

# HIV Peer Educator

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

