew Miller Longman, P O Box 396, Cape Town, 8000
 Tel: (021) 531-7750
 Fax: (021) 531-4049
 e-mail: mml@iafrica.com

Comments: A resource for teachers and parents covering topics such as the changing body; sex, love and relationships; preventing pregnancy; sexually transmitted diseases; changing feelings; and taking care of oneself. It is full of talkshops; quizzes; stories and interviews that could be used for discussions and debates. Suitable for grades 10 to 12 learners as a learner's book.



HIV/AIDS

Title of material: *Multilingual HIV/AIDS leaflets / HIV/AIDS posters / resource booklets*

Author: Beyond Awareness Campaign

Specifications: z-fold leaflets, double sided, full colour, illustrated; A2 posters, full colour, illustrated

Languages: Leaflets in all 11 languages; other resources in English

Published by: HIV/AIDS and STD Directorate, Department of Health

Order information: AIDS Action Office
Tel: (011) 482-6737
Fax: (011) 482-2099
e-mail: wba@icon.co.za



Comments: The AIDS Action Office of the Department of Health's Beyond Awareness Campaign provides a wide range of basic HIV/AIDS Materials for free (including free delivery). The multilingual leaflets cover topics including HIV/AIDS and life skills in schools; key points about HIV/AIDS; sexually transmitted diseases; male condoms; HIV/AIDS and relationships; HIV/AIDS in the workplace; HIV/AIDS counselling; living with HIV/AIDS; caring for a person with HIV/AIDS and TB and HIV/AIDS. Posters and resource booklets cover a range of topics. Of particular interest are the HIV/AIDS materials catalogue; youth for AIDS action resource guide; and a detailed manual on communicating beyond AIDS awareness.

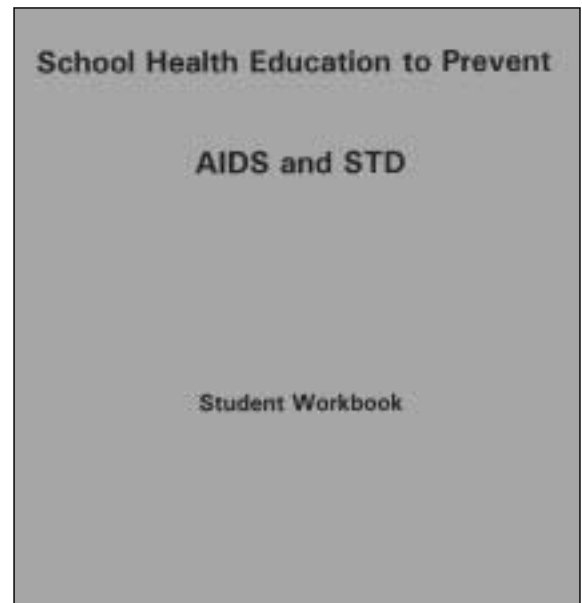
Title of material: *School Health Education to Prevent AIDS and STD*

