The Cricket HIV and AIDS Curriculum
The Cricket HIV and AIDS Curriculum

The International Cricket Council and the Joint United Nations Programme on HIV/AIDS
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Glossary 38
Section 1

“The threat of AIDS in many of the countries where cricket is played is acute. Coaches – the people players trust, look up to and learn from – should prepare their teams for their own lifetime battle against HIV and AIDS just as they prepare them for their sporting endeavours. Dedication, honesty and unstinting emphasis on personal responsibility are what we look to coaches to provide their players. The unique Spirit of Cricket demands that this essential social role is fulfilled throughout the cricket world.”

- International Cricket Council President Ehsan Mani

The International Cricket Council and HIV and AIDS

Recognizing the impact that HIV and AIDS is on having on young cricketers in cricket-playing countries, in September 2003, the International Cricket Council (ICC) entered into a partnership with the Joint United Nations Programme on HIV/AIDS (UNAIDS) under the slogan ‘Run Out AIDS’. The aim of the partnership is to use cricket to raise public awareness of HIV and AIDS in the cricket-playing world.

Since September 2003, the ICC has implemented numerous awareness-raising initiatives at the global level to drive the level of understanding and education about HIV and AIDS.

At a national level, all of the ICC’s Full Member countries have appointed HIV/AIDS Awareness Coordinators to work closely with UNAIDS officials in their countries to implement initiatives.

A first highlight of the ICC/UNAIDS alliance was the activities that took place to mark World AIDS Day on 1 December 2003. Players from the six international cricket teams that played on or around this date — England, New Zealand, Pakistan, Sri Lanka, West Indies and Zimbabwe — wore red ribbons during the game as a sign of support for people living with HIV around the world. Many players sent positive feedback to the ICC about the initiative.

“The England team were only too pleased to support the ICC’s partnership with UNAIDS as we are all aware of what a problem the epidemic is around the world,” said England all-rounder Andrew Flintoff.

“AIDS is a disease that can affect any type of person in any country and I’m glad to have been able to lend my support to this important cause on World AIDS Day,” added New Zealand spinner Daniel Vettori.

From February to March 2004, at the ICC under 19s Cricket World Cup held in Bangladesh, players in all televised matches wore red ribbons. During the semi-finals, the electronic scoreboard showed the number of AIDS-related deaths since the start of the match.

In April 2004, UN Secretary-General Kofi Annan sent a personal message to the Indian and Pakistan teams during their historic Test Match in Rawalpindi, congratulating them on their contribution to the fight against HIV and AIDS by wearing red ribbons as a show of support for people living with HIV or AIDS:
“As role models you can encourage young people to protect themselves from HIV and your leaders to pay more attention to the epidemic. AIDS is a common enemy that both India and Pakistan have to fight together.”

On the occasion of World AIDS Day 2004, the captains of test-playing nations jointly issued a statement in support of the fight against HIV and AIDS and united to make the Captain’s Pledge.

**The Captains’ Pledge**

“There are over 40 million people around the world living with HIV and AIDS. Over a third of these live in the ten countries that play Test match cricket.

“HIV and AIDS is everyone’s problem and it is the responsibility of us all to do something about it.

“Our commitment is to address this epidemic by raising awareness and education levels in the cricket community.

“We urge young people to protect themselves from HIV and our leaders to pay more attention to the epidemic.

“When we step onto the cricket field we do so as rivals but in the battle against HIV and AIDS we are united. AIDS is a common enemy and we must fight it together.”

Signed,

Ricky Ponting (Australia)
Habibul Bashar (Bangladesh)
Michael Vaughan (England)
Sourav Ganguly (India)
Stephen Fleming (New Zealand)
Inzamam-ul-Haq (Pakistan)
Graeme Smith (South Africa)
Marvan Atapattu (Sri Lanka)
Tatenda Taibu (Zimbabwe)

* The West Indies did not have a captain at the time of World Aids Day 2004, but the West Indies Cricket Board has pledged its full support to the initiative

The Captains’ Pledge was a part of a series of initiatives that took place to coincide with World Aids Day 2004.
Executive Director of UNAIDS Dr Peter Piot has praised the ICC and the sport of cricket for its pioneering initiative and continuing commitment to the global AIDS response:

“Cricket players are leading the sports world in speaking out about AIDS boldly. The pledge taken by the cricket captains has opened a new front of leadership in the global effort to stop the AIDS epidemic.”

The Cricket HIV and AIDS Curriculum, developed in partnership with UNAIDS, is another step in the ICC’s efforts to raise awareness about HIV and AIDS by providing materials for AIDS education to young cricketers.

![Mello](image)

**mascot**

Cheeky and curious and socially aware, Mello is conscious of the growing HIV problem around the world and wears a red ribbon to show his support for the objectives of the ICC/UNAIDS ‘Run Out AIDS’ campaign.

### The statistics

Of the 40 million people living with HIV in the world today, over 24 million — more than half of the global total — live in cricket-playing countries — and most do not know that they have the virus. About 12.4 million live in those countries that play Test match cricket alone.

India and South Africa between themselves have over 10 million people who are living with the virus. In Zimbabwe, a continuing complex crisis has increased the numbers of groups vulnerable to HIV infection, and HIV is also spreading rapidly in the West Indies. Levels of HIV infection in Bangladesh, Pakistan and Sri Lanka are low at the moment but the potential for the spread of HIV is high and in Australia, New Zealand and the United Kingdom, current trends indicate a rise in sexually transmitted infections and in unsafe sex practices, pointing to the need for renewed prevention efforts.

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*Note:* Figures for India contained in PDF files have been updated since the report printing.
Global overview of the epidemic

HIV/AIDS continues to spread rapidly in Test cricket-playing countries

Total: 12.4 million*


Note: Figures for India contained in PDF files have been updated since the report printing; Bangladesh figures from UNAIDS Global HIV/AIDS Report 2002.
Estimated number of people (adults and children) living with HIV in ICC member countries, end 2003\(^2\)


