

The Girl Who Was Pushed Outside



The Girl Who Was Pushed Outside

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<https://www.childrenforhealth.org>



How we created this book

This story was co-created with children and teachers at Enkhaba School in Eswatini. It was developed alongside the Children for Health HIV and AIDS poster.

Together we designed several sessions to conduct with children to understand:

- What the children knew about HIV and AIDS;
- How they are affected by it; and
- What myths or misinformation they had about HIV and AIDS.

Having gathered this information we drafted the poster with the help of experts and practitioners in many countries. The poster sets out 10 key messages that children can share and activities that children can do to understand them. Please see the back of this story book for the messages and activities. Once the poster was drafted it was reviewed and then finalised.

A similar interactive process was used to develop this story. The group adapted and discussed the following questions:

- What are the most important ways in which HIV/AIDS effects our school and community?
- Are these easy problems for children to do something about? Why/Why not?
- How can we change the way people think about or do something?
- What do children need from adults to help make changes?

The children then wrote ideas for short stories about people with HIV or those who are otherwise affected by HIV in their community. The teachers commented that this activity really educated them about the realities of the lives of the children they worked with. From these stories we developed key themes and then wrote a story summary for the children to consider. After further review we developed the full story which was again reviewed by the school.

All this took place over an 18-month period – an extremely complicated and difficult period for the school. Given the many constraints it is even more wonderful that they have been able to contribute so much to the poster and this storybook on this extremely important topic. We hope these will be used by children all over the world.

Thank you to all our dedicated contributors:

- The children at Enkhaba Primary School
- The teachers of Enkhaba Primary School
- Banjwayini Shongwe (Headteacher and Project Leader)
- Sizakele Cynthia Dlamini (Deputy Leader)
- Bahlengile Dlamini
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- Tsabile Maziya
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- Hlobsile Matsebula





Chapter One

'Wake up ZaZa,' said her brother ZuZu, 'look down there!'

'It's early,' said ZaZa as she shuffled along the branch where the two parrots slept each night. She pushed away some leaves so she could see better.

'Wow! See how smart Temasiko looks in her new blue skirt and white shirt,' said ZaZa, 'what's happening today?'

'Temasiko's wearing new clothes because today is the first day at her new school,' said ZuZu, 'I hope Temasiko likes it and makes lots of friends.'

'I think it's hard coming to a new place and a new school where you don't know anybody,' said ZaZa, 'Oh, but I just remembered. I am not talking to you, ZuZu!'

'Wow! OK then. Well, I don't care! Lucky me. I like peace and quiet... anyway, what have I done?'



'Yesterday you pushed me away and shouted about how I was too muddy and smelly. I had been digging nuts up in the forest. I even gave some to you.'

'Yes! You did smell.'

'You needn't have shouted. It hurt my feelings.'

'The smell of that mud made my beak sting.'

'I felt sad being pushed away.'

'I am sorry I hurt your feelings, ZaZa. Thanks for the nuts you gave me. You did wash the mud off in the end.'

'Oh, look. Temasiko is leaving. She is saying goodbye to her mother. At least she's smiling. I think she is going to have a good day.'

ZaZa and ZuZu watch Temasiko wearing a new school uniform ready for her new school. ZaZa is hurt when ZuZu called her smelly and hurt her feelings when she got muddy looking for nuts. ZuZu says sorry.

Chapter Two

At the school gates, Temasiko paused. Would anyone like her and want to be her friend? She took a deep breath and went inside the schoolyard. There were so many children everywhere. Where should she go? Suddenly she felt nervous and awkward.

Just then an older girl and a boy came up to her. 'Hello,' said the girl, 'my name is Sara and this is my friend Amad. You're new today, aren't you? Welcome to our school! We will help you and show you where to go. Have you any questions? If you can't find us at break time you can go and sit on that friendship bench.'

'What's a friendship bench?' asked Temasiko.

'See that bench over there?' asked Amad. 'When you sit on it someone will come and sit with you and talk to you so you do not feel alone.'

'That's good, thanks,' said Temasiko, feeling better about being at a school that did that.

A teacher blew a whistle and the children began to line up in their classes. Sara helped Temasiko find the right line and Sara and Amad went over to their own lines. Temasiko waved at them nervously. The other children in front of Temasiko turned round to see who their new classmate was. Temasiko was glad that some of them smiled at her and looked friendly. Her new teacher told her he was called Mr Mlotsa and he seemed kind.

