Child & Adolescent flipchart for HIV Testing, Disclosure & Adherence Counselling

Target group

Children & adolescents in need of HIV testing, disclosure or adherence counselling, and their caregivers.

Use of the flipchart

The flipchart is a tool to use during counselling sessions on HIV testing, disclosure and adherence. It is a collection of different images that can be selected according to the goals of the counselling session and the understanding of the child. The child counselling guideline accompanies this tool and can guide the counsellor in the selection of images.

Every image is accompanied by some ideas of questions and main messages to discuss. Where needed, messages have been adapted for partial and full disclosure.

Content

This flip chart has been validated by the PSEC representatives of OCA, OCBA, OCB, OCG and OCP (October 2016).

Adapted from MSF-OCB Mozambique Counselling Cards, (September 2009).

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Card 1: Introduction-Progressive disclosure (only for caregivers)

Questions:

- What do you see in the picture?
- What are the different persons asking?
- What questions does your child ask?
- How do you answer him?
- As caregiver, what questions are you asking?

Messages:

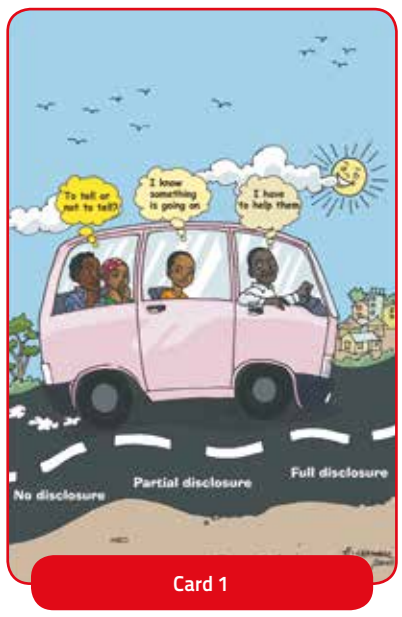
1. What is progressive disclosure: Telling the child about his HIV status is like going on a bus journey. We move on little by little and make some stops along the road. At the start we give simple explanations on how our immunity needs help from drugs. Later on we explain the disease without naming it. On another stop, we will name the disease and go more into detail. A last stop is to talk about girl's and boy's sexual development, how to prevent HIV and STI transmission, and preventing unplanned pregnancy. The best way to disclose is to follow the rhythm of the child's questions and not to lie. Usually children in school age (6 to 12 years old) can understand HIV if well explained.

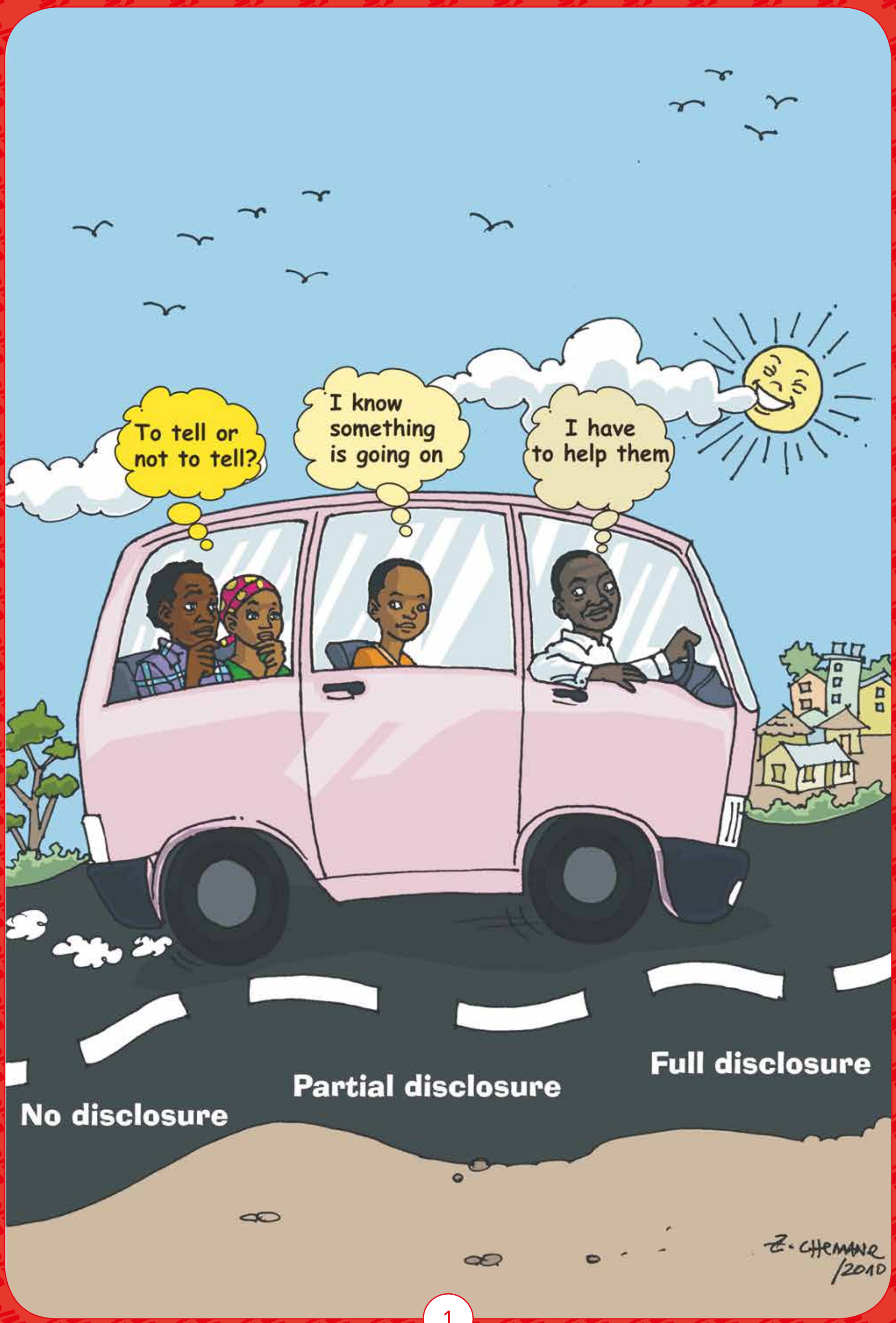
2. Why disclose to the child: All children have questions about coming to the clinic, taking drugs, etc. Children can feel when we hide a secret from them and may feel worried about what is happening. Children who know about their HIV status usually take drugs better and have fewer worries.

3. Why caregivers find it difficult to disclose to the child: Some parents/caregivers can find it difficult to name HIV or explain the ways HIV can be transmitted. Some caregivers are afraid the child will tell their status to other people. Some caregivers think children are too young to understand or are afraid of the reactions of the child. Some parents feel guilty for passing the virus to the child. These fears are normal, but by talking to the child little by little, we can prepare the child well.

4. Who should disclose to the child: The best person to talk with the child is the person who knows the child well, like the parent or caregiver. The counsellor can assist caregivers in talking with the child. It is important that the caregivers keep providing explanations at home. The caregiver can ask help from the counsellor when the child raises new questions.

5. How to disclose to the child: It is important to show and explain the images according to the child's age, level of development and disclosure status.



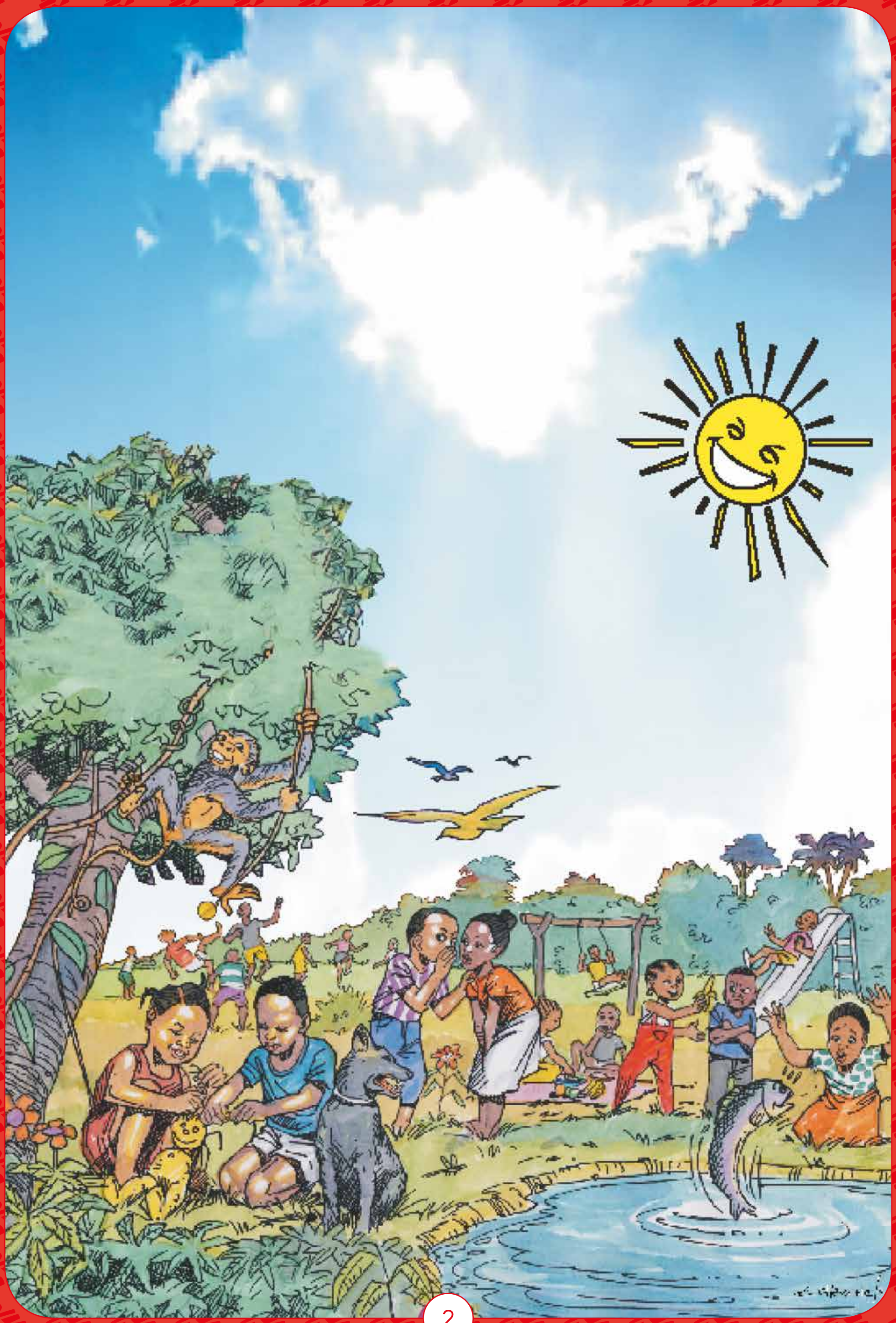

To tell or not to tell?
I know something is going on
I have to help them
No disclosure
Partial disclosure
Full disclosure

Card 2: Playground

Questions:

- What do you see in the picture?
- What do you like in this picture?
- Do you like dogs? Do you like dolls? What animals do you like? Why?
- What games do you see? Do you play like these children? What do you play? Where? Do you know other games?
- What are the children eating? What do you like to eat?