Author: Lions Club International

Specifications: A4 facilitator's manual and learner's workbook

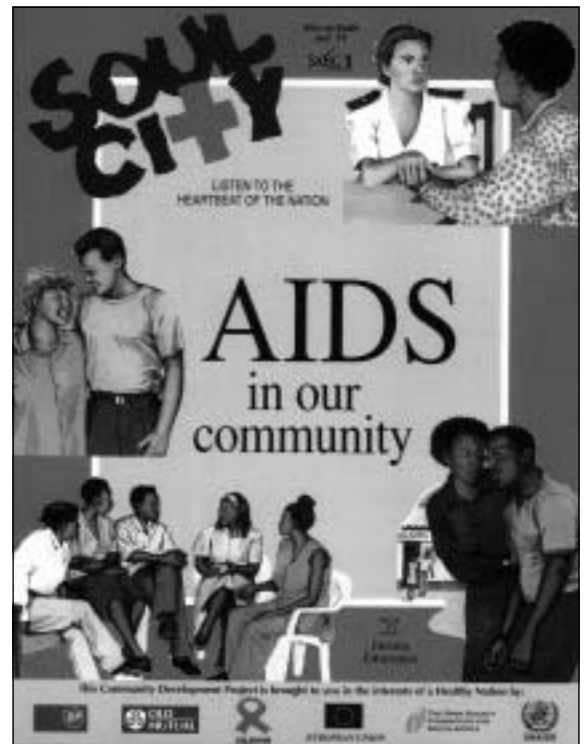
Language: English

Order information: Dr A van der Merwe
Tel: (012) 661-8513
Fax: (012) 661-8513
e-mail: avdm@cyberhost.co.za

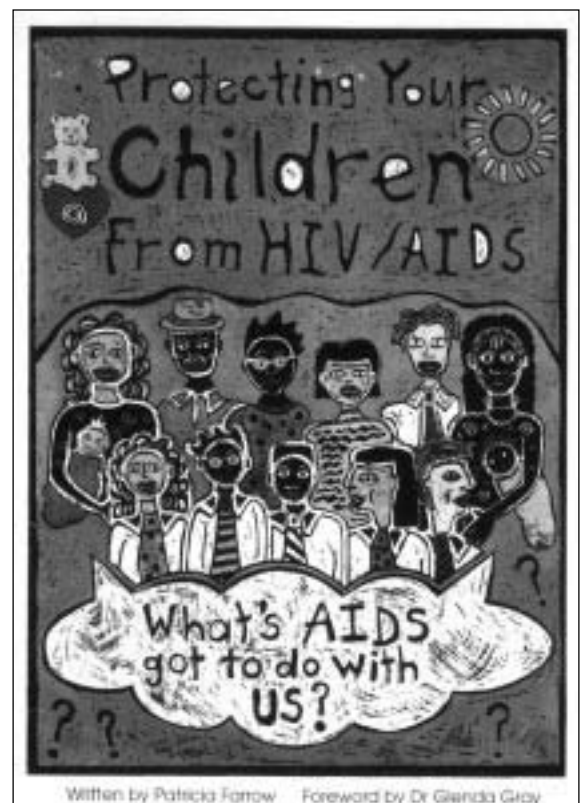


Comments: A comprehensive package focusing on HIV/AIDS within a life skills and sexuality context. Topics covered include friendship, meaningful relationships, how to say "no", good decisions; responsibility; effective listening; communication; assertive behaviour; negotiation; what is HIV/AIDS/STD; how does one get it; signs and symptoms of HIV infection and AIDS; where can help be found; how to keep safe when looking after someone with AIDS, etc. Suitable for learners in secondary school. *Note:* This material is available only to those who attend a training workshop.

Title of material: *AIDS in our community*
Author: Soul City
ISBN: 1-874955-80-8 / 1-874955-41-7
Specifications: A4 book, 34 pages, full colour illustrations and text
Languages: English, Zulu
Published by: Jacana Education
Order information: Soul City, P O Box 1290, Houghton, 2041
Tel: (011) 728-7440
Fax: (011) 728-7442
e-mail: soulcity@soulcity.org.za
johnmolefe@soulcity.org.za
Comments: Resource material for facilitators.



Title of material: *Protecting Your Children from HIV/AIDS*
Author: Patricia Farrow
ISBN: 0-620-21248-9
Specifications: A5 book, 18 pages
Language: English
Published by: Just Add Water CC
Order information: P O Box 1331, Saxonwold, 2132
Tel: (011) 792-5906
Fax: (011) 792-3062
e-mail: water@global.co.za
Comments: Good resource for teachers addressing the facts and myths about HIV/AIDS; how to talk to children; what to say, guidelines for good hygiene and how to care for children.



