

A large, three-dimensional red ribbon graphic is positioned vertically in the center of the page, partially overlapping the text below.

# Organizing World AIDS Day

WAD Manual 2007

This document has been specially designed for NORAs and SCORA members around the world, to be a guideline for your World AIDS Day event!

**October 2007**

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## Abbreviations

<b>AIDS</b>	Acquired Immunodeficiency Syndrome
<b>GA</b>	General Assembly
<b>HAART</b>	Highly Active Anti-Retroviral Therapy
<b>HIV</b>	Human Immunodeficiency Virus
<b>IFMSA</b>	International Federation of Medical Students' Associations
<b>LORA</b>	Local Officer on Reproductive Health including AIDS
<b>NGO</b>	Non-governmental Organization
<b>NMO</b>	National Member Organization
<b>NNRTI</b>	Nonnucleoside Reverse Transcriptase Inhibitors
<b>NORA</b>	National Officer on Reproductive Health including AIDS
<b>NRTI</b>	Nucleoside Reverse Transcriptase Inhibitors
<b>PI</b>	Protease Inhibitors
<b>PLWHA</b>	People Living with HIV/AIDS
<b>SCORA</b>	Standing Committee on Reproductive Health incl. AIDS
<b>SCORA D</b>	Director on Reproductive Health including AIDS
<b>SCORA LO</b>	Liaison Officer to SCORA
<b>SCORA RA</b>	SCORA Regional Assistant
<b>STI</b>	Sexually Transmitted Infection
<b>STD</b>	Sexually Transmitted Disease
<b>VCT</b>	Voluntary Counseling & Testing Center
<b>WAD</b>	World AIDS Day
<b>WAC</b>	World AIDS Campaign
<b>YFC</b>	Youth Friendly Center
<b>YFS</b>	Youth Friendly Services

## World AIDS Day

World AIDS Day is a traditional and truly international day that focuses on raising awareness about problems related to HIV/AIDS. In this part of the Manual, you will have the possibility to explore the history and specific themes related to this event, as well as get few pointers on World AIDS Day in IFMSA.



### History behind World AIDS Day

World AIDS day was conceived and adopted unanimously by 140 countries meeting at the World Summit of Ministers of Health on AIDS, London in January 1988. The day was envisaged as an opportunity for governments, national AIDS programs, non-governmental and local organizations, as well as individuals everywhere, to demonstrate both the importance they attached to the fight against AIDS and their solidarity in this effort. World AIDS Day is commemorated around the globe on 1 December. It celebrates progress made in the battle against the epidemic — and brings into focus remaining challenges.

Community based actions take place all over the world, media supported campaigns take place to attract people's attention and remind them that HIV/AIDS is not to be forgotten. This global event is dedicated to remembering the victims of AIDS, learning more about the devastating effects of the disease around the world, and reaffirming the commitment to fight it. Poverty, instability, violence, lack of access to adequate health care, and ignorance all contribute to the problem.

Started in 1988, World AIDS Day is not just about raising money, but also about raising awareness, education and fighting prejudice. World AIDS Day is also important in reminding people that HIV has not gone away, and that there are many things still to be done.



### The Red Ribbon

The red ribbon is an international symbol of AIDS awareness that is worn by people all year round and particularly around World AIDS Day to demonstrate care and concern about HIV and AIDS, and to remind others of the need for their support and commitment. The red ribbon started as a "grass roots" effort, and as a result there is no official red ribbon, and many people make their own. It's easily done - just use some ordinary red ribbon and a safety pin!

In early 1991 Visual AIDS in New York created the idea for a global symbol in the fight against AIDS. A symbol for solidarity and tolerance with those often discriminated by the public - the people living with HIV and AIDS. The Red Ribbon was born. Red ribbon was for the first time ever worn by Jeremy Irons at the Tony Awards in 1991. Red ribbon was later on recognized as a global solidarity symbol, especially after Freddy Mercury concert at Wembley when thousands of people wore ribbons on Easter Monday 1992.

The Red Ribbon is:

- Red like love, as a symbol of passion and tolerance towards those affected
- Red like blood, representing the pain caused by the many people that died of AIDS
- Red like the anger about the helplessness by which we are facing a disease for which there is still no chance for a cure
- Red as a sign of warning not to carelessly ignore one of the biggest problems of our time

***Main idea behind wearing the red ribbon is the universal hope that red ribbons will be no longer needed!***



## World AIDS Day Theme

For many years, World AIDS Day was coordinated by WAC - UNAIDS, who chose the theme after consultation with other organizations. However, in 2005 UNAIDS handed over responsibility for World AIDS Day to an independent organization known as The World AIDS Campaign (WAC).

