Raising the awareness on HIV and AIDS in the Philippines

Organizing a dance event

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Introduction

Subject
Every twelve seconds someone in the world is infected by HIV. When HIV is not treated properly, it will lead to AIDS and even worse, to death. Therefore HIV and AIDS are an enormous problem. Most people know that HIV is dangerous, but most of these people do not know what HIV and AIDS exactly are, what they cause and how to prevent an infection. A lot of organizations already give educational programs on HIV and AIDS in the entire world in order to increase the amount of people who have proper knowledge and awareness of HIV/AIDS and consequently to decrease the amount of people being infected. Despite the great work of these organizations, AIDS is still one of the most common sexually transmitted diseases in the world.

Problem and relevance
The Philippines is one of the countries where HIV and AIDS still are a big problem, especially in the parts of the country with a low level of prosperity. In these parts, for example in Metro Manila, most children are poorly educated and often live on the streets. Metro Manila is the area that we will be focussing on in our project. In this area children often do not get a proper education at school and consequently no sexual education and information about HIV/AIDS or other sexually transmitted diseases. Neither do they get sexual information from their parents. Furthermore the Philippines is a catholic country and the church does not approve the use of contraceptives and therefore does not give any clear and honest education and information about these. The lack of information for the youth in Metro Manila causes ignorance about sex and the risks and consequences of unsafe sex, like pregnancy and sexually transmitted diseases. This is a big problem and we want to help to solve this problem. We want to increase the awareness of the consequences of unsafe sex of the youth in the Philippines, especially focussing on HIV and AIDS.

Question
It is not easy to make children and young adults really aware of the risks and consequences of sex. And making them aware is only the first step. Make them act accordingly to this new found knowledge is the second and probably even more difficult step. So not only do we have to provide this information to the youth, we also have to do it in such way that they will act accordingly after the information is given to them. We think that, in order to reach this goal, we have to give the information in a way that is attractive to youth, like a dance party. That is the reason that we want to investigate how we can transmit information about and awareness of the risks of HIV and AIDS by a dance party.

At first we will give more information about the medical background of HIV and AIDS. Then we will give a more detailed sketch of the current situation in Metro Manila in order to augment our frame of references. In this chapter we will discuss the level of prosperity, the level of education, the role of the church and the HIV/AIDS education programs that already have been given in the Philippines.

In the chapters that follow we will gather information that will help us answer our research question – Is it possible for us to transmit information about and raise the awareness of HIV and AIDS to the youth in Metro Manila by a dance event? - by answering a couple of sub questions:
1. Which organizations have been working on the problem of the lack of information awareness of HIV and AIDS and how have they conveyed their information?
   - What are the results of their projects?

2. What exactly is the information we want to transmit?

3. Is a dance party a useful way for the transmitting of information?
   - How can we link a dance party to the transmission of information about HIV and AIDS?
   - What are the most important elements of the dance party?
   - Who has to be invited to the dance party and how are we going to manage that?

4. How are we going to organize the dance party?
   - How can we involve the youth in the organization of the dance event?
   - How can we collect information about HIV and AIDS together with the youth of Metro Manila?
   - What preparations should we make for the dance party?
   - How much money do we need to organize the party?

5. When will the dance party be a success and what are the risks?
   - How can we avoid these risks?

The first sub question is a very important question for us to start with, because it gives us a lot of information on the subject of development projects focusing on HIV/AIDS in the whole world, which we can apply to the specific situation in the Philippines. We hope that answering this question will give us information about the best way of approaching and involving the youth. For information needed to answer this question we want to contact STOP AIDS NOW and Dance4life, two organizations working on various international projects focusing on HIV and AIDS.

While answering the second question, we have to keep in mind that the level of education of the youth in the Philippines is different than ours. So maybe more important than just give all the information on HIV and AIDS, is to make it understandable for our target group. That is what we are going to do by answering this second sub question.

The third sub question consists of three sub questions itself. By answering these three sub questions about more specific elements of the dance party we want to investigate whether a dance party is a good way to transmit the information, given in the second sub question, to the youth of the Philippines. It is very important to answer the three sub question properly, because it gives us information about very important elements of the dance party, like the people who have to be invited.

After determining the information we want to transmit and the best way to transmit the information to the youth in Metro Manila, we have to answer a couple of sub questions concerning the organization of the dance party. We have to investigate how we can involve the youth in the organization of the party in order to make them already more aware of the importance of the event.
During answering the last sub question we want to take a sharp look at the whole organization of the event. We will mark the elements that are very important for the event to succeed and the elements that are most likely to fail. After that we will discuss the best ways to avoid these risks.

While answering all the sub questions, we will keep in mind the situation of the youth in Metro Manila given in our first chapter. After answering the sub questions we will give a conclusion in which we will answer our main research question.

Most of the information we will use for answering the question we will get from the world wide web, especially from websites of Stop Aids Now and Dance4life. For answering sub question one and four we want to try to contact people who are more familiar with organizing an educational program or a dance event. Furthermore, we will use our own knowledge and our own experiences with educational programs and the effects of those programs on ourselves. Lastly, we will use our ability to place ourselves in the situation of the children in the Philippines in the same age range as we.

We will do this research acting upon instructions from Filibata foundation. Filibata means ‘children of Philippines’. The Filibata foundation is a Dutch foundation that helps the children without a chance for a carefree future in the Philippines. The foundation sends ambassadors to the Philippines for at least three months on a regular basis. After finishing our research we will make a plan to organize the dance event and hand this to the Filibata foundation. Eventually it will be the ambassadors in the Philippines who will organize the dance event in accordance to our plan.
1. HIV and AIDS

HIV is one of the most common sexually transmitted diseases in the world and is considered pandemic by the World Health Organization. Nevertheless, complacency about HIV may play a key role in HIV risk. Since its discovery in 1981 to 2006, AIDS killed more than 25 million people. HIV infects about 0.6% of the world's population. In 2009, AIDS claimed an estimated 1.8 million lives, down from a global peak of 2.1 million in 2004. Approximately 260,000 children died of AIDS in 2009. A disproportionate number of AIDS deaths occur in Sub-Saharan Africa, retarding economic growth and exacerbating the burden of poverty. An estimated 22.5 million people, 68% of the global total, live with HIV in sub-Saharan Africa, which is also home to 90% of the world's 16.6 million children orphaned by HIV. Treatment with antiretroviral drugs reduces both the mortality and the morbidity of HIV infection. Although antiretroviral medication is still not universally available, expansion of antiretroviral therapy programs since 2004 has helped to turn the tide of AIDS deaths and new infections in many parts of the world. Intensified awareness and preventive measures, as well as the natural course of the epidemic, have also played a role. Nevertheless, an estimated 2.6 million people were newly infected in 2009.

As you can see, HIV has caused a lot of misery in the world. But what is HIV and why is it so dangerous?

HIV is a lentivirus. This virus is a member of the retroviruses. These are RNA-viruses that invade the body's cells. When an RNA-virus, such as HIV, infects the body, the virus particles use the enzyme reverse-transcriptase to produce DNA from its RNA-genome. The DNA is then incorporated into the host's genome by an integrase enzyme. This way, the virus enables itself to replicate and manufacture enzymes through the replication and enzyme production of the cell's own DNA. As said before, HIV is a lentivirus. Lentiviruses (*lente-*, Latin for "slow") are unique in the group of retroviruses, seen their long incubation time, the time it takes for the symptoms to show up, and especially their capability to replicate in a non-dividing cell, which makes it even more dangerous, seen the fact that this makes their chance of survival even bigger.

HIV, or human immunodeficiency syndrome, is a virus that causes AIDS, or acquired immunodeficiency syndrome (we will discuss AIDS later in this chapter) and its infection occurs by the transfer of blood, semen, vaginal fluid, pre-ejaculate or breast milk. For further explanation on how someone is infected with HIV and how to prevent this, see next chapter. HIV infects cells that play a vital role in a person's immune system, such as T-cells, macrophages and dendritic cells. These T-cells recognize invaders and are able to "warn" other cells, like macrophages, through transmitters in order for them to slow down or destroy the invaders.

HIV attaches to these cells' membrane enzymes, CD4+ enzymes and then enters the cell where they place their DNA in the genome of the host cell, as explained above. Different enzymes that will be produced in this infected cell may have a negative effect on the cell's function. Also, different reactions of the body, which usually serve as a protection but are now even more harmful, will destroy the infected cells. These processes lead to an extreme reduction of the amount of helper T-cells in the infected person's body. This causes failing of the person's immune system.