Title of material: *Way Ahead Health!*

Author: Rose Elphick

ISBN: 99911-22-42-7

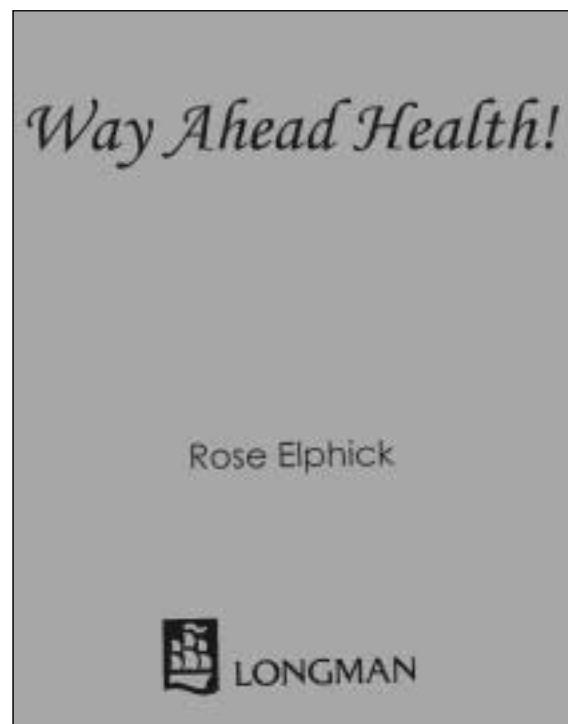
Specifications: A4 book, 96 pages, 1-colour text, 4-colour cover, illustrated

Language: English

Published by: Longman Lesotho

Order information: Maskew Miller Longman, P O Box 396, Cape Town, 8000
Tel: (021) 531-7750
Fax: (021) 531-4049
e-mail: mml@iafrica.com

Comments: Addresses various health-related topics, such as systems of the body; unconsciousness; composition of blood; bleeding; but also HIV/AIDS and STDs. More suitable for grade 6 and above.



Title of material: *AIDS in South Africa and on the African continent*

Author: Lorenzo Togni

ISBN: 0-7986-4214-9

Specifications: A5 book, 120 pages, 1-colour text, 4-colour cover, illustrated

Language: English

Published by: Kagiso Education

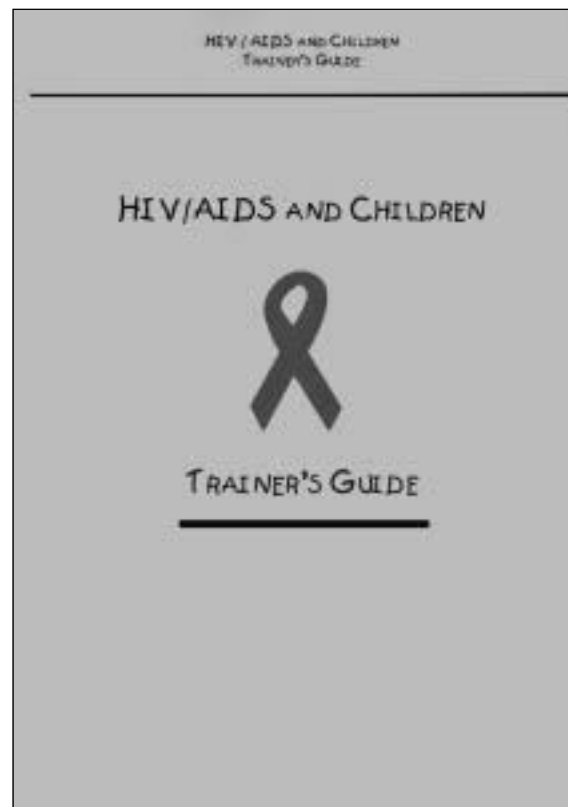
Order information: Maskew Miller Longman, P O Box 396, Cape Town, 8000
Tel: (021) 531-7750
Fax: (021) 531-4049
e-mail: mml@iafrica.com

Comments: A resource book for teachers and trainers. The book gives a holistic account of the nature of the epidemic in South Africa and on the continent.