The WAC's theme for their campaign is "Stop AIDS: Keep the Promise". This theme is however not specific to World AIDS Day alone but to the work the WAC does throughout the year. It will also remain the focus until 2010. "Keep the Promise" is an appeal to governments and policy makers to ensure they meet the targets they have agreed to in the fight against HIV and AIDS.

This change in the way that World AIDS Day is organized has caused some confusion among HIV & AIDS organizations. Some chose to adopt "Stop AIDS; Keep the Promise" as their theme for World AIDS Day 2005. Others, for the first time, picked their own topic for the events they held last year on the 1st of December. Whatever you decide to do for World AIDS Day however, the most important thing is that you follow its basic principals by raising awareness and understanding where you live and by remembering the millions living with HIV or suffering because of AIDS.

1988	<b>Communication</b>
1989	Youth
1990	<b>Women and AIDS</b>
1991	Sharing the Challenge
1992	<b>Community Commitment</b>
1993	Act
1994	<b>AIDS and the Family</b>
1995	Shared Rights, Shared Responsibilities
1996	<b>One World. One Hope</b>
1997	Children Living in a World with AIDS
1998	<b>Force for Change: World AIDS Campaign With Young People</b>
1999	Listen, Learn, Live: World AIDS Campaign with Children & Young People
2000	<b>AIDS: Men Make a Difference</b>
2001	I care. Do you?
2002	<b>Stigma and Discrimination</b>
2003	Stigma and Discrimination
2004	<b>Women, Girls, HIV and AIDS</b>
2005–2010	Stop AIDS. Keep the Promise
2007-2008	<b>Leadership</b>



## Stop AIDS – Keep the Promise

### **Stop AIDS - Keep the Promise, how did it start?**

From 1988 to 2004, the World AIDS Day was organized by UNAIDS, who, after consultation with other organizations, chose a theme. In 2005 UNAIDS handed over responsibility for World AIDS Day to The World AIDS Campaign (WAC), an independent organization. For 2005, they chose Stop AIDS: Keep the Promise as the theme for World AIDS days through to 2010. This theme is not specific to World AIDS Day but focuses on the work WAC does throughout the year. The student element of the campaign, the Student Stop AIDS Campaign (SSAC), is a key part of increasing awareness among young people across the UK.

### **Stop AIDS – Keep the Promise, what does it represent?**

To end the pandemic means keeping our promises and commitments in the fight against HIV and AIDS. That is why the World AIDS Campaign (WAC) has chosen the following as its theme from 2005 – 2010: Stop AIDS. Keep the Promise. The creative use of the global theme and slogan is advised – as well as to develop local campaigning messages.

### **The theme for World AIDS Day is “Leadership”**

*(Excerpts from WAC)*

#### **Why the theme of leadership?**

Since the beginning of the epidemic, experience has clearly demonstrated that significant advances in the response to HIV have been achieved when there is strong and committed leadership. Leaders are distinguished by their action, innovation and vision; their personal example and engagement of others; and their perseverance in the face of obstacles and challenges. However, leaders are often not those in the highest offices. Leadership must be demonstrated at every level to get ahead of the disease - in families, in communities, in countries and internationally. Much of the best leadership on AIDS has been demonstrated within civil society organizations challenging the status quo. Making leadership the theme of the next two World AIDS Days will help encourage leadership on AIDS within all levels and sectors of society. We hope it will inspire and foster champions within a range of different groups and networks at local and international levels...

#### **Using the theme**

...As with past World AIDS Day themes, leadership has been chosen as *a loose global campaigning concept. Local campaign themes and World AIDS Day messages are best shaped at national, or community levels, where campaigns can tailor the theme towards their specific situation or constituency.* Where possible, campaigners are encouraged to link local messages to the leadership theme, particularly around World AIDS Day. This helps maximize national, regional and international visibility of global campaigning efforts on AIDS. Also where possible, we encourage the use of the slogan “Stop AIDS. Keep the Promise.” in the accompanying language of World AIDS Day materials.

The principle behind all the work of the World AIDS Campaign is that local messages should underpin all global campaigning efforts. Whatever messages are most appropriate for AIDS campaigning work can be promoted with the leadership message. *The theme of leadership is offered as a vehicle for uniting efforts within a common global message.* World AIDS Campaign themes have a number of campaigning functions, including:

- helping to generate media coverage for AIDS and World AIDS Day.
- providing organizations who have limited resources access to meaningful campaigning materials.
- enhancing solidarity within the global response to AIDS through working through an united effort.
- galvanizing action both nationally and internationally in a way that other smaller scale efforts cannot by representing a world AIDS campaigning message.