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<th>Full Members</th>
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<td>Bangladesh 13 000</td>
<td>Australia 14 000</td>
<td>England (UK: 32 000)</td>
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<td>India 5 100 000</td>
<td>New Zealand 1 400</td>
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<td>Sri Lanka 3 500</td>
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| Associate Members | Central African Republic 260 000 | Argentina 130 000 | Malaysia 52 000 | Fiji 600 | PNG 16 000 |
|                  | Kenya 1 200 000 | Bermuda        | Nepal 61 000    |         |           |
|                  | Namibia 210 000 | Canada         | Singapore 4 100 |         |           |
|                  | Uganda 530 000  | USA 950 000   | UAE             |         |           |
|                  | Nigeria 5 3 600 000 | Cayman Isles | Hong Kong     |         |           |
|                  | Tanzania 1 500 000 |              |                 |         |           |

| Affiliate Members | Botswana 350 000 | Bahamas 5 600 | Brunei < 200 | South Korea 8 300 | Austria 10 000 |
|                  | Gambia 6 800     | Belize 3 600  | Oman 1300     | Cook Islands      | Belgium 10 000  |
|                  | Ghana 350 000    | Brazil 660 000 | Qatar | Japan 12 000 | Cyprus          |
|                  | Lesotho 320 000  | Chile 26 000  | Bhutan | Philippines 9 000 | Czech Republic |
|                  | Morocco 15 000   | Costa Rica 12 000 | Bahrain < 600 | Samoa | 2 500     |
|                  | Sierra Leone 3 600 000 | Cuba 3 300 | Afghanistan | Tonga | Finland 1500 |
|                  | St Helena       | Panama 16 000 | Kuwait | Vanuatu | Greece 9 100  |
|                  |                  | Suriname 5 200 | Thailand 570 000 | Indonesia | Luxembourg <500 |
|                  |                  | Turks & Caicos Islands | The Maldives |         | Malta <500           |

| Total Global     | 15 541 800       | 1 932 200    | 5 866 700      | 171 300 | 579 800     |

You, the cricket coach

Today’s young generation, which is the largest in number in history, has never known a world without AIDS. Young people between the ages of 15 and 24 are both the most threatened by AIDS — accounting for half of all new cases of HIV, or 6 500 new infections per day — and the greatest hope for turning the tide against the epidemic. Most young people become sexually active in their teens, many before their 15th birthday and yet millions of young people have not even heard of HIV.

In many communities, the impact of AIDS is already clearly visible; while in others HIV is still something whispered about. Yet AIDS is threatening to destroy our collective future and everyone must play their part to prevent HIV infection as well as to provide care and support to people already infected.

This is why you — a father, a son, a brother, a worker, a teacher and sometimes a cricket coach — are being called on to play your part in the response to HIV and AIDS. As a cricket coach, you play a special role in the lives of a number of young men. These young men are on the verge of discovering themselves, including their sexuality, and the world around them. These young men, who are searching for their own way to live and are trying to find answers to questions such as “Who am I?” and “What is it to be a man?,” are sometimes confused, angry and alone.

In an era when families are often disjointed and parents have less time for their children because of work and other pressures, people such as you, a cricket coach, have a significant role to play like never before. You are a constant in the lives of your players, someone who is trusted, looked up to and learnt from. You are a role model. And now you face the challenge of helping to protect these young men from HIV infection and to create a society that can respond to the needs generated by AIDS.

Contrary to popular belief, sexual health education does not hasten the onset of sexual experience or increase risk among those who are already sexually active. Research shows that good quality sexual health education can actually decrease the likelihood that young people will have sex and increase condom use among those who are already sexually active.

The choice you face is stark: Is it more embarrassing to talk about sexuality and drug use or watch your players and the people you love die from AIDS?

“Ask yourself: Is it more embarrassing to talk about sexuality and drug use or watch your players and the people you love die from AIDS?”

When talking to your players it is important not to overemphasize the negative aspects of sexuality — unwanted pregnancy, sexually transmitted infections, HIV and AIDS — and forget the positive aspects such as intimacy, sexual love and pleasure. Likewise when drugs are talked about the emphasis is often only on the damage they can cause. Your players will see through such an unbalanced approach and, as a consequence, they may reject all you have to say, seeking guidance and role models from peers and from the media. Speaking openly and honestly about sex and drugs is the key to gaining their trust so they can make the choices necessary to protect themselves.

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Young people need to know how to protect themselves from HIV. They need clear information before they become sexually active and before they might be tempted to experiment with alcohol and drugs. The cricket club is an ideal place for cricketers — boys and young men — to discuss matters of sexuality and substance abuse openly with members of their own sex under your protective guidance. They can also benefit from the advice of visiting health workers and others involved in the fight against HIV and AIDS.

If you do not have this expertise yourself, seek out local experts who are knowledgeable about and comfortable with sexual health education to lead discussions with your group. It’s alright for you to learn along with your group.

Play your part in protecting the world around you – Help hit AIDS for a six!

**Boys, young men and HIV and AIDS**

Boys and young men are often expected to know about sex and sexuality. This expectation stops many of them from seeking information about HIV and AIDS for fear of appearing ignorant. Information and education relating to HIV and AIDS can help boys and young men to make the necessary decisions for their healthy development and to become responsible adults. Studies show that when young men lack sexual health education (which can provide them with an understanding of their own bodies, pregnancy and sexually transmitted infections), they have an increased risk of contracting HIV.[4]

Globally, women find themselves at a greater risk of HIV infection largely because of their lack of power to determine where, when and whether sex takes place. However, cultural beliefs and expectations also heighten men’s vulnerability to HIV infection. Men are less likely to seek health care than women and are much more likely to engage in behaviours — such as drinking, using drugs or driving recklessly — that put their health at risk.

Here are a few of the reasons why boys and young men are at risk of HIV infection:

- Sexually transmitted infections (STIs) are most frequent in young people aged 15 to 24. Fifty percent of HIV infections occur in people in this age group.
- Young adults are particularly vulnerable to STIs, yet most know very little about them. Young people who become sexually active early are more likely to change sexual partners and risk greater exposure to STIs.
- Many young men drink alcohol when they socialize and excessive drinking often leads to unsafe sex because it becomes more difficult to say no to sex, to use condoms and to practise safer sex.
- Young people may be more reluctant to seek help from health services because they do not know they have an infection, because they are embarrassed or ashamed or because they cannot afford services.

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What's inside?

This manual has been designed to provide your cricketers with important HIV and AIDS and sexual health information. The activities for different age groups (10 to 12, 13 to 15, and 15 and over) are designed to help them:

- Acquire accurate information for themselves which they can share with their families and friends.
- Become more confident on issues of sexual health, postponing sexual debut and negotiating safer sex.
- Learn about resources in their own communities, for example, people they can talk to if they need further information or help.
- Explore issues of discrimination and prejudice and how these are linked to the spread of HIV and AIDS.
- Explore ways they can make a difference in the fight against HIV and AIDS.

A general quiz to test basic knowledge about HIV and AIDS is also provided. This can be used for all age groups.

