



Youth Empowerment on **HIV/AIDS** Prevention

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- Founder and executive manager of CAP
- Designer of SHEP model





Islamic Republic of IRAN



TEHRAN

LEGEND

- - - International Boundary
- - - Province Boundary
- Country Capital
- Province Capital



Demography and National AIDS response

- Population : around 75 million
- HIV+ = 27,000
- Estimate = 90,000
- Young people with HIV: 56% of 27,000
- National Strategic Plan for HIV/AIDS: 2011-2015
- 10 strategies:
 1. IEC
 2. Blood Safety
 3. VCT
 4. Harm Reduction
 5. Preventing Sexual Transmission
 6. Managing Sexually Transmitted Diseases
 7. Counseling, Treatment and Care for PLHIV and their families
 8. Support and Empowerment
 9. Epidemiologic Surveillance and Data Management System
 10. Strengthening Infrastructure





NGO

2003-2013

- Established in 2003
- Currently 10,000 members and volunteers
- Aim: capacity building and empowerment of the youth
- Method: by developing an effective education initiative for HIV prevention for the youth :
Systematic comprehensive Health Education and Promotion model (SHEP)
- Way ahead: using capacity generated by the youth to address other health issues



Community

Youth

Authorities

- Global experience has shown that collaboration of communities and health authorities will result in significant achievements in HIV control.
- One of the feasible methods is **connected** empowerment and capacity building of health volunteers and health personnel on HIV/AIDS prevention





10,000 CAP Trainers were Trained in more than 100 workshops during 5 years



Trained youth organized about 150 awareness raising sessions/classes



Approximately 1,500,000 people educated





IR Army



Teachers & School principals



School Students





Governmental & Nongovernmental Orgs



University Students



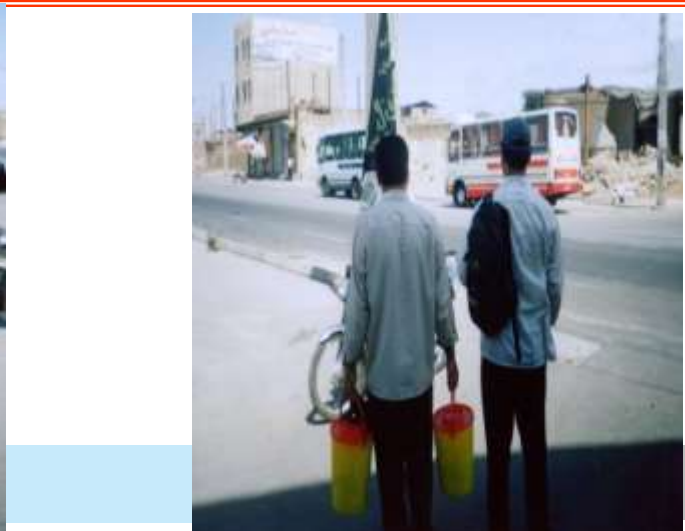
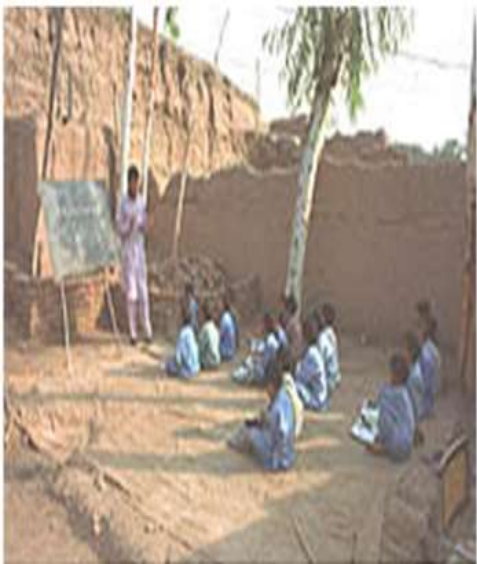
Speak out loud campaign on HIV prevention



Traditional folkloric theater on HIV prevention



Trainers reach to marginal populations by outreach programmes



nourak



CAP trainer package include:



Bag

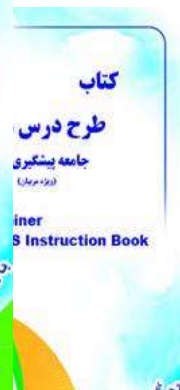
Slids book

instruction book



CAP trainer cover

Transparency slids



Data CD



Laser pionter



Cap forms

ir@y.

