

INTRODUCTION

This pack contains a list of materials and games, activities and ideas on sexual health, including the human immunodeficiency virus (HIV). It is designed for youth workers and educators. It lists resources and contacts that can help youth workers and educators network with each other and discuss sexual health and HIV with young people, as well as share experience with others working in the same areas.

The aim is to:

- offer ideas on how to include activities on sexual health and HIV in existing youth programmes to help young men and women make healthier and safer choices
- share information about existing materials and how to obtain them
- suggest ways of changing and adapting these resources
- provide examples of games and activities that can be adapted and used.

No activity on its own can provide all the answers to working with young people on sexual health or HIV prevention. Young people's reproductive and sexual health programmes need to:

- involve young people in planning programmes
- provide accurate information on sex, reproduction and where to find information and support
- allow opportunities to explore feelings and enable young people to develop skills to make decisions, communicate them to others and stand by their decisions when under pressure from other people
- promote access to appropriate services for young people to be able to act on these decisions
- promote a supportive environment from peers and other people in the community to enable young people to make healthier choices.

The samples selected (see *Samples* section page 31) are intended to encourage young people to participate rather than to simply listen. Information on the 'facts of life' and HIV prevention are not enough. Young people need to be able to explore ideas for themselves, develop solutions that are appropriate to their needs and practice skills they will need to put this knowledge into action.

These resources discuss topics including:

- accurate information on HIV, sexually transmitted diseases (STDs) and sexual and reproductive health
- how to avoid unwanted sex, unwanted pregnancy and STDs, including HIV
- how to have healthy sexual relationships which are free from any sort of pressure or violence
- developing confidence to deal with emerging sexual feelings and situations
- identifying services that enable young people to act on this information, such as access to affordable condoms, health services, education and leisure opportunities.

Most of the resources listed are designed for use with young people aged twelve years and upwards. We have also included some materials aimed at younger children or that can be easily adapted for use with younger children.