It is up to you to decide how to run the sessions and how often they take place. The goal is to familiarize players about HIV and AIDS and break down barriers to discussion, but how best to go about this will depend on you, your cricketers and your club. It is suggested that an activity or discussion on HIV and AIDS, sexuality or substance abuse takes place once a week or, if the club doesn’t meet so often, use half an hour during practice.
Section 2

HIV and AIDS

What is HIV?

HIV stands for Human Immunodeficiency Virus. This is the virus that eventually causes AIDS, or Acquired Immunodeficiency Syndrome. HIV attacks and destroys the body’s immune system — the system that fights against infections.

What is AIDS?

AIDS — the Acquired Immunodeficiency Syndrome — is the late stage of the infection caused by the Human Immunodeficiency Virus (HIV). A person living with HIV can look and feel healthy for a long time before signs of AIDS appear. However, HIV weakens the body’s defence (immune) system until it can no longer fight off diseases and infections such as pneumonia, diarrhoea, tumours, cancers and other illnesses.

Is there a cure for HIV infection? No, there is no cure for HIV infection. Progression of the disease can be slowed down but it cannot be stopped completely. The right combination of antiretroviral drugs (ARVs) can slow down the damage that HIV causes to the immune system and delay the onset of AIDS.

Who is affected?

- HIV does not discriminate: anyone can get infected with HIV
- Every day 13 400 people become infected with HIV. Half of these are young people.
- Of the 42 million people living with HIV in the world, 24.3 million people live in countries that play cricket.
- South Africa has 5.3 million people living with HIV, the highest in the world. India follows next with 5.13 million people living with HIV. Trinidad and Tobago has the highest rate of HIV among cricketing-playing countries in the West Indies.

Can you tell someone has HIV just by looking at them?

You cannot tell if someone has HIV or AIDS by just looking at them. A person infected with HIV may look healthy and feel good, but they can still pass the virus to you. A blood test is the only way a person can find out if he or she is infected with HIV.
**HIV transmission**

**Can I get AIDS from “casual contact” with a person who has the HIV virus?**

HIV is not spread through casual contact. This means it is OK to play and work together, shake hands, hug or kiss a person living with HIV or who has AIDS. You can share the same room, breathe the same air, use the same drinking and eating utensils, use the same washing water and swim in the same water, as well. HIV is not passed through the air like a cold or flu bug. Mosquitoes or animals do not spread HIV. You cannot get HIV from spit or saliva, tears or urine.

**Should I be concerned about being infected with HIV while playing cricket?**

No, there is no evidence that HIV can be transmitted while playing cricket.

**How is HIV transmitted?**

You can become infected with HIV if you do certain things that allow enough of the virus to get into your bloodstream. There are only four body fluids of an infected person that have enough HIV in them to pass this virus on:

- Semen
- Vaginal fluids
- Blood
- Breast milk

More than 70% of HIV infections worldwide are estimated to result from sexual contact between men and women. Ten percent can be traced to sexual transmission between men, and 5% of infections are due to sharing needles, syringes and drug preparation equipment by people who inject drugs. Four out of five injecting drug users are men.

**Sexual transmission**

Penetrative sex is when a man’s penis penetrates the vagina or anus (of a woman or a man). HIV can be transmitted through unprotected (i.e. without the protection of a condom) penetrative sex. It is difficult to calculate the odds of becoming infected through sexual intercourse. It is known that the risk of infection through vaginal sex is high, however, and transmission through anal sex has been reported to be 10 times higher than by vaginal sex. A person with an untreated sexually transmitted infection (STI), particularly involving ulcers or discharge, is, on average, 6 to 10 times more likely to pass on or acquire HIV during sex.

Oral sex (using the mouth to stimulate a person’s sexual organ) is regarded as a low-risk sexual activity in terms of HIV transmission. Risk can increase if there are cuts or sores around or in the mouth and if ejaculation occurs in the mouth.

**Transmission through injecting drug use**

Reusing or sharing needles, syringes and drug preparation equipment represents a highly efficient way of transmitting HIV and other infections. The risk of transmission can be lowered substantially among injecting drug users by using new needles and syringes and not sharing them, by properly sterilizing reusable needles and syringes before reuse and by not sharing drug preparation equipment.
**Transmission by blood and blood products**

There is a high risk (greater than 90%)\(^5\) of acquiring HIV through transfusion of infected blood and blood products. However, the implementation of blood safety standards ensures the provision of safe, adequate and good-quality blood and blood products for all patients requiring transfusion. Blood safety includes appropriate donor selection as well as screening of all donated blood for blood borne viruses including HIV.

**Mother-to-child transmission**

HIV can be transmitted to an infant during pregnancy, labour and delivery as well as by breastfeeding. A pregnant woman or a woman planning to get pregnant should consider being tested for HIV. If she tests positive, antiretroviral drugs can be provided to help prevent the spread of HIV to the baby during birth.

**Alcohol use and HIV**

In many countries the age at which both boys and girls have their first sexual experience correlates with the age at which they have their first experience with alcohol and/or other mood-altering substances. Much drinking takes place in bars, at parties and in nightclubs where people are often searching for sexual partners. Research suggests that excessive alcohol and other drugs, including the so-called ‘party drugs’, are often linked to unsafe sex (penetrative sex without using a condom), and drinking has been associated with people having more than one sexual partner\(^6\).

Being drunk often provides the necessary excuse for inappropriate, unsociable or risky behaviour, such as having unintended or unprotected sex or being sexually aggressive. Peers may put pressure on their friends and convince them to have unsafe sex. Rape or other forms of sexual violence can result from excessive drinking.

Cricket clubs are frequently the centre of social events surrounding matches, award dinners and fundraisers, and alcohol is very often prominent in the entertainment provided. Drinking in the flush of victory or the despondency of defeat can get out of hand. Responsible drinking behaviour should be encouraged and become part of the ethos of the club. After all, it is not the winning of a match that counts but good sportsmanship.

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\(^5\) Blood safety and AIDS  (UNAIDS Best Practice Collection: Point of View), Geneva, October 1997

\(^6\) UNAIDS, Boys, young men and HIV/AIDS, I care …Do you? World AIDS Campaign 2001
How do I prevent becoming HIV infected?

Sexual transmission

Sexual transmission of HIV can be prevented by abstaining from sexual activity, practising mutual monogamy and/or by using condoms. These behaviours are often called the “ABCs”:

- **A** for abstinence (or delayed sexual initiation among young people)
- **B** for being faithful (or reduction in the number of sexual partners)
- **C** for correct and consistent condom use always.

Having sex in a monogamous (faithful) relationship is safe if:

- Both of you are uninfected (HIV-negative)
- Both of you only have sex with your partner
- Neither one of you gets exposed to HIV through drug use or other activities.