Using web as a new way of management and training



Web site facilitates:

E-learning

Accessible educational materials

Multimedia forums

Online counselling

Useful links

CAP volunteers networking

Project management

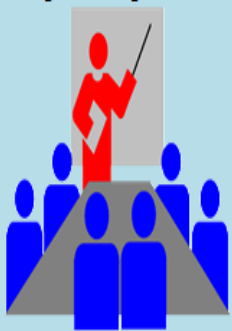
How to train trainers?

3 Types Training workshops: TOT, TOS, TOP

Day 1

Trainer and Participants:
Peers / Health staff

SHEP model description,
Educational skills
Communicational skills
Related health subjects:
(HIV/AIDS,...)
Training according instructions

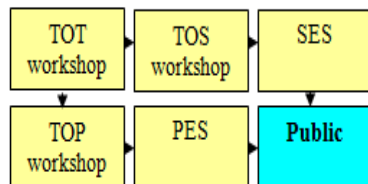


1 week interval

Participants Practice with Trainer support



Practice → Practice → Practice → Perfect Trainer (moon)!



3 Types Training workshops:
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 TOT = Training Of Trainers
 TOS = Training Of health Staffs
 TOP = Training Of Peer educators

2 Types Public access:
 {
 SES = Staff to public Education Session
 PES = Peer Education Session

Day 2

Participants present their knowledge and skills in Training exam,
Learning by teaching
Criticize by other trainees
Amend their faults
Promote their skills
finally:
Trainers Receive certificates