![Image 1: The HIV-life cycle](Image 1: The HIV-life cycle)
The first stage of infection is called the acute infection. This stage lasts a couple of weeks and is signified by symptoms that are very commonly seen in every disease, like fever, headaches, vomiting, sore throats etc. This is caused by the body's first reaction to the virus; its CD8\(^+\) T cells will try to kill the HIV-infected cells. This activity of immune system cells causes these symptoms. In this early staged, people are usually not diagnosed with HIV, since the symptoms are so unspecific and often occur in other, rather harmless, diseases.

The second stage is called the latency stage. This stage, which can last between two weeks to over twenty years, involves little to no, visible, symptoms. This is because, in the first stage, a strong immune reaction reduces the viral particles in the bloodstream, so that a person can live for years without even noticing de HIV-infection.

The final and worst stage is AIDS, acquired immunodeficiency syndrome. The infection is called AIDS when the number of CD4\(^+\) T-cells decline below a critical number of 200 cells per µL. When this has happened, the infected person becomes very vulnerable to all kinds of infections, because the cell-mediated immune system is lost. At the beginning of AIDS you often see symptoms like rashes, respiratory tract infections etc. that healthy people wouldn't get. Consequently to the loss of the properly functioning immune system, infected people are not only more vulnerable to diseases and infections, but they are also a lot more likely to die from them. Lots of AIDS patients die from pneumonia for example, which usually doesn't happen.

In the image above you can see the time it takes for symptoms to show up an you can see the different stages of infection as they are written down above.
The danger of HIV lies in the fact that it is so dangerous and no cure has been found yet. This is caused by the way the HIV virus replicates its DNA. As the virus builds its own parts of the DNA into the host cell's DNA, mutations occur that manufacture new strains of the virus, which makes it impossible for the body to defend itself or for scientists to find a proper medicine. When a virus evolves this quickly, the human immune system does not have time to recognize, catch and destroy the virus particles before new strains of the virus have formed. The same happens with vaccines, when scientists have done enough research to put their new vaccines into practice on humans, the virus has already developed a lot more of new HIV strains, so that the one vaccine that is functioning properly is not nearly strong enough.

The past couple of years, doctors have been able to lengthen the time between the primary infection and the actual outbreak of AIDS in a person's body. It slows down the infection of more T-cells. This is, of course, a big step forward but still no medicine has been found that can completely eliminate the HIV out of a person's body. This is why HIV and AIDS are so dangerous. Because of the fact that a cure is so hard to find, we have to handle this problem differently; form the core. When people are educated on how HIV is transmitted, they are less likely to be infected and therefore the number of deaths will reduce. Until people find a cure for this disease, this is all we can and will do.
2. Sketch of the situation in the Philippines

First, we will discuss the current situation of Metro Manilla, in order to augment our frame of references.

Metro Manilla is the national capital region of the Philippines; it is composed of 16 cities, of which the most important one is the City of Manilla, the Philippines' capital. It has a population of about 12 million citizens. Even though, according to PriceWaterhouseCoopers, Metro Manilla is ranked as the 40th wealthiest urban agglomeration, there is also a lot of poverty. The city is one of extremes; on one hand you have the very wealthy, rich people, living in gated communities, while on the other hand there are gigantic slums in which hundreds of thousands of people live in the poorest circumstances. For example the district of Tondo. This district is one of the poorest and most underdeveloped districts in the country. Nevertheless, its population density may be the highest of the entire world. This displays how many poor people live in this city.

We want to inform the youth of the Philippines about HIV and AIDS. We are focusing on the youth between 12 and 20, in Metro Manilla. In Metro Manilla, there are a lot of people who live in very poor circumstances. They live in slums and have little or no money to pay for school. This is the reason that most children and young adults never get a proper education. If anything, they have only had the most essential basic education. The youth of these slums is what we will be focusing on during this assignment.

Image 3: The slums of Tondo, Metro Manilla

HIV and AIDS in the Philippines
The Philippines is a low HIV prevalence country, with less than 0.1 percent of the adult population estimated to be HIV positive. Despite the fact that the HIV prevalence is low, there is widespread risky behaviour and low rates of condom use in the Philippines. As a result the characterization of the HIV epidemic status as low and slow may soon be a thing of the past. Statistics from the Joint United Nations Program on HIV/AIDS (UNAIDS) points to a rising trend in infections with HIV in the Philippines; Since 2007 the amount of reported cases has more than doubled every two years.
An alarming development concerning the amount of HIV cases among younger age groups is noticed in the Philippines. While the number of HIV reported cases of the 30-year and older category decreases, the number of cases of the 20 to 29 year age category and the category of 19 years and younger is rising. Because those latter groups are the generation of the future, this development must be stopped.

Because most children and young adults in Metro Manila do not have a proper education and consequently no sexual education, their knowledge about sex and sexually transmitted diseases, STD's, is very little. They do not get any information on this subject from their parents or caregivers either. The little rate of knowledge causes a taboo on sex and STD's among the youth. The religious background of Metro Manila strengthens this taboo. Metro Manila is catholic and the church does not approve of the use of birth control methods and therefore does not give any clear and honest information about it. The lack of information about sex and the risk of sex from all three, the parents or caregivers, the schools and the church, results in fictitious myths and stories on these topics and unsafe sexual experimenting among the youth. Of course experimenting with sex is part of the personal development of every child or adolescent, but occurs at an early age especially among youth living in the streets, not having a home environment and good prospects for the future. As a result of the little knowledge, they not only start experimenting at an early age, but also experiment in an unsafe way, not using any contraceptives to prevent pregnancy and sexually transmitted diseases.

There is another concerning development noticed in the Philippines: An increasing number of villages seeking to outlaw the sale of all artificial forms of contraception without a prescription of a doctor, including the sale of condoms. Right now, condoms can be bought in pharmacies and 24/7 shops and are affordable and available for roughly everyone. But the possible establishing of the new condom prescription rules raise concerns among government officials and women’s rights groups. The Philippines is still the only country in the Southeast Asian region without a law for national funding for and access to reproductive healthcare services and products like birth control pills and condoms,
resulting in the fact that condoms are not available in government clinics and thus inaccessible for the very poor. The Catholic church and reproductive health campaigners have been debating about the introduction of a new national family planning bill, promoting this national funding for and access to reproductive healthcare services and products, for almost 20 years. The seeking of villages to ban the sale of condoms is seen as an attempt to oppose the passage of this reproductive health bill. But last year, the reproductive health campaigners made significant progress. A committee of the Philippines House of Representatives approved the reproductive health bill. It still requires approval by the Senate, but it is a major step forward.

Certain populations of the country are more at risk for being infected, because of their behaviour or work. The most at risk populations in the Philippines are males having sex with males, female sex workers and people who inject drugs. Based on the 2009 IHBSS (Integrated HIV Behavioural and Serologic Surveillance), the three most at risk population have the following HIV prevalence:
1 in 300 males who have sex with males;
1 in 5,000 people who inject drugs;
1 in 1,000 registered and establishment-based female sex workers; and
1 in 250 freelance female sex workers.

These most at risk populations are not our target group. Our target group is the youth in Metro Manilla. The youth may not be one of the most at risk populations, it is still a very vulnerable group. We want to prevent the youth from being HIV-infected and therefore we have to prevent the youth from becoming one of these most at risk populations. In order to reach this goal, we do not only have to give an educational program on HIV and AIDS, but also on the risks of being in those most at risks populations. We have to make them aware of the fact that it is your behaviour that makes you high risk.
3. The sketch of the worldwide situation on education about HIV and AIDS

Even though not enough yet, there are quite a lot of campaigns and projects that focus on sexual education. These projects pay special attention to raising awareness of the dangers of HIV and AIDS and how to prevent being infected, since it is one of the most transmitted STD. We will discuss a few of these projects and their results. For if we want to answer our main question, we will have to use the information they acquired to get the best results. In the Philippines itself there are not so many educational organizations. This is why the results written down below are the results of international companies, which goal or working method is close to the one we are probably going to use.