Where the global campaigning theme of leadership detracts from the impact of local efforts it should not be used. In any situation where the global campaigning theme is seen as diminishing the autonomy of local campaigning voices it should not be used. *The global theme offers only a loose organizing principle where it compliments existing or emerging campaigning efforts.*

One advantage of using the theme, particularly around World AIDS Day, is that it can offer a universally recognized vehicle for promoting a wide range of AIDS issues. The media, governments, local businesses, and a range of institutions locally and globally embrace World AIDS Day, and the annual theme that accompanies it, as an opportunity to demonstrate commitment and action on AIDS. So a diverse range of campaigners can use the theme to promote their causes. Campaigns could be politically orientated towards government, for example, "Leadership on treatment now: we are still dying. Stop AIDS. Keep the Promise." Or they could be designed to mobilize a certain sector within a common cause, for example "Textile workers, lead the fight against AIDS in your workplace." The theme of leadership is designed to be as flexible as possible to accommodate a range of campaigning needs...



### **December 1st**

On December 1st, medical students all over the world try to raise awareness through numerous activities, such as lectures, exhibitions, distribution of condoms and pamphlets, charity concerts etc.

For the full information of what SCORA members have been doing on World AIDS Day and what you could do, check out the latest World AIDS Day report which is stored in the SCORA yahoogroups or ask the current SCORA-D to send it to you, or read the Step-by-step part of this manual.

### **World AIDS Day in SCORA**

One of the major focuses of the Standing Committee on Reproductive Health including AIDS (SCORA) is the fight against the spread of HIV/AIDS, advocating for the rights of people living with HIV/AIDS, including treatment, care and eradication of stigma and discrimination that follows. That is why IFMSA supports the joined international theme event World AIDS Day ever since the beginning of SCORA in 1998. World AIDS Day activities join together efforts of medical students literally from all over the world.

## **IFMSA-SCORA's World AIDS Day 2006**

2006 was a year to remember! WAD 2006 had a record breaking world AIDS day activity report from over 54 NMOs worldwide! With events ranging from awareness campaigns to whole concerts for PLWHIV support. IFMSA-SCORA kept the promise and mobilized its active members spread over the whole world. We advocated for equality, understanding, aid, treatment availability and most of all, means of prevention. This was done with unique style, each specific to the countries where the events were held. This year we are looking forward to expand our hand reach further. Faithful to our mission we will stay!



### **Medical Students "Taking the Lead" ... why?**

#### **Meant to take on lead roles**

All along your education your teachers have always reminded you of the huge responsibility that lays on the shoulders of doctors. Our profession is considered as a noble one, one that is regarded with utmost respect. By no means does our relationship with the patient stay within the context of our clinic, but rather extend to the outer limits of the whole community. IFMSA members have realized that more than 50 years ago! Our approach to the world of public health, as an organization of youth, is unique and an asset for the future. Our enthusiasm, energy, and critical appraisal of our surroundings gives us the right, more than anyone else, to ask for a change. We educate, advocate, empower, and contribute to a better quality of life!

Since the creation of SCORA 12 years ago (back then it was called SCOAS "Standing Committee on AIDS and STD's") it was only a matter of time before we took on a major role in the fight against AIDS. As medical students we are regarded as youth equipped with great deal of knowledge of health. Our comments are considered as ones of a professional. We are set as leaders of health promotion in our community.

#### **United, we stand stronger**

You may have heard this sentence in variety of settings; it is of no coincidence, as this statement has stood the test of time! The AIDS epidemic today needs more and more dedication, we need to have a more resilient impact on the stakeholders of health promotion worldwide. By standing altogether, all NGOs around the world, while campaigning under the same theme, we can make our impact considerable and worth accounting for in future health agendas. Our entity as a medical student organization enhances the credibility and increases the variety of that joint effort. A newspaper story entitled "Youth around the world decided to take the lead in the fight against AIDS" holds greater influence and reaches way more people than a title describing a local action.



## Five different ways to use **leadership** in your own countries!

Leadership by itself means taking the upper hand in dealing with things!

You have witnessed many wrongs in your country, all of which you do not agree with! You see that they will adversely affect your future well-being, and thus you decide to do something about it:

Here are some hypothetical situations where you could use leadership as an integral part of your theme, each of these examples discuss a hypothetical situation:

*(These examples might not apply exactly to your country, it is not advisable to use any of them exactly the way they are presented but rather take the idea from each of them.)*

1- Your country is "Silent" Regarding the AIDS epidemic. an example of a theme here is:  
"Silence will not *Silence* the threat... Lead the open talk!"

*In this example you have portrayed a big problem in your country and therefore you decided to empower people around you to share with you the vision of a more "open" society where problems could be easily addressed to facilitate solutions.*

2- Your country has problems providing ARVs equally to needy people, and you could have a fundraising project your slogan could be:

"AIDS needs Medicines NOW!  
Take The Lead - Contribute!"

3- Your country suffers a lot from stigma and discrimination, you could be doing awareness campaigns on the streets, your slogan can read:

"How bad is it to be left aside? Lead the way towards acceptance!"