Title of material: *HIV/AIDS and Children – Trainers’ Guide*
Author: Sheila Drew in conjunction with Woz’obona
Specifications: A4 book, 150 pages
Language: English
Order information: Sheila Drew
Tel: (011) 648-5974 / (083) 653-7776
Fax: (011) 648-7639
e-mail: maurice@sn.apc.org

Comments: This course is based on the theme of children’s rights and responsibilities, helping teachers to look at the relationship between children’s and human rights and HIV/AIDS. It also looks at ways of encouraging teachers, parents and children to know their rights and responsibilities and apply them to others. The course covers fundamental knowledge about HIV/AIDS and the universal precautions. It encourages the view that talking about HIV/AIDS and building independence and confidence in children are powerful preventive measures and should happen in many different aspects of the Early Childhood Development (ECD) curriculum. The materials, written in easy English, are a guide to help a trainer facilitate these sessions sensitively.



Title of material: *HIV/AIDS Materials Catalogue*
Authors: Warren Parker and Kate Stratten
ISBN: 0-620-22495-9
Specifications: A4 book, 90 pages
Language: English
Published by: HIV/AIDS and STD Directorate, Department of Health, Pretoria
Order information: AIDS Action Office, Beyond Awareness Campaign
Tel: (011) 482-6737
Fax: (011) 482-2099
e-mail: wba@icon.co.za

Comments: This catalogue provides an overview of HIV/AIDS materials available in South Africa.



General

Title of material: *Get what you want out of life*

Author: Salala Lesela

Specifications: A4 book, 111 pages

Language: English

Published by: Salala Lesela

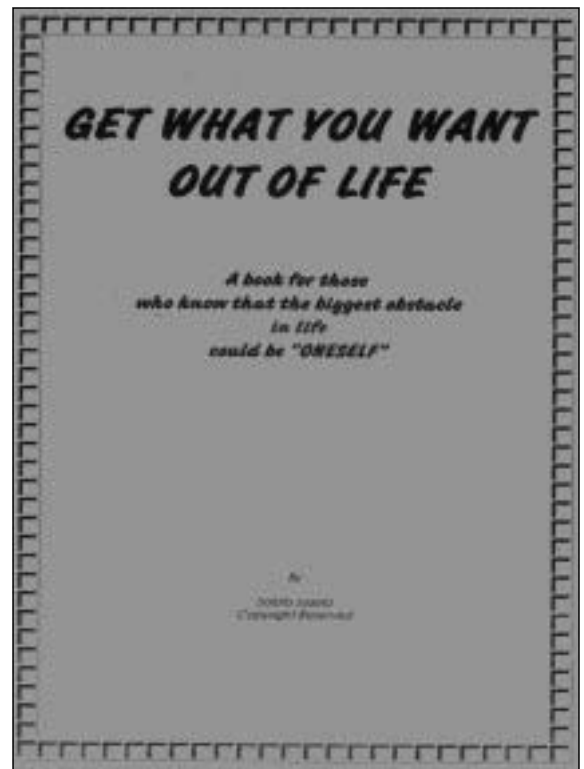
Order information: P O Box 4870, Rivonia, 2128

Tel: (011) 807-2201

Fax: (011) 807-2153

e-mail: tricon@global.co.za

Comments: A resource for individual/personal growth that could enable teachers and facilitators to come to grips with themselves.



Title of material: *This is Life Skills Grade 1 Learner's Book / This is Life Skills Grade 1 Teacher's Book*

Author: Wendy Flanagan

ISBN: 0-363-03444-5 / 0-363-03454-2

Specifications: A5 book, Learner's book, 64 pages, 4-colour text & cover, illustrated, first book of the series; Teacher's guide, 176 pages, 1-colour text, 4-colour cover, illustrated