**Dance4Life**

*Their working method:*

Dance4Life is an organization with the same purpose as we have, namely informing youngsters in underdeveloped countries about the dangers of HIV/AIDS and helping them prevent infection. Not only is their purpose the same as ours, their way to reach this goal is not so different from ours either. They have created a 4-steps plan, which also involves a dance event. We will describe each step specifically, because this project lies so close to ours. We know that Dance4Life has been very successful in reaching their goal, this became clear after we examined their results. The results for 2011 are as follows: “During 2011, dance4life aims to reach 325,000 young people in 27 countries through the heart connection tour where they will receive information about HIV and AIDS and their Sexual and Reproductive Health and Rights. 130,000 of these young people will be motivated by dance4life to take action and make a change in their community to push back the spread of HIV and AIDS. We call these young people agents4change.” These results are very good, so we will try to hold on to their framework, in order to obtain the best results. To enable ourselves to do this, we got to have a good overview of their way of work and their results. These are written down below, starting with the 4-steps plan.

1. An interactive entertainment-educational experience at which a dance4life tour team of peer educators discuss with youngsters about sex and HIV in an open way, combined with music and dance. This is called the htc; the heart connection tour.
2. The youngsters are educated with a life skills program about their sexual and reproductive health and rights. This program is called s4l; skills4life. They also learn valuable skills about negotiation, communication and decision making, which they can apply in their daily lives.
3. The youngsters are stimulated to take action by organizing their own activities that involve their friends, families and communities. This is called a4l; act for life.
4. After having passed through these three essential components, every two years on the Saturday before World AIDS Day, the young people attend the dance4life event, d4l event, to celebrate their achievements. During the event there is a live satellite connection between all participating countries, so that the young people are united.

The aim of the dance4life program is not only to learn young people important knowledge and skills on HIV and AIDS prevention, but also to inspire them to become actively involved in pushing back HIV and AIDS through their own actions. These actively involved young people are called agents of change, aoc’s, or Agents4change. At the mere beginning of this Dance4Life project these aoc's had to have participated in at least two of the three first steps. Now, a participation in all three of the steps is obligatory for becoming an aoc. Aoc's are supposed to be personally active in halting the spread of HIV and to make a positive impact in their communities.
Their Results:
One year ago, investigators from ‘Nova, science publishers inc.’ investigated the procedure of the Dance4Life company and checked it's effectiveness. Of course, to investigate whether this procedure is successful, the investigators had to know what the aim of the program was. This is described above, but for further clearness we will give the definition that Dance4Life uses when introducing their program. This definition is as follows: 'Dance4Life is a global organization within the field of HIV/AIDS specifically aiming to establish a social youth movement of one million youngsters, called agents of change (aoc), by 2014, pushing back HIV/AIDS'
In the first part of their investigation, the investigators interrogated all the ncos - we use the abbreviation ‘ncos’ to indicate staff members of the ‘national concept owners’ - and all the aoc’s. During this interrogation, they were asked to write down the definition they thought was right for the program. These answers were compared with the company’s own definition, by categorizing it in 7 categories: 1) pushing back HIV/AIDS; 2) social youth moment; 3) recruitment of aoc; 4) worldwide/global; 5) network of organization; 6) one million (aoc); 7) 2014. The results are in the table below.

<table>
<thead>
<tr>
<th>Part of the definition</th>
<th>Ncos</th>
<th>Aoc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pushing back HIV/AIDS</td>
<td>64.2%</td>
<td>65%</td>
</tr>
<tr>
<td>Social youth moment</td>
<td>30.2%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Recruitment of aoc</td>
<td>47.2%</td>
<td>&lt;10%</td>
</tr>
<tr>
<td>Worldwide/global</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
</tr>
<tr>
<td>Network of organization</td>
<td>&lt;10%</td>
<td>&lt;10%</td>
</tr>
<tr>
<td>One million (aoc)</td>
<td>34.0%</td>
<td>&lt;10%</td>
</tr>
<tr>
<td>2014</td>
<td>37.7%</td>
<td>&lt;10%</td>
</tr>
</tbody>
</table>

Table 1: Parts of the definition written down by participants

As you can see in the table above, the ‘Pushing back HIV/AIDS’-part of the definition was mentioned the most, especially under the aoc. The ‘recruitment of aoc’ was also present in a lot of answers of the ncos.
Of course, knowing or not knowing the definition of the program does not necessarily mean whether someone is or is not content about the program or whether it is effective. Therefore more investigation was necessary. Hence the second part of the investigation was a question of contentment. The program was divided in several subcategories and both the ncos and the aoc wrote down whether they were satisfied with each part of the 4-stepsplan. The group of participant is divided into two subgroups: participants in Africa and participant in Europe. The results are in the table below.

<table>
<thead>
<tr>
<th>Continent</th>
<th>Africa</th>
<th></th>
<th>Europe</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>Aoc</td>
<td>Ncos</td>
<td>Aoc</td>
<td>Ncos</td>
</tr>
<tr>
<td>Heart connection tour</td>
<td>4.63</td>
<td>3.78</td>
<td>4.30</td>
<td>4.16</td>
</tr>
<tr>
<td>Skills4life</td>
<td>4.63</td>
<td>4.49</td>
<td>4.04</td>
<td>4.56</td>
</tr>
<tr>
<td>Act4life</td>
<td>4.61</td>
<td>4.00</td>
<td>4.35</td>
<td>4.64</td>
</tr>
<tr>
<td>Dance4life event</td>
<td>4.71</td>
<td>4.10</td>
<td>4.57</td>
<td>4.56</td>
</tr>
<tr>
<td>Dance4life campaign</td>
<td>4.45</td>
<td>3.78</td>
<td>4.29</td>
<td>4.16</td>
</tr>
</tbody>
</table>

Table 2: The highest score is the most favourable score: 1=completely unsatisfactory; 2=unsatisfactory; 3=neutral; 4=satisfactory; 5=completely satisfactory
The last part of this investigation was about the implementation in practice. This investigation did research on how the aoc’s experienced the program. For example, if they really met someone with experience or whether they saw people their age involved in the program. This is the most important investigation, because it can help us to see what made the dance4life program so successful. It is important for us to know that, since we are trying to reach a goal that is similar to the one they are aiming at. The first table shows the implementation in general and in the second to fifth table more specific results are shown.

Implementation in general

<table>
<thead>
<tr>
<th>Continent</th>
<th>Africa</th>
<th>Europe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students who participated like dance4life</td>
<td>4.09</td>
<td>4.38</td>
</tr>
<tr>
<td>I saw young people from my age participating</td>
<td>89.4%</td>
<td>x</td>
</tr>
<tr>
<td>We met a young person who talked about becoming infected with or being infected by HIV</td>
<td>77.7%</td>
<td>x</td>
</tr>
<tr>
<td>We have great (global) dance4life ambassadors who appeal to the young people in our country</td>
<td>x</td>
<td>2.71</td>
</tr>
<tr>
<td>Perceived ease of implementation</td>
<td>3.99</td>
<td>3.64</td>
</tr>
</tbody>
</table>

Table 3: Implementation in general. The highest score is the most favourable score; 1=completely disagree; 2=disagree; 3=neutral; 4=agree; 5=completely agree

The skills4life program

<table>
<thead>
<tr>
<th>Continent</th>
<th>Africa (ncos)</th>
<th>Europe (ncos)</th>
</tr>
</thead>
<tbody>
<tr>
<td>In our s4l program:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youngsters get training in negotiation skills</td>
<td>4.82</td>
<td>3.38</td>
</tr>
<tr>
<td>Youngster get training in leadership skills</td>
<td>4.69</td>
<td>3.50</td>
</tr>
<tr>
<td>Youngsters get training in debating</td>
<td>4.44</td>
<td>3.63</td>
</tr>
<tr>
<td>Youngsters get training in entrepreneurship</td>
<td>3.50</td>
<td>4.25</td>
</tr>
<tr>
<td>Youngsters get training in public speaking</td>
<td>4.44</td>
<td>3.88</td>
</tr>
</tbody>
</table>

Table 4: Skills for life program. The highest score is the most favourable score; 1=completely disagree; 2=disagree; 3=neutral; 4=agree; 5=completely agree
The heart connection tour