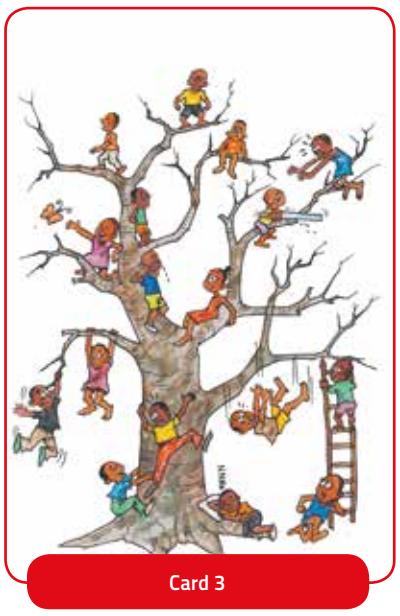
Card 2

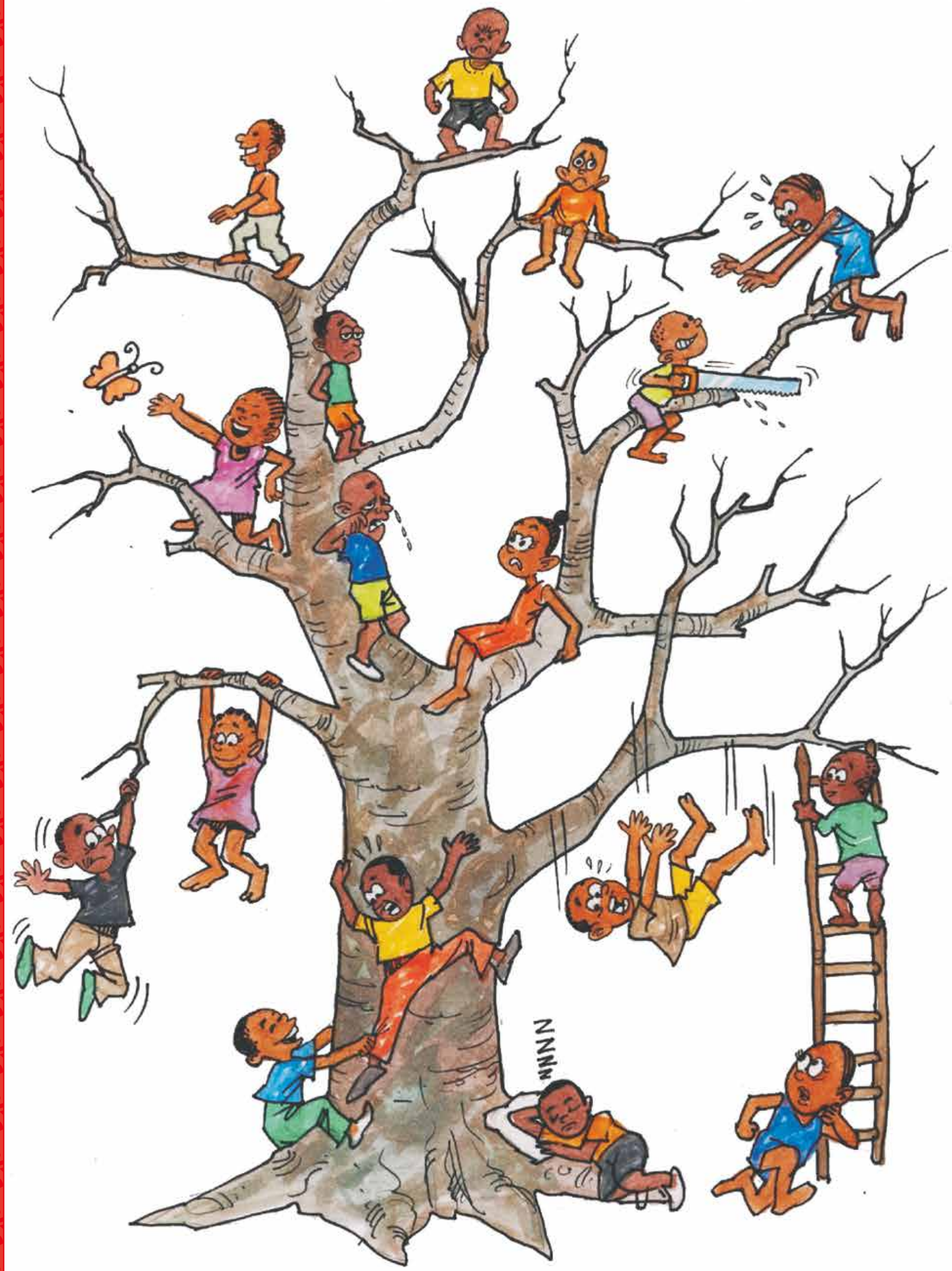


Card 3: Feelings

Questions:

- What do you see in the picture?
- This picture shows children with different feelings like feeling bad, good, sleepy, angry, afraid, sad, happy…
- What child seems like you today?
- Why did you pick that child?
- Do you always feel like that child, or just today?
- How come you are feeling like that?
- Which child would you like to feel like?




NNNN

Card 4: Visit to the hospital

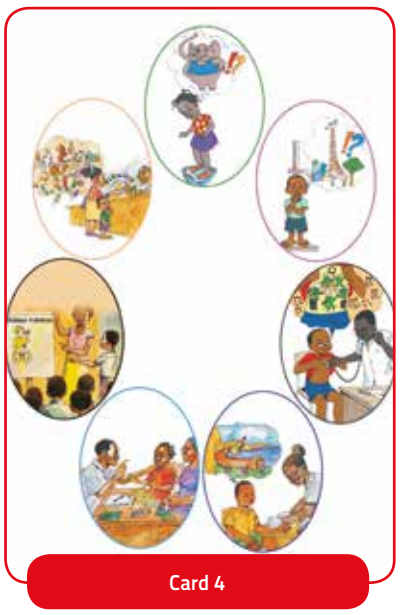
Questions:

- What do you see in the picture?
- What do you do when you come to the hospital? Who do you meet?

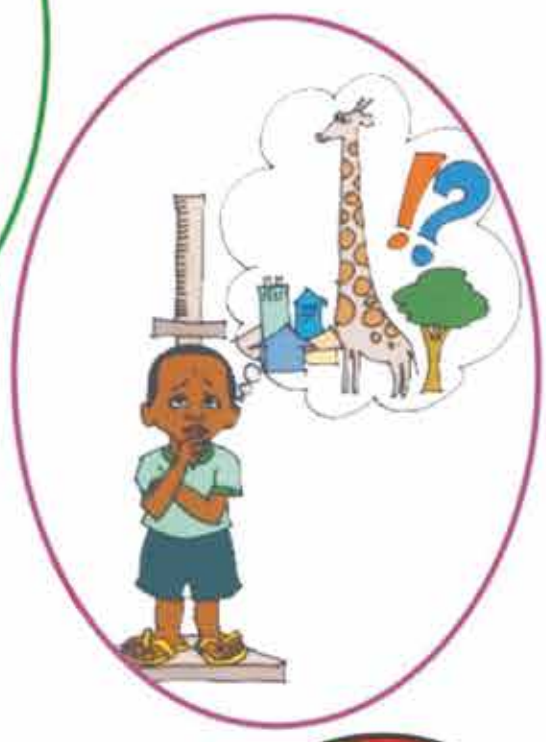
Messages:

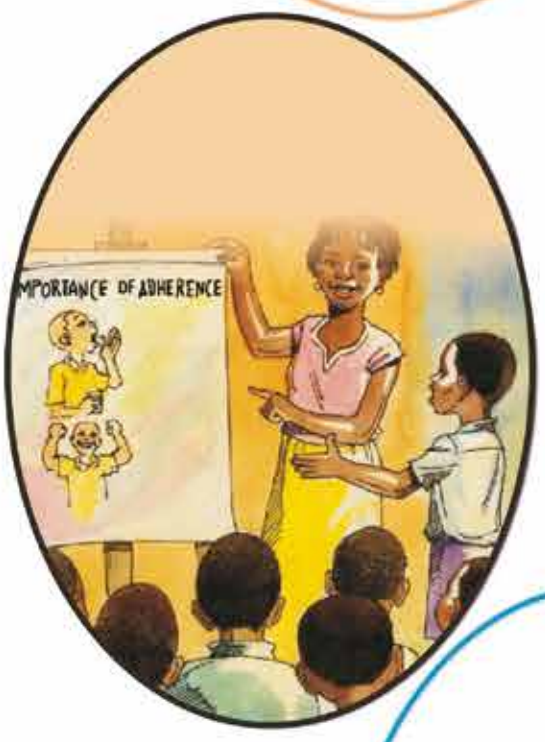
When we come to the hospital, we meet different people who do different things:

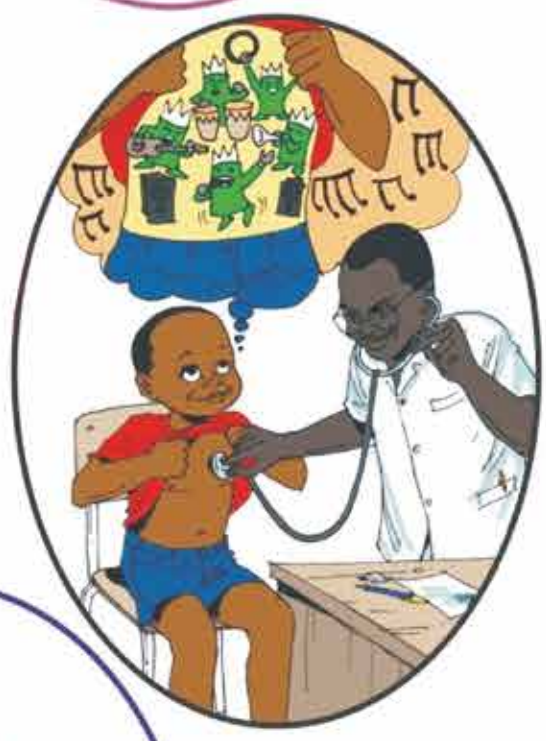
1. In the waiting area we get measured and weighed to know if we are eating and growing well.
2. The doctor checks our health by listening to our chest, looking into our mouth and ears. From time to time the nurse takes blood to see how the green soldiers in our blood are doing.
3. The counselor will play and talk with us about the drugs and about how we are feeling, and will explain to us about our health. Sometimes we meet the counselor with other children and play and talk together.
4. At the pharmacy, we get drugs for us to be strong.




PHARMACIA




MPORTANCE OF ADHERENCE



Card 5: The human body and the blood circulation

Questions:

- What do you see in the picture?
- What are the different parts of the body?
- What is the difference between the body on the left and the body on the right?

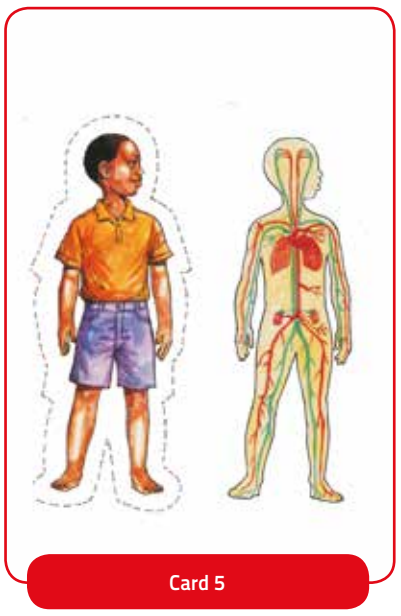
Messages:

1. Show the outside body (on the left):

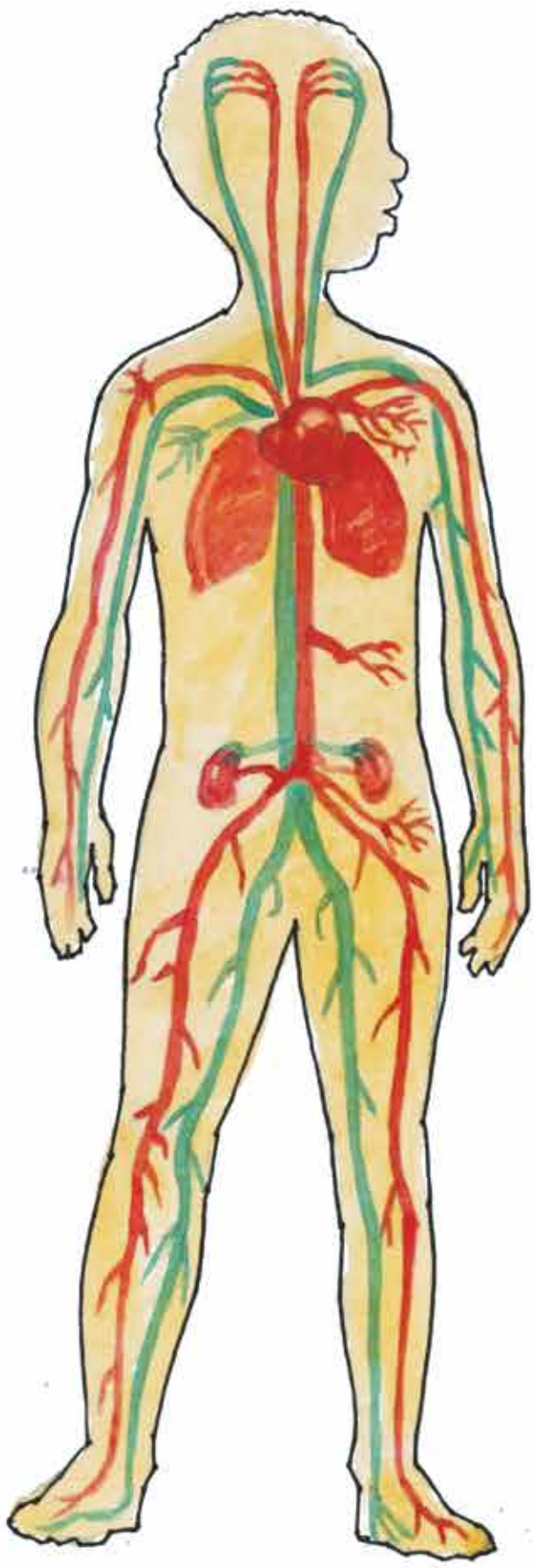
- This is the human body seen from the outside.
- This is what everyone can see with his own eyes.
- But there are also parts of the body that we can't see only with our eyes.

2. Show the inside body (on the right):

- This is how our body looks from inside, what we cannot see.
- There is blood flowing throughout our body.
- When we hurt ourselves, we can sometimes see some drops of blood



Card 5



Card 6: Blood and green soldiers

Questions:

- What do you see in the picture?
- What are the green characters?
- Do you know the instrument that shows the green characters?