Language: English

Published by: Maskew Miller Longman

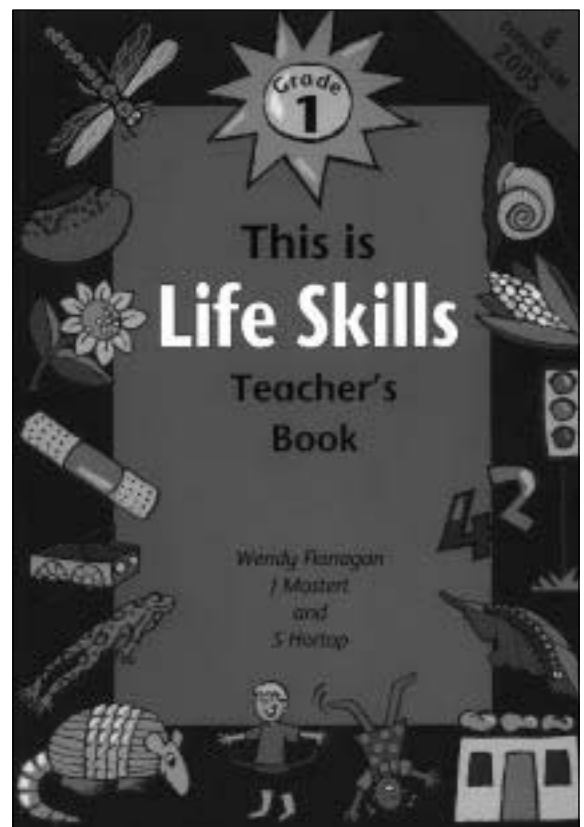
Order information: P O Box 396, Cape Town, 8000

Tel: (021) 531-7750

Fax: (021) 531-4049

e-mail: mml@iafrica.com

Comments: Suitable for Foundation Phase (specifically grade 1) learners. Provides a basis on which sexuality education could be built in following grades. Uses an outcomes-based education approach. Linked to a facilitator manual.



Title of material: *Sharing our World Grade 1 Learner's Book / Sharing our World Grade 1 Teacher's Resource Book*

Author J Davis and L Shaw

ISBN: 0-636-03289-2 / 0-636-03291-4

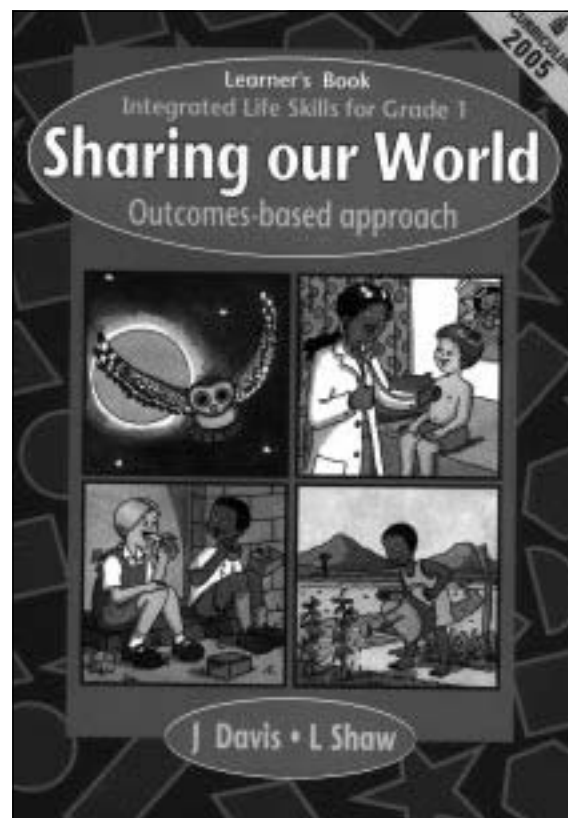
Specification: A5 book, Learner's book, 64 pages, 4-colour text & cover, illustrated. Grade 1 is first level available in the *Sharing our World* series. Teachers book, 200 pages, 1-colour text, 2-colour cover, illustrated

Language: English

Published by: Maskew Miller Longman

Order information: P O Box 396, Cape Town, 8000
Tel: (021) 531-7750
Fax: (021) 531-4049
e-mail: mml@iafrica.com

Comments: Although this book does not address HIV/AIDS directly, it poses many opportunities to prepare learners for it as the emphasis is on themes and skills to equip learners to make the right choices. Linked to teacher's resource book.