<table>
<thead>
<tr>
<th>Continent</th>
<th>Africa (ncos)</th>
<th>Europe (ncos)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In the hct, they:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use images</td>
<td>3.06</td>
<td>4.89</td>
</tr>
<tr>
<td>Use videos</td>
<td>3.11</td>
<td>4.89</td>
</tr>
<tr>
<td>Perform a play</td>
<td>4.56</td>
<td>2.38</td>
</tr>
<tr>
<td>Use music instruments</td>
<td>4.17</td>
<td>3.22</td>
</tr>
<tr>
<td>Include short testimonials by young people from other dance4life countries</td>
<td>3.19</td>
<td>4.00</td>
</tr>
<tr>
<td>Include young people living with HIV</td>
<td></td>
<td>3.78</td>
</tr>
<tr>
<td>Make it possible for young people to speak in an open and safe environment about HIV and AIDS</td>
<td>4.17</td>
<td>4.78</td>
</tr>
<tr>
<td>Correct misperceptions about HIV and AIDS</td>
<td>4.44</td>
<td>4.78</td>
</tr>
<tr>
<td>Break taboos about HIV</td>
<td>4.17</td>
<td>4.89</td>
</tr>
<tr>
<td>Alternate fun with information</td>
<td>4.67</td>
<td>4.89</td>
</tr>
<tr>
<td>Include the experiences of aoc’s of previous years</td>
<td>3.61</td>
<td>4.38</td>
</tr>
</tbody>
</table>

Table 5: The heart connection tour. The highest score is the most favourable score; 1=completely disagree; 2=disagree; 3=neutral; 4=agree; 5=completely agree

The skills4life program

<table>
<thead>
<tr>
<th>Continent</th>
<th>Africa (ncos)</th>
<th>Europe (ncos)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In our s4l program:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youngsters get training in negotiation skills</td>
<td>4.82</td>
<td>3.38</td>
</tr>
<tr>
<td>Youngster get training in leadership skills</td>
<td>4.69</td>
<td>3.50</td>
</tr>
<tr>
<td>Youngsters get training in debating</td>
<td>4.44</td>
<td>3.63</td>
</tr>
<tr>
<td>Youngsters get training in entrepreneurship</td>
<td>3.50</td>
<td>4.25</td>
</tr>
<tr>
<td>Youngsters get training in public speaking</td>
<td>4.44</td>
<td>3.88</td>
</tr>
</tbody>
</table>

Table 6: Skills for life program. The highest score is the most favourable score; 1=completely disagree; 2=disagree; 3=neutral; 4=agree; 5=completely agree
The act4life program

<table>
<thead>
<tr>
<th>Continent</th>
<th>Africa (nco)</th>
<th>Europe (nco)</th>
</tr>
</thead>
<tbody>
<tr>
<td>In our act4life program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>We provide youngsters with a special youth action package</td>
<td>3.60</td>
<td>4.25</td>
</tr>
<tr>
<td>We provide youngsters with a fundraising toolkit</td>
<td>1.79</td>
<td>3.80</td>
</tr>
<tr>
<td>We provide youngsters with an advocacy toolkit</td>
<td>2.87</td>
<td>4.10</td>
</tr>
<tr>
<td>Youngsters get the opportunity to register their plans (on internet or in a notebook)</td>
<td>3.07</td>
<td>4.38</td>
</tr>
<tr>
<td>We encourage youngsters to take action</td>
<td>4.47</td>
<td>4.60</td>
</tr>
<tr>
<td>We support youngsters with a clear list of what we can offer them (an action plan, a T-shirt, condoms, posters stickers, etc.)</td>
<td>4.07</td>
<td>4.78</td>
</tr>
<tr>
<td>We are available for youngsters when they need us</td>
<td>4.47</td>
<td>4.90</td>
</tr>
<tr>
<td>We offer the youngsters various volunteering opportunities</td>
<td>4.14</td>
<td>4.60</td>
</tr>
<tr>
<td>We offer the youngsters a plan (or tips and tricks) to raise awareness in the community</td>
<td>4.20</td>
<td>4.70</td>
</tr>
</tbody>
</table>

Table 7: The act4life program. The highest score is the most favourable score; 1=completely disagree; 2=disagree; 3=neutral; 4=agree; 5=completely agree.

Kinds of media used for the campaign by nco

<table>
<thead>
<tr>
<th></th>
<th>Africa</th>
<th>Europe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flyers</td>
<td>30,4%</td>
<td>53,8%</td>
</tr>
<tr>
<td>Posters</td>
<td>34,8%</td>
<td>61,5%</td>
</tr>
<tr>
<td>Radio</td>
<td>47,8%</td>
<td>46,2%</td>
</tr>
<tr>
<td>TV</td>
<td>39,1%</td>
<td>30,8%</td>
</tr>
<tr>
<td>The movies</td>
<td>8,7%</td>
<td>69,2%</td>
</tr>
<tr>
<td>Internet</td>
<td>8,7%</td>
<td>69,2%</td>
</tr>
<tr>
<td>Newspapers</td>
<td>47,8%</td>
<td>61,5%</td>
</tr>
<tr>
<td>Magazines</td>
<td>13,0%</td>
<td>69,2%</td>
</tr>
<tr>
<td>Other</td>
<td>4,3%</td>
<td>15,4%</td>
</tr>
</tbody>
</table>

Table 8: Kinds of media used for the campaign by nco
Now that we have a summarized overview of the way of working and the results of dance4life, we have the most important frame to build our program on. Nevertheless, one program can never be enough. There is always a necessity of comparison or further extension of this frame. Therefore we have consulted a professional, Nienke Westerhof, of the STOP AIDS NOW! organization, asking if she could give us more information on some organizations that we thought could be useful for us to get the best results. These organizations, their working methods and their results are described below.

**Kallpa – Take hold of ignorance among youngsters (Peru)**

*The working method:*

The Kallpa organization, as most of the HIV-awareness organizations do, sees that the biggest cause of the spreading of HIV/AIDS is the lack of sexual education that children and adolescents have. Their ignorance of the importance of, for example, condoms makes it easier for the virus to spread and thereby augments the problem. Therefore Kallpa seeks to increase the amount and improve the quality of sexual education in Peru. Hereby they are trying to lift up the taboo that lies on sex and make the subject discussible for everyone. In order to do this, Kallpa educates teachers on high schools on how to give this kind of education with several workshops. But they also bring youth mentors, people of the same age as the students, into action, who can function as examples for the students and make them feel more comfortable with talking about sex.

Besides this education, Kallpa also organizes numerous dance nights and workshops, where adolescents come together to share their experiences and for example practice how to put a condom on properly, on a wooden penis. The latter always happens under loud giggling and a lot of whispering, but it is one of the most important elements of the sexual education.

All the above is a description of the organization. Below their actual achievements in reaching this goal are described.

1. Kallpa has succeeded in organizing four training workshops in four different districts in Cusco. These workshops attended on sexuality and above all gave young people the opportunity to talk about it. There was also a lot of attention for the perceptions of young people concerning their sexual and reproductive health and where they can go if anything is wrong, because lots of young people do not dare to go to health care if something is wrong with their sexual or reproductive health. After these workshops, the participants can share their newly achieved information with the others, who have not been to the workshops. This way, Kallpa is trying to reach the highest amount of people possible.

2. Kallpa has created a manual called “How to make our neighbourhood healthy”. This manual is used by the youth mentors, as a directory for the youth activities

3. The groups of youth mentors have been strengthened by training. These groups are very important for the promoting of the youth's right to a healthy sexual life and for educating young people and their community. Kallpa has also brought these groups in contact with the community, local ministers of education and health and other organizations, to enable them to gather their forces.

4. Kallpa has organized huge street festivals in different districts, wherein music and stage plays were combined with education about HIV/AIDS and sexual and reproductive health and rights.

5. Kallpa has organized several disco nights, where youngsters can meet. These are not only for having fun and talking with your friends, the guests are also able to learn about HIV/AIDS or practice the putting on of a condom.
Their results
In the table below the numbers of people of different groups Kallpa has reached and successfully convinced to participate in their program are written down.

<table>
<thead>
<tr>
<th>Which group of people was reached</th>
<th>How many people were reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescents and young people</td>
<td>2500 people</td>
</tr>
<tr>
<td>Government sector officials</td>
<td>240 people</td>
</tr>
<tr>
<td>Teachers and schoolmasters</td>
<td>50 people</td>
</tr>
<tr>
<td>Community based organizations leaders</td>
<td>60 people</td>
</tr>
</tbody>
</table>

*Table 9: These numbers seem a little low, but this is all in only four districts. Imagine what one could achieve when Kallpa was bigger.*

On top of the people they have reached already, as you can see in the table above, Kallpa is also giving courses on how to lead a group of young people and successfully educate them to 70 secondary school teachers and 85 youth leaders on two secondary schools.