2 Types public access:
SES and PES

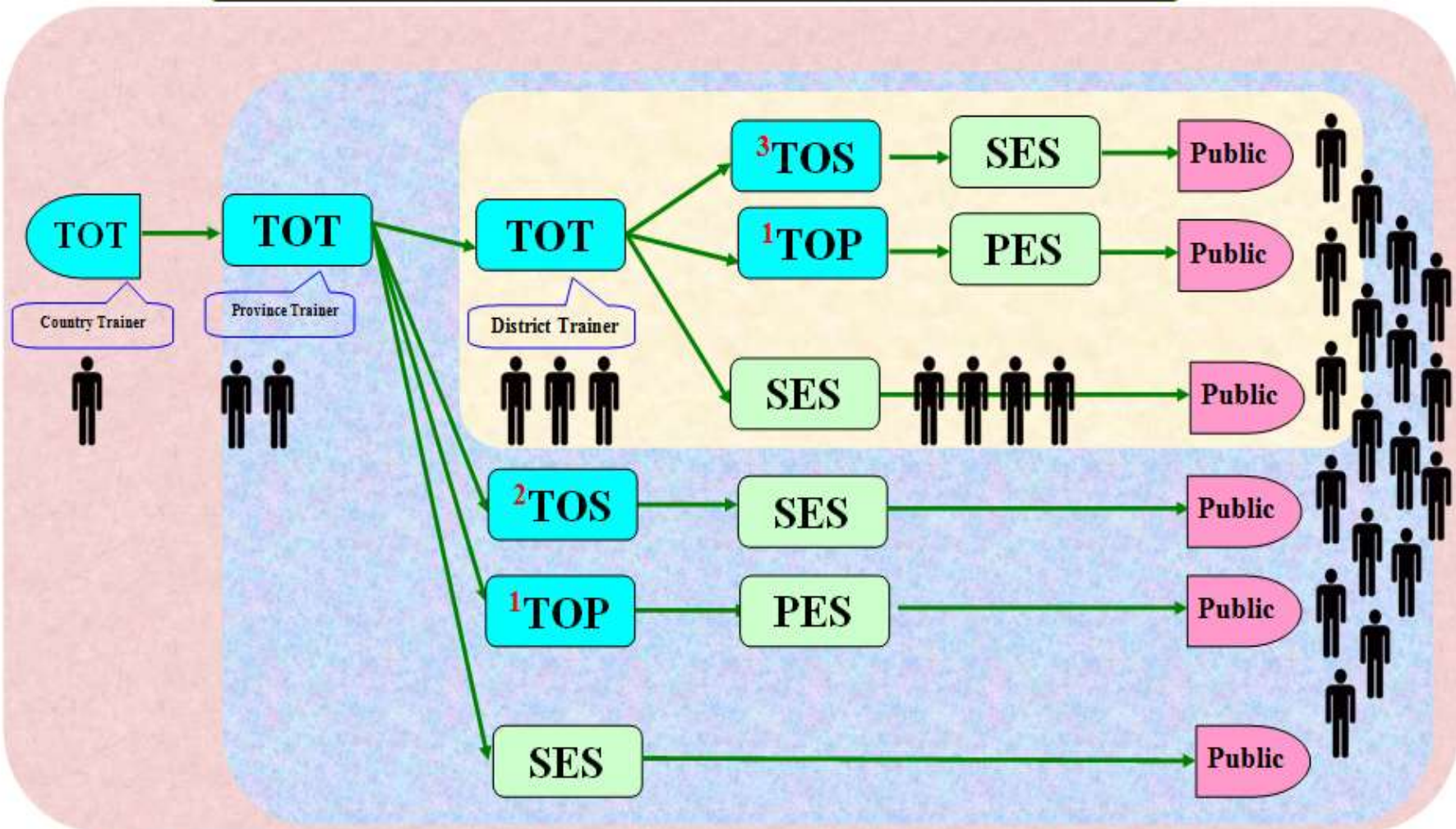
Life long

Public Health promotion interventions by:
Peers (PES)
and
Health staffs (SES)
As trainers