Audio-visual Materials and Teaching Aids

Title of material: *I'm addicted to life – programme for the prevention of drug and alcohol abuse for adolescents*

Specification: Video plus manual

Language: English

Published by: Edumedia

Order information: P O Box 13266, Mowbray, 7705

Tel: (021) 689-9536

Fax: (021) 685-7421

e-mail: media@edumedia.wcape.wcape.school.za

Comments: Focuses on substance abuse. Indicates the role that the community could play in prevention and assistance to rehabilitated substance abusers. This video is divided into 13 programmes (of 9 minutes each). Seven of these programmes are supported by the manual, namely early experimentation with substances; Mandrax; alcoholism; substance dependency and relationships; medication off the counter; Ecstasy and where to get help.

Title of material: *Way 2 win 4 life – A game of informed life decisions*

Author: Vineden Edulife CC

Specification: Board game

Languages: English, Afrikaans

Published by: Vineden Edulife CC

Order information: 29 Evan St, Kenridge, 7550

Comments: Four to 30 players (aged between 12 and adults) can play the game and do the group activities to develop various life skills.

Title of material: *The Choice Game*

Author: A Croucamp

Specification: Board game (poster format)

Language: English

Published by: The Storyteller Group

Order information: P O Box 617, Melville, 2109

Tel: (011) 582-3008

Fax: (011) 726-1632

e-mail: storyteller.group@pop.onwe.co.za

Comments: Suitable for learners in grades 8 to 12.

Title of material: *Boys Beware*
Specification: Video, VHS, 15 minutes
Language: English
Published by: Magnetic Media Productions
Order information: P O Box 392146, Bramley, 2018
Tel: (011) 887-2590
Fax: (011) 887-2550
e-mail: mntp@abacuspech.co.za
Comments: Illustrates some situations where boys are molested or abused. Highlights cautionary and preventative measures. Suitable for boys of all ages.

Title of material: *The wonder of growing up / Die wonder van grootword*
Specifications: Video
Language: English, Afrikaans
Order information: SACTA, Private Bag X460, Pretoria, 0001
Tel: (012) 422-8005
Fax: (012) 343-6903
e-mail: sdwallace@sacta.ac.za
Comments: Covers the physical development from conception to maturity. Also focuses on the emotional development of the teenager, emphasising the importance of a healthy relationship between the sexes.

Title of material: *Girls Beware*
Specifications: Video, VHS, 12 minutes
Language: English, Afrikaans
Order information: National Film Library, Private Bag X239, Pretoria, 0001
Tel: (012) 322-6625
Fax: (012) 322-1862
e-mail: ncet@educ.pwv.gov.za
Comments: Addresses life skills in general (and not HIV/AIDS specifically). Suitable for learners in senior secondary school.

Title of material: *Mom and Dad are divorced, but I'm OK!*
Author: Divorce Restoration Ministries
Specifications: Video, VHS, 30 minutes
Language: English
Order information: GTVs
Tel: (011) 882-7579
Fax: (011) 882-6957
e-mail: evancol@iafrica.com
Comments: A six-year-old boy finds it difficult to come to terms with the fact that his parents are divorced. The problems that the parents, the teenage son and the young boy experience, are illustrated. Recommended as a training resource or in secondary school.

Title of material: *Family talks about sex*

Author: L Yust

Specifications: Video, VHS, 28 minutes

Language: English

Order information: GTVs

Tel: (011) 882-7579

Fax: (011) 882-6957

e-mail: evancol@iafrica.com

Comments: Various sexual questions between parents and their children are openly discussed, for example reproduction; pornographic reading material; etc. Recommended for parent groups and as a training resource. Discussion of practical ways to handle children's questions and situations arising within the family.