Apyin - education by peers (Nigeria)

*Their working method*
Apyin, the Association of Positive Youths living with HIV and AIDS in Nigeria, is very unique in its case. This association is founded by young people infected with HIV, instead of outsiders, usually adults, trying to help. These youngsters educate other kids and adolescents about HIV/AIDS and its prevention and support young people that are already infected. Other supporters of APYIN train more youngsters in educating their peers about safe sex and HIV/AIDS.

APYIN's working method is, as mentioned before, unique because it uses peer education solely. As a result this education is very effective, since children and adolescents are more likely to believe things told by their peers, than by others. The fact that most of the youth educators of this association are HIV-infected also contributes to the effectiveness of the program. This affects the youngsters and makes sure that others also feel comfortable talking about HIV and AIDS, when they realize that even infected people easily talk about it.

*Their Results*
APYIN is only a very young organization and hasn't had any official reports on their results. This is too bad, since this organization is so unique. Their goal, which they found very realistic, was to educate over 2000 youngsters to become a peer educator, before 2014. We will see in later reports whether they have attained this goal or not.

Patsime - education on HIV/AIDS using the arts (Zimbabwe)

*Their working method*
Patsime is an organization founded in 2002 that tries to reach a higher level of awareness on HIV/AIDS using the arts, especially theatre. They have put their mission into words as follows: “To use theatre, and other communication strategies to provide information, develop capacity and enhance communication in addressing HIV and AIDS and related development issues among various communities.”
The leaders of this organization try to figure out a way to make the subject, discussable for youngsters. They found that theatre is the best way to loosen up the taboo on this subject. Actors saw that, after a performance, discussions arose spontaneously, in which the youngsters told about their experiences without shame. The Patsime organization realized that the lack of education is also responsible for the difference between men and women in Zimbabwe. They see this difference as a huge problem. Therefore a big part of their program is helping women to stand up for their rights, which makes it easier to educate about safe sex, because this will lift up the taboo a little. They have found that the biggest problem is not the lack of information about HIV/AIDS, but the fact that kids don’t know how to handle their own risks. For example, a girl did not want to reject her guardian because she did not want to end up in a foster home. This is why patsime is trying to strengthen girls' attitude, to enable them to stand up for themselves.

Patsime has divided its working method into different projects. The first one is the Buddyz for Luv project. The target group of this project are kids in primary and secondary schools. The organization realized that if you really want to deal with the problem, you should start educating when the children are young. This way they will grow up with the proper knowledge on this subject. The Buddyz for Luv organization also provides an educational program that promotes the equality of boys and girls. This is for the same reason; if children learn that everybody is equal at early age, they are more likely to sustain that attitude later in life. In the Buddyz for Luv program, there is always a performance, followed immediately by a discussion in which the youngsters have a lot to say. Afterwards, the youngsters often participate in another play. The second project is linked to the first one, since it is an annual get together of the Buddyz; Buddyz Annual Festival of the Arts, BAFA. This feast brings together all the community based theatre groups. Here the children get the chance to talk about their experiences and do performances with others, as to create a nice environment where discussion about HIV/AIDS is possible.

Patsime also distributes folders etc. with information on HIV/AIDS. They call this the IEC (information, education and communication) distribution and it is used to enhance effectiveness. They also produced T-shirts with the text: “we too deserve a chance treat us equally”.

The third project is the Communication and Cultural Practices Series, CCPS. Rural women and girls in particular have neither little voice nor a platform to be heard in oppressively patriarchal communities in Africa, that uphold repressive cultural norms such as wife inheritance, virginity testing for young unmarried girls, spirit appeasement using young girls, polygamy and male infidelity. The CCPS program has undertaken to target rural communities in Zimbabwe as part of a project that is using theatre to engage with repressive cultural practices that put women at risk of contracting HIV. The project entails holding of ward level seminars with influential community members who include traditional, political and church leaders. The project further involves a training component that imparts skills to the community in order to use forum theatre as a dialogue engagement tool for conducting seminars and carrying out awareness activities within their own communities. Community based groups known as “Culture Committees” take occasion to use renditioned folk songs and drama to challenge oppressive gender norms.

**Their results**

The last report the Patsime organization could give us, is from December 2009. Until that year, a total of 18590 boys and 22351 girls was successfully reached with the Buddyz for Luv program, spread over a total of 107 schools throughout entire Zimbabwe. The report also shows that the Buddyz for Luv project reached the most kids and adolescents successfully and consequently was the most successful project. Other projects where the kids were less involved, like the annual parties, only reached half of this number of people successfully.
4. Transmitting information through a dance event

The proper way to transmit useful information to children and teenagers is difficult to define. There are so many different ways to do this and therefore the right way is hard to determine. Nevertheless, we have seen that a dance event can be very useful for transmission of information to teenagers and so we will use this as our way of transmission. Organizing an event like this is one thing, but the actual transmission of information on HIV and AIDS is a lot more difficult. There are many things that you have to take into account while organizing.

The biggest problem in the Philippines is the taboo that lays on this particular subjects, caused by, for example, the Catholic Church and other institutions. What the main goal of this dance event consequently must be, is to lift up this taboo and make the youngsters feel comfortable in talking about things like sex, STD's etc. This is the first thing to take into account when organizing the event. We think that hiring a place where the youngsters can dance and putting on some music is not enough to create this peaceful and comfortable environment. We have to create a feeling of unity between these young people. This way they will not only feel comfortable speaking and listening to the leaders, but also to each other, which is just as, if not more, important. Young people are more likely to believe and understand their peers than other (adult) people, who may tell them the exact same information. This is the reason that the unity between the youngsters has to be instated; they will share their experiences with each other while having fun.

We think that the best way to achieve this feeling of unity is to give them something to do with everyone together at the event. Taking Dance4Life as an example, we think it would be a good idea to create a dance that the organizers will teach the youngsters at the dance event. This dance has to be very easy, so that every guest will be able to participate. It will not matter whether some of the youngsters are a bit afraid to participate in the beginning, because if everyone starts dancing simultaneously it will eventually hit everyone. The dance event should start with some music while the people come in and when everyone is inside, the teaching of the unity dancing starts and hopefully it will create a nice and comfortable atmosphere.

The music that is played at the event also plays a vital part in making the atmosphere comfortable. Filipinos like various kind of music. Just like in Holland, a lot of youngsters like pop music. This music can be played by a DJ or can just be a playlist.

The most important thing is to create a comfortable atmosphere, so that the provided information is taken in properly by the youngsters, but the provided information has to be proper too. It is very important to give information, especially on these crucial subjects, in a way that is understandable for everyone. Before it can be decided how to bring this information to the youth, it has to be decided what information we really want to transmit. There are three main questions that we want to ask the children and that we want to answer with their help. These questions and their explanations and answers are written down below.

1. What are HIV and AIDS and why are they so dangerous?
2. How can someone be infected with the virus?
3. How can you prevent being infected with the virus?
1. What are HIV and AIDS and why are they so dangerous?

It is important to be very clear when it comes to the transmission of information about HIV and AIDS. The youth is not as highly educated as we are, so we will not give them all the information we know. This will only make things more complicated and consequently less easy to understand. Therefore we will not discuss the matter too thoroughly with the children and at the event we will not attend the chemical processes that are behind the virus or the disease.

The information that we want to transmit is how the HIV-virus affects your body. HIV stands for human immunodeficiency virus. It is a virus that, after entering your body, damages your immune system. This system takes care of the repelling of pathogens. When this system is not working properly, these pathogens will be able to flourish inside of your body. As a result, you will be more vulnerable to diseases that do not affect other people, who are not infected by the virus.

Once the HIV-virus has been in your body for long enough and you become susceptible for deadly diseases that are otherwise not harmful, the disease is called AIDS. AIDS stands for acquired immunodeficiency syndrome. The fact that the last word is “syndrome” and not “disease” endorses that we are not talking about one disease, but a combination of different ones. People with AIDS are easier infected by diseases that do not affect healthy people and on top of that infected people can die of diseases that are harmless to others.

Being infected with AIDS is impossible to prevent once you’re infected with HIV. It usually takes about 10 years for HIV to turn into AIDS (the incubation time). Recently developed medicines have enabled doctors to stretch this amount of years to over 20, but still the arising of AIDS is not preventable. This is the main reason that HIV is so dangerous; there is no cure. Once you are infected with HIV there is no going back and you will get more ill every day, which eventually will lead to death.

