

Living a Life of Health



Booklet

3

A message for caregivers:

Telling your child about HIV may have been very hard to do. This booklet will help you to talk to your child after he or she has learned about having HIV. This booklet is just part of the normal talks you will have with your child. It can be used with children over 9 years of age.

When you get ready to talk to your child, try to make sure that you are in a comfortable and private place. You may think that once you tell your child about HIV, that is the end of the story. But children may have other questions that come up after they have time to think about what they heard.

Remember, it is OK if your child asks the same questions over and over again. It is OK if sometimes your child seems happy and then sometimes angry, frightened, or quiet. All of these are normal feelings that most children go through after hearing about HIV. The most important thing is that you allow your child to ask questions and give him/her comfort when he/she needs it. Also tell your child over and over again that HIV is not anybody's fault.

Living a Life of Health is the third in a series of four booklets. The other booklets in this series include:

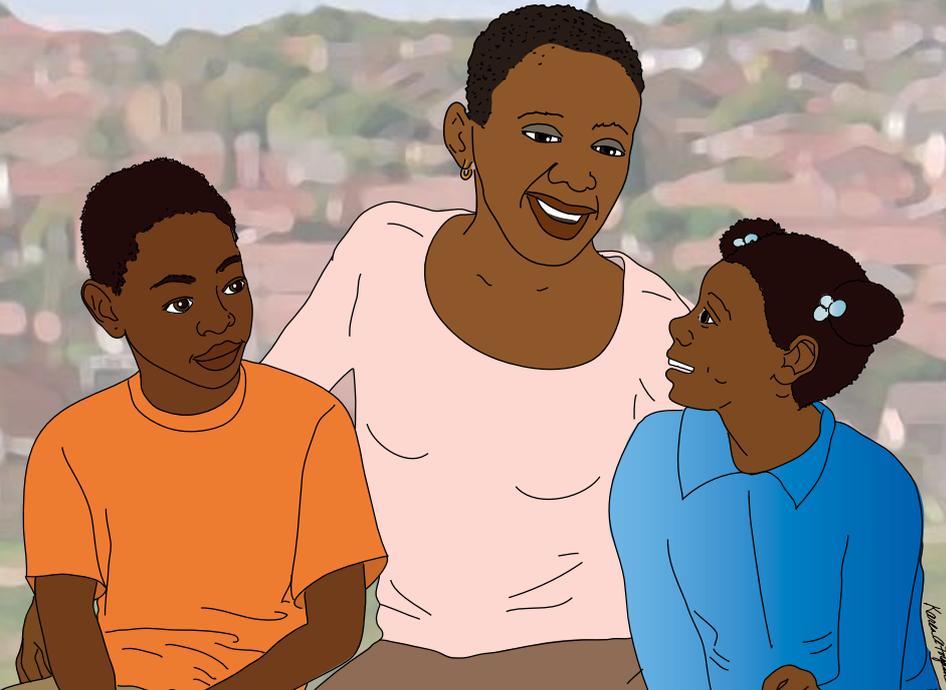
- *How to Keep Healthy*, booklet 1
- *Knowing about Myself*, booklet 2
- *Teen Talk*, a question-and-answer guide for adolescents living with HIV

The counsellors, nurses, and doctors at the clinic will be there to help answer your questions and give you information if you need it.



Do you remember when we read *How to Keep Healthy and Knowing about Myself?* Do you remember our talks about HIV?

What questions do you have about the booklets or about what we discussed?
How are you feeling now about your HIV infection?



Sometimes when children hear that they have HIV, they get sad, frightened, or angry.

Sometimes, they may not feel like talking or playing with friends. **All of this is OK.**

If you feel down, the most important thing is to talk to me or someone else about how you are feeling.

Have you felt down or have you needed to speak with anyone?





It may be hard to continue with school or other things after you hear about having HIV.

Do you ever feel different from your friends at school?

Remember, everything is just the same as before. You can still play sports, have friends, and get a job and get married someday.

The only thing is that now you know about yourself.