4- You could have a condom distribution activity where you are advocating for the use of condoms

Example: "If u really love him/her? Use the Cover ;) Lead the way to Safe Sex!!!"

5- Finally you could use any of the above themes or any other one and then couple it with "Take The Lead. Stop AIDS. Keep The promise."

Example: "Think positive, stay negative."  
"Take the Lead. Stop AIDS. Keep The promise."

As you can see the theme is *very flexible* and can work very well to fit your country's needs! By doing so you will not compromise your chance to express your true intentions, on the contrary you will further strengthen it by increasing the weight of it. The final message sent to the media and surroundings could be "Youth Leading against Stigma and Discrimination!" This slogan establishes that the problem of "Stigma and Discrimination" exists, the fact that you are taking the lead in this problem, asserts the failure of dealing with the problem previously.

## Organizing World AIDS Day

To organize World AIDS Day, you don't need a lot of money or loads of volunteers – as long as you act locally and think globally – you are doing the right thing.

Here are some steps to help you organize yourself, your team members and plan your activities. If you are experienced WAD organizer, this might help you get more ideas on activities, while if you don't have that much of an experience – don't worry after reading this you can always ask for help you predecessors or your NORA, buddy country, SCORA regional assistant or SCORA Director. If you would like to get feedback from the international SCORA members, do take notice of the discussions on the ifmsa-scora mailing list.



### Step – by – step

As you already have an idea to organize WAD, these are 15 steps you should take from the beginning to the end of the event organizing – and please don't forget to have a good time in the process ☺

1. Set up a team
2. Set up a plan and task division
3. Brainstorm on ideas and possibilities (*take a look in this manual and past WAD reports*)
4. Put together a plan of action and activities, as well as the budget
5. Start with raising funds and rounding up volunteers
6. Meet up with potential partners and externals
7. Design/print/produce WAD products to use (*look for talent among med students 1st*)
8. Work with the media (*have a press release ready, even a press conference if needed*)
9. Final touchups/changes to the plan of action
10. Do the activities (*make sure to take loads of pictures and press clippings – people usually forget*)
11. Have a final meeting to evaluate the event
12. Write down the WAD report (*preferably in 2 weeks after the event, still fresh in your memory*)
13. Write a financial report to your NMO and sponsors (*work transparently and professionally*)
14. Send out a “thank you” note to all who have helped you out
15. Follow up on evaluation meeting when planning next-yrs WAD

Different steps take different amount of time, depending about the existing protocol and practices in your country, about how well do you use the connections and references you have and how enthusiastic and workaholic your team members are (*time frame suggestions you can find in italics*).

### **TROUBLESHOOTING:**

All of the steps are included in WAD organization, where ever in the world, but with some modifications. Some steps can be done in parallel, while other really needs to wait until previous step is successfully done. Don't get frustrated if things don't always go as you plan, you can always adapt and change things a bit to make it work – you are young and flexible, that are two of your strongest points, use them.

It would be wise to start preparing for WAD at least one month in advance, preferably three. But if you don't have the time, money or resources, you can always develop activities that don't

use/take a lot – like organizing peer education workshops, being hosted in a radio show, write an article for a students magazine, make a info-stand at the university with educational materials and posters from a YFC or a VCT, organize a basic theme party or make/hand out red ribbons. Something can always be done; basically it all depends on your creativity



## World AIDS Day Activities

### **Raising Awareness**

- Wearing and distributing red ribbons
- Dressing up in red for one day – starting with your volunteers
- Organizing AIDS Info-stands – main square, university, dorms, mess halls...
- Mobile Team Units / Outreach – distributing materials in places you don't have a info-stand
- In-door stands in pharmacies or drug stores – done in partnership with condom companies
- Making a huge Red Ribbon – with people, candles, fabric
- Art Performance / Installations – in the street or following other organized events
- Theater Play or Skits – by peer educators or actors
- Poster, Photographs, Condom or Drawing Exhibit
- Graffiti, Creative Writing or Art Theme Contest – for young people
- Movie Airing – with or without facilitated discussions afterwards
- Joined efforts – candlelight walk, ringing the bells, hands holding, message balloons release
- Stop AIDS theme parties or concerts – “Condom Police Patrols”
- National Sport Events – having a short speech about HIV/AIDS, putting up red ribbon/s
- Local Sport Events – organize a football or basketball Stop AIDS tournament
- Games about HIV/AIDS – computer, condom blowing, putting on a condom...
- Condom, Sperm or Virus mascots – have a volunteer dressed up