2. How can someone be infected with the virus?

What we want to transmit to the youth of the Philippines is that having unsafe sexual intercourse is the most important way of transmission of the HIV-virus and therefore the use of condoms is very important.

HIV can be transmitted from person to person via body fluids such as breast milk, semen and blood. There are different ways to get infected by having contact with the body fluid of a HIV infected person. HIV can be transmitted by having unsafe sexual intercourse with an infected person*. A lot of people do not know whether they are infected or not. This is a result of the fact that symptoms of the virus may only show up after ten years. Therefore you can be infected, and consequently infect other people, without knowing. Someone can also be infected with HIV by taking drugs with the same needle as someone who has been infected by HIV. Blood residues with the HIV-virus may still be present in the needle and may infect the user. When someone gets a blood transfusion of blood that contains the virus, that person will definitely be infected.

During pregnancy and birth HIV can be transmitted from mother to child when the mother is infected with HIV. This is due to blood contact between mother and child during pregnancy and birth. After birth, the mother can infect her child via breast milk.

* The things that fall within the scope of unsafe sexual intercourse are vaginal and anal sex without a condom, oral sex, with which semen or menstrual blood ends up in the mouth, and sharing sexual attributes.
3. How can you prevent being infected by the virus?

After discussing the ways someone can be infected, we have to discuss the ways to prevent infection. Actually, the prevention of HIV-infection is very easy. Since it is only transmitted via body fluids, the way to prevent infection is to prevent body fluid exchange. There are four ways to exchange body fluids, as you can see above, and we will discuss the prevention of each point separately.

1. Sexual intercourse

Preventing body fluids exchange during sexual intercourse is possible by using a condom. This way, the man's sperm won't be in contact with the woman's body fluids at all. If a person decides that he or she wants to have sex without a condom, it is absolutely necessary that both partners are examined for HIV, because someone can be infected by HIV without knowing.

2. Taking drugs with someone else's needle

Of course the most sensible thing to do is: never use drugs at all. Despite that, we know that adolescents often experiment with drugs. So we have to warn them that whenever they use drugs that require a needle, they have to use their own, clean needle. Because, when using someone else's needle, chances are that these needles still contain HIV-infected blood.

3. Blood transfusion

When it comes to this point, prevention is the responsibility of the government. An individual can not examine blood by himself, so the government has to force hospitals and other medical institutions to do it for them. The only thing an individual can do is check whether the hospital has a good reputation on this point.

4. Perinatal HIV transmission

Perinatal HIV transmission can be prevented by special drugs called antiretrovirals. These drugs, if taken before and during birth, can reduce the rate of transmission from mother to child from 25% to 2%. Consequently, far less babies are infected.

Now that we have sorted out what we want to tell the youngsters about HIV and AIDS, the next important thing to do is ask ourselves what the best way to inform them is. The most important thing is that the information will be taken in by the youngsters for longer than just the hours on the dance event. We also want to reach improvement on the long term after all. We think the best way to reach this storing of information for a long time is to make them achieve the information in an interactive way. This meaning not just listening to someone who tells them about the danger of HIV and AIDS and how they can prevent being infected, but by asking the youngsters what they already know and whether they would like to share their experiences with the rest. It would also be useful to do some sort of game through which the information is transmitted, so that the youngsters will have fun while learning. Of course you have to take the situation, the age and the lifestyle of the children into account when you decide whether you should involve a game and if yes, what kind of game. When considering the options of this game we have to keep in mind that it should not harm the quality of the information.
It is very important that the information is clear and clearly provided. This could be reached when examples will be used frequently. This is important because this will make the information even clearer. For instance, it is much easier to understand the proper use of a condom when people show you how to do that, for instance on a wooden penis, like the people of the Kallpa organization do. Like this, the children will also have the chance to practice these things, which will lead to better results than just listening to an explanation.

Also, the leaders and mentors that are present at the event, will have to give sexual education. It is better to do this via a video that is made especially for the target group too, so that some sorts of examples are given so the youngsters will understand more quickly.

We think that young people are more likely to take in the provided information, if it is given by peers with experience. If they are educated by strangers that are somewhat 20 years older than they are, they are less likely to assume their information to be true. The youngsters are more likely to relate to their peers, with peers we mean people that are more or less their age or maybe a little older, so we think it is important to gather a couple of young adults form their environment to help us educate them.

The providing of the information is important, but it is even more important that this information is put into practice. We should help the youth with this, by providing them with condoms. It is very likely that they know the importance of these, but still do not know where to get the condoms. We can give them condoms, to be sure they have some, but these will eventually all be used or thrown away, so we need to make sure that the youth knows where to get new ones if they need them.

We want to make sure that the information given by their peers and their tutors will remain in the youngsters head longer than just on the night of the event, as said before. Of course this can be reached by using interactive information provision, but that is not all. We think that brochures or flyers should be made and handed out to the youngsters when the dance event is over. This way they can reread the information provided for them in peace and quiet, which makes it easier to take in the information and remember it for a long time, if possible for the rest of their live.

Now that we have decided what information should be given and how it is going to be done, we have to think about who should be invited and how we are going to reach that. As described in chapter 2, on the current situation in the Philippines, our target group is the youth between 12 and 20 living in the slums of Metro Manilla. You only have to think logically to realize that reaching all of these kids is a lot more difficult for people living in their circumstances than in our own living situation. It takes a little more effort to reach every guest we want to invite. We think the best way to reach all these guests is through each other. As our contact person in the Philippines mentioned, these youngsters are often on the streets and therefore meet each other a lot. We think we can use this street interaction for the spreading of the news of this event.

In the slums of Metro Manilla, the amount of youth centres is very little. On the other hand there are multiple shopping malls where the youth likes to come together and hang around. We would like to have a gathering in several shopping malls, where these youths are informed about the event and can get pamphlets to spread through the neighbourhood if they are willing to do that. We also think it is a good idea to gather some older youths in these centres, to ask them to help us organize the event, see next chapter, and invite younger people to the event. This alone is not enough, so we think it is useful for the organizers of the event to walk around these neighbourhoods themselves, to make the youngsters enthusiastic about the event and invite them. This could maybe even be done in with music the organizers carry with them, this could make the youngsters get in the right mood right away, which will be good for the atmosphere on the event itself.
5. Organizing the event

When we have decided what information we want to transmit and in which way we want to do that, we have to discuss the organization of the dance event.

At first we need a location for the dance party. When we are searching for a proper location, we have to keep a couple of essential elements in mind. Firstly, the location should be big enough for the number of children and young adults that we want to invite, but it should not be too big, because that will be detrimental for the atmosphere we want to create. Furthermore there should be enough space for a couple of stands where the information will be given. Thirdly the chosen location should also be appropriate for our target group, keeping in mind that our target group is in the category of twelve to twenty years old and low educated. In other words, the location should not be too chic, because that does not fit our target group and can possibly be deterrent. Besides, the right equipment should be present at the location. A proper sound and video system is essential for a successful dance party including an educational program. The sound system is needed for the music for the party and the video system can be really useful for transmitting information, because seeing pictures and videos can make it much more easier to understand the given information. Furthermore a couple of stands should be present at the location as a place where education can be given and information and items linked to the information, like condoms, distributed.

Organizing a dance party, especially a dance party including an educational program, requires a lot of willingness of a lot of people. First of all, people are needed to give the education and to provide the information. We want both to involve the youth in the organization of the event as well as the information and education to be given by young adults who are about the same age group as the youth of the target group and acquainted with their current situation. The reason that we want to involve the youth in the organization is that we think that it makes them aware of the seriousness of the HIV/AIDS problem even before the education has started and it makes them more likely to be interested in the information given during the party organized by themselves. The reason that we want the information and education to be given by young adults who are about the same age group as the youth of the target group and acquainted with their current situation is that we expect the target group to be far more likely to accept the given information from these people than from people who are less related. Furthermore they probably feel more comfortable to talk to peers about taboo related subjects like sex and the risk of sex and lifting up the taboos on these subjects is one of the most important elements of the event. We like to try to combine these two things in the following way.

Youth of the age of eighteen to twenty years has to be assembled in, for example, a shopping mall, because this is the place where the youth is used to hang around. Our plan will be explained to them and they will be asked whether they want to help us with educating the rest of the youth. If they agree with our plan to educate the rest of the youth, they firstly have to be educated themselves. This has to be done by the ambassadors of the Filibata foundation. By doing this, we can both involve the youth in the organization of the event and the education given during the event and provide the information and education to the rest of the youth by people who are about the same age and strongly related with them.