Title of material: *Suffer not little children*

Specifications: Video, VHS, 34 minutes

Language: English

Order information: GTVs

Tel: (011) 882-7579

Fax: (011) 882-6957

e-mail: evancol@iafrica.com

Comments: Resource for training and teachers. Comprises four sections: identifying the sexually abused child; handling disclosure; reporting sexual abuse; and supporting the child on an ongoing basis.

National Policy on HIV/AIDS for Learners and Educators

The National policy on HIV/AIDS for learners and educators in public schools and students and educators in further education and training institutions was published in the Government Gazette on 10 August 1999¹. All learning institutions² will have to become familiar with the content of this policy document. It provides the guidelines that learning institutions should follow. The policy addresses three main topics:

- ❑ Human rights issues and in particular non-discrimination;
- ❑ Health aspects, including how transmission and infection occur, as well as how to create a safe learning environment; and
- ❑ Education on HIV/AIDS.

Human rights

The policy states clearly that there should be no unfair discrimination against learners or educators who are HIV positive or perceived to be HIV positive.

- ❑ Any learner with HIV/AIDS may not be denied admission to or continued attendance of a learning institution.
- ❑ Learners with HIV/AIDS should attend class for as long as they are able to function effectively.
- ❑ Learners who become too ill to attend class, should be enabled to work at home with the guidance and support from the learning institution.
- ❑ Educators have a right to be appointed, teach and promoted despite their HIV status.
- ❑ No learner or educator is compelled to disclose his/her HIV status. Unauthorised disclosure of a person's HIV status could give rise to legal liability.
- ❑ Educators and learners should respect the rights and dignity of others as reflected in the Constitution.

Health aspects

- ❑ **Transmission and infection:** Because of the increase in infection rates, learners and educators with HIV/AIDS will increasingly form part of the learning institution population. HIV is spread from one person to another:
 - by having unprotected sex with an infected person;
 - through contact with infected blood (very low risk);
 - from an infected mother to her unborn or newborn baby (but only some babies born to infected mothers become infected with HIV).

The risk of HIV transmission during teaching, play activities, sport and social contact is insignificant as there is no risk from saliva, sweat, tears, urine, respiratory droplets, handshaking, kissing, swimming pool water, toilets, food or drinks.

Any risk that may exist in a learning institution can be eliminated by good hygiene practices and taking standard infection-control measures known as universal precautions.

- ❑ **A safe learning environment:** All learning institutions should implement universal precautions to effectively minimise the risk of transmission of all blood-borne diseases, including HIV, in the learning environment.
 - Learners and educators should receive training on how to handle accidents and how to apply universal precautions.
 - Universal precautions should be applied during sport and play.
 - Learning institutions should have at least two first aid kits.

Education on HIV/AIDS

HIV/AIDS education should be integrated with a life skills programme, which must be implemented at all learning institutions for all learners, educators and other staff members. Age appropriate education on HIV/AIDS must form part of the curriculum for all learners from pre-primary to secondary school level. Having followed a life skills programme, learners and educators should be able to:

- Display non-discriminatory behaviour.
- Understand how HIV is transmitted and how infection can be prevented, including abstinence from sexual intercourse, being faithful to one uninfected partner and condom use.
- Make informed and responsible choices regarding their own health and that of others.
- Apply universal precautions and first aid principals to protect themselves and others from infection.

General

To facilitate the above, learning institutions should:

- Develop their own HIV/AIDS policy in accordance with the national policy.
- Include in their code of conduct guidelines on unacceptable behaviour that may be discriminatory or create a risk of HIV infection.
- Involve and inform parents about all HIV/AIDS education offered.

Footnotes

1. The policy can be obtained from: The Director-General, Department of Education, Private Bag X895, Pretoria, 0001 or Government Printers, Private Bag X85, Pretoria, 0001.
2. In this document the word *learner(s)* also includes *students* at institutions for further education and training institutions, while the word *learning institution(s)* also includes *schools*.