This assumes that a relationship is between two people. In some cultures, for example in the Muslim faith, a man may have more than one wife. In this case, faithful relationships with all wives are safe if all are HIV-negative and remain that way. Otherwise, correct and consistent condom use should be practised with all sexual partners.

There are other sexual activities besides penetrative vaginal or anal sex that are safe, such as kissing, erotic massage, masturbation and mutual masturbation.

Injecting drug use

The only way to be sure you are protected against HIV is not to inject drugs at all.

For people who inject drugs, certain steps can be taken to reduce the risk of HIV infection:

- Take drugs orally (changing from injecting to non-injecting drug use).
- Never reuse or share needles, syringes, water or drug-preparation equipment.
- Use a new syringe (obtained from a reliable source such as a chemist or via a needle-exchange programme) to prepare and inject drugs each time.
- When preparing drugs, use sterile water or clean water from a reliable source.
- Using a fresh alcohol swab, clean the injection site prior to injection.

Even if cricket players generally do not use drugs, it is good to learn about injecting drug use. There are an estimated 13 million drug users worldwide, with injecting drug use reported in 130 countries and most of these also report HIV infection among injecting drug users. It is a global problem.

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What is ‘safer’ sex?
No sexual act is 100% safe.

Unsafe sex is penetrative sexual intercourse without using a condom. This puts each person at risk of transmitting or acquiring sexually transmitted infections (STIs), including HIV.

Safer sex involves taking precautions that decrease the potential of transmitting or acquiring sexually transmitted infections (STIs), including HIV, while having sexual intercourse. Using condoms correctly and consistently during sexual intercourse is considered safer sex.

How to use a male condom

- Put the condom on before any contact is made.

- Unroll the condom over an erect penis to the base of the penis. (Uncircumcised men should pull back their foreskin before unrolling.) The unrolled ring should be on the outside. Leave about 1/2 inch of space in the tip so semen can collect there. Squeeze the tip to get the air out.

- Pull out after ejaculating and before the penis gets soft. To pull out, hold the rim of the condom at the base of the penis to make sure it doesn’t slip off.

- Don’t reuse condoms.

What about a HIV vaccine?

The best long-term hope to control the HIV epidemic is to develop and distribute a preventive vaccine globally. Vaccines have already helped to stop or dramatically reduce epidemics such as polio and smallpox. There are scientists and organizations working to find and distribute a safe, effective, accessible AIDS vaccine. However, at this time, an AIDS vaccine appears to be many years away and will not be a ‘magic bullet’.

Is there a ‘morning after’ pill that prevents HIV infection?

You may have heard about a ‘morning after pill’ for HIV. In fact this is Post-Exposure Prophylaxis (PEP). It is not a single pill, and it does not prevent HIV. PEP is a four-week treatment which must begin within 72 hours of possible exposure to HIV and may reduce the risk of acquiring the virus. It does not eliminate the risk. So far, PEP has mostly been used to treat health-care workers who have been exposed to HIV at work. PEP is not a solution to protecting yourself from HIV.
HIV testing

What is an HIV test?

An HIV test is a test that reveals whether HIV is present in the body. Commonly used HIV tests detect the antibodies produced by the immune system in response to HIV, as they are much easier (and cheaper) to detect than the virus itself. Antibodies are produced by the immune system in response to an infection.

For most people, it takes three months for these antibodies to develop. In rare cases, it can take up to six months.

How long after possible exposure should I wait to be tested for HIV?

It is recommended that you wait three months after possible exposure before being tested for HIV. Although HIV antibody tests are very sensitive, there is a period of three to 12 weeks between a sexual encounter or possible infection and the appearance of detectable antibodies to the virus. Therefore, if you think you might have been at risk for HIV transmission during a sexual encounter you need to wait for twelve weeks to take the test, and in that span of time either abstain from sexual intercourse or always and correctly use condoms.

What should you do if you think you have exposed yourself to HIV?

If you think you may have been infected with HIV, you should get counselling and testing for HIV. Precautions should be taken to prevent spreading HIV to others.

Why should I get an HIV test?

Knowing your HIV status has two vital benefits. Firstly, if you are HIV-infected, you can take necessary steps such as eating well, taking enough rest and, if available, appropriate drugs which slow down the progression of HIV, thereby potentially prolonging your life for many years. Secondly, if you know you are infected, you can take all the necessary precautions to prevent the spread of HIV to others.

Where can I get tested?

There are many places where you can be tested for HIV: in the offices of a private doctor, a local health department, hospitals, family-planning clinics and sites specifically set up for HIV testing. Always try to find testing at a place where counselling is provided about HIV and AIDS.

Are my test results confidential?

All people taking an HIV test must give informed consent prior to being tested. The results of the test must be kept absolutely confidential.
What do I do if I have HIV?

Thanks to new treatments, many people with HIV are living longer, healthier lives. It is very important to make sure you have a doctor who knows how to treat HIV. A health-care professional or trained HIV counsellor can provide counselling and also help you to find an appropriate doctor.

In addition, you can do the following to stay healthy:

- Follow your doctor’s instructions. Keep your appointments. If you accept your doctor’s advice and agree to take medications, then take them exactly as prescribed by your doctor.
- Get immunizations (shots) to prevent infections such as pneumonia and flu (after consultation with your physician).
- If you smoke or if you use drugs not prescribed by your doctor, quit.
- Eat healthy foods.
- Exercise regularly to stay strong and fit.
- Get enough sleep and rest.
- Contact a local support group of people living with HIV and AIDS.
Care and treatment

What sort of care and treatment is available?

Treatment and care consist of a number of different elements, including:

- voluntary counselling and testing (VCT)
- support for the prevention of onward transmission of HIV
- follow-up counselling
- advice on food and nutrition
- treatment of sexually transmitted infections (STIs)
- prevention and treatment of opportunistic infections (OIs) and
- provision of antiretroviral drugs.

What are antiretroviral drugs?

Antiretroviral drugs (ARVs) are used in the treatment of HIV infection. They work against HIV infection itself by slowing down the reproduction of HIV in the body, but they are not a cure.

What kind of care is available when ARVs are not accessible?

Other elements of care can help maintain a high quality of life when ARVs are not available. These include adequate nutrition, counselling, prevention and treatment of opportunistic infections, and generally staying healthy.

How can I care for my community?

The stigma and discrimination surrounding HIV and AIDS can be as destructive as the disease itself. Since AIDS can kill people who are HIV-infected, many people are afraid of people with HIV or AIDS. Silence, taboos and myths often surround HIV and AIDS because it is associated with private sexual behaviours. In many societies, AIDS is seen as shameful and people living with HIV or AIDS bring shame upon their family or community.