### **Building Knowledge and Skills**

- Peer Education Workshops and Trainings – university, schools, dorms, youth centers,...
- Organizing interactive lectures or round table discussions with prominent externals
- Attending radio and TV shows – open line for questions
- Writing articles for teen magazines
- Answer questions about reproductive health at a Youth Hot Line
- Open-doors at the VCT – activities in the waiting room, known figure getting tested
- Setting up a Quiz – on line, on the Info-stand, with condom police...
- Personal Testimonies by PLWHA / Poem or Story Reading
- Outreach vans/busses to remote areas – counseling, workshops, handing out info materials

### **Raising Support, Funds or Materials**

- Stop AIDS theme parties or concerts – raising funds
- Selling of WAD products (t-shirts, hats, Christmas cards, key chains, condoms...)
- Contribution Boxes at Info-stands
- Ribbon cookies or hot vine sale
- Getting clothes, food or other necessities to PLWHIV from local businesses or people
- Putting NMO account in the bottom of all leaflets for contributions
- Deal with a Condom Company – getting a % of condom sales to your activities budget
- Organize treasure hunts or car-wash with local businesses
- Blood Donations – as a way to promote donations and insure people of its safety
- Signing of a petition or a “youth support” statement

## Promoting the Event

- Putting up posters
- Having newspaper, radio and TV clips/promo messages
- Airing of a theme related movie on the national television – you can put up titles
- Handing out flyers for theme parties or concerts
- Using web portals, making a special web site & mass e mailing friends and fellow colleagues
- Distributing WAD sugar bags or coasters to the most popular bars and cafes



## Setting Up Volunteers, Externals & Meetings

### Set-up a Plan & Team

> *maximum of 2 weeks for plan and team development*

At least 2 months before World AIDS Day (preferably even sooner), you as the leader should have a basic plan of activities, scope of the event, targeted beneficiaries and possible partners. You should set up an Organizing Committee or Nucleus of 3-7 people a part from you, to coordinate a specific part of the event organization. This group of people should function and work as a team with you as the chair – democratic decision making and nourishing of the team spirit is important, but it should be clear who has which responsibilities and what the expectations of each team member are. Set up a detailed plan of action and strategy with your team.

### Externals

> *start the initial contact at least 1 months before, preferably 3 months prior*

No matter if you're coordinating WAD in just one city or in the whole country, you should do some research on institutions, services, governmental and non-governmental organizations or special programmes that deal with sexual and reproductive health and rights issues – these are called externals. They can support your campaign by providing you with other contacts, writing you support letters, sharing their publications and materials, partnering up with your NMO in event organization, providing you with additional volunteers, facilities, equipment or professionals (lecturers, designers, etc.) or just provide you with financial support.

### Call for WAD volunteers

> *at least 1 week prior to meeting*

It would be best to start with the general call for WAD volunteers among medical students at your Medical School at least 1 month prior to the event. It would be best to advertise in all relevant places medical students gather at (mess hall, dormitory, library, computer room, favorite café or bar), as well on your NMO mailing list. Also do keep in mind that if your lacking in volunteers, you can make a collaboration agreement with one of the local NGOs or Youth Centers – or event recruit among other students at the University (social-work, psychology, rehabilitation, dentistry,.... students)

### Initial Meeting

> *one day (if plan and tasks are clear), meeting up to 1.5 h tops*

Setting up a meeting at a convenient time and place for your fellow medical students would be the logical step. At this meeting, introduce yourself and your assistants to the joined crowd. Explain what the idea and go through the plan one step at the time. Be very specific in what do you expect form each of the activities and the volunteers. Repeat the most important things more than once – people tend to forget. Have work tables/sheets with specific tasks/time-line pre-prepared, so that people can sign in. It is very important to make volunteers feel you're open to suggestions, that they matter to you, that they have a purpose and that after the meeting

they will not go home without something specific to focus their thoughts and plans to (like a specific task they have signed up for). Continue being very transparent in your work and keep sending in more information on (at least once-a-week) regular bases, so that people stay in the loop and interested. Organize other meetings, according to the needs.

### **Pre-training for volunteers**

*> 1 week after the meeting,*

*training 4h tops <*

It is always best to give the volunteers at least a 2 hour training a part form a regular meeting. At this training provide them with discussions on what is HIV/AIDS, what does it mean to work on the info-stand, how to best approach people or answer questions when approached, how to handle media – it will make the group more cohesive, they will have the time and opportunity to express their concerns or ask questions, or just let them give you their ideas and organize themselves (time-scheduling, division of tasks, equal distribution of materials,...)

### **After Event Meeting**

*> 2 weeks after the event the latest, make it unofficial*

*and relaxed <*

In order to get feedback, evaluate the event and discuss possible improvements for suture events – it is important to have an after meeting. Don't forget to thank every single one of the volunteers and reward good work (it could be a free T-shirt, free entrance to a party/concert, additional points for IFMSA exchange programme, additional credits within medical curriculum in agreement with the dean...). Don't forget to thank all those who have supported the action, especially if they have donated money or materials u used – sponsors and externals are not cash machines, they do like a nice Thank you note!

