

GOALS

- Explain 3 ways participants will avoid the major risks that can lead to HIV.
- Describe 3 consequences that HIV and AIDS have on an individual, his or her friends and family, and his or her community.

MATERIALS

- One soccer ball for every 5-10 participants
- Five cones per soccer ball
- Risk Field cards (Unprotected Sex, Multiple Partners, older Partners, Sex for Stuff, Alcohol Abuse)
- Whistle
- Stopwatch

PREPARATION

- Decide how many teams you will play Risk Field with based on the size of your group and the number of balls and cones available.
- Make the appropriate number of lines and attach the 5 Risk Field cards to the middle line.

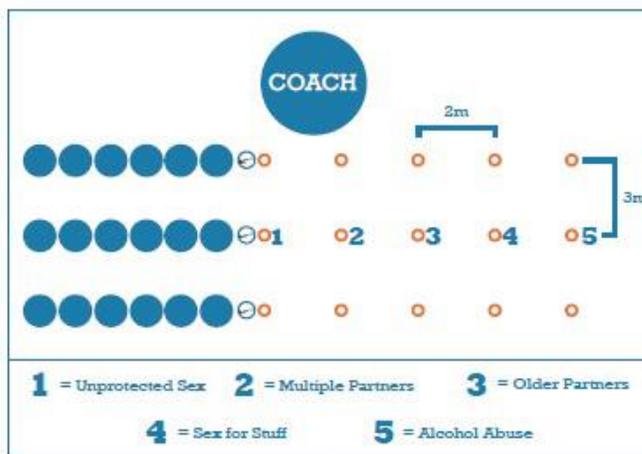
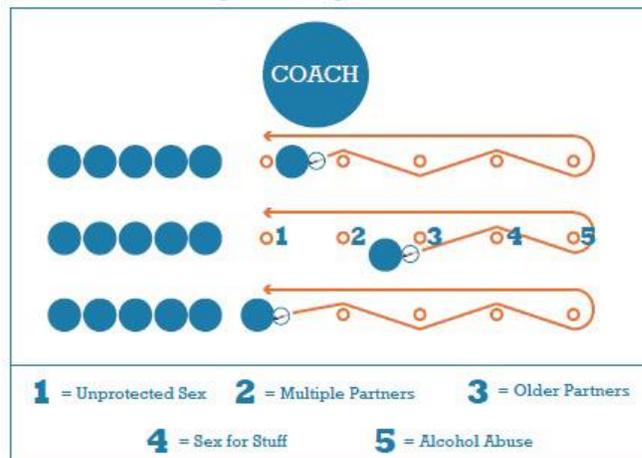
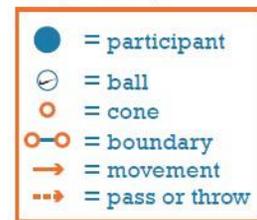


Diagram key:



RISK FIELD: PART 1 – INTRODUCE HIV RISKS

- *Question: What is a risk?*
 - Something that can put us in danger.
 - *Question: What are some of the risks for getting HIV?*
 - Unprotected sex, multiple partners, older partners, sex for stuff and alcohol abuse
 - In Risk Field we are going to be talking about these risks (attach the Risk Field cards to the appropriate cones as labeled in the diagram).
 - **KEY MESSAGE: There are many risks in life that can lead to HIV and AIDS including: unprotected sex, multiple sexual partners, older partners, sex for stuff and alcohol abuse.**
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RISK FIELD: PART 2 – PLAY WITH CONSEQUENCES OF GETTING HIV ON THE INDIVIDUAL

- Organize participants into the numbers of teams you decided to use and ask each team for a team name. In creating teams, try to keep the teams as gender balanced as possible.
- Explain and demonstrate the rules of the game:
 - Each teammate dribbles carefully around all cones then back to the line and sits down. The first team to complete the exercise wins.
 - When a participant touches a cone, they must stop and do an exercise (e.g. 3 push-ups) before continuing.
- Ask participants to think about why they have to do push-ups if they hit a cone/risk for getting HIV.
- Blow your whistle and let participants play. After playing, identify the team that finished first.

DISCUSSION

- *Question: Was it easy to dribble through the cones quickly?*
 - *Question: How did it feel when you had to do an exercise for hitting a cone?*
 - *Question: What can happen in life if you do not avoid these risks for getting HIV?*
 - You might get HIV by having unprotected sex with an HIV-positive person.
 - *Question: What are some of the consequences that you might face as an individual if you get HIV?*
 - Loss of income or job if you get sick; stigma and discrimination; depression and stress; you may get sick and possibly die.
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RISK FIELD: PART 3 – PLAY WITH CONSEQUENCES OF GETTING HIV ON THE FAMILY AND FRIENDS

- Explain and demonstrate that the participants will again play the same way, but this time if they hit a cone, they have to stop and everyone on their team has to do an exercise before the dribbler can continue.
- Explain that our teammates represent our family and friends.
- Blow your whistle and let participants play. After playing, identify the team that finished first.

DISCUSSION

- *Question: How did it feel when your whole team had to do an exercise when you hit a cone? Were you more careful this time? Why?*
 - *Question: Why did your teammates have to do an exercise when you hit a cone?*
 - *Question: If you have HIV, what are some of the consequences on your family and friends?*
 - Loss of income; stigma and discrimination; time spend on home-based care; sadness and stress.
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RISK FIELD: PART 4 – PLAY WITH CONSEQUENCES OF GETTING HIV ON THE WHOLE COMMUNITY

- Explain and demonstrate that the participants will again play the same way, but this time if they hit a cone, they have to stop and everyone playing and observing Risk Field must stop and do an exercise before continuing.
- Tell participants that the team that hits the fewest cones is the winner.
- Blow your whistle and let participants play. After playing, identify the team(s) that hit the fewest cones.

DISCUSSION

- *Question: How did it feel when everyone had to do an exercise when you hit a cone? Did we hit fewer cones? Why?*
- *Question: Thinking about life, why did everyone have to do an exercise if one person hit a cone?*
 - If we get infected with HIV, the whole community and nation is affected.
- *Question: What are the consequences of HIV on the community and nation?*
 - Government resources spent on HIV care and treatment; decreased productivity due to loss of workers like farmers and teachers; stigma and fewer people seeking testing and treatment for HIV.
- **KEY MESSAGE: Getting HIV can have serious consequences for us, our families and friends, and our whole community.**