HIV has also affected people who are seen as different in our societies, minorities, such as men who have sex with men, sex workers and drug users as well as people of races and cultures other than our own. Many people are uncomfortable with difference, even afraid.

It is important to remember: HIV does not discriminate, people do. Anyone can become infected with HIV and HIV is not spread through casual contact.

“HIV does not discriminate, people do.”
Section 3

Cricket clubs responding to HIV and AIDS

Your club can make a difference by:

- Helping other people learn the facts about HIV and AIDS.
- Learning about and being open and supportive of people living with HIV and AIDS in our families, schools, clubs and community.
- Recognizing any discomfort you may feel about people living with HIV and AIDS and learning the facts about HIV and AIDS so you won’t be afraid of people living with the virus.
- Helping a community association with activities that help to make our communities more sensitive to people living HIV and AIDS.
- Avoiding unkind, negative comments about any group of people, including people living with HIV and AIDS.
- Using your religious beliefs in caring ways.
- Helping with local, national or international advocacy efforts.

Participation in World AIDS Day activities and wearing a red ribbon are excellent ways to raise awareness and to show ‘team spirit’ with people living with HIV and AIDS.

The red ribbon

The red ribbon started as a ‘grass roots’ effort to show support for people living with HIV or AIDS. As a result there is no official red ribbon and many people make their own.

Today the red ribbon is the international symbol of HIV and AIDS awareness and is worn by people all year round and particularly around World AIDS Day.

It is a symbol of hope: Hope that the search for a vaccine and cure to stop AIDS is successful and hope that the quality of life improves for people living with HIV. It also a message of support for people living with and affected by HIV and AIDS.

To make your own ribbons, get some ordinary red ribbon, about 1.5 cm wide and cut it into strips about 15 cm long. Then fold at the top into an inverted “V” shape and put a safety pin through the centre which you use to attach the ribbon to your clothing.

“The red ribbon sends a message of support for people living with and affected by HIV and AIDS.”
It is possible, and in some places likely, that there may be boys and young men in your club who are HIV-positive or who are AIDS orphans. Many of these cricketers may not wish for it to be known that they are HIV-positive or that they have lost one or two parents because of AIDS. On the other hand, some may wish to talk about it quite openly. Make sure that these cricketers feel supported and integrated into the club and that their feelings are respected.

“How we can support our fellow cricketers living with HIV or affected by it?” is a good question for group discussion before someone living with the virus shares his HIV-positive status with others.

“How we can support our fellow cricketers living with HIV or affected by it?”

Starting AIDS work with groups

The activities for different age groups outlined in the next section are designed to help you help your players learn about HIV, including how to protect themselves and others from infection.

HIV and AIDS are difficult topics for everyone. They raise issues of sexuality, gender imbalance, sex between men and drug use, and discussion of these can provoke strong views as well as highlight the need for additional information.

As coach and presenter of information, the first task for you is to become comfortable with your own beliefs and practices related to aspects of HIV and AIDS. This requires reflection on a number of issues and opinions, such as:

- What it is to be a man?
- What are your own sexual practices?
- How do you view different sexualities?
- Do you use drugs or alcohol?
- How do you treat women?
- What are your beliefs about abstinence, monogamy and condom use?
- What is your religious background?
- How do you view sex work?
- Do you frequent sex workers?
- What you think about HIV-positive people?

This will involve a lot of introspection and undoubtedly raise a lot of questions. It is good to talk to others. You would be surprised how willing people are to discuss sexuality once the ice is broken. Talk to other coaches, friends, contemporaries. Only when you are comfortable and feel that you can respond to questions honestly and factually will you be able to interact with a curious group of young men, who will know some things about sexuality mixed with many different myths – some that may even surprise you!

Before you start you should find out about local or national HIV and AIDS policies and laws, which can offer guidance or inform your teaching.

You and the club in consultation with parents should make a decision whether players will be able to opt-out of activities if they want to.
So you feel ready. How are you going to engage the team?

It is best to use your position as coach to maintain control of the discussions. Some basic rules will help. For example, personal information offered by team members or you must stay in the group, confidential information about someone else’s HIV status will not be told to the group, there must be no abusive language, hands should be raised to ask questions or when challenging someone, and questions should be general rather than asking individuals about their own sexuality. Get agreement on these rules and any others from the players before you begin any discussions.

These discussions may raise some emotions in the team members. In some communities, most people will know someone living with HIV or AIDS, as in many African and Caribbean countries where the epidemic is prevalent, while in other communities this may be more unusual. It is best to assume that at least one person in the group has a personal experience with HIV. Talking about sexuality may also raise issues of rape and sexual abuse including incest experienced by group members. It is important to be aware of these possibilities and be sensitive when planning activities and discussions. You are in a good position to promote a tone of compassion, respect and safety.

Reflecting on the sessions

It can be helpful to get feedback from the group. One way of doing this is to provide some sheets of paper on which young people can write one of the following before they leave:

- Something that I have learnt
- Something that I have enjoyed
- Something that could have been better.

After a session it can be helpful to reflect on it to see what you can learn for future work and about your own skills:

- Did everyone seem to understand what was going on and grasp the information that was made available?
- Did anyone find the exercise upsetting or offensive? What can be done to avoid this?
- Which group members seemed most at ease, and why?
- Did anyone ask a question you had difficulty answering?
Activities Level 1
(Suggested ages: 10 to 12)

Complete five of the nine activities listed below. Review the information about HIV and AIDS with your coach. Do not hesitate to ask your coach for help.

Activity 1

Make a flipbook\(^8\) to share with your peers. Include the following topics:

- The human body
- The body fluids that contain enough HIV to transmit the virus from person to person
- High-risk behaviours that can spread the virus from person to person
- Three ways to protect yourself from HIV infection.

Share your flipbook with your team and make any changes that will help others better understand the information. Share the information with your family and members of your community.

Activity 2

Make a picture poster of activities you can do safely with a person living with HIV or AIDS. Include the following:

- Activities with other cricketers\(^9\)
- Activities with friends
- Activities at home.

Share your poster with your group, family and friends. Ask them to add activities to your poster.

Activity 3

Find out what your school or community is doing for World AIDS Day (1 December) and take part. Make sure you let other people know what is happening. Bring a report of World AIDS Day activities to your cricket club.

Activity 4

You can make people in your community or at school aware of HIV and AIDS by:

- Having a poster display about HIV and AIDS
- Make and give away 10 red ribbons
- Write a story about what you think it would be like to have a friend or family member living with HIV or AIDS
- Make a list of places in your community where you can get more information about HIV and AIDS.