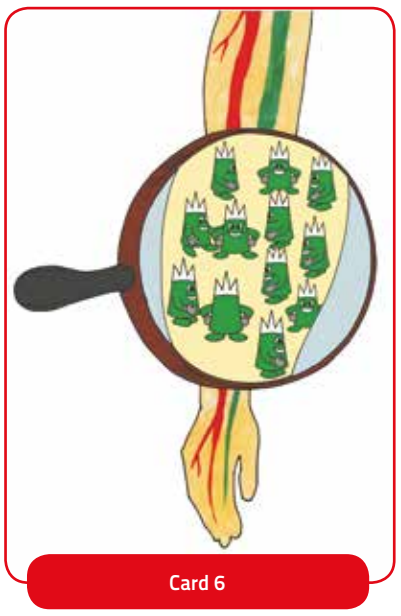
Messages:

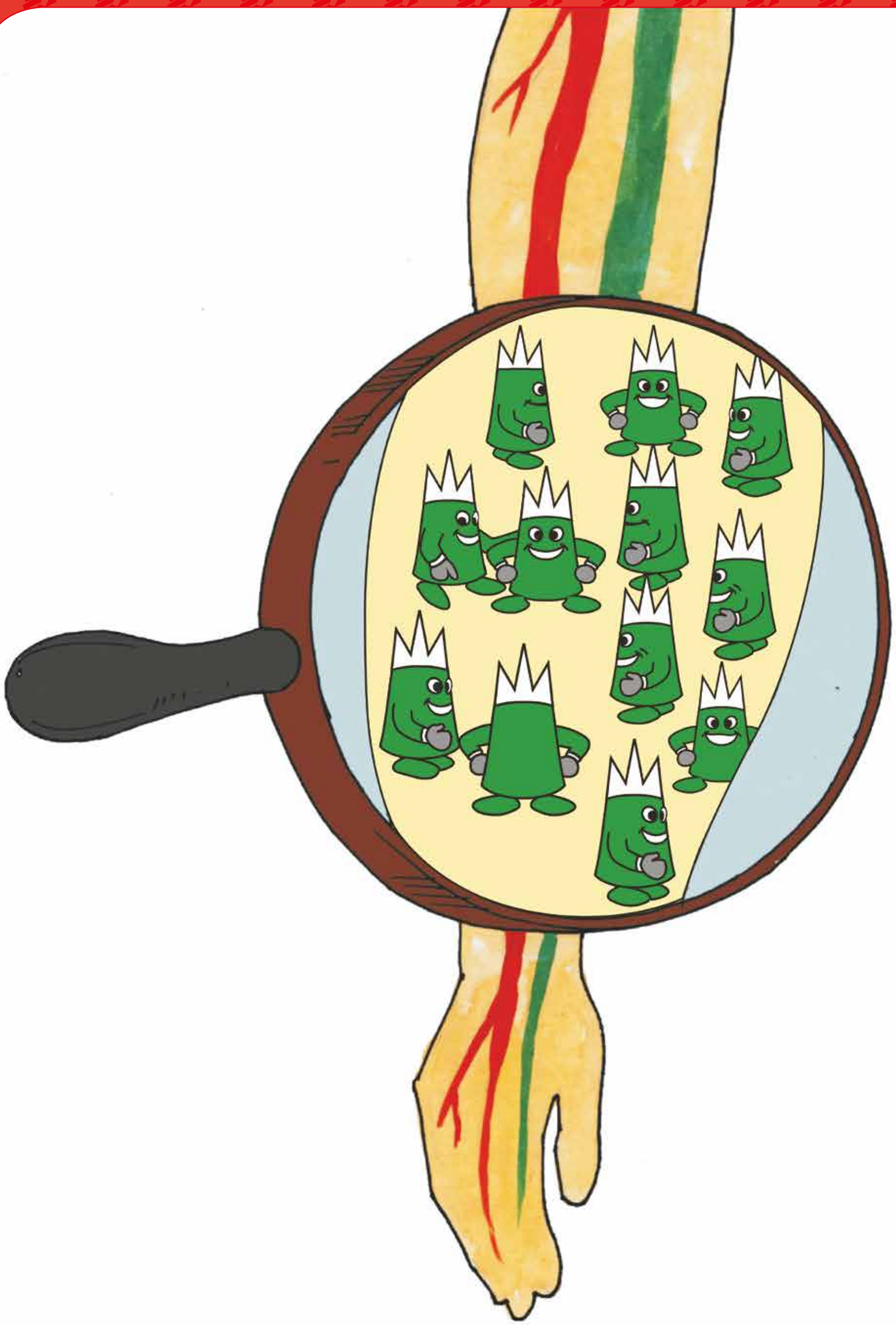
Partial disclosure:

1. In each drop of our blood, we can find green soldiers.
2. The green soldiers protect our body against diseases.
3. We cannot see the green soldiers with our eyes because they are too small. We need a special instrument that makes everything look bigger called a microscope in order to see what is inside our blood.

Full disclosure:

1. The green soldiers that we can find in our blood are called CD4s.
2. Those CD4s protect our body against diseases.
3. We cannot see the CD4s with our eyes. We need a special instrument that makes everything look bigger called a microscope in order to see what is inside our blood.





Card 7: Protection by green soldiers

Questions:

What do you see in the picture?
What are the characters doing?
Have you ever been sick before?

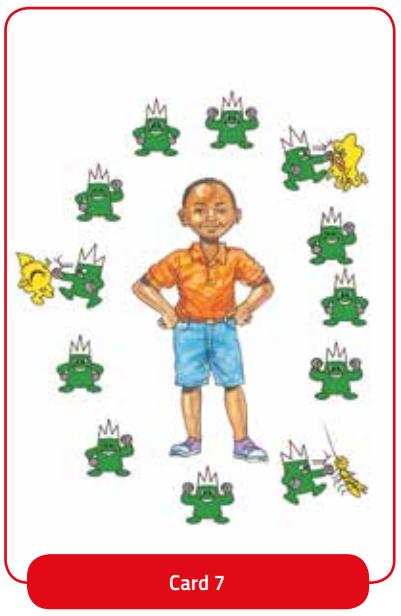
Messages:

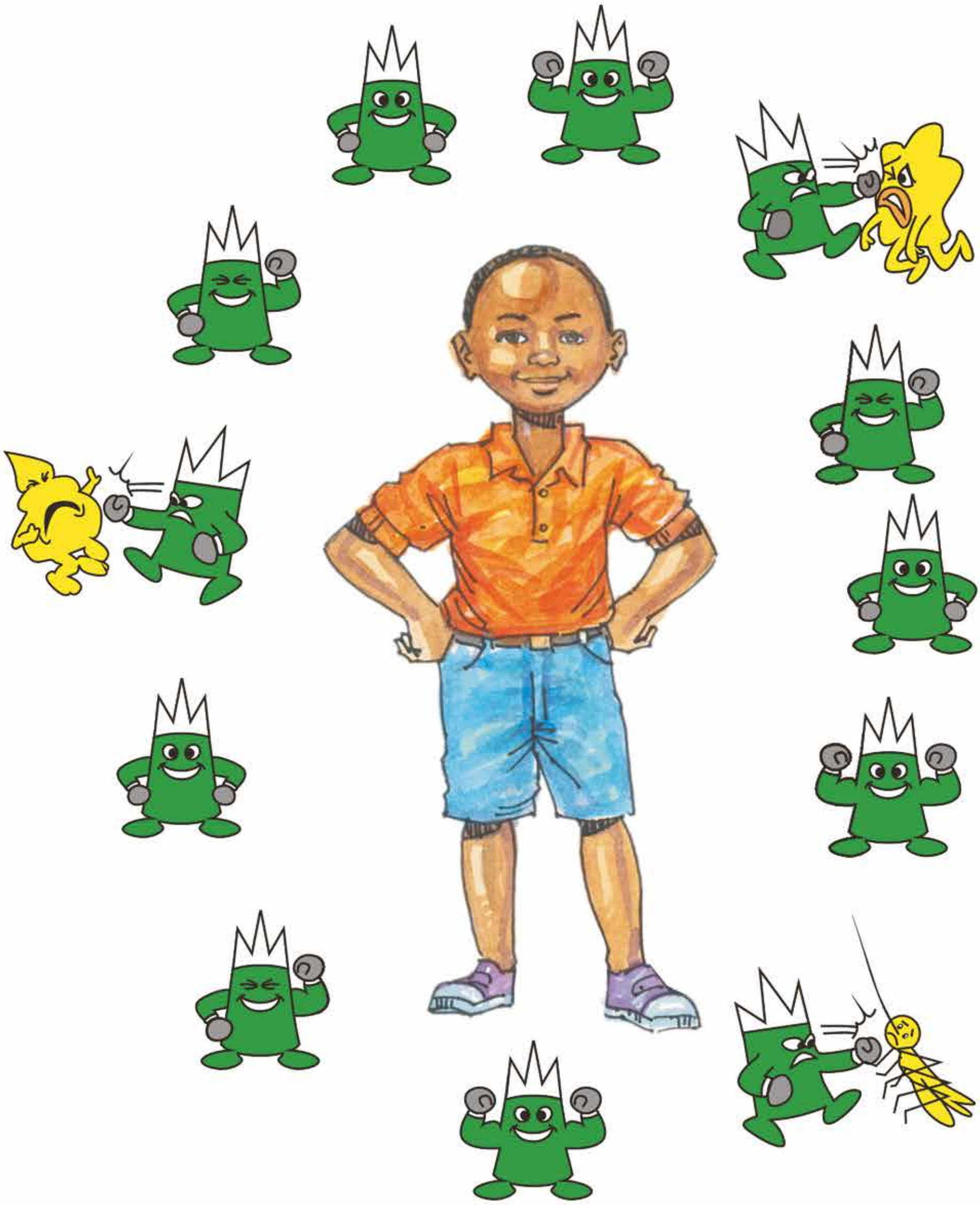
Partial disclosure

1. All of us have been sick before with headaches, stomachaches, and other body pains. We fall sick because little yellow germs enter into our body.
2. In our body we have a lot of green soldiers who protect us. The green soldiers try to stop the yellow germs so we do not fall sick. Most of the time, the green soldiers are able to stop the yellow germs and we stay healthy. Sometimes the green soldiers will not be able to help the yellow germs and we will get sick.
3. Some children need help from drugs so their green soldiers will be strong enough to fight the yellow germs
4. Everybody can get sick. It just happens and it's nobody's fault.

Full disclosure

1. All of us have had different diseases before such as diarrhea, malaria, TB. We get sick because some yellow germs that are so little we cannot see them with our eyes enter into our blood.
2. In our blood we have a lot of green soldiers, called CD4s, who protect us. The green soldiers try to stop the yellow germs, so we do not get sick. Most of the time, the CD4s are able to stop the yellow germs and we stay healthy. Sometimes the CD4s will not be able to stop the yellow germs and we will get sick.
3. Everybody can get sick. It just happens and it's nobody's fault.





Card 8: Infection with the red germ

Questions:

- What do you see in the picture?
- Which character is new in the picture?

Messages:

Partial disclosure

Some children, like us, also have another red germ in our bodies.

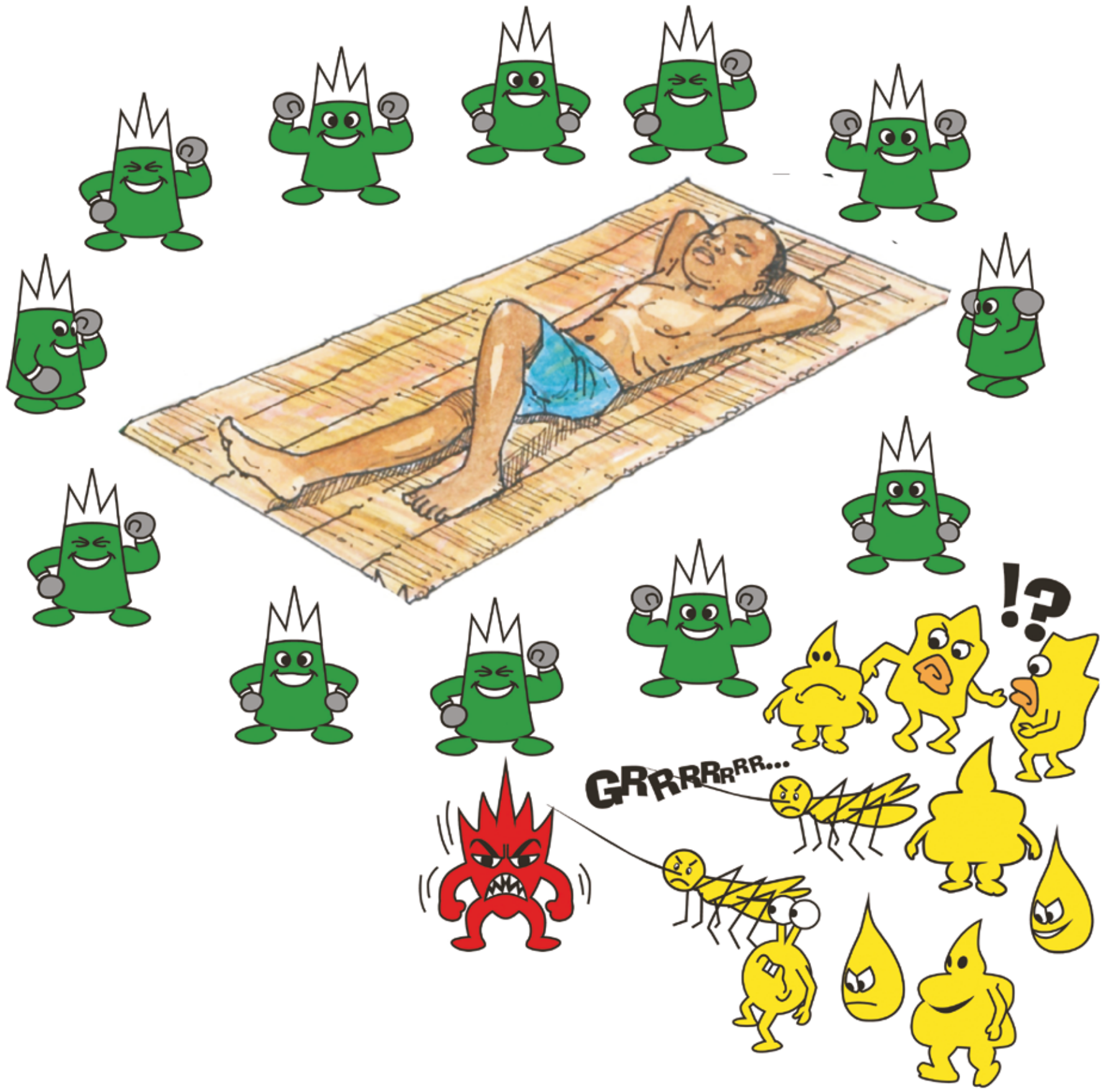
The red germ is different from the yellow germs, because it wants to destroy the green soldiers that protect us from falling sick.