As she was going home at the end of the day, Temasiko saw Sara.

'Did you have a good day?' asked Sara.

'Yes,' said Temasiko. 'I like my teacher and I like this school.' Then a girl from Temasiko's class ran up and asked if she wanted to walk home with her since they lived in the same village. Sara watched the girls walking away, talking, and laughing.

Amad came and stood by Sara. 'Looks like Temasiko has already found friends,' he said.

Temasiko has a good first day at school. Sara tells her about the friendship bench where she can go if she feels lonely or worried and someone will come and talk to her. Sara is glad to see Temasiko making friends.

Chapter Three

A couple of weeks later Sara and another of her friends, Miggy, were walking home from school. They saw a girl hiding behind a tree with her face in her hands. She was crying.

'Isn't that Temasiko?' said Sara. They hurried over to her. 'What's the matter?'

'Has someone upset you?' asked Miggy.

Temasiko shook her head. 'No. But mother and I got some terrible news yesterday. My mother has been feeling tired all the time and getting fevers and so the doctor did a blood test. Then she told her that she has HIV. So they did a test for me and the doctor said that I have HIV too! But I don't know what that means. Is my mother going to die? Am I going to die? I don't know what to do!'



'Oh no, that's such a shock for you and your family. What else did the doctor say? I know that HIV can be treated,' said Sara.

'The doctor will give you and your mother medicine and you must take it correctly. Next week is Easter break and my Aunty Lulu is coming to stay. She's a nurse and she says that if people take their HIV medicine properly then they are fine. They can have good, long lives and do everyday things like everybody else.'

'Really?' asked Temasiko sounding more hopeful. She took a big breath and wiped the tears from her face. 'Is that really true?'

'Yes,' said Sara, 'you just need the doctor or nurse to tell you exactly what to do and then take your medicine properly. It's so good you told us. We can help you figure it out. We are your friends.'

Sara finds Temasiko crying. Temasiko tells her that the doctor said she and her mother have HIV. Sara says don't worry, people with HIV can stay well. Sara's aunt who is a nurse will come and talk to them about it.

Chapter Four

A few days later, after school, the nurse came to see Temasiko and her mother at their home. Her mother made her a cup of coffee and they sat down to talk. The nurse explained that Temasiko and her mother needed to take medications called antiretrovirals. She told them how to take their medications and how important it was to take them exactly as they are told. Then they would feel well and be able to live normal lives.

Outside, the parrots, ZaZa and ZuZu, were listening in from their branch on the tree. They listened to the nurse explain that other people could not catch HIV from Temasiko and her mother through eating together or sitting next to them or any other everyday activities.

'It is not easy to catch HIV,' the nurse told them. 'The main ways that HIV is spread is to share a needle or have sex with a partner who is infected, or through an infected blood transfusion. You cannot spread HIV from just doing normal, everyday things like standing close to someone, playing games, or shaking someone's hand. So Temasiko – you can go to school and your mother can work like anybody else and you both can do all the normal things.'

'That is good to know,' said ZaZa to ZuZu.

But the two parrots were not the only ones listening in. The children in the village had been playing football. When the ball landed by Temasiko's house, a boy from Temasiko's class called Jon ran to get it. As he bent down beneath her window to pick up the ball Jon heard the nurse telling Temasiko and her mother that they must take their pills for HIV every day. Jon did not stay to hear any more. He jumped up and ran to his friends.



The nurse tells Temasiko and her mother that they will stay well if they take their medicine properly. She tells them that people cannot catch HIV from each other by doing everyday things. But Jon hears them talking about HIV.

Chapter Five

'Listen,' he shouted as he ran towards the other children, 'Temasiko has HIV. Keep away from her or you will catch it too!'

'That's bad, my uncle died from HIV,' said another boy.

'HIV is very dangerous,' said a girl from Temasiko's class, 'I am never going to play with Temasiko again in case I catch it from her!'

'Yes, don't let her play football with us in case she touches the ball! We will all get it through our feet.'

'And don't look at her or you will get it through your eyes,' said a little boy.

When the nurse had gone, Temasiko went out into the village to play with the other children. She was feeling so relieved and so much happier after the nurse had explained to her mother and to her that she was not going to die and that she was not going to give it to her friends by touching them. She thought she would be brave and tell her friends what had happened. She walked towards the children she saw talking together and waved at them smiling.