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\(^8\) A flipbook is a series of pictures with explanations on a particular topic. For example, a picture of high-risk behaviours with labelling of what they are. The flipbook can then be used by the cricketer to illustrate what he is talking about when discussing with friends and family.

\(^9\) Possible to discuss injuries that could happen while playing cricket where blood might be present. Discuss how to handle these without increasing fear of HIV.
Activity 5
Make a list of ways people living with HIV are cared for in your community. Where would someone who is HIV-positive go for help?
- Is there a hospital or a special clinic in your community?
- Are there any community associations that help people living with HIV and their families?
- How much care do families need to give when someone is ill with AIDS or any other illness?

Share what you learn with your team-mates and see if they know about any other services.

Activity 6
Make a poster about what people living with HIV or AIDS need to help them stay well or manage better when they do get ill. Consider:
- What do you need to stay well or to get better when you get sick? (For example, clean water, shelter, someone to look after you)
- What extra things does a person living with HIV or AIDS need to stay well (For example, drugs, good food and people to support them)

Share your poster with your group and one other person – a relative, a teacher, a friend.

Activity 7
Illustrate how AIDS can affect different people. Draw the different faces of AIDS. Think of the different people who could have HIV or AIDS or be related to them, for example, a man, a woman, a child, someone young or old, people of different colours and religions. Share your drawing with your group and discuss.

Activity 8
Imagine what it is like to be openly living with HIV or AIDS.
- Make a list of reasons why people would not want others to know they are living with HIV or AIDS.
- What are the barriers in your community to openly living with HIV or AIDS?

Discuss with your group.

Activity 9
Is there someone openly living with HIV in your community or country or someone who is an advocate for the rights of people living with HIV?
Write a letter to encourage him or her in this difficult role. Share the letter with others in your club and ask others to sign it. Ask your coach to help you send it to the person.
Activities Level 2
(Suggested ages: 13 to 15)

Complete five out of the 12 activities listed below. Review the information about HIV and AIDS with your coach. Do not hesitate to ask your coach for help.

Activity 1
Make a flipbook to share with your peers. Include the following topics:

- The human body — both male and female
- Body fluids of a HIV-positive female that contain enough of the HIV virus to transmit from person to person
- Body fluids of a HIV-positive male that contain enough of the HIV virus to transmit from person to person
- High-risk behaviours that can spread the virus from person to person
- Ways to prevent HIV infection.

Activity 2
Make a picture poster or list of activities you like to do with friends. Include:

- Activities you do with boys only
- Activities you do with girls only
- Activities you do with boys and girls

Show your poster or list to the group. Talk about how these activities make you feel good about yourself. Ask others to add activities that make them feel good about themselves as a friend. Share your pictures or list and discuss your feelings with your family and peers.

Activity 3
Talk to a group leader or an older man in your family or community about healthy relationships. Ask him about the skills you need for relationships and skills that will protect you from HIV infection.

Discuss this with a few people in your group. Do a role-play for your group, which shows how to say no to a person who is pressuring you to do something you know is wrong or that you don’t want to do.

Activity 4
Make a list of health-care services or facilities in your community where boys can get information and care related to HIV prevention and sexually transmitted infections (STIs). Talk to a man in one of these agencies about the care men receive. Share the information with your group. Find two opportunities to share this information with your friends in your community.

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10 A flipbook is a series of pictures with explanations on a particular topic. For example, a picture of high-risk behaviours with labelling of what they are. The flipbook can then be used by the cricketer to illustrate what he is talking about when discussing with friends and family.
Activity 5
Make a poster about using condoms to prevent HIV. Include information about the following:

- How using condoms can prevent sexually transmitted infections (STIs)
- Information on where to get condoms
- Steps to correctly use condoms.

Use this poster in a World AIDS Day display.

Activity 6
You can make people in your community or at school aware of HIV and AIDS by:

- Giving out red ribbons with an explanation of what this symbol means
- Organizing a poster display about HIV and AIDS in your community
- Asking to have a speaker come to your group or school to talk about HIV prevention
- Creating a list of agencies in your community where you can get information and advice on preventing pregnancy and protecting yourself from sexually transmitted infections (STIs).

Activity 7
Find out what your school or community is doing for World AIDS Day (1 December) and take part. Make sure you let other people know what is planned. Give a report to your cricket club about the results of World AIDS Day activities in your community.

Activity 8
Make a list of ways people living with HIV or AIDS are cared for in your community. Where would someone with HIV or AIDS go for help? Answer as many of these questions as you can:

- Is there a hospital or a special clinic for people living with HIV or AIDS in your community?
- Are there any community associations that help people living with HIV or AIDS and their families?
- What does the government do for people living with HIV or AIDS, or people with any life-threatening illness?
- If there are no HIV or AIDS specific services; what kind of care is available for people with any serious illness?
- Who provides care? Doctors, nurses, volunteers, families?

Share with your group what you learn and ask them if they know about any services for people living with HIV or AIDS or other illnesses.
Activity 9

Imagine you know someone with HIV or AIDS – a relative, a schoolmate. Write a story about someone telling you that he or she is living with HIV or AIDS. Describe how you would try to support them and be their friend. Share your story with your group.

Activity 10

Imagine what it is like to be openly living with HIV or AIDS. Some activities that may help:

- Find out if there is anyone who speaks publicly about living with HIV or AIDS. Are there stories in the news? How do people react to them?
- Make a list of reasons why people would not want others to know they are living with HIV or AIDS. What are the barriers in your community to openly living with HIV or AIDS? Discuss with your group.
- Is there someone openly living with HIV or AIDS in your community or country or someone who is an advocate for the rights of people living with HIV or AIDS? Write a letter to encourage him or her in this difficult role. Share the letter with others in your club and ask others to sign it. Ask your coach to help you send it to the person.

Activity 11

Discuss prejudice with your group. To start, think of these issues:

- What is prejudice?
- Have you ever felt someone was prejudiced against you? Why? Your age, religion, the colour of your skin or other reasons? How did you feel?
- How could you respond if you heard someone being abused or called names just because they are different?

Share some of your ideas with your group. Discuss and come up with strategies together to be better prepared to respond to prejudice – directed at yourselves or others. Rehearse together by doing role-plays.

Activity 12

Make a poster asking people to support people living with HIV and AIDS and not discriminate. If December 1st is near, make a World AIDS Day poster. Share your poster with your group. Find a place to display your poster in the cricket club or at school.
Activities Level 3
(Suggested ages: 15 and over)

Complete eight of the 13 activities listed below. Review the information about HIV and AIDS with your coach. Do not hesitate to ask your coach for help.