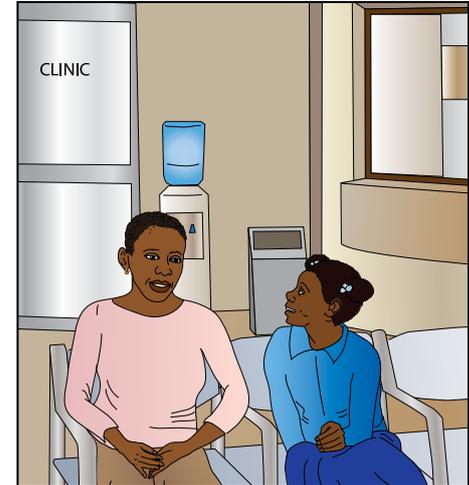


Tell me, how are things going for you at school?

How are things going for you with your friends?

Remember you can always talk to me.





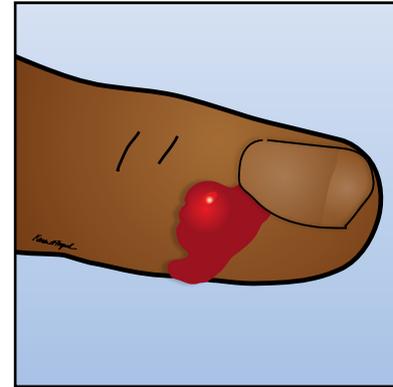
Do you remember the things we talked about that will help to keep you well? What are those things?

Eat healthy foods, get enough sleep, go to the clinic, and take your medicines every day once your doctor decides that you are ready.

As you know, HIV does not go away. As you get older, it is important that you remember to take your medicines every day.



Remember that HIV is a virus that is very hard to pass on to other people.



Do you remember how it is transmitted from one person to another?

- From mother to child either during pregnancy or from breast milk.
- When the blood of someone with HIV gets into someone else's body.
- From sexual relations.





Remember, you cannot give HIV to anyone by touching them, hugging them, playing sports or games with them, eating from the same plate, or using the same toilet.



HIV is a private thing, so we do not want to tell everybody about it.



Sometimes it might be hard to keep your HIV status private.

Has it been hard for you to keep from telling your friends?

There are some people whom it is safe to tell.

Tell me who you trust and might feel comfortable with.

Have you told anyone about your HIV?

What did that person say? Some people will be helpful when you tell them.

Some may be angry, but remember, this is not your fault. Some people do not understand HIV and may react inappropriately when they hear someone has it.

You can always come and talk with me.



Together we can manage your HIV infection.

The best way to do this is to take your medicine, go to the clinic, and eat healthy foods.

I will help you to keep healthy, and the nurses, doctors, and counsellors will help too.

Together, we can make sure you stay well.

What do you think about this?



What other questions do you have?

What worries do you have about this?

Remember you can always come and talk with me or with someone else who you trust.



My Thoughts and Feelings

(Write or draw a picture of how you feel.)



Acknowledgments

This booklet was originally developed in 2010 by the South to South Program for Comprehensive Family HIV Care & Treatment (S2S) team at Stellenbosch University in South Africa led by Janine Clayton, under the title *Living a Life of Health, _____'s plan*. The 2010 booklet was developed with support from the International Center for AIDS Care and Treatment Programmes (ICAP) of Columbia University Mailman School of Public Health; development was coordinated by the François Xavier Bagnoud (FXB) Center, School of Nursing, University of Medicine and Dentistry of New Jersey. The original booklet was designed and illustrated by Karen A. Forgash. The content was developed by Deanne Samuels, Nikhita Pandian, Leah Pandian, Virginia Allread and Beth Hurley.

This booklet was revised in 2012 based on an evaluation of the original materials. Revisions were led by Janine Clayton at S2S with support from Virginia Allread at the FXB Center, Dana Greeson at the AIDS Support and Technical Assistance Resources (AIDSTAR-One) Project, Edward Pettitt at the Baylor International Pediatric AIDS Initiative (BIPAI), and Anouk Amzel and Sara Bowsky at the United States Agency for International Development (USAID). Like the original, this booklet was illustrated by Karen A. Forgash.

The revised version of this booklet was made possible through the support of the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the U.S. Agency for International Development (USAID) under contract number GHH-I-00-07-00059-00, AIDS Support and Technical Assistance Resources (AIDSTAR-One) Project, Sector I, Task Order 1. The author's views expressed in this publication do not necessarily reflect the views of USAID or the United States Government.

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