### **TROUBLESHOOTING:**

Please do consult with your predecessors about organizing WAD – he/she has most probably few tips and contacts up his/her sleeve. If you have problems in getting handover or have no experience in such event organization – it would be best to ask for help your more experienced NMO members, surely they will give you input and help you out with – at least with advice. For Local Officers, you can always ask for help from National Officer who is here to assist you and coordinate the work on national level.

If you're having problems with coming up with ideas, you can always go though WAD reports form previous years, which are uploaded on the SCORA yahoo group. Also don't forget that you can easily ask for help your SCORA Regional Assistant or SCORA Director. As for externals, you are free to contact LO to SCORA. That is why we have them.



## **Basics Before Working on an AIDS Info-stand**

### **When HIV was first detected?**

Antibodies to HIV have been detected in blood samples dating back to 1959. In 1981 the US Centers for Disease Control published the first scientific paper on the epidemic in a report of a rare cancer, Kaposi's sarcoma, detected in a small number of gay men. HIV was first isolated in Paris in 1983 by Dr Luc Montagnier.

### **How is HIV detected?**

HIV is detected by an HIV antibody test. It is incorrect to call it an "AIDS test" because the test cannot detect AIDS, but instead detects the antibodies that are produced as a result of HIV infection. It can take up to three months for someone's immune system to produce antibodies to HIV. This is called the "window period". An HIV antibody test performed during this window

period could be negative even though the person may be infected. There are now special blood tests (nucleic acid amplification) which can detect HIV infection during the window period.

### **What does being "HIV positive" mean?**

A person who has had an HIV antibody test, and the result is positive, is sometimes referred to, and may refer to themselves, as being "HIV positive".

### **Treatments are not a cure**

Sometimes, combination antiretroviral therapies are written about as if they are a cure for HIV. It is important to recognize that, so far, HIV has not been cured or eradicated by any available drug. People who are on these drugs are still living with, and will continue to live with, HIV. People living with HIV and AIDS continue to experience a range of health issues - from minor to life threatening. There are currently no vaccines available for HIV or AIDS and the treatments help with the symptoms of HIV and AIDS but do not cure them.

### **How is HIV transmitted?**

The ability of HIV to live outside the body is very limited and therefore, compared to most other diseases, HIV is not particularly easy to transmit. It is a communicable disease, but it is not contagious like air-borne viruses such as influenza. HIV cannot be transmitted by hugging, shaking hands, coughing or sneezing. Nor can it be transmitted by sharing glasses, cups or utensils.

There are three main modes of HIV transmission:

- unprotected anal and vaginal sexual intercourse
- sharing drug injecting equipment
- mother to child during pregnancy, birth or breast feeding.

### **Blood-borne transmission**

Exposure to HIV contaminated blood is another potential route of transmission. Injecting drug users who share needles and syringes are at risk of HIV infection because there is often a small amount of blood left in the syringe after injection. This type of exposure can also occur during skin piercing and tattooing procedures if equipment has not been properly sterilized after having previously been used on someone infected with HIV. Body piercing or tattooing should always be undertaken at licensed studios that use new ink pots for each procedure and disposable needles or an autoclave to sterilize equipment.

### **What is safer sex?**

HIV can be transmitted in semen, pre-ejaculate, vaginal fluid, blood and breast milk. Therefore any unprotected anal or vaginal intercourse (that is, insertive or receptive sex without the use of a condom or barrier contraception) has the potential to transmit HIV. The risk of transmission is also greater when the person also has an untreated sexually transmitted infection. There is a much lower risk of transmission through oral sex, but this risk increases when there are cuts or sores in the mouth through which HIV may enter the bloodstream. Safe sex prevents semen, pre-ejaculate, vaginal fluid or blood from coming into direct contact with the internal membranes of another person. Penetrative sex can be made safer by using a condom and water-based lubricant. Condoms remain the best protection against the sexual transmission of HIV, provided they are used correctly and consistently. A water-based lubricant should always be used with condoms to prevent breakage.

### **Occupational exposure**

Being pricked with a contaminated needle (which may sometimes occur in health care settings and is known as a needle stick injury) presents a small risk of transmission. In the everyday practice there have been cases of HIV infection among health care workers following occupational exposure to blood or body fluids, mainly through needlestick injuries, thus it is

important to maintain basic hygienic practices as well as provide health care workers with proper self-protection tools (one-use latex gloves, safe containers for used needles, protective goggles where there is a possibility of blood spatters etc.). There is no recorded case of HIV being transmitted through a discarded needle in a community setting.