Activity 1

Make a flipbook\(^{11}\) to share with your peers. Include the following topics:

- The human body — both male and female
- The body fluids of HIV-positive males and females that contain enough of the HIV virus to transmit infection from person to person
- High-risk behaviours that can spread the virus from person to person
- How injecting drugs increases the risk of HIV transmission
- How sexually transmitted infections (STIs) increase the risk of HIV transmission
- How alcohol affects behaviour and how it increases the risk of HIV transmission
- Healthy decisions about sex and drugs to prevent the spread of HIV
- Effective condom use to protect against the transmission of HIV and other sexually transmitted infections (STIs).

Share your flipbook with your team and make any changes that will help others better understand the information. Share the information with friends outside your cricket team and your family.

Activity 2

Are there sexual health or family-planning clinics or agencies in your community that provide information and care related to prevention of pregnancy and sexually transmitted infections including HIV? Contact one of these agencies and discuss the services they can provide to young men. With your coach invite a counsellor from a service to speak at one of your sessions and ask him to include the following:

- An explanation of how condoms prevent pregnancy and sexually transmitted infections
- A demonstration of how to use a condom properly.

This would be a good opportunity for the group to ask questions about access to condoms, condom use, the prevention of sexually transmitted infection and pregnancy, and relationships, for example. You may want to invite other male members of your family and the community to this meeting.

Note for coach: At the end of this session, ask the group for written or verbal feedback on how they feel about using condoms in the future: Do they feel they know how to use condoms? Do they think their partner will use condoms? Can they access condoms? Share the results with the counsellor and plan further strategies to reinforce or increase condom use.

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\(^{11}\) A flipbook is a series of pictures with explanations on a particular topic. For example, a picture of high-risk behaviours with labelling of what they are. The flipbook can then be used by the cricketer to illustrate what he is talking about when discussing with friends and family.
Activity 3
Find out where people can receive voluntary counselling and testing (VCT) in your community. You might try a local Public Health office with this question or another government office. Ask about the following:

- Is there a cost for VCT services?
- How confidential are the results? Who will this information be shared with if someone tests positive?
- Is counselling provided both before and after the testing?

From what you learned, are there difficulties to being tested? Share what you learn with your group.

Activity 4
Are there agencies in your community that help people with drug and alcohol problems? Make a list of these agencies. Contact one of the agencies and ask what services they provide. Share this information with your group. Ask a health-care provider from one of these agencies to speak at a group meeting about the problems of drug and alcohol use in your community and strategies to prevent drug and alcohol abuse. Invite other members of your community to this meeting.

Activity 5
Write a series of short dramas or role-plays that deal with setting sexual limits in relationships. For example, a friend of yours tells you he is pressuring his girlfriend to have sex with him. He has threatened to end the relationship if she will not have sex with him. She wants to wait until she is married before having sex.

Develop role-plays in which:

- You clearly tell your friend if she wants to wait to have sex then he should respect this.
- A couple negotiates using a condom when they have sex. Include what options a person has if one partner refuses to use a condom.
- A friend offers you some drugs.

Ask your group to do the role-play with you and practise so you can use the role-play in World AIDS Day events in your community.

Activity 6
You can make people in your community or at school aware of HIV and AIDS by:

- Creating a red ribbon campaign in your cricket club
- Organizing a cricket club or community event with guest speakers from HIV and AIDS organizations
- Staging a drama presentation in your school community dealing with relationship issues and negotiating safer sex.
- Providing information about where to access sexual health and family-planning services
- Providing information about correct use of condoms and how to access condoms in your community
- Providing a list of services for people with substance-abuse problems.

**Activity 7**

Develop a display about condoms for your cricket club or community during World AIDS Day. Suggestions to include:

- Places where you can get condoms in your community
- Positive statements about condom use
- Demonstration of how to use condoms correctly

You can also give visitors the opportunity to practice correct condom use. If possible, provide free condoms at your display.

**Activity 8**

Find out what your school or community is doing for World AIDS Day (1 December) and take part in planned events. Make sure you let other people know what is on. Bring a report of World AIDS Day activities to your cricket club.

**Activity 9**

Find places in your community that provide care and support to people living with HIV and AIDS. Where would someone with HIV go for help? Answer as many of these questions as you can:

- Is there a hospital or a special clinic for people living with HIV or AIDS in your community?
- Are there any community associations that help people living with HIV or AIDS and their families?
- If there are no HIV or AIDS specific services, what kind of care is available for people with any serious illness?
- Who provides the care? Doctors, nurses, volunteers, family?

Share with your group what you learn and ask them if they know about any services for people living with HIV or AIDS or other illnesses. If there are professional counsellors or community services nearby, ask them how your club can help — perhaps by visiting or doing errands for people living with HIV or AIDS or volunteering at a community organization or clinic. (Be sure you have your parent or guardian’s permission first.) Share your experience with the team.
Activity 10
Talk to a caregiver in your community — a nurse, counsellor or a family member who cares for someone who is ill. Ask them what care-giving is like — both its difficulties and rewards. Think about whether you would like to work in health care or not and why. Create a gift for a caregiver. Share your experience with your group.

Activity 11
Imagine what it is like to be open about having HIV or AIDS. Some suggestions:

- Find out if there is anyone who speaks publicly about living with HIV or having AIDS. Are there stories in the news? How do people react to them?
- Make a list of reasons why people would not want to be open about having HIV or AIDS. What are the barriers in your community to being open about having HIV or AIDS? Discuss with your group.

If there is someone known in your community or country to have AIDS, write a letter to encourage them in their difficult work. Share the letter with your group and ask others to sign it with you. Ask your coach to help you send it to the person.

Activity 12
Discuss prejudice and ways to confront it. To start, think of these issues:

- What is prejudice?
- Have you ever felt someone was prejudiced against you? Why? Your age, religion, other reasons? How did you feel?

Create a poster against prejudice towards people living with HIV or AIDS. If December 1st is near, make it a World AIDS Day poster. Share your poster with your group. Find a place to display your poster in the cricket club or at school.

Activity 13
Talk to a local community association that works in HIV and AIDS. Ask them what change is needed in your community to help people living with HIV. Write a short letter or make a petition on the subject and ask your group to sign it with you. Give it to the community association to send to the right decision-maker.
Quiz on HIV and AIDS

The quiz is designed to test basic knowledge about HIV and AIDS. It can be given to any of the three age groups.

The quiz can be given at the start of the course, to get a sense of how much the group knows already about HIV and AIDS. Or it can be given at the end to determine how much they have learned from the training and to see which areas are still unclear. You might also considering giving it both at the beginning and the end to gauge progress.