As soon as they saw her, the other children ran away, screaming. 'Quick,' shouted Jon, 'she's coming! Don't let her touch you!'



Temasiko began to run after the children. What was wrong with them? But as she got closer, one of the girls screamed. 'She's going to catch us! Help! Run faster!'

'Is this a game?' Temasiko called, out of breath. 'Because if it is, I don't like it.'

'It's not a game. We don't want you to play with us. Go away! You have dirty germs and will make us sick.'

'Yes, go away! We know you have HIV germs. If you touch us, we might die!'

'Don't look at her,' said one of the boys, 'you might catch her sickness through your eyes.'

'Yes, and if you listen to her, you might catch her sickness through your ears,' said a little boy seriously. He looked very scared.

'But that's not true,' she cried, 'You can't catch HIV like that.'

'Go away, Temasiko. We don't like you!'

Temasiko turned away. She felt numb. She ran home and flung herself on her mattress hiding her face from her mother so that she could not see Temasiko crying.

'Temasiko, why are you in the house on such a nice day?' asked her mother. 'Go outside and play with your friends.' But Temasiko stayed on her bed feeling very lonely and worried.

Up in the tree the two parrots had watched everything.

'I am sorry I said I would not be your friend because you were muddy,' said ZuZu. 'I can see how it hurts when people are mean and push you away.'

'That's OK,' said ZaZa, 'I should've washed the smell off my beak first. I alarmed you by being so muddy. But Temasiko is not muddy. Why are they so afraid of her?'

'The other children think they can catch her illness if they play with her.'

'Can they?'

'No. Remember, the nurse said Temasiko can play with children and go to school as usual and the other children will not catch it from her.'

'How can we explain that to her friends so they will play with her again and Temasiko can be happy?'

'I don't know,' said ZuZu, 'we will have to think of a way.'

Jon tells Temasiko's friends she has HIV and they will catch it from her. They run away screaming when Temasiko comes to play. The parrots wonder how they can tell the children that they can't catch HIV from her by doing normal things like sitting by her or sharing books.

Chapter Six

The next day Temasiko hoped that her friends at school would be kinder. She hoped that they would not repeat those stupid ideas about catching HIV from her. She was slow to get ready, worried about seeing the other children again. She was the last one to get to school that morning. She went to her classroom. Without catching the eyes of the other children. As soon as she went inside her classroom the other children began to shout at her.

'Go away, Temasiko! We don't want you here. You are dirty!'

Two children began to shoo her out of the door. She backed out and then they shut the door on her. Temasiko pushed the door to try to go back into the classroom, but they were leaning on it on the other side and would not let her in.

Just then, Mr Mlotsa, their teacher, appeared.

'What ever is going on?' he asked. 'Stop playing silly games, Temasiko. Children, open this door now.'

Hearing his voice, the children opened the door. They ran back to their desks and hung their heads looking at their shoes.

'What is going on?' asked Mr Mlotsa, 'I have never seen such silly behaviour in this class. What is the matter?'

Silence.

The children were too embarrassed to explain.

Temasiko was still standing outside the door, worried about going inside. 'Come in now. Hurry up and sit down, Temasiko,' said Mr Mlotsa.

There was a space left on a bench in the middle of the classroom so Temasiko sat down there.

With his back to them, Mr Mlotsa wrote some difficult sums on the board for the children to copy down. The children were quiet as they copied the work down in their notebooks. When he had finished, he dusted the chalk off his hands and turned around. He couldn't believe his eyes. All the children had moved away from Temasiko to the edges of the classroom. They were squashed up together. Temasiko was sitting all alone in the middle of the classroom with her head in her hands.



He decided to say nothing for now. He wanted to see if he could find out what was really going on first. After the lesson, the children went outside for a break. Through the classroom window Mr Mlotsa saw Temasiko walk to a tree and sit down alone, she looked miserable. He fetched her inside and tried to talk to her but she would not tell him what the matter was.

'It's probably because she is new to the school,' thought Mr Mlotsa. So when the children came back inside, Mr Mlotsa talk to them about kindness and how it's especially important with new pupils. He reminded them that the school has a friendship bench, and this was something all the children wanted and helped to make work. But at the end of the day things did not seem any better. He could see that the other children were still avoiding Temasiko and that they didn't want to touch her things.