Full disclosure

Some children, like us, also have another red germ in our blood. This germ is called HIV.

HIV is different from the other germs, because HIV wants to destroy our green soldiers (CD4s) that protect us from diseases.

Card 8


!?
GRRRRRRRR...

Card 9: Red germs destroying green soldiers and yellow germs entering the body

Questions:

- What do you see in the picture?
- What is happening to the red germs?
- How is this boy feeling?

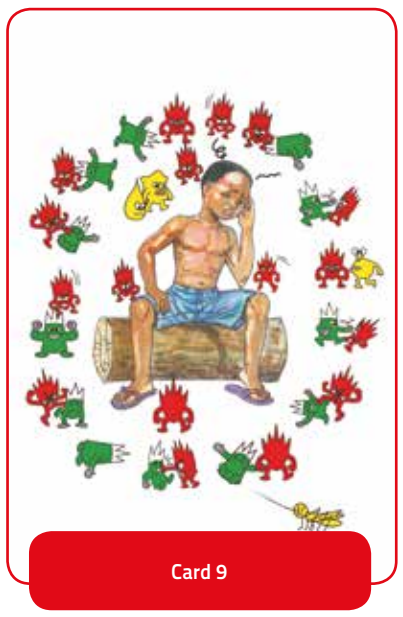
Messages:

Partial disclosure

1. At first when the red germ gets into our blood there are only a few of them. Our green soldiers will still be able to defend themselves against the red germ. We will feel well and be able to play and go to school.
2. The red germs fight our green soldiers.
3. This is a battle our green soldiers cannot win, and little by little our green soldiers die.
4. If this goes on, the green soldiers won't be able to protect us anymore and yellow germs (infections) will come into the body. This will make us fall sick.

Full disclosure

1. At first when HIV gets into our blood there are not a lot of red germs. Our green soldiers (CD4) will still be able to defend themselves against HIV. We will feel well and be able to play and go to school.
2. With time, our green soldiers (CD4s) start having trouble to defend themselves against the red germs (HIV), because they become more and more.
3. The red germs (HIV) fight the green soldiers (CD4s) and little by little our green soldiers (CD4s) die.
4. Because our green soldiers (CD4s) become less, our body becomes less protected. We can feel bad, have headaches, feel tired and/or lose weight.
5. With time, HIV destroys a lot of green soldiers (CD4), leaving the body without protection. Without green soldiers to stop the yellow germs, we can get a lot of diseases such as TB, diarrhea, malaria, etc. The phase when we constantly get sick is called AIDS.



Card 10: Taking treatment

Questions:

- What do you see in the picture?
- What is the boy doing?
- What is happening inside the body of the boy?

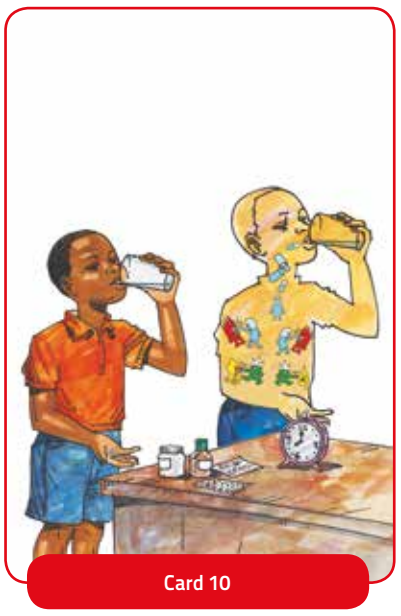
Messages:

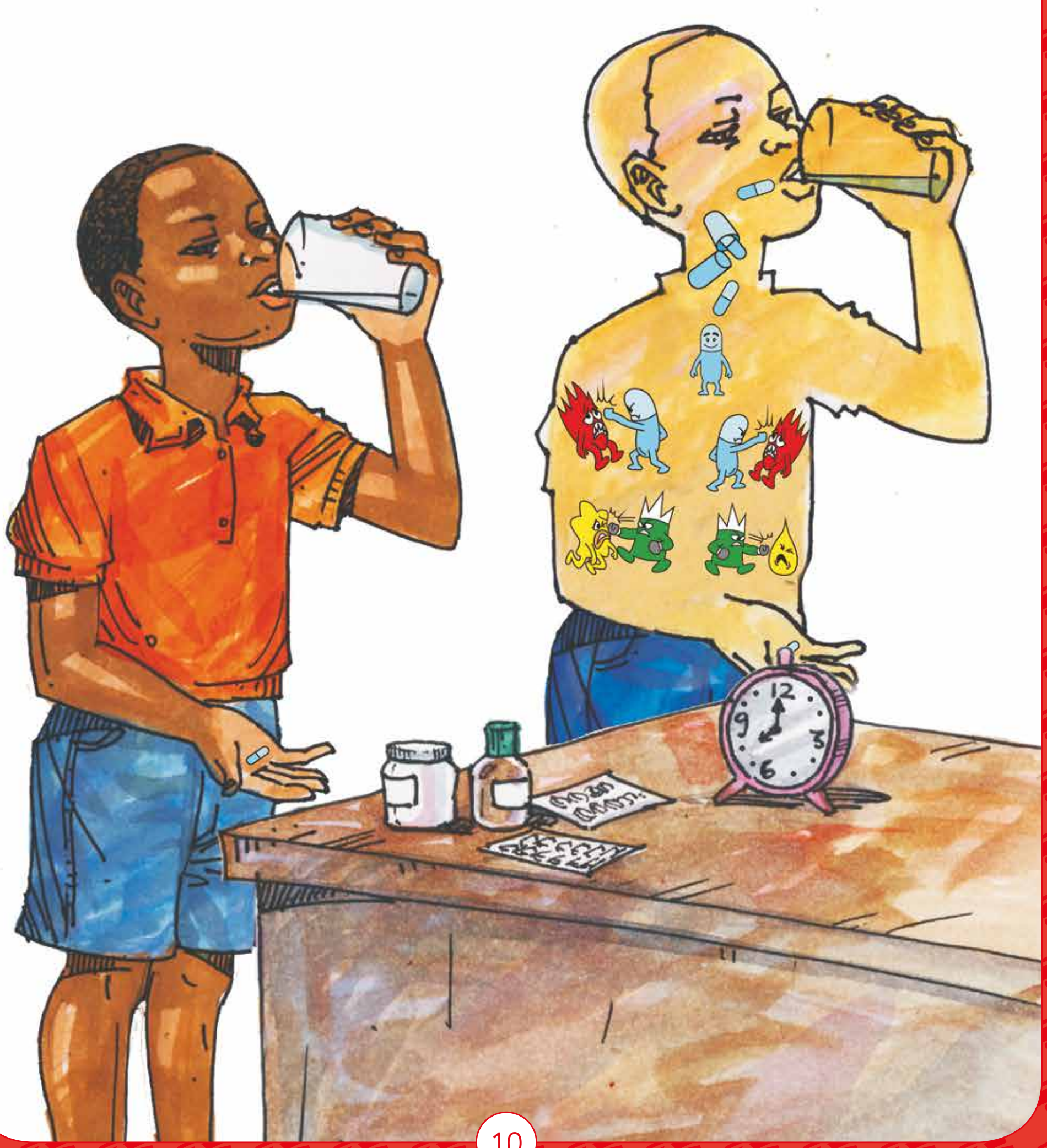
Partial disclosure

1. There are drugs that can fight the red germs so they become weak.
2. If we take the drugs every day as close to the same time as possible, the red germs will stay weak in our body.
3. The drugs are like little blue soldiers that go inside our body and fight the red germs so they become weak.
4. That makes the green soldiers happy because now they can fight the yellow germs again, and we do not get sick.
5. The blue soldiers cannot kill the red germs. They only make them weak.
6. Some children and their parents use a clock to remind them to take their pills, others listen to the radio, and some use a drawing to help them remember.

Full disclosure

1. There are drugs, called ARVs that fight HIV so it becomes weak.
2. If we take our ARVs every day as close to the same time as possible, HIV will stay weak in our body.
3. The ARVs are like little blue soldiers that go inside our body and fight HIV, so it becomes weak.
4. That makes the green soldiers happy because now they can stop the yellow germs and protect our body from diseases.
5. The ARVs are not able to kill the red germs (HIV) in our blood. They only make them weak so they can no longer attack our green soldiers (CD4s).
6. We have to take ARVs for the rest of our life, because the red germ (HIV) stays in our blood.
7. Some children also take other drugs, like Bactrim. These drugs do not fight HIV, but are also very important because they help the green soldiers in their fight against the yellow germs.
8. Some children and their parents use a clock to remind them to take their pills, others listen to the radio, and some use a drawing to help them remember.





Card 11: Adherence to treatment

Questions:

- What do you see in the picture? –When is the boy taking drugs? –What are the green soldiers doing?
- What are the drugs doing?

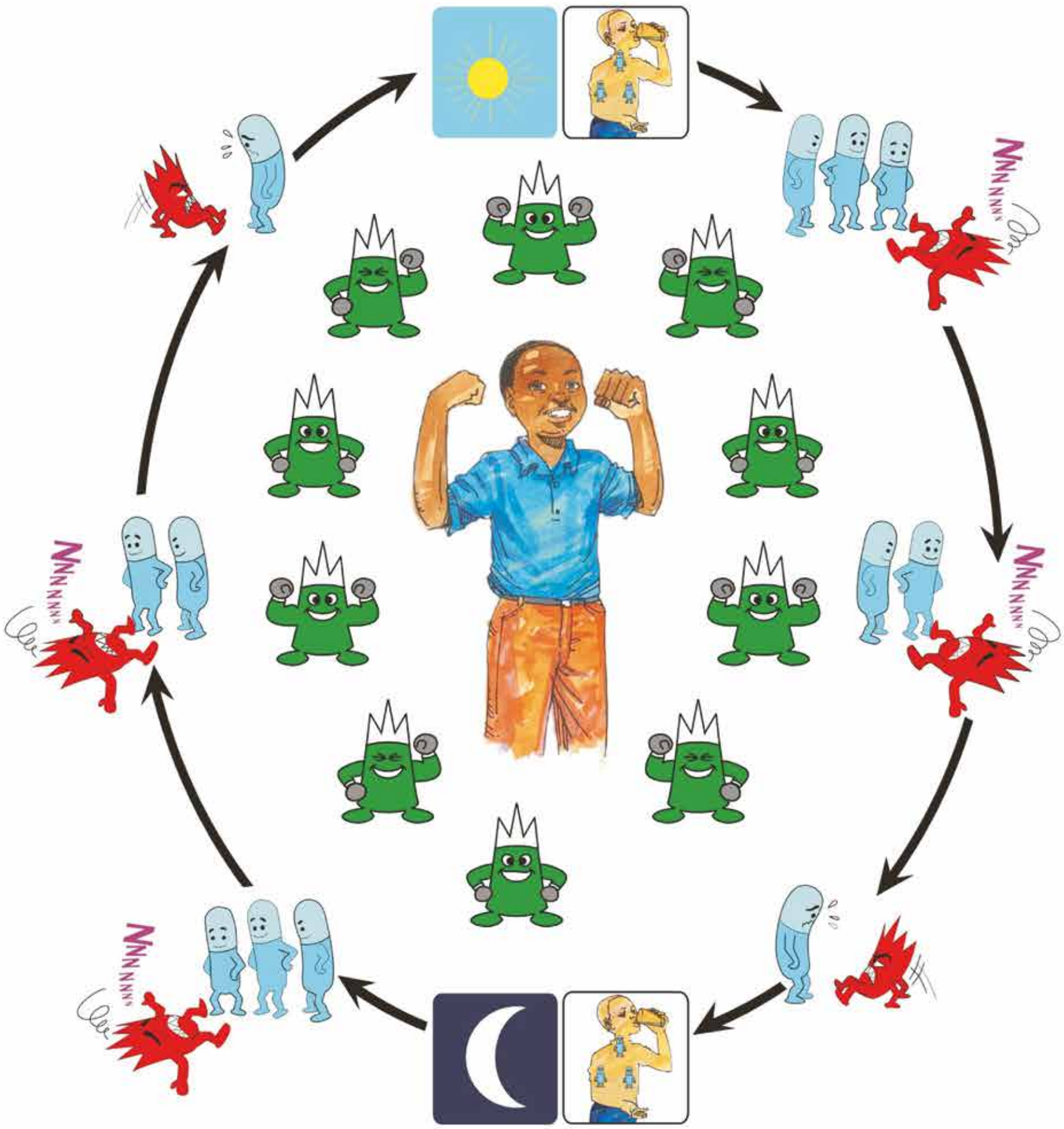
Messages:

Partial disclosure

1. We should take drugs every day as close to the same time as possible. Some children will have to take drugs once a day and others will have to take drugs twice a day (morning and evening).
2. If we take them every day, the blue soldiers will fight the red germs so they become weak and our green soldiers will stay strong.
3. If we are missing some doses of medication, the blue soldiers will not be enough to fight and the red germs will gain strength again.