But the event will not exist of education solely. Creating a good and safe atmosphere is another very important element of the event, because children will accept the given information more easily when they are at their ease. Therefore, like mentioned before, the rooms should not be too big. Besides, we have to decorate the rooms to make the location more appropriate for a dance event. For this purpose we can use garlands and balloons as well as lights and music. This brings up another important element
that we have to keep in mind during the organization of the event: What kind of music does the youth of the Philippines like or prefer and how are we going to play that music? Of course we think that it would be terrific when a professional DJ or artist could perform at the event, but meanwhile we do realise that that might be a bit out of our reach and not completely necessary. We will try to arrange some very nice act, but we have to realise that there might be a chance that we will not succeed in this. Anyhow, whether we will succeed or not in doing that, we like to have a live band playing during the event, because we think this will stimulate the positive vibe during the event. Preferably, the live band playing exists of young inhabitants of Metro Manila, because in that way we are able to create another opportunity to involve the youth with the organisation of the dance event. As said before, the youngsters in the Philippines like several kinds of music, especially popmusic. We have a couple of suggestions of live acts and artists that can be invited for the event:

- **Playphonics**, a Filipino pop rock band. The band members are from Taclobam, but the band is based in Manilla
- **Target**, a Filipino rapper
- **Charmaine Clamor**, a Filipina singer known for singing Jazzipino, a combination of jazz and Filipino folk songs. Arranging a performance of her for the event might not be easy, because she currently lives in California.

To make sure everybody is at ease, as told in the chapter before, we will make an instruction video for a simple dance. We will send a video with accompanying music to the ambassadors of the Filibata Foundation. It is preferable that a few people of the organization learn this dance before the event, so they can help to teach the dance to all the guests. When everybody knows the dance, dancing the same dance with each other can create a very positive atmosphere.

For the education, we have to utilize a lot of examples and footage, because this will clarify the given information a lot more. We have to show the youth how to use a condom and to illustrate this a wooden penis can be used. Supporting footage, like explanatory videos and animation has to be used during the providing of information. This footage should be easy to understand and therefore understandable without any text or words, or subtitles or spoken in the Philippine language. Another option is to show the video, while a Philippine instructor explains what is shown.

Because the education that will be given might be a bit too much to be remembered for a long time, we think it might be handy to hand out the given information and education on paper to the children before leaving the party.

As you can see, during the event the educated young adults do most of the things. Meanwhile, ambassadors of the Filibata Foundation will be around, in case something does not happen like it should.

There are a couple of things that need special attention during the organization. Firstly, during the entire organization of the event we have to constantly keep in mind that the Philippines is a catholic country. As mentioned in the sketch of the situation the church does not approve of any birth control methods. We do not want the youngsters to be scared off and therefore, we have to be really careful with being too provocative. We cannot just distribute a lot of condoms, because that will probably scare them off directly. To avoid this we have to explain the reason that it is so important to use condoms before we
distribute them. Related to this is the fact that we have to make sure that the youngsters really are at their ease. When the children are at their ease they will accept the given information and distributed condoms more easily and less quickly be scared off.

We summarize all this in a shortlist of things and people we need for the organization of the dance event.

- A proper and appropriate location
- A sound system
- A video system, for example a DVD player and a projector
- Decoration
- Lights
- Stands
- Information on paper
- Educational videos on DVD, easy to understand
- Condoms to distribute
- Music
- Instruments
- An instruction video for the dance moves with accompanying music

- Ambassadors of Filibata Foundation
- Young adults (18-20 years old)
  - For helping to decorate the location
  - Playing in a live band during the event
  - For providing information during the event
    - Providing oral information
    - Distribute information on paper
  - Distributing of goods related with the given information
- A technician for the music, the lights and the video systems
6. Conclusion

In the previous chapters we have gathered all the information we need to answer our research question: *Is it possible for us to transmit information about and raise the awareness of HIV and AIDS to the youth in Metro Manila by a dance event?*

First we will answer our sub question, using the information given in the previous chapters, and on the basis of these answers we will answer the research question.

The first sub question was:
*Which organizations have been working on the problem of the lack of information and awareness of HIV and AIDS and how have they conveyed their information?*  
*What are the results of their projects?*

For answering this sub question, we use the information and results given in chapter 3 'The sketch of the worldwide situation on education about HIV and AIDS'.  
In this chapter we have discussed a couple of organizations that have been working on the problem of the lack of information and awareness of HIV and AIDS; Dance4life, Kallpa, Apyin, and Patsime. Now we will compare their methods with the obtained results and on that basis we will conclude what the best methods are.

**Dance4life**

The results of the heart connection tour of dance4life in 2011 were as follows: “During 2011, dance4life aims to reach 325,000 young people in 27 countries through the heart connection tour where they will receive information about HIV and AIDS and their Sexual and Reproductive Health and Rights. 130,000 of these young people will be motivated by dance4life to take action and make a change in their community to push back the spread of HIV and AIDS. We call these young people agents4change.”  
These results are very good, so we can conclude that the method that dance4life used in order to acquire these results, was a very good method. Therefore we will try to follow their framework and add our own elements to the event.

The first aspect we have investigated is whether the participants know what the organization’s purposes are. As you can see in table 1, the majority of the aoc knows that the pushing back of HIV and AIDS is the main purpose. This means that the Dance4life organization is successful in reaching their goal, concerning HIV and AIDS. This is the only aspect of the definition that is important to our project, and they were successful in reaching this, so this proves once more that their working method is useful for us.

In table 2 you can see that the best results concerning contentment were obtained in Africa. Therefore we will try to find the difference between the results from Africa and the ones from Europe in the following tables, in order to obtain maximum results. This difference is not significant enough to draw a black and white sketch of what is best, so these differences do not necessarily indicate what is better. We will have to make our own choices in that matter, but we will take these differences into account.  
Herein, the heart connection tour and the dance4life event are the most similar parts between the dance4life program and our project, so we’ll be focusing on these parts of the program.  
In table 3 you can see that the number of aoc’s that was educated and joined in the project by peers in Africa was much higher than in Europe. Taking into account that the best results were obtained in
Africa, this means that education by peers is very important for reaching the goal that dance4life and we have instated for us. This is also visible in the table concerning the heart connection tour, table 4. It shows us that, especially in Africa, a lot of the aoc's met a young person living with HIV. This shows us again that peers are very important if we really want to reach the youth, even if it is just by short testimonials. The results do not only show that the invitation of peers with special experience is effective, it also shows us that it is important to hold an eye on the fact that the event is not only for the transmission of information, but also for fun. Table 4 shows us that almost all the Dance4life-projects alternate fun with information. Table 4 also shows that Dance4life properly correct misperceptions about HIV and AIDS and break taboos about HIV, which is exactly what we will be trying to do. This means that their methods, alternating fun and information and having peer educators, works and that we can help ourselves with their results.

Kallpa
Both the results from Dance4life and Kallpa show us that another important element of the dance party is the presence of examples at the dance event. Kallpa has been very successful in its country with the use of wooden penises to practice condom usage. This shows us that, to make sure that the youth will also properly apply the information provided by us, examples are very useful. Examples can also be virtual, like videos or photos. Kallpa also shows us that it is important to have experienced educators. To obtain the best results, the information must be given properly and this can only happen when the educators themselves know what they are talking about. Therefore, it could be useful to give the organizers of the event a workshop on how to give this information of the youth, before the actual event.

Patsime
Patsime also shows us that the most important element for reaching an easier way to transmit information is the comfortable atmosphere. This organization tries to reach this goal using theatre. This is a way to lift up the taboo that lies on the subjects of HIV, AIDS and sexual education. Patsime also realized that it is important to educate the youth, because this is a high-risk group and these will be able to put their new knowledge into practice. Patsime also tries to create an air of unity between the participants of the project, buddyz4luv, by bringing them back together every year. They find this important, because it makes sure that the youngsters do not forget the organisation and consequently won't forget the provided information.

Apyin
We haven't been able to reach the apyin organization for possible results and there has been no publication of their results yet, so we will not be able to use their information in our conclusion.