As the children left, Mr Mlotsa had another thought. Could it be that Temasiko had HIV? That might explain why the other children were acting strangely. But he did not want to ask her directly and hurt her feelings. Mr Mlotsa decided to visit her mother. He would have a quiet word about Temasiko being unhappy at school and then perhaps her mother would share any information with him to solve the mystery.

At school the children are scared of Temasiko and they keep away from her. Mr Mlotsa (the teacher) wonders if they are being mean because Temasiko has HIV but how can he ask her without hurting her feelings?

Chapter Seven

When Temasiko got home after school, she had more worries. She looked at the instructions on the packet of pills and took them carefully just as the nurse had said. But she could see that her mother's packet of pills had not been opened.

'Mother, you have to take your medicine,' said Temasiko, holding out the packet, 'you must take it as the nurse told you to.'

Her mother put her hands to her head, 'Temasiko, I have so much to think about. I feel so nervous. What did the nurse say? My head is going round and round. I'm feeling so upset. I will take those pills. Stop worrying me about it.'

Temasiko's mother could not read so she could not read the instructions on the packet. Now she was muddled up about what the nurse had told her she couldn't figure out how to take her pills. What was going to happen to her mother?



When Temasiko gets home she has more worries. Her mother is not taking her pills correctly because she can't read and gets confused.

Chapter Eight

Temasiko got to school early the next day and sat on the friendship bench. She desperately wanted to talk to somebody. Was it true that if she sat on the friendship bench someone would come and talk with her?

'Look,' said Sara to Miggy as they arrived at school, 'Temasiko is waiting on the friendship bench and she looks unhappy. But I don't understand why the children in her class haven't gone to sit by her to cheer her up? That's strange. Come on, let's go and talk to her!' But as Sara and Miggy hurried over to her they were shocked to see children run up to Temasiko and shout, 'Go away!' at her. Sara and Miggy sat down on the friendship bench next to Temasiko. A boy pointed at them and shouted, 'Look! No one go near Sara and Miggy, they will have caught it off Temasiko!'

'Have you gone crazy?' said Sara to the boy, 'Caught what? What are you talking about?' But the boy ran away. 'Temasiko, what is going on?' asked Sara. 'Why are they being so mean?'

Temasiko sighed. 'It is because they found out that I have HIV and so does my mother. The other children think they'll catch it by playing with me – even being near me. No one likes me anymore. And my mother's not taking her pills. She'll get sick and die if she does not take them right. I don't know what to do.'

Sara put her arm around Temasiko. 'But people can't catch HIV from playing with you or touching your things. Me and Miggy like you just fine! Remember I told you that my Aunty is a nurse? She's coming to stay and I'll ask Mr Mlotsa if she can come and talk to us about HIV. Everyone need to know that they cannot catch HIV by playing with you or sharing your pencils and books and things. And I'll ask my Aunty to visit your mother again and so she help your mother understand how to take her medicine correctly.'

'Really?' said Temasiko. 'Thank you! Thank you! Then everyone else will know that we can be friends and my mother will stay well.'

'But first,' said Miggy, 'I think you need to be brave and explain to Mr Mlotsa that you have HIV. Then he can help you.'

'Will you come with me? I don't know how to do this. I don't know what words to use,' said Temasiko.

'Sure we will,' said Sara and Miggy.

'I'm so glad you told me,' said Mr Mlotsa. 'Now, is it OK if I talk to the class? When all the children understand I'm sure they will change their tune completely and be friendly to you and your mother again. I don't like the way they have treated you. It's because they're afraid and they have false information about HIV. And yes, Sara's idea to have her Aunty come and talk to the school is very good. I know your Aunty Lulu, Sara, and she is an excellent nurse and good at explaining things clearly.'

Sara sees Temasiko sitting alone on the friendship bench. Temasiko tells her about her problems. Sara says her aunt the nurse can come to school and explain to the children that they can't catch HIV from Temasiko. They go to talk to the headteacher.

Chapter Nine

The next day Aunty Lulu came to school. She stuck a large poster up on the blackboard to help her explain about HIV. It had ten messages on it about HIV and AIDS especially for children.

