

HIV Peer Educator

Duration:	4 days
Time:	8:30 to 16:00 daily Last day until 14:00
Venue:	INCON Health H/O, Durbanville or as per client request (on site)
Refreshments:	INCON Health: Light lunch and tea/coffee provided Client request: As per client
Who would attend?	Interested People - Identified by HR
Course language:	English
Course material provided:	Course manual, handouts and stationery
Examination required:	Yes
Dates for the year:	As per request
Max:	15 people

Contents:

1. What is a Peer Educator?
2. The skills a Peer Educator needs
 - 2.1 Understanding the difference between child and adult education and training
 - 2.2 How we learn – Brain Compatibility learning
 - 2.3 Communication skills
 - 2.4 Relationship skills
 - 2.5 Sustainability of a Peer Education Programme
3. The knowledge a Peer Educator needs
 - 3.1 What are STI's?
 - 3.2 What is HIV? What is AIDS?
 - 3.3 How are STI's and HIV/AIDS transmitted?
 - 3.4 What is the difference between TB, HIV and AIDS?
 - 3.5 The window period
 - 3.6 When to recommend Voluntary Counselling and testing
 - 3.7 Confidentiality
4. Values, Attitude, Risky and/or safe behaviour and the behaviour change process
 - 4.1 How to change your behaviour
 - 4.2 What are Values, Attitude and Behaviour
 - 4.3 Self esteem
 - 4.4 Decision making
 - 4.5 Who is at risk: high, low or no risk
 - 4.6 Understanding behaviour change
 - 4.7 How to motivate and support behaviour change in others:
The Peer Educator's work