Full disclosure

1. We should take ARVs every day as close to the same time as possible. Some children will have to take ARVs once a day and others will have to take ARVs twice a day (morning and evening).
2. If we take them every day, the blue soldiers (ARVs) will fight the red germs (HIV) and make them weak so our green soldiers (CD4s) will stay strong.
3. If we are missing ARV doses, we will not have enough blue soldiers to fight and the red germs (HIV) will gain strength again.



Card 12: Treatment resistance

Questions:

- What do you see in the picture?
- What happened to the red germs?
- How do the blue soldiers look?

Messages:

Partial disclosure

It is dangerous to forget to take ours pills, or to stop the treatment for a while.

The red germs are smart and when the blue soldiers are not there every day (once or twice), the red germs will disguise themselves and turn into purple germs.

When you start taking your drugs again, the blue soldiers will not recognize these purple germs and will not know how to fight them.

The purple germs will fight the green soldiers and the yellow germs will enter the body again.

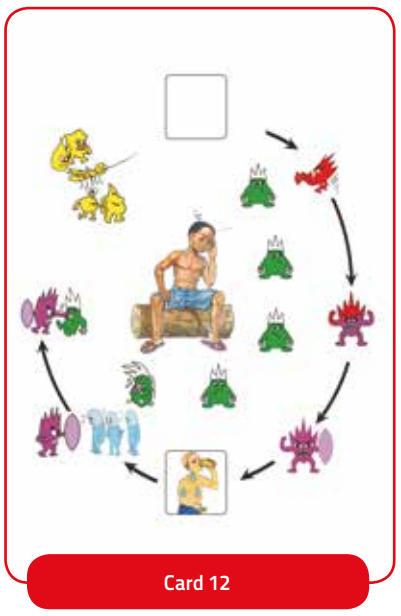
Full disclosure

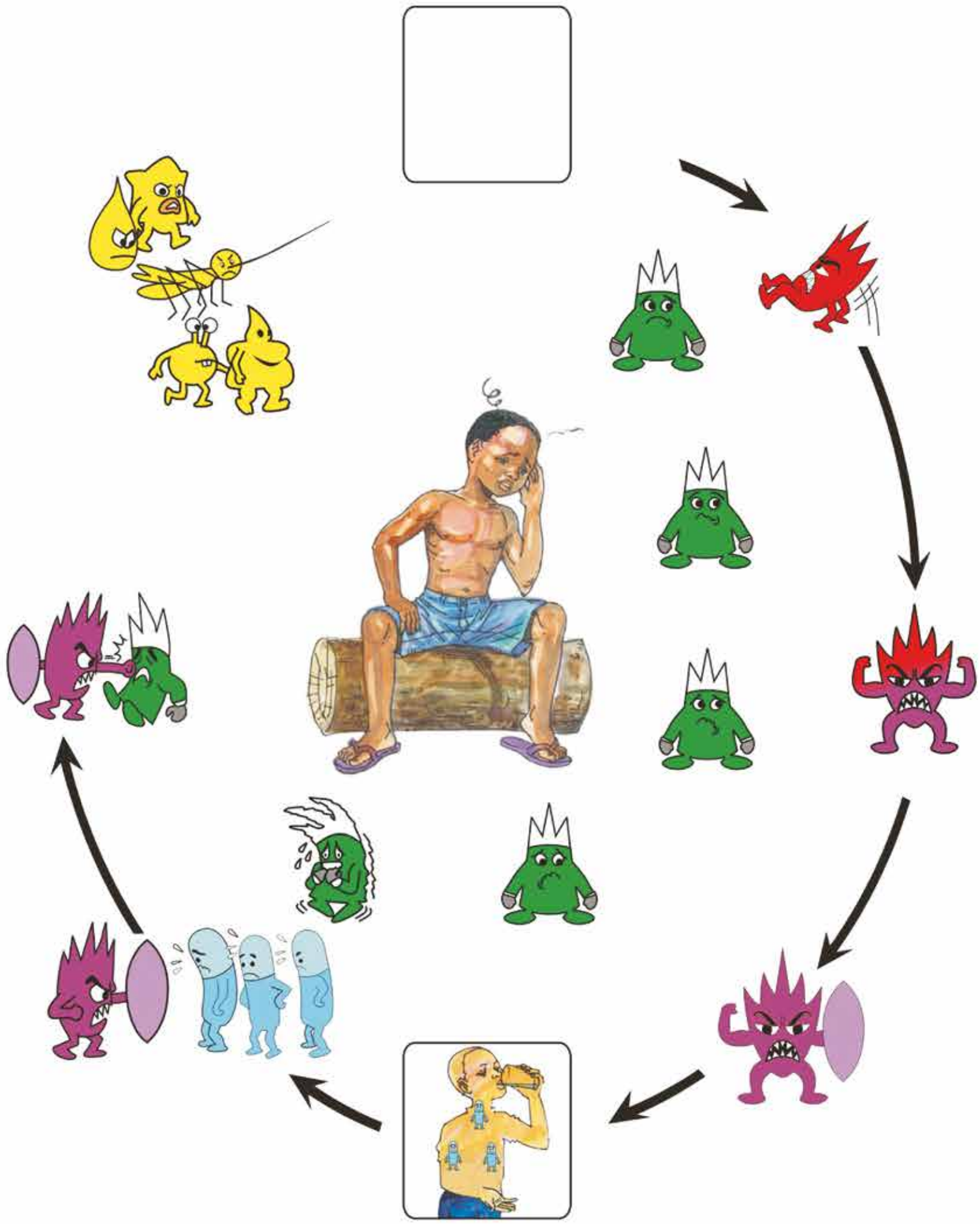
It is dangerous to forget to take ours pills, or to stop the treatment for a while.

The HIV is smart and when the blue soldiers (ARVs) are not there every day (once or twice depending on the treatment), the red germs will disguise themselves and turn into purple germs.

When you start taking your drugs again, the blue soldiers (ARVs) will not recognize these purple germs and will not know how to fight them. We say that HIV became resistant to your ARVs, and they will no longer be able to make the HIV become weak.

The resistant HIV will fight the green soldiers (CD4s) and the yellow germs (diseases) will enter the body again.





Card 13: Second and third line treatments

Questions:

- What do you see in the picture?
- How do the blue soldiers look?

Messages:

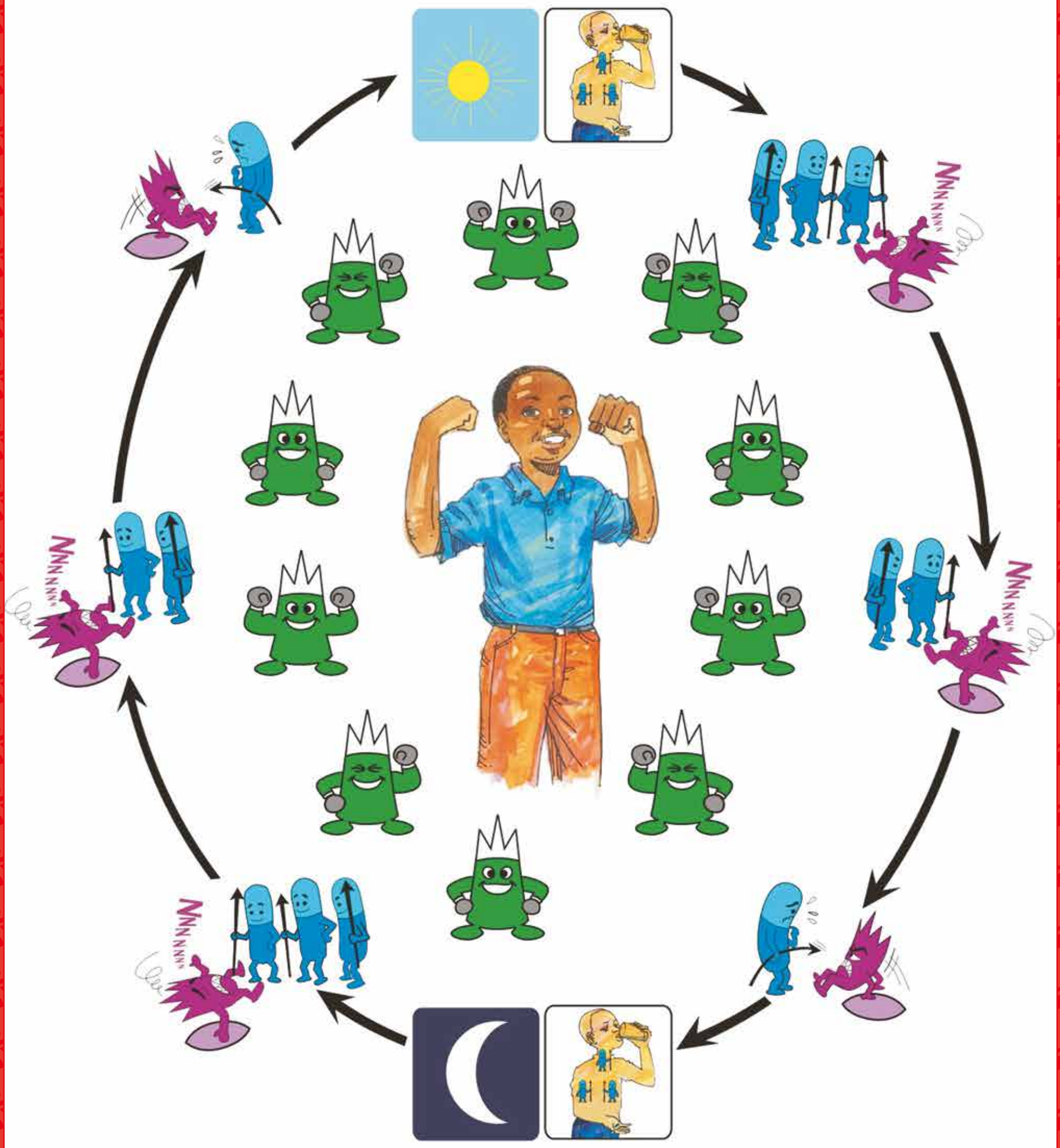
Partial disclosure

1. The drugs you used to take are not able to fight the purple germs. The blue soldiers are not able to make the purple germs weak and you will need to take other drugs now.
2. There is another type of blue soldiers that are stronger and they do know how to fight the purple germs so they become weak.
3. We should not forget to take these drugs or stop them otherwise we might have to change again for other blue soldiers, 3rd line ARVs, which can be more complicated to take or to access the treatment.

Full disclosure

1. The drugs (ARVs) you used to take are not able to fight the purple germs. The blue soldiers are not able to make the purple germs (HIV resistant) weak and you will need to take other drugs.
2. There are other drugs (2nd line ARVs/3rd line ARVs) that are stronger and they do know how to fight the purple germs (HIV resistant) so they become weak.
3. We should not forget to take the 2nd line ARVs or stop them otherwise we might have to change again to other ARVs, the 3rd line ARVs, which can be more complicated to take or to access.

Card 13



Card 14: Side effects

Questions:

- What do you see in the picture?