When correcting the quiz, you have the opportunity to correct inaccurate beliefs held by players and it can be used to stimulate discussion.

Quiz questions answer sheet

1. 40 million
2. You cannot tell
3. No
4. No
5. 4 Semen, vaginal fluids, blood and breast milk
6. Condoms
7. There are no specific symptoms of AIDS
8. Virus
9. No
10. 1st December
11. Yes
12. 46%
13. 15-24 years old
14. Only if she takes a special drug
15. No one
16. Give what care and understanding you can
Quiz on HIV and AIDS

How much do you know?

1. Approximately how many people are infected with HIV worldwide?
   - 3.5 million
   - 25 million
   - 40 million

2. How can you tell if somebody has HIV or AIDS?
   - Because of the way they act
   - They look tired and ill
   - You cannot tell

3. Can you get AIDS from sharing the cup of an infected person?
   - No
   - Yes
   - Only if you don’t wash the cup.

4. Can insects transmit HIV?
   - Yes
   - No
   - Only mosquitoes

5. How many body fluids of a person living with HIV contain enough HIV for transmission?
   - 2
   - 4
   - 6
   Name them:

6. Which protects you most against HIV infection?
   - Contraceptive pills
   - Condoms
   - Anal intercourse

7. What are the specific symptoms of AIDS?
   - A rash from head to toe
   - You look tired and ill.
   - There are no specific symptoms of AIDS

8. HIV is a…
   - Virus
   - Bacteria
   - Fungus
9. Is there a cure for AIDS?
- Yes
- Yes, if you take anti-retroviral drugs
- No

10. When is World AIDS Day held?
- 1st January
- 1st June
- 1st December

11. Is there a difference between HIV and AIDS?
- Yes
- No
- Not very much

12. Approximately what percentage of those infected with HIV are women?
- 19%
- 50%
- 74%

13. Worldwide, what is the age range most infected with HIV?
- 0-14 years old
- 15-24 years old
- 25-34 years old

14. Is it possible to prevent a woman living with HIV from having an infected baby?
- Yes
- No
- Only if she takes a special drug

15. Shunning a person with HIV helps …
- You protect yourself from HIV infection
- You feel good
- No one

16. A person living with AIDS, needs you to …
- Avoid him or her in the street
- Give what care and understanding you can
- Blame him or her for the illness
**Glossary**

**Acquired Immunodeficiency Syndrome (AIDS)** is the late stage of the infection caused by the Human Immunodeficiency Virus (HIV). A person living with HIV can look and feel healthy for a long time before signs of AIDS appear. However, HIV weakens the body's defence (immune) system until it can no longer fight off diseases and infections such as pneumonia, diarrhoea, tumours, cancers and other illnesses.

**Anti-Retroviral (ARV) Therapy** refers to medicines used in the treatment of HIV infection. They work against HIV infection itself by slowing down the reproduction of HIV in the body, but they are not a cure.

**Condoms** are the only form of protection that can both help to stop the transmission of sexually transmitted infections (STIs), including HIV, and prevent pregnancy. Male condoms are usually made out of latex; come in a variety of shapes, sizes and colours, and should be used with a water-based lubricant. There is also a female condom, which is used by a woman and fits inside the vagina.

**Human Immunodeficiency Virus (HIV)** is the virus that eventually causes AIDS or Acquired Immunodeficiency Syndrome. HIV attacks the body's immune system — the system that fights against infections.

**Masturbation** is self-stimulation of the male or female sex organs to the point of intense pleasure or orgasm. Masturbation is not bad for you physically, sexually or emotionally and can be, in fact, good for you. Masturbation is medically viewed as a normal and healthy sexual activity.

**Opportunistic infections** are illnesses caused by various organisms, such as bacteria, parasites and viruses, some of which usually do not cause disease in persons with healthy immune systems.

**Oral sex** is using the mouth to stimulate a person's sexual organ. It is regarded as a low-risk sexual activity in terms of HIV transmission.

**Penetrative sex** is when a man’s penis penetrates the vagina or anus (of a woman or a man). HIV can be transmitted through unprotected (i.e. without the protection of a condom) penetrative sex.

**People living with HIV** is the term used to indicate that evidence of HIV has been found in the person's blood.

**Red ribbon** is the international symbol of HIV and AIDS awareness and is worn by people all year round and particularly around World AIDS Day. It is a symbol of hope: Hope that the search for a vaccine and cure to stop AIDS is successful and hope that the quality of life improves for people living with AIDS. The red ribbon is also a message of support for people living with and affected by HIV and AIDS.
Safer sex involves taking precautions that decrease the potential of transmitting or acquiring sexually transmitted infections (STIs), including HIV, while having sexual intercourse. Using condoms correctly and consistently during sexual intercourse is considered safer sex.

Sexually transmitted infections (STIs), as the name suggests, are infections transmitted through sexual intercourse. Some signs of infection are a sometimes burning or itching urethra, particularly when urinating, or a greenish, yellowish, foamy, bloody, or foul-smelling discharge from the urethra. Using condoms can prevent STIs such as gonorrhoea and chlamydia, which if not treated can have serious health consequences.

Unsafe sex is penetrative sex intercourse without using a condom. This puts each person at risk of transmitting or acquiring sexually transmitted infections (STIs), including HIV.

World AIDS Day is held each year on 1 December and is a day of international, national and local support for the HIV and AIDS response and for people living with HIV.
Notes

UNAIDS, as a cosponsored programme, unites the responses to the epidemic of its ten cosponsoring organizations and supplements these efforts with special initiatives. Its purpose is to lead and assist an expansion of the international response to HIV/AIDS on all fronts. UNAIDS works with a broad range of partners – governmental and nongovernmental, business, scientific and lay – to share knowledge, skills and best practices across boundaries.
International Cricket Council

“As the international governing body for cricket, the International Cricket Council will lead by promoting the game as a global sport, protecting the spirit of cricket and optimising commercial opportunities for the benefit of the game.” The International Cricket Council (ICC) is the governing body for Test Match and One-Day International (ODI) cricket. It is also responsible for the global expansion of the game through its Associate and Affiliate Members and a major international Development Program.

The Joint United Nations Programme on HIV/AIDS

The Joint United Nations Programme on HIV/AIDS (UNAIDS) is the main advocate for accelerated comprehensive and coordinated global action on the epidemic. UNAIDS’ mission is to lead, strengthen and support an expanded response to HIV and AIDS that includes preventing transmission of HIV, providing care and support to those already living with the virus, reducing the vulnerability of individuals and communities to HIV and alleviating the impact of the epidemic.