

## GOALS

- Explain why participants cannot tell by looking if someone is HIV-positive.
- Locate HIV testing services in the community.
- Talk about the benefits and challenges of testing for HIV.

## MATERIALS

- 2 tennis balls with “HIV” written on each in red
- Stopwatch

### FIND THE BALL: PART 1 – BALL IS JUST A BALL

- Divide participants into 2 sex-balanced teams.
- Instruct teams to stand shoulder to shoulder (like a wall in soccer), facing each other 5 feet apart, and to put their hands behind them.
- Secretly give a ball to a participant on each team, and ask the teams to pass the ball hand-to-hand behind their backs so the other team cannot see.
- Yell “stop!” and walk behind each team to identify who is holding the ball.
- Pick 1 participant to guess which participant on the other team is holding the ball.
- Act as a soccer announcer as guessing goes back and forth until somebody finds the ball (scores a goal).
- Instruct the teams to play again. The first team to score 2 “goals” wins.

### FIND THE BALL: PART 2 – PARTICIPANT HOLDING THE BALL REPRESENTS HIV-POSITIVE PERSON

- Explain to participants that they will now play a round pretending the person holding the ball is HIV-positive.
- Instruct the teams to play again. The first team to score 2 “goals” wins.

## DISCUSSION

- *Question: Was it easy to find the ball? How did you try to tell who was holding the ball? Can you tell if someone has HIV by looking?*
  - **KEY MESSAGE: You cannot tell if someone has HIV just by looking at him or her.**
- *Question: What myths have we heard about how to tell if someone is HIV-positive?*
  - Hair is falling out, lose weight, skin rashes, always sick, etc.
- *Question: Why are these all just myths?*
  - Someone could have these signs because of other sicknesses.
- *Question: How can someone be sure of his or her HIV status? What kind of places can you go to for HIV testing?*
  - **KEY MESSAGE: The only way for someone to know his or her HIV status is to go for HIV testing at places including hospitals and clinics.**
- *Question: What are the benefits of getting tested for HIV?*
  - If a person has not been tested, then he or she cannot get proper treatment.
- *Question: Why do some people not get tested? What are the challenges of getting tested?*
  - For fear of stigma and discrimination. Stigma is thinking a person or group is bad; for example, thinking a person is a bad person because he or she has HIV. Discrimination is treating a person or group unfairly; for example, when people talk negatively about HIV-positive people to their friends.