### **Mother to child**

There are two main routes of HIV transmission between mother and child. One is known as perinatal infection, where a pregnant woman with HIV can transmit the virus to the fetus during pregnancy or during the process of the birth. The risk of perinatal transmission can be reduced through careful management of the pregnancy and delivery. This may include the use of antiretroviral drugs, taken by an HIV positive woman during pregnancy and the birth, and given to the newborn child for six weeks. The other mode of transmission is breastfeeding. Women with HIV should avoid breastfeeding, except in countries where water quality for bottle-feeding cannot be assured and where many mothers cannot afford formula. In developing countries, shorter courses of antiretroviral treatments have decreased the rate of mother to child transmission.

### **STIs and HIV correlation**

The presence of certain STIs significantly increases the risk of HIV transmission and acquisition. People infected with an STI, particularly ulcerative STIs, are generally at higher risk of acquiring HIV. Increasing evidence suggests that people dually infected with both HIV and an STI, particularly with the herpes simplex virus type 2 (HSV-2), are at a high risk of transmitting HIV as well as progressing more rapidly to AIDS. Many of these STIs may be asymptomatic or cause only minor symptoms. As a result, people may not be aware that they have an STI and will therefore not seek treatment and continue to be infectious. This is why improved knowledge about STIs and regular testing, especially for people at high risk of STIs, such as gay and other homosexually active men who have multiple partners, is an important means of HIV/AIDS prevention.

### **Harm Minimization/Harm Reduction**

Harm minimization, such as the establishment of needle and syringe programs followed by condom distribution among those who are especially vulnerable is the best way to contain the spread of HIV/AIDS. But for this to happen, we need a supportive environment for such programs.

### **TROUBLESHOOTING:**

Every single volunteer should know information on health care services that are provided in the field of SRHR and counseling for the specific town, region, country. Also it would be advised to stress not to make up things if you are not sure or don't know how to answer a question you have been asked – in this case it would be good to have a reference e-mail or phone number near by (preferably a more experienced NMO Officer or of a local Youth Friendly Clinic).

<http://www.ancahrd.org/pubs/pdfs/mediaguide/htm> / <http://www.med.unsw.edu.au/ncheccr>  
<http://www.unfpa.org/hiv/index.htm> / [http://www.unicef.org/publications/index\\_24432.html](http://www.unicef.org/publications/index_24432.html)



## World AIDS Day Products

### Basic:

WAD Poster  
WAD Leaflets  
Red Ribbon Pins



### Additional:

WAD T-shirts (*white or red and vice versa*)  
WAD Stickers / Round Pins  
WAD Message Sugar Baggies and Coasters  
WAD Bookmarks  
WAD Baseball Hats  
WAD Scarves or Vests  
WAD Wrist Bands / Key-chains  
WAD Temporary Tattoos  
WAD Message Weepul (*stick on mascot*)  
WAD Message Balloons  
WAD Christmas/New Years Eve Card  
WAD Neck Tapes (*mobile phone holder*)  
Stop AIDS Party Flyers  
Red Ribbon Lapels  
Red Ribbon Zipper Pulls  
Red Ribbon Car Magnets or Fresheners  
Red Ribbon Shaped Bent Pencils or Pens  
WAD/NMO Banner  
Campaign mouse pad or calendar  
Condom Holder Boxes  
Condom Message Sheets/Envelopes  
Condom Art (*flowers, earrings, hair pins...*)  
Stick-on Condoms (*practical for parties*)

## Links related to World AIDS Day

AIDS Education Global Information System  
(AEGIS)  
[www.aegis.com](http://www.aegis.com)

AIDS About  
[aids.about.com](http://aids.about.com)

AIDS Prevention and Control Project  
[www.apacvhs.org](http://www.apacvhs.org)

American Foundation for AIDS Research  
[www.amfar.org](http://www.amfar.org)

Free Graphics – World AIDS Day  
[www.freegraphics.com/wad.html](http://www.freegraphics.com/wad.html)

HIV Insite - Gateway to AIDS Knowledge  
[hivinsite.ucsf.edu](http://hivinsite.ucsf.edu)

HIV Positive.com - HIV/AIDS Information  
USA  
[www.hivpositive.com](http://www.hivpositive.com)

International AIDS Economics Network  
[www.iaen.org](http://www.iaen.org)

International AIDS Society  
[www.ias.se](http://www.ias.se)

International Community of Women Living  
with HIV/AIDS  
[www.icw.org](http://www.icw.org)

Kaiser Family Foundation  
[www.kff.org](http://www.kff.org)

Marie Stopes International Australia  
[www.mariestopes.org.au](http://www.mariestopes.org.au)

MTV's award winning HIV/AIDS awareness campaign, Staying Alive.  
[www.oneworld.net/tv](http://www.oneworld.net/tv)

You and AIDS - The HIV/AIDS Portal for South Asia  
[www.youandaids.org](http://www.youandaids.org)