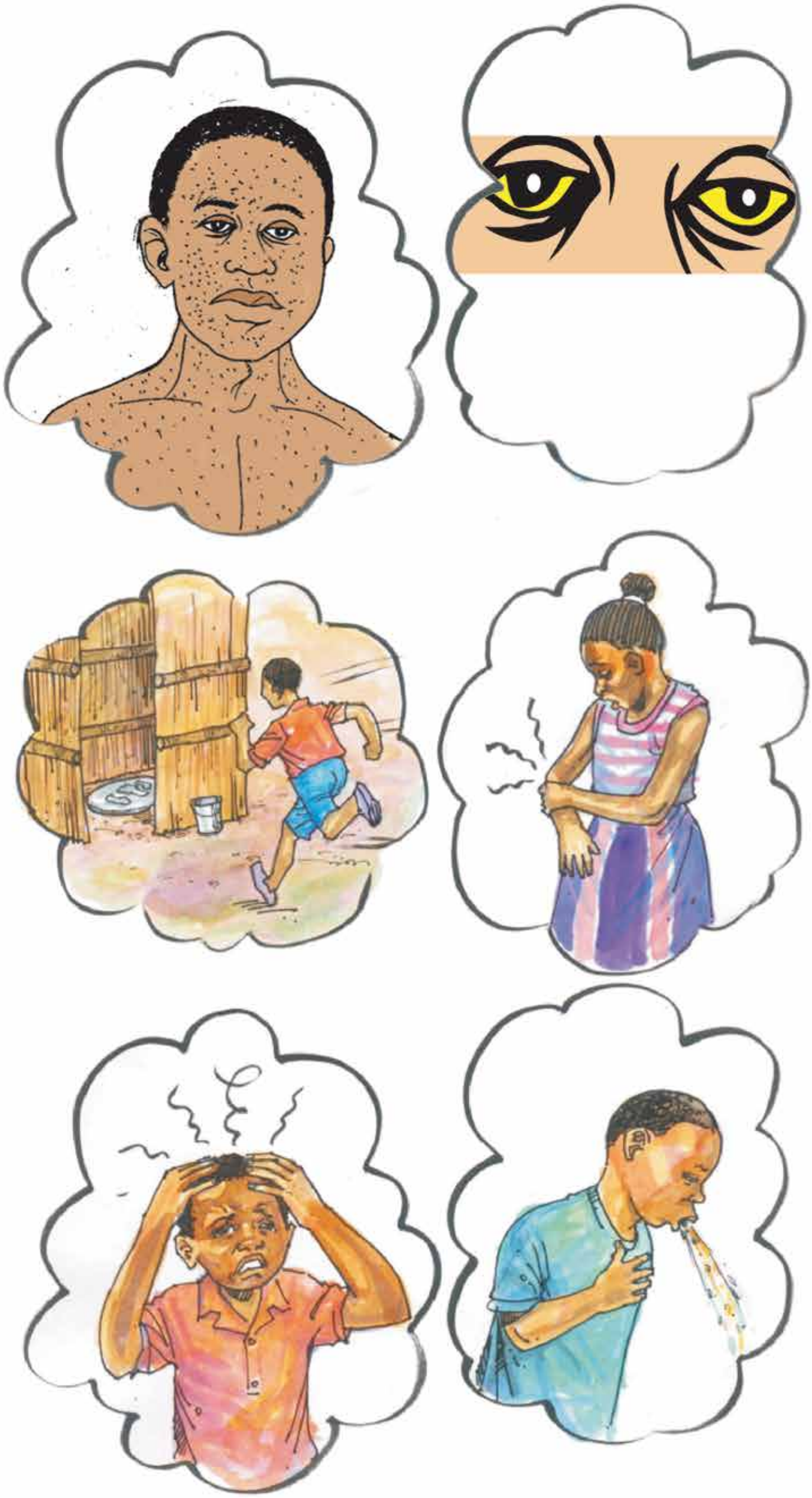
Messages:

Partial disclosure

1. Sometimes when starting with new drugs, we can get headaches, or body itches, or we can vomit.
2. This is normal because our body has to get used to the new drugs.
3. We should not stop the treatment because of these reactions. But when we are feeling very ill, we should come back to the hospital, like when we have a rash or blisters on the body, or when our eyes or skin turns yellow.

Full disclosure

1. Sometimes when starting ARVs, we can get diarrhea, headaches, we can vomit, or our body itches.
2. This is normal because our body has to get used to the new and strong ARVs. These reactions will usually go away in time.
3. Not all children will feel sick at the start of the treatment; it depends on the body of each child.
4. We should not stop the treatment because of these reactions. But when we are feeling very ill, we should come back to the hospital, like when we have a rash or blisters on the body, or when our eyes or skin turns yellow.



Card 15: Ways of transmission

Questions:

- What do you see in the picture?
- How do you think you got HIV?

Messages:

Partial disclosure

Not to be used.

Full disclosure

1. There are different ways in which we can get HIV:

- Through our mother: if she is pregnant and has HIV, she can transmit the virus to her baby during pregnancy, at birth, or during breast-feeding. A mother does not transmit HIV to every child, so your brother or sister can be HIV negative.

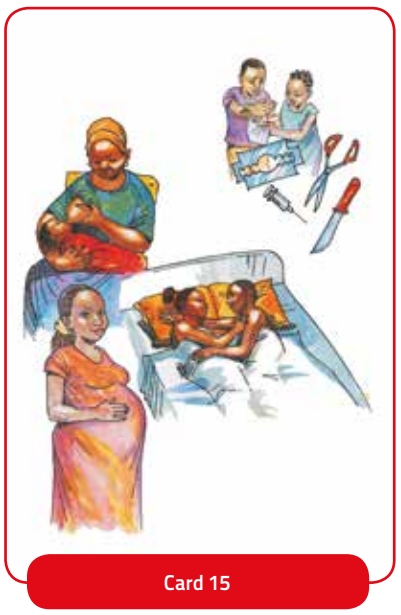
- By using sharp materials like razorblades or needles that were in contact with HIV-infected blood but this way of transmission does not happen often.

- When we experience unprotected sexual penetration either vaginal, anal, or oral with somebody who has HIV. .

2. It is nobody's fault that you have HIV. The virus was not passed to you on purpose or because you did something wrong.

3. HIV cannot be transmitted by playing, kissing, hugging, eating from the same plate, drinking from the same glass or using the same toilets.

   Some people do not understand that HIV is not passed in these ways. This misunderstanding can make people not want to be with HIV positive children. Tell your parent, caregiver, or teacher if this happens to you because this is wrong.



Card 15

Card 16: Sexual violence

Questions:

What do you see in the picture?

Messages:

Partial disclosure

Sometimes adults do things to you that you do not like, such as touching you on your private parts, taking off your clothes, or forcing you into sexual activity.

It can happen everywhere, at school, on the road, at home.

You have the right to say "no" if adults want to do this to you, because this is wrong. It is not your fault if this happens.

Whenever this happens, you should tell this to an adult you trust.

Full disclosure

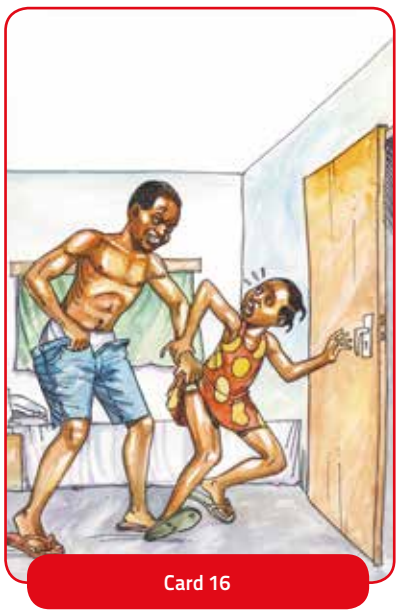
Sometimes adults do things to you that you do not like, such as touching you on your private parts, taking off your clothes, or forcing you into sexual activity.

It can happen everywhere, at school, on the road, at home.

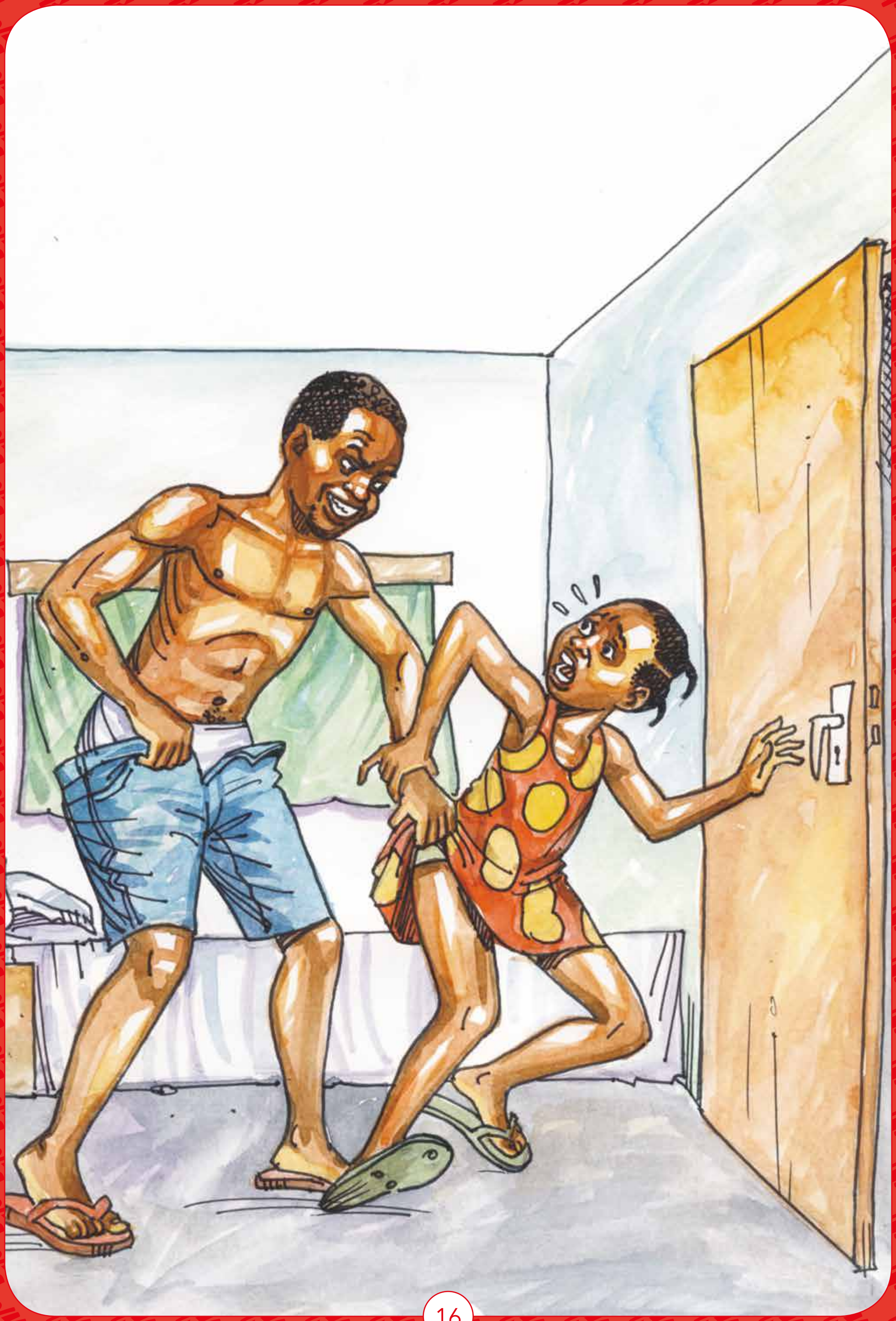
You have the right to say "no" if adults want to do this to you, because this is wrong. It is not your fault if this happens.

Whenever this happens, you should tell this to an adult you trust

This can also be a way how some children get HIV.



Card 16



Card 17: Keeping a secret

Questions:

- What do you see in the picture?
- Do you have friends? Who are they? Why do you like them? Who else do you like to talk with?
- Do you share secrets with certain people? Why do you keep some secrets to yourself?

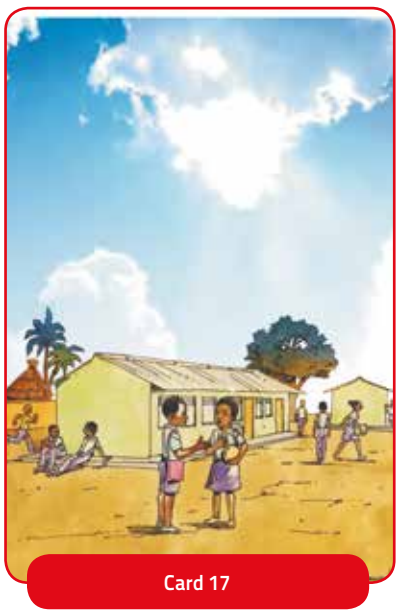
Messages:

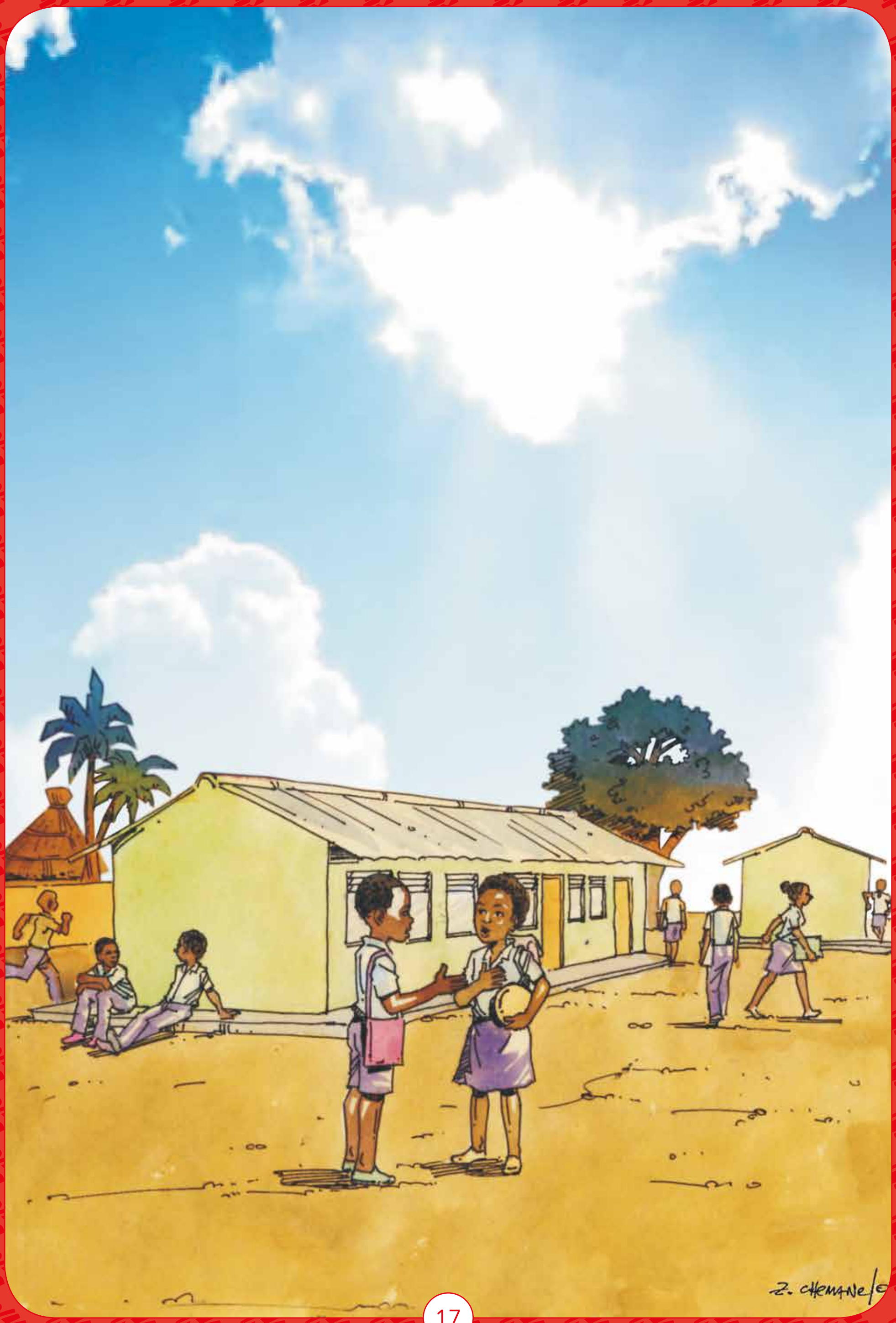
Partial disclosure

1. Sometimes we keep things a secret because other people will not understand, or because people would spread the secret around.
2. Coming to the hospital or taking drugs is nothing to be ashamed of. Some children do not mind other people knowing this. Other children would rather keep it as their secret.
3. Ask your caregivers who you can talk with about coming to the hospital or taking drugs.

Full disclosure

1. Sometimes we keep things a secret because other people will not understand, or because people would spread the secret around.
2. Being HIV infected is nothing to be ashamed of. Some people do not understand HIV well though, and don't treat children with HIV very nice.
3. That is why some children like to keep their HIV status a secret. Other children do not mind people knowing their HIV status and try to explain to others what HIV really is.
4. Ask your parents who you can talk to about it.




Z. CHEMANE

Card 18: Growing up as an adolescent

Questions:

- What do you see in this picture?
- What happens to us when we grow up as teenagers?

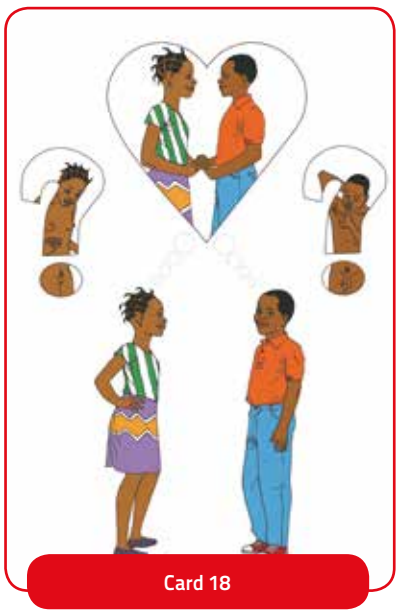
Messages:

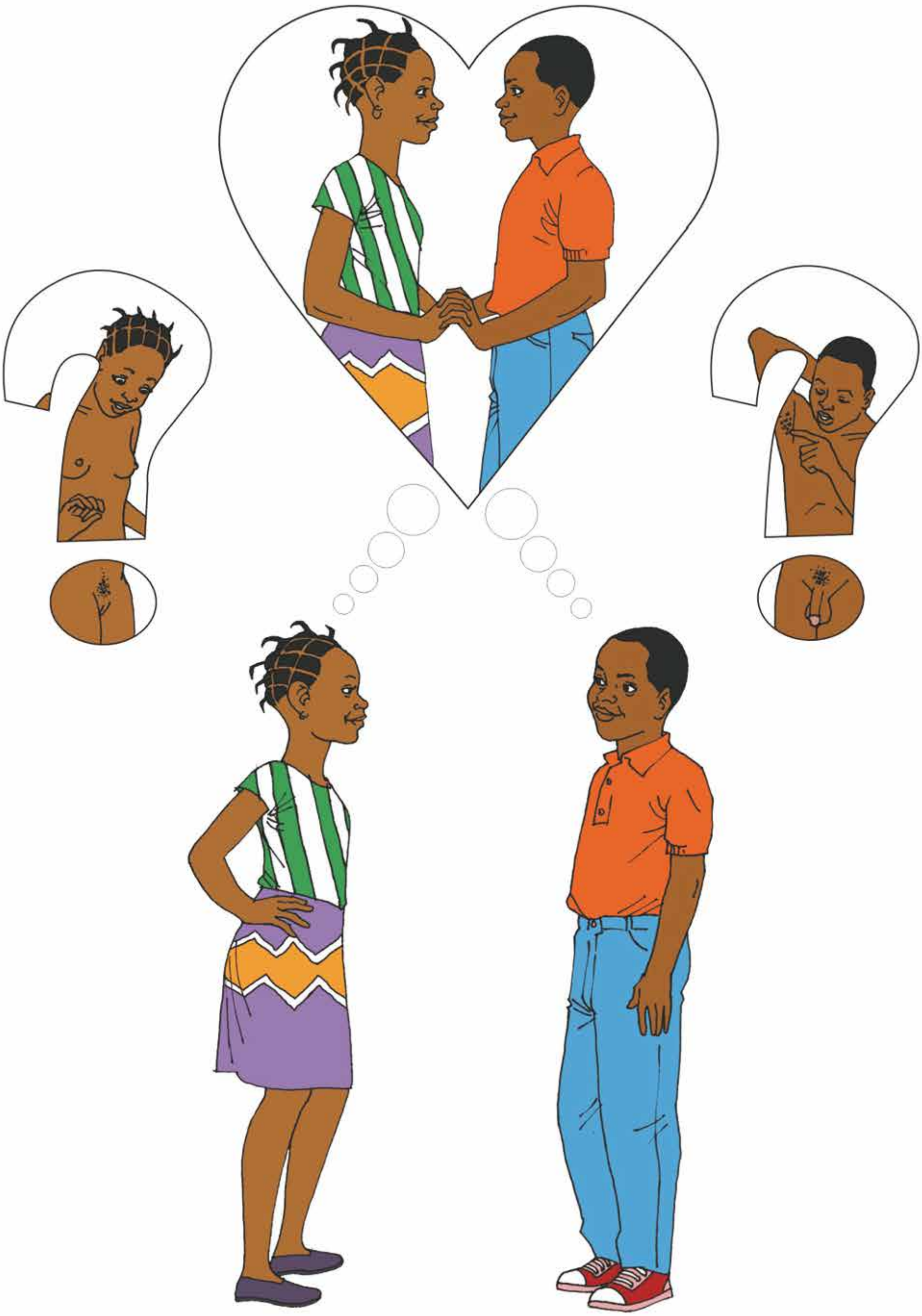
Partial Disclosure:

Not to use

Full Disclosure:

1. As we grow up our body starts changing and we become more and more like adults. Boys start having a deep voice, develop muscles, and grow pubic hair. Girls will develop breasts, pubic hair and start having their monthly periods (menstruation). All these changes happen sooner or later to every teenager and are part of normal development.
2. At the same time our feelings can also start to change. We become curious about our bodies and attracted to others and desire to be close to them.
3. Some start having sexual relationships while others will decide to wait. It is your right to decide what you want. However, before considering or agreeing to sexual activity, it is important to understand how to be emotionally and physically prepared. Protecting yourself and your sexual partner is a responsibility, as it is to prevent consequences such as exposure to Sexually Transmitted Infections or having to decide what to do about an unplanned pregnancy. Additionally, it is your right to refuse sexual touching or activity imposed by anyone unless you give your consent.





Card 19: Sexual Relationships

Questions:

- What do you see in this picture?
- What are the advantages of using a condom when having sex?
- How can you propose using a condom to your partner?

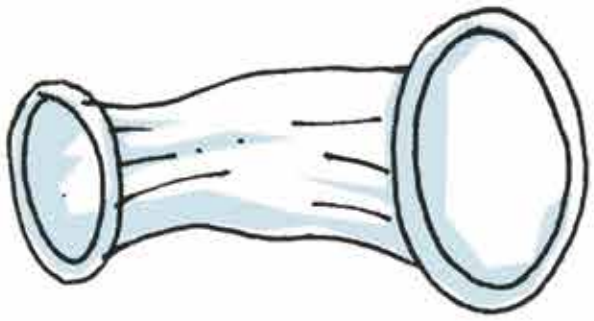
Messages:

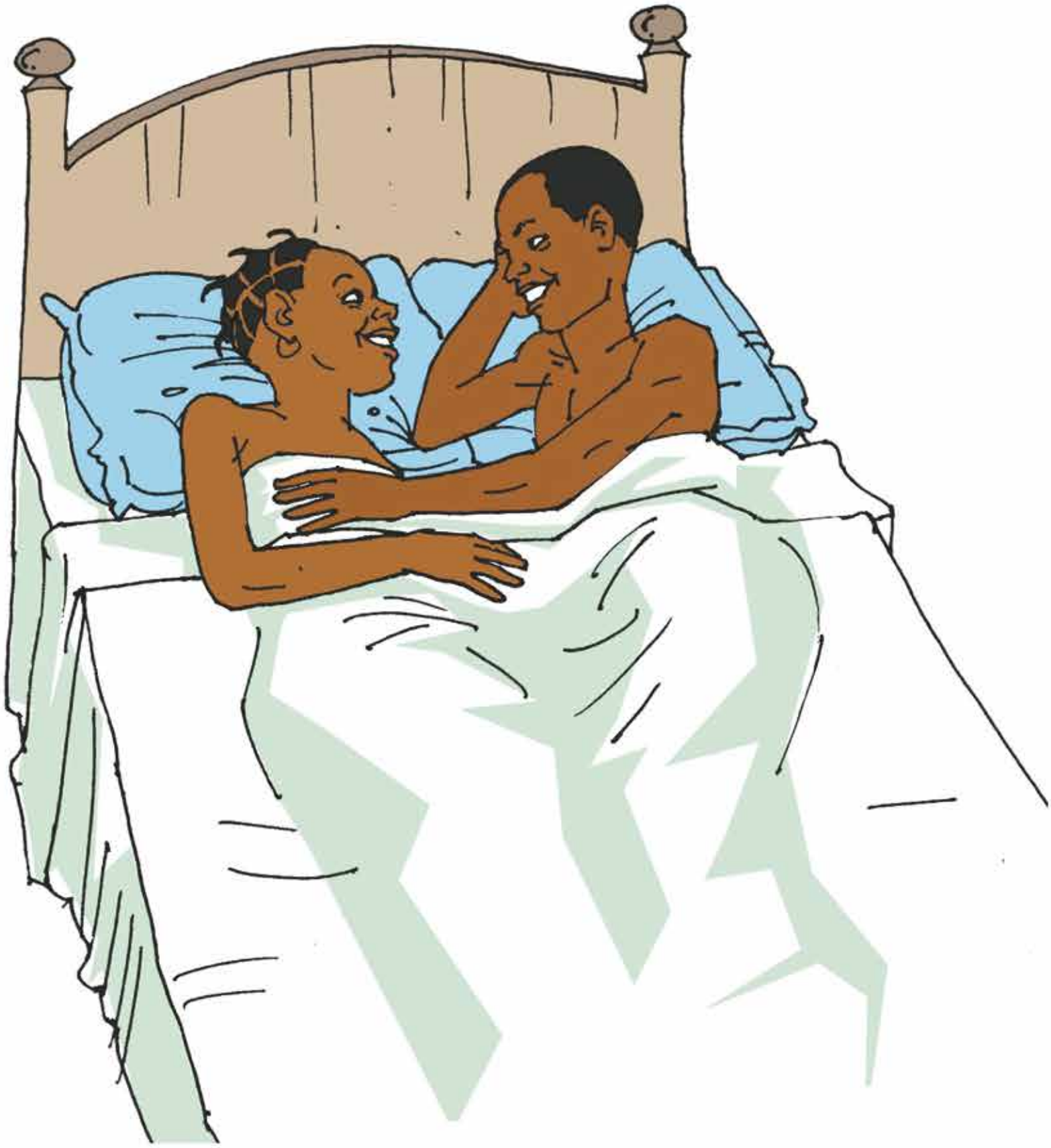
Partial Disclosure:

Not to use

Full Disclosure:

1. Being HIV positive, we should protect ourselves when having sexual relations. If we have unprotected sex, we could pass HIV to our partner, get other sexually transmitted diseases (STIs) or get pregnant.
2. Common STIs are HPV, chlamydia, gonorrhea, syphilis, herpes, etc. Some STIs generate symptoms but some others do not generate visible symptoms even though they can damage patients' health on the long run.
3. Talking about HIV status with your partner can help both of you to prevent STI transmission and unplanned pregnancies.
4. Condoms can prevent us from passing HIV to our sexual partners. Condoms also protect from getting other sexually transmitted infections and unplanned pregnancies. We can demonstrate how to use male or female condoms properly. Would you like to know more about it?