Health literate and Empowered public

Activity Network Diagram of CAP training

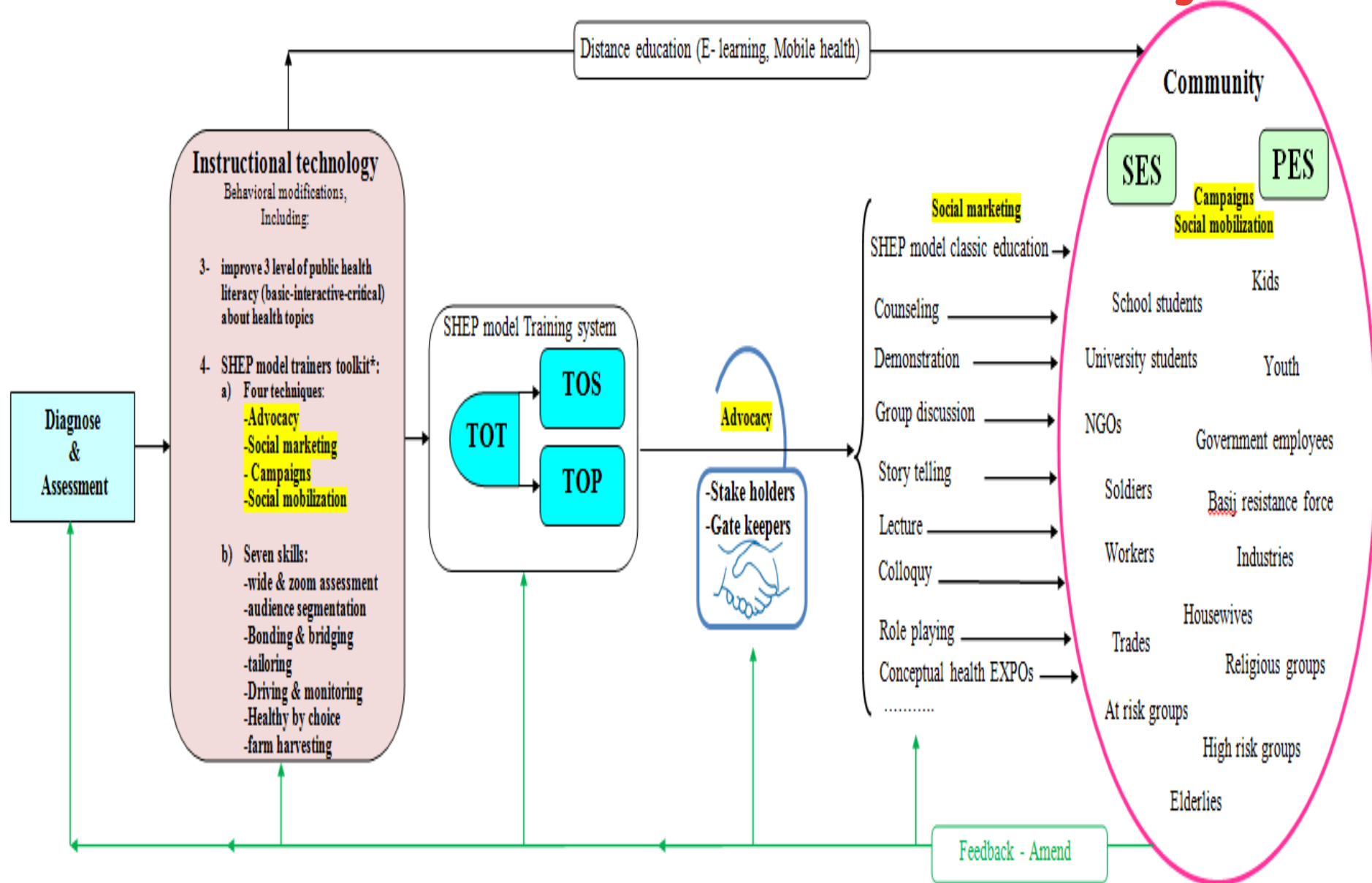


TOT = Training Of Trainers
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SES = Staff to public Education Session
PES = Peer Education Session

Country level Province level District level

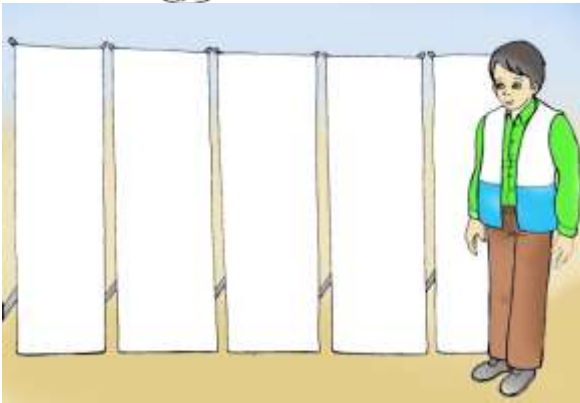
Cascading trend

How trainers access to community?



SHEP model
4 Techniques
and **7** Skills





Other educational methods:

Spiral HIV prevention EXPO for the youth



Small focus group discussion

1 trainer for each 5 stands



Final panel



Break time

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This experience extended to address other issues

- Influenza
- Eltor (vibrio cholerae)
- Diabetes
- Oral health
- Pregnancy care
- Cardiovascular diseases
- Syndromic surveillance system



★★★★★
Empowered young people



★
Care provider



★
Decision maker



★
Communicator



★
Community leader



★
Manager





Together we are stronger