MTV Staying Alive Foundation  
[www.stayingalive.org](http://www.stayingalive.org)

New Zealand AIDS Foundation  
[www.nzaf.org.nz](http://www.nzaf.org.nz)

Project Inform - HIV / AIDS information, USA  
[www.projectinform.org](http://www.projectinform.org)  
Staying Alive Foundation  
[www.staying-alive.org](http://www.staying-alive.org)

The AIDS Memorial Quilt and Names Project Foundation  
[www.aidsquilt.org](http://www.aidsquilt.org)

The UK National AIDS Trust (NAT)  
[www.nat.org.uk](http://www.nat.org.uk)

UNAIDS, United Nations Joint Programme on HIV/AIDS  
[www.unaids.org](http://www.unaids.org)

UNICEF - Global AIDS Campaign  
[www.unicef.org](http://www.unicef.org)

United Nation's global conversation  
[www.worldaidscampaign.net/community/](http://www.worldaidscampaign.net/community/)

UNFPA  
[www.unfpa.org](http://www.unfpa.org)

US Agency for International Development (USAID)  
[www.usaid.gov](http://www.usaid.gov)

World AIDS Day, United Kingdom  
[www.worldaidsday.org](http://www.worldaidsday.org)

World Health Organization  
[www.who.org](http://www.who.org)

The World AIDS Campaign (WAC)  
[www.worldaidscampaign.org](http://www.worldaidscampaign.org)



**Example of a time table for day 4 and 6 of WAD with listed activities for each of the cities:**

<b>.: THURSDAY .:</b>		
<b>DAY 4</b>		<b>1<sup>st</sup> Dec. 2005</b>
<b>Time</b>	<b>Activity</b>	<b>Place</b>
07.10-18.10	Series of Interactive lectures	Gymnasium Cakovec, Cakovec
08.50-09.35	Interactive lecture	11th gymnasium, Zagreb
09.00-12.00	Info stand	Osijek Uni. School of Medicine
09.00-14.00	Info stand	Main street, Rijeka
09.00-13.00	Info stand	Rijeka Uni. School of Medicine
09:00-13:00	Distribution of condoms and leaflets	DM & Control – DM Dubrava, Zagreb
09:00-13:00	Distribution of condoms and leaflets	DM & Control – DM Okicka, Zagreb
09:00-13:00	Distribution of condoms and leaflets	DM & Control – DM t. slobode, Osijek
09:00-13:00	Distribution of condoms and leaflets	DM & Control – DM Riva, Rijeka
09:00-13:00	Distribution of condoms and leaflets	DM & Control – DM Flanticka, Pula
10.00-14.00	Info stand	Zagreb Uni. School of Medicine
10.00-14.00	Info stand	City Center Lovran
10.00-14.00	Info stand	City Center Labin
10.00-16.00	Info stand	Main square, Cakovec
10.00-14.00	Info stand	City Center, Opatija
10.00-14.00	Info stand + live music	Vocni trg, Split
10.00-14.00	Info stand + urban arts	Riva, Split
<a href="#">10.00-14.00</a>	Info stand + play and women's quire	Pjaca, Split
<a href="#">10.00-14.00</a>	Poster Exhibition «Path of AIDS»	Marmont street, Split
<a href="#">11.00-16.00</a>	Info stand	Main mess hall "Indeks", Rijeka
11.00-20.00	Info stand	Main square, Zagreb
12.00-14.00	Info stand	High school Center, Koprivnica
15.00-17.00	Info stand	Student Dorm «A. Starcevic», Zagreb
17.00-20.00	Info stand	Student Center, Zagreb
17.30-20.30	Info stand	Student Dorm «Lascina», Zagreb
18.00-20.00	Info stand	Student Dorm «Cvj. naselje», Zagreb
18.30-20.30	Info stand	Student Dorm «S. Radic», Zagreb
19.00-21.00	Movie airing	Osijek Uni. School of Medicine
19.00-21.00	Forum and movie airing	Student Center, Zagreb
20.30-21.30	Workshop for pupils	Dorm for pupils of construction crafts
21.00-02.00	Stop AIDS Party	Opium Budah Bar, Rijeka
21.00-02.00	Stop AIDS Party	O'Hara, Split
22.00-02.00	Stop AIDS Party	Sound, Osijek
22.00-02.00	Stop AIDS Party	Gjuro 2, Zagreb

<b>.: SATURDAY .:</b>		
<b>DAY 6</b>		<b>3<sup>rd</sup> Dec. 2005</b>
<b>Time</b>	<b>Activity</b>	<b>Place</b>
09.30-13.00	Info stand	Main square, Osijek
12.30-16.00	Distribution of condoms and leaflets	City center Samobor
10.00-13.00	Info stand	Main square, Koprivnica
16.00-18.00	Distribution of condoms and leaflets	City center Velika Gorica