'Our bodies are amazing,' she said, reading from the poster. 'We have an immune system to protect us from germs and diseases. But Human Immune Deficiency Virus (or HIV for short) weakens our immune system and stops our bodies from protecting us from germs and diseases. If a person has HIV then they must take special medicine that stops them getting sick and developing AIDS. But the good news is, if they take the medicine in the right way then they can stay well and live a long life.'

A boy put his hand up. 'How do you catch HIV? Can we catch it by playing with Temasiko or by holding her bag or books?'

'No. You cannot get HIV that way. You can play together, share your food and drink, hug and hold hands, and you will not get HIV from someone that way. You can even kiss!' This made all the children groan and laugh out loud! Aunty Lulu went on, 'You see HIV lives in the blood and other body fluids, so the four ways you could get HIV are when grown-ups have sex, when people use the same needle or syringe, from blood transfusions, or when an HIV positive mother passes it on to her baby before they are born. That is why expectant mothers can have a HIV test to see if they need a special treatment to stop her baby getting HIV.'

A girl put up her hand. 'So you cannot get HIV from looking at someone? Or from playing football with them? Or from giving your friend a hug?'

'No, you can't. So please sit by your friend and play with them as you would normally do.' Aunty Lulu beamed at Temasiko as she said this.

'And Temasiko won't die soon?' asked a boy.

'No, because Temasiko takes medicine to keep her well.'

To finish the lesson, Mr Mlotsa told the children that he wanted them all to come on Saturday morning to play a game called The Three Dots, a game to see how it feels to be excluded.

'This is not a punishment,' he said, 'just something we can do together to make sure that we are kinder in the future. The next time you feel afraid of something – come to talk to me, or to the older children like Sara, Miggy or Amad, and do this before you start to be mean to one of your classmates.'

When the children went outside for break, Mr Mlotsa was pleased to see that the children were all playing football together, including Temasiko.

'Thank you so much for your help,' said Mr Mlotsa to Aunty Lulu.

'I'm glad to help,' she said, 'I will leave the poster for you to use. But now I must go and visit Temasiko's mother to give her this schedule to pin up inside her cupboard so that she can remember to take her medication properly. And I have a plastic box with compartments so that she can see her tablets each week and check she has taken them every day.'

Aunty Lulu tells the children that they cannot get HIV by touching Temasiko, sharing her things, or by playing with her. Temasiko is not going to die. The children are pleased to hear it and they play football with Temasiko.

Chapter Ten

Sitting in a tree in the village that evening, ZaZa and ZuZu were happy to see Temasiko talking and laughing with her friends again, their arms around each other's shoulders. A little boy called Siphon and his mother came and sat in the shade of the tree. They were talking quietly together, but the parrots could hear.

'Siphon,' said his mother, 'I have some bad news. The doctor says I have HIV and I'm going to get very sick.'

'No,' cried Siphon, 'you must see a doctor to get medicine. You must go now!'

'I'm sorry Siphon, but I can't. If people know I have HIV they won't come to my shop anymore. Then we won't have enough money. So, we must keep it a secret.'



When Siphon and his mother left, ZuZu jumped up and down on the branch. 'We have to help them,' he cried, 'but how?'

ZaZa put her wings behind her back, thinking. 'I have an idea. We must get Siphon to talk to Temasiko. Watch this.'

ZaZa flew down and snatched the cap from Siphon's head. She flew over to Temasiko and dropped it at her feet. Siphon ran over and picked it up and put it on. He was walking away when ZaZa snatched his cap again and dropped it on Temasiko's head. It fell on the ground.

Temasiko felt angry. 'Why are you teasing me?' she shouted at Siphon. 'Are you teasing me because you heard I have HIV? Don't you know anything? Don't you know that you can't get HIV from being near me?'

Then Temasiko noticed how sad Siphos looked. 'What's the matter?'

'I didn't know you had HIV too,' said Siphos, 'my mother has HIV but she doesn't want to talk to a doctor. I am so worried about her getting sick.'

'But she must go to the doctor and get medicine. It isn't true that people can catch HIV from a shop keeper. I think Sara's Aunt Lulu is still in the village. Quick, come with me.'

They ran to Sara's house, but her aunt had just left. 'She went on her bicycle,' said Sara, 'and she likes to stop and chat to people on the way. If we run, we might catch her.' The children ran as fast as they could until they caught up with the bicycle.