Card 20: Female Reproductive System

Questions:

- What do see in this picture?
- How do women get pregnant?
- What are periods and where do they come from?

Messages:

Partial Disclosure:

Not to use

Full Disclosure:

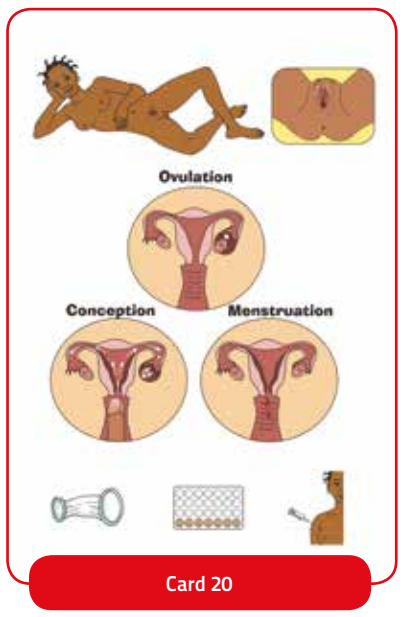
1. The private parts of a girl look like this from the outside: a little bubble called the clitoris can produce a pleasurable sensation for the girl when it is touched. A small opening beneath the clitoris is where urine comes out. Another opening below is the vagina, where monthly periods can flow from. That is where a baby comes out during delivery. It is also the place where a man's penis enters a woman during sex (vaginal intercourse).

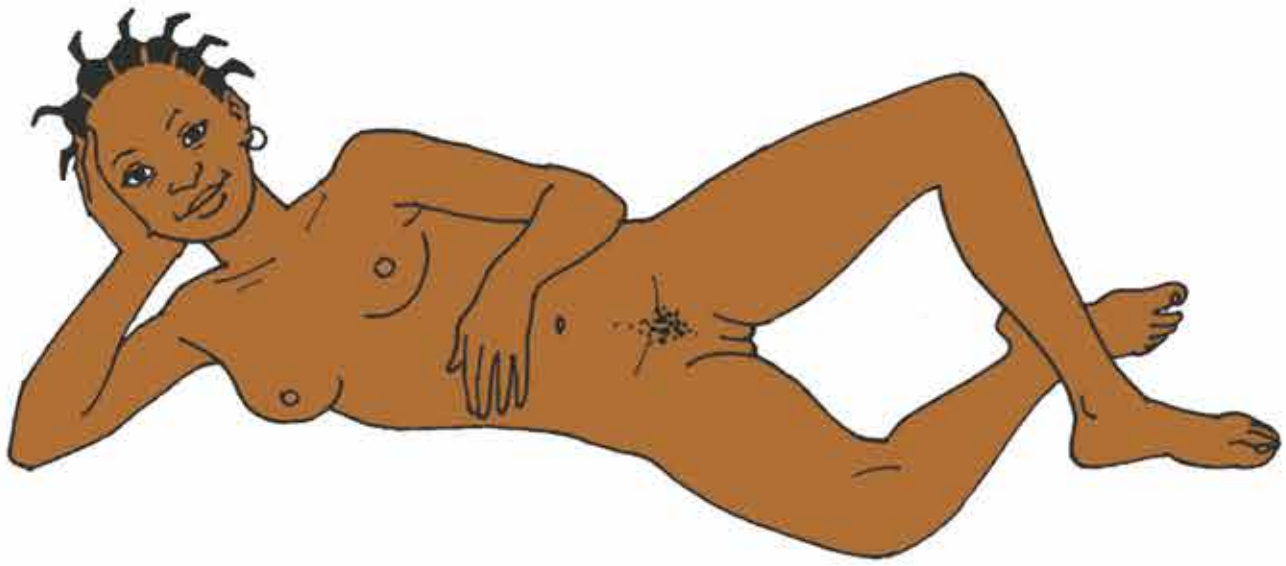
2. Both men and women produce sexual fluids during sex – these contain virus in the HIV+ person and HIV can be transmitted by exposure to these fluids during vaginal intercourse. Women produce vaginal secretions and menstrual blood during her monthly period. Men produce a fluid called the pre-ejaculate (or pre-seminal fluid) during excitation, and during climax release a fluid called the ejaculate (or semen – the white milky fluid which contains sperm). Both fluids in HIV + men contain HIV. The sperm cells (or "spermatozoa") do not contain virus but are bathed in fluid that does. If sperm cells are released inside a woman's vagina that can lead to fertilization of an egg and pregnancy.

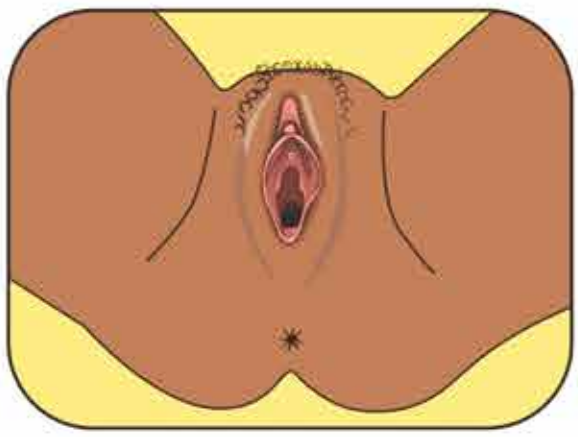
3. Girls can protect themselves from getting pregnant, HIV and STIs by using the female or male condom during intercourse. This is the best protection for her.

4. She can also prevent unplanned pregnancy by using an additional Family Planning method such as the contraceptive pill or quarterly skin injections. However these do not protect against HIV and STIs. It is recommended that a contraceptive method is used in combination with a condom in order to ensure the best health for women, and to ensure she can be properly prepared for pregnancy in the future ONCE SHE IS READY.

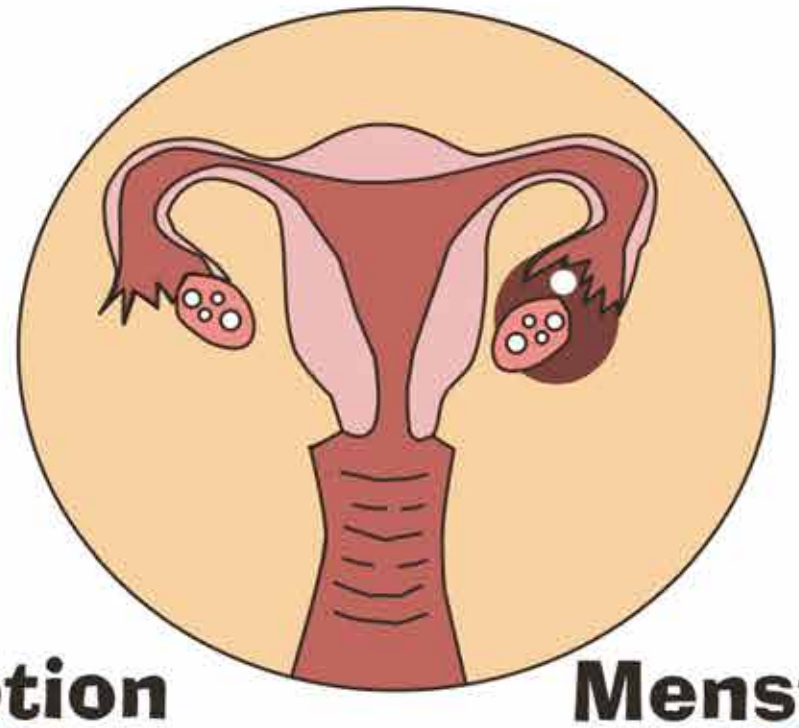
5. HIV positive women can marry and produce children like other women. To reduce the risk of the baby becoming infected with HIV, women can take Anti-Retroviral Treatment, and follow the Prevention of Mother to Child Transmission service (PMTCT)



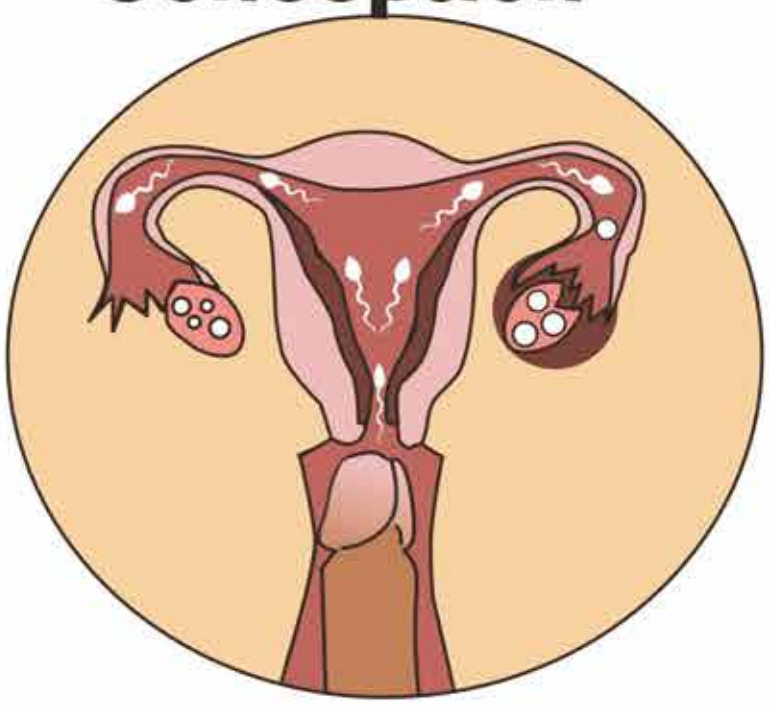




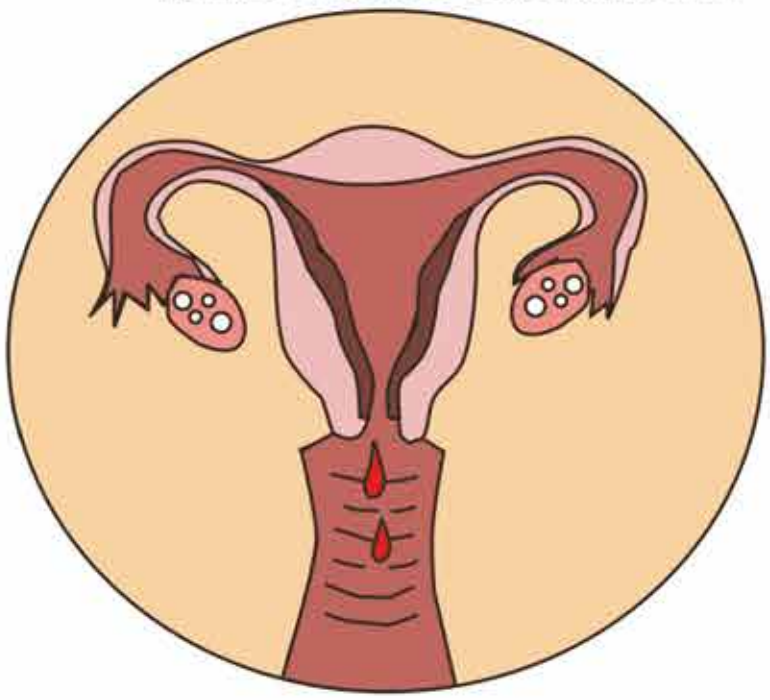
Ovulation

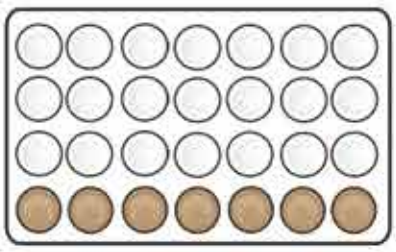


Conception



Menstruation





Card 21: Male Reproductive System

Questions:

- What do you see in this picture?

Messages:

Partial Disclosure:

Not to use

Full Disclosure:

1. This is how the private parts of a teenage boy appear.
2. All boys have a penis and can get erections. When erect, the penis becomes enlarged and hard and will rise upwards. A penis can become erect when a boy is sexually excited, but this can also happen at other times.
3. When a man is sexually stimulated, he will reach a climax (orgasm), in which he ejaculates a white milky fluid (semen or ejaculate- which contains sperm).
4. Prior to a climax, a male can produce a clear fluid called the pre-ejaculate (or pre-seminal fluid). Both sexual fluids, the pre-ejaculate and the ejaculate, contain virus in the male who is HIV+.
5. From the moment a male begins having ejaculations he is sexually mature and capable of making a female pregnant if his sperm comes into contact with her vagina.
6. If a boy wants to have sexual intercourse with a girl, he must ensure that she agrees to it. They then use a male (or female) condom to avoid transmitting HIV or Sexual Transmitted infections (STIs), AND PREVENT an unplanned pregnancy.
7. Men and women with HIV are capable of producing babies like others. In order to prevent that an HIV infection is passed to a child, men and women can take anti-retroviral treatment (ART) to keep their virus controlled, and consult a health care provider when ready to conceive and raise a child.