Aunt Lulu came back with the children and visited Siphos's mother. 'But I can't get to the clinic,' said Siphos's mother, 'it's too far away.'

'I'll fix up a lift for you,' said the nurse, 'and I will make sure that you and Siphos know how to take your medicine correctly every day.' The nurse hugged Siphos and his mother, and then she had to go.

'I am so glad I talked to you Temasiko,' said Siphos afterwards. 'Now my mother will stay well. And she can tell everyone that it's foolish to think you can get HIV from shopping. It was very lucky that that parrot decided to steal my cap!'

Up in the trees, ZaZa puffed up her feathers. 'Or perhaps it was simply a very clever bird.'

The parrots hear Siphos's mother telling him she must keep her HIV status secret. She does not want to go and get medicine. The parrots steal Siphos's hat and drop it by Temasiko. Siphos and Temasiko begin to talk about HIV.

Chapter Eleven

Temasiko, Siphon and all their friends asked the teachers if they could do a special show in front of the school all about HIV and the 10 health messages, so that all the children would understand better and not be worried if they needed to get a test or go for medication. Sara and her friends helped Temasiko and her friends to make up songs from the messages and put on a drama. They put on the show at the school and the village too, to show the adults. Aunty Lulu and sat in the front row with Temasiko's mother on one side and Siphon's mother on the other. They were the three guests of honour. After the show, the community leaders encouraged everyone to ask questions and together the mothers, Aunty Lulu, Temasiko and the other children answered them.

The day ended with an exciting football match. Everyone cheered when Siphon scored the winning goal. Then everyone danced and sang and shared a big picnic together.

ZaZa and ZuZu ate a picnic of nuts up in their tree. They were happy to see all the children smiling and friends again. 'And I'm happy because we made up our quarrel and are friends again,' said ZuZu. 'Because a real friend understands you and tries to find a way to help you solve your problem.'



The children created a show about HIV. They share it with the school and with their village. Then they enjoy a football match together. ZaZa and ZuZu watch from a tree, happy that they helped.

Further Information about HIV and AIDS



Lack of knowledge about HIV & AIDS still exists. Lack of testing and treatment allows HIV to spread. Evidence shows that if someone with HIV is stable on antiretroviral therapy, their life expectancy is the same as someone who does not have HIV. There is often a lot of local slang and other words around aspects of sex. It is important for children to understand what these words mean. Being informed protects children.

Male circumcision is the surgical removal of the fold of skin that covers the end of the penis. In countries with high levels of HIV there are programmes to encourage boys and men aged 10 years and over to go for **Voluntary Medical Male Circumcision (VMMC)**. This reduces female-to-male sexual transmission of HIV by 60%. VMMC is cost-effective and should be part of a comprehensive HIV prevention plan.

Pre-Exposure Prophylaxis (PrEP) is a course of HIV drugs taken by HIV negative people to prevent infection. Taking it correctly will lower the risk of getting HIV to almost zero. It won't protect against other STIs. PrEP is taken for short periods when a person may be at higher risk of HIV infection.

A few days before starting to work with children on the HIV topic, have the educator explain, *"Next week we'll be talking about HIV & AIDS. This affects millions of people and their families."*

If there is anyone in the class who wants to discuss anything before these sessions, then please come to talk to me privately.” (State a specific time and place.) In addition, educators should assume that some of the children in their class may be living with HIV, even if they are keeping it secret.

Ideas for Activities

The Girl Who Was Pushed Outside is a story for children aged 10-14, depending on their reading ability. They can read it to younger children using the red sentences at the end of each chapter, and using the pictures. The themes of the story are about the children learning about HIV and AIDS, the need to take medications, the myths and misinformation that can be spread, and the impact of an HIV diagnosis on friends and families.

Ideas for Using the Storybook

1. Ask the children to look at three of the pictures.
2. Ask them to guess what the story is about. The right answer is not needed, this activity helps to develop curiosity.
3. Ask the children to read the story to each other, or retell the story chapter-by-chapter.
4. Divide the children into groups. Each group can read, retell, or act out their chapter and think about what they learned or liked about that chapter.

Add your own ideas!

Ten Comprehension Questions

These are questions suitable for pairs or groups of children to ask and answer or, if writing practice is required, select one or two of the questions and ask children to write an answer. With the discussion or writing approach, children can take it in turns to read or tell their answers to the whole group.

1. Why was Temasiko wearing new clothes?
2. How did ZuZu hurt ZaZa’s feelings?
3. Why was Temasiko crying behind a tree?
4. What did the nurse tell Temasiko and her mother to help them cope with HIV?
5. What did Jon overhear and tell Temasiko’s friends?
6. Why did the children run away from Temasiko?
7. What did the nurse tell the school children?

8. Why did the parrots keep dropping Siphó's hat by Temasiko?
9. What did the nurse tell Siphó's mother?
10. What did the children do to tell all the school and community the truth about HIV?

Add your own questions!

Other Questions

Questions can help children to think more deeply about a story and link the story to their own lives. Select one or two questions, or ask children to vote for the questions they like the best. Ask children to 'take a question home' to talk about it with their friends and family. Then, at the next session, ask them to describe what their friends and family discussed, then make up music or songs, draw pictures or dance.

Also, you can use one or two of these questions as a topic for a lesson or a class project. For example:

1. This story is called *The Girl Who Was Pushed Outside*. Why do you think this title has been used?
2. How do you think it feels to be excluded for some reason?
3. What are the reasons children are excluded by their classmates?
4. How can you help a person who is being excluded?

Add your own questions!

'Reading between the lines' Questions

1. Why did Mr Mlotsa visit Temasiko's mother?
2. Why did Siphó's mother not want to tell anyone that she had HIV?
3. Do you think people feel happier if they know the true facts about HIV?

Add your own questions!

'Suppose you were' Questions

1. Suppose you were Temasiko. What would you do if your friends ran away from you?
2. Suppose you were one of Temasiko's friends. How would you feel when the nurse explained the truth about how you can and cannot catch HIV?

3. Suppose you had a mother who was not taking her pills correctly for HIV. What would you do?

Add your own questions!

'Linking the story to real life' Questions

1. If you had a friend with HIV who wanted to keep it a secret, what would you advise her to do?
2. If you had a friend with HIV, what would you tell the other children if they did not want to play with your friend?
3. If you were making a poster to tell your school about HIV, what would you put on it?

Add your own questions!

10 Messages on HIV and AIDS

With the help of children and their teachers in Eswatini as well as global experts, we developed 10 messages on HIV and AIDS. The messages are designed to be 'doorways' to discussion and action. They are for children to memorise, understand and share. Be creative with how you use the messages! Focus on one at a time.

A 'Rainbow Stick' to track children's learning

When a child learns and shares a message and returns with a story about how they shared that message, their teacher (or another adult) rewards the child with coloured ribbons (or a strip of coloured fabric) to tie to their 'Rainbow Stick'. Children for Health has developed 10 messages for 10 different health topics. So, every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied to it, showing everyone that they know their 100 health messages.



You can add to, change, adapt, translate, or simplify the messages, but please check with experts that your new or revised messages are accurate.

Find out more: <https://www.childrenforhealth.org/RainbowStick>

Our messages are short and simple. You may want to add other short and simple messages and that is fine but, again, please check them for accuracy.

If you think that some of the phrases, words and ideas seem too complex, remember that children love new words. Just take time to ensure they understand words and ideas of lifelong importance like PrEP (the HIV drug called **Pre-Exposure Prophylaxis**), ARVs (the HIV treatment using **antiretroviral** drugs), ART (**antiretroviral treatment**), VMMC (**Voluntary Medical Male Circumcision**), and AIDS (**Acquired Immune Deficiency Syndrome**). We have highlighted the letters that form the common acronyms, for clear understanding and learning.



The 10 Children for Health HIV and AIDS Messages

1. Our body is amazing. We have an immune system that protects us from disease-causing germs that our bodies meet every day.
2. **H**uman **I**mmunodeficiency **V**irus (HIV) is a virus that weakens our immune system and stops our bodies protecting us well from everyday germs. If HIV is not treated, it can lead to AIDS (**A**cquired **I**mmuno **D**eficiency **S**yndrome).
3. HIV lives in the blood and other bodily fluids and is invisible to the eye. It can be passed on (1) through sex (2) from HIV-positive mothers to their babies during pregnancy, delivery or breastfeeding (3) in needles or syringes, and (4) through blood transfusions.
4. Medicines called **antiretrovirals** (ARVs), keep HIV levels low so a person can live a long time. ARV's prevent the spread of the virus onto others.
5. Children with HIV need strong support from their family, friends and teachers and encouragement to keep going with their medication to stay healthy.
6. People with HIV can play, share food and drink, hold hands, kiss and hug other people. People do not pass on the virus this way.
7. A medicine called PrEP (**P**re-**E**xposure **P**rophylaxis) helps protect people who are at risk of getting HIV.
8. People protect themselves from getting HIV from sex by (1) Having sex using condoms (protected sex) (2) Being in a sexual relationship where both partners are HIV-negative and do not have sex with others (3) taking **Pre-Exposure Prophylaxis** (PrEP).
9. To help themselves and others, adults who think they may have HIV can do a simple test at a clinic or with a self-test at home.
10. Pregnant women should be tested for HIV at the antenatal clinic. If positive, they should get treatment to keep them healthy and stop HIV passing to their baby during delivery and breastfeeding.

Other Activities

The Three Dots Game

1. Divide children into three groups and give each group an identity. For example, use a coloured sticky dot on the forehead of each child: Green, Red, Blue. You can also use hats, shirts, other clothes, or sports bands to identify the different groups.
2. Tell the children that:
 - Greens have all the power. Give them chairs to sit on and something to eat (e.g., fruit) and ask them to give Blues instructions like:
 - go outside for 10 seconds and come back in again
 - touch your ear
 - hop on one leg
 - make an animal noise
 - Reds must stand together with their noses close to one wall and not look around or talk.
3. Blues must do exactly what the Greens say.
4. Repeat the game changing around the group's activities so that all children get to do all three activities.
5. Bring the group back together in a circle. Ask the children to shake out their arms and legs and take deep breaths - as anger can be built up in the game!
6. Discuss:
 - How did you feel when you had to: 1. Face the wall?; 2. Be told what to do?; 3. Have all the power?
 - How is the game linked to our story? (Feeling excluded/feeling powerless)
 - What does this game teach us?
 - What has this game taught you about how to treat children affected by HIV and AIDS?

A Basket of Ideas

1. MAKE our own HIV and AIDS messages using our own words!
2. MEMORISE the messages so we never forget them!
3. SHARE the messages with other children and our friends, family and community.
4. COLLECT leaflets and information about HIV and AIDS and share these with our community.
5. INVITE a health worker to our school to answer our questions about HIV and AIDS.



6. FIND ways to help all of us who are affected by HIV and AIDS.
7. CREATE and PLAY a 'True and False' game about the ways HIV can pass from person to person.
8. LEARN life skills to help us talk about special friendships and our feelings about sex.
9. THINK of all the challenges that those of us with HIV have had to face, and the many skills and qualities we have developed to face them. Discuss: What can others do to help? What would you say to someone if you wanted to share that you have HIV? Why do you think some people do not want to share their HIV status? How can we help them?
10. LISTEN to and discuss stories with people who are living with HIV and the many ways they face their challenges.
11. MAKE a quiz to find out what we know about HIV and AIDS.
12. START an anonymous question box in our class to collect our questions on HIV and AIDS. The educator or nurse can help answer these questions.
13. MAKE a poster for our school about HIV and AIDS.
14. MAKE a drama about:
 - A girl and her mother who has HIV and how she persuades her mother to go to the clinic to get ART (antiretroviral therapy).
 - A boy who has HIV and needs to take his ART every day but sometimes forgets.
 - A family who overcome the stigma they feel towards a neighbour where one of the family members is HIV positive.
15. START an HIV and AIDS club to raise awareness in our school and with our families.
16. Have a special HIV and AIDS week in the club, class, or school.
17. ASK: *How does our immune system work? What is HIV and what is AIDS? What do the letters stand for? How is HIV spread? How is it not spread? How are people tested and treated for HIV? How can medicines help reduce the risk of mothers passing HIV to their babies? When and how do our friendships become sexual relationships? What do those with HIV suggest are the best ways they can be supported friends and family? Where is the closest clinic that helps people with HIV? Where is the nearest antenatal clinic? At what times can pregnant women go and visit the clinic? Where can family members get HIV self-tests? Is PrEP available in our community?*

We hope you found this book useful, we'd love to hear about your experience with it!
 Email your story to clare@childrenforhealth.org

For more free HIV & AIDS information, including in many languages, visit
www.ChildrenForHealth.org/HIV&AIDS



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