All in all, the results from the various projects have shown us a couple of things. In order for the dance event to be a success, a comfortable atmosphere needs to be created. This is possible by inviting peer educators, which will make the youth more likely to take in the given information, and keeping in mind that the youngsters should also have fun while being at the event. Additively, a workshop for the educators would be very useful, if we want the youth to fully understand. The presence of examples is also very important, this was used by every organization, which shows us how big that importance is if we want to transmit the information clearly.
Our second sub question was: *What exactly is the information we want to transmit?*

In our first chapter, we have discussed what HIV and AIDS exactly are. But like we have said in the second chapter ‘The current situation in the Philippines’, the level of education in the slums of Metro Manila is very low. Therefore we cannot explain all the underlying physical processes of how HIV affects the immune system, because that would be too complicated for our target group. But there are a couple of crucial subjects that we think are very important to explain in a way that is understandable for our target group. These subjects are represented in the following questions:

- What are HIV and AIDS and why are they so dangerous?
- How can someone be infected with the virus?
- How can you prevent being infected with the virus?

For the answers of these questions we used the information of chapter one. We have answered the questions as simply as possible, but still tried to explain the three crucial subjects. The answers to these questions given in chapter 4 ‘Transmitting information through a dance event’ are exactly the information we want to transmit and consequently the information that we will use in our end product.

The third sub question was: *Is a dance party a useful way for the transmission of information?* This sub question existed of three sub questions itself. For the answers of this question we use information from chapter 4 ‘Transmitting information through a dance event’, and 5 ‘Organizing the event’.

How can we link a dance party to the transmission of information about HIV and AIDS?

A dance party is a very useful way to create a positive vibe and a comfortable atmosphere. Creating this vibe and atmosphere is one of the most important elements of the dance party, because that is the only way to lift up the taboo on sex related subjects and make the youngsters more open for new information. At first we will show the youngsters an instruction video of a simple dance and after that the youngsters will dance that dance together, creating the positive vibe and comfortable atmosphere by being busy with their own body and dancing together with everybody. After this we will lower the volume of the music and tell the youngsters that they can go to the various stands, where information and products are provided. During this, we will keep the music turned on, but on a low volume. We do this in order to keep a good atmosphere for picking up the information that will be provided. After this we will reunite the youngsters again in one room to dance together again and eventually we will end the event with the dance learned on the beginning in order to let the youth leave with a positive feeling.

What are the most important elements of the dance party?

Like mentioned before, one of the most important elements of the dance event is creating the positive vibe and a comfortable atmosphere. Another important element of the event is the transmission of information itself. The information we want to transmit is defined in sub question two and now we will define the way we want to transmit the information. Picking up information for youngsters is easier when the youth is at their ease. Therefore we will provide the information at various stands in smaller groups. Furthermore peers, acquainted with the situation of the youngsters, will give the information. This is also in order to create a safe and comfortable atmosphere, which will make the youngsters feel at ease and consequently make it easier to lift up taboos and to assume the information.
Who has to be invited to the dance party and how are we going to manage that? Young adults of approximately eighteen to twenty years should be actively involved in the organization of the event. They will also be a great part of the persons that will provide the information on the event. We will contact these young adults in the shopping malls where they are used to hang around. If they are willing to, we let them help by the inviting of our target group, the youth of Metro Manilla aged between twelve and twenty. They will do this by oral invitation and by the distribution of flyers. For the event self, a live band or act should be invited. This can be one of the in chapter 5 suggested acts or a local band. We think that the easiest way to invite them is by locals, because they are closer related to them. In short we can conclude that there are three groups of people that should be invited:

- Our target group, the youth of Metro Manilla of the age of twelve to twenty
- Young adults, who will help with the organization including inviting the target group
- A live act or band

After answering this sub questions of sub question three and taking in account the conclusions of sub question one, we can conclude that a dance party is a useful way for the transmission of information.

The fourth sub question was: How are we going to organize the dance party?
This sub question existed of several sub questions itself too. The information we used for answering this sub question can all be found in chapter 5 ‘Organizing the event’.

How can we involve the youth in the organization of the dance event? Like mentioned before we want to actively involve young adults in the organization of the event. There are specific functions in the organization of the event in which these young adults can be really useful and as a result, involving them will benefit both themselves as well as the organization. These functions are the following:

- Inviting our target group
- Decorate the location
- Playing in a live band during the event
- Distributing goods related with the given information
- Providing information during the event, both oral and on paper

For the last function, it is very importated that the young adults are very well educated themselves before the event. This brings us to the next sub question of sub question four.

How can we collect information about HIV and AIDS together with the youth of Metro Manila? At first the ambassadors of the Filibata foundation should be properly informed on the subject of HIV and AIDS and their prevention. After contacting the young adults, there should be a couple of meetings with ambassadors and these young adults, where the ambassadors will educate the young adults. This education should, for the biggest part, be about HIV and AIDS, but also about the other tasks that they will have to fulfil. By talking about their own experiences, they can get used to talking about taboo related subjects and can collect information that can be very useful for the event in an interactive way.
What preparations should we make for the dance party?
Firstly, a date for the event has to be selected. Secondly, the young adults should be contacted and they should be informed as discussed above. Then, pamphlets to promote the event should be made. Thereafter, a proper location should be arranged and decorated. There has to be a good sound- and video system. A live band has to be arranged for the day of the event. The stands should be built up and all the things that will be provided, like condoms and information on paper, and the examples and footage should be prepared. Meanwhile, our target group should be invited.

Our fifth sub question was: *When will the dance party be a success and what are the risks?*
As is written down in the other sub questions, the most important element is the positive and comfortable atmosphere. This brings along the most important risk. It may be very difficult to make sure that the youth feels at ease. Nevertheless, we will try to reach this by for example putting together a dance for them to perform with each other and by bringing a lot of peer educators with us to the event. This way the youth won't feel obliged to hold themselves back, for example because of respect for older people; they will easier feel at ease.
Another risk is the fact that the Philippines is a catholic country. This means that the taboo that lies on sex and consequently sexual education is strong. We have to try to bring this crucial information on the prevention of HIV and AIDS in such a way that it's not too provocative, so that the youth won't feel like they are living against their religion.

After answering our sub questions we can conclude that organizing a dance event in order to transmit information about and raise the awareness of HIV and AIDS to the youth in Metro Manilla is very well possible. It even is a very effective way as shown by other organizations. So the answer to our main question - *Is it possible for us to transmit information about and raise the awareness of HIV and AIDS to the youth in Metro Manila by a dance event?* - is yes. We will use the information from the conclusions of the sub questions for the actual plan for the organization of the dance event.
7. Acknowledgement

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Organizing the dance event

• Schedule of organization
• Additional commentary

• Schedule of the event
• Additional commentary
## Schedule of organization

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<th>Day</th>
<th>Activity</th>
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<td>Day 1</td>
<td>A meeting with all the ambassadors of the Filibata foundation, concerning the division of tasks</td>
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<tr>
<td>Day 31</td>
<td>Another meeting with all the ambassadors of the Filibata foundation, to discuss the completion of the task</td>
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<tr>
<td>Day 52</td>
<td>Another meeting with all the ambassadors of the Filibata foundation, on completing the tasks</td>
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<tr>
<td>Day 59-66</td>
<td>The recruiting of youngsters to help organizing the event and educating at the event</td>
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<tr>
<td>Day 70</td>
<td>A meeting with all the ambassadors and the newly recruited youngsters for the division of tasks for further organization</td>
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<tr>
<td>Day 75-82</td>
<td>These days involve a couple of lessons for the organizing youth, about HIV/AIDS</td>
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<tr>
<td>Day 85-92</td>
<td>Designing flyers that may serve as invitations for the dance event and bringing them into production</td>
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<tr>
<td>Day 100-114</td>
<td>Both youngsters and ambassadors will be handing out flyers to other youngsters, telling them about and inviting them to the event</td>
</tr>
<tr>
<td>Day 135-142</td>
<td>The actual preparation for the event.</td>
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<tr>
<td>Day 143</td>
<td>The dance event!</td>
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Additional commentary to time schedule

Day 1: There are a lot of things that need to be done before the youth gets involved in the organization of this event. During the assembly on day 1, the tasks will be divided between the Filibata workers. Examples for tasks that need to be taken care of are:

- Arranging that the local authorities agree with the organizing of this dance event. If an agreement can’t be reached, the youth probably will have more prejudices against the dance event. This will make it a lot harder for them to come and when they arrive a lot harder to feel at ease. Try to convince the authorities with the importance the youth has for a country and how this project will improve their lives and health situations.
- The picking of a date (take the above schedule into account, to see how much time you need between the event and this assembly)
- The picking of a location (it would be nice if the location was big enough for about 100-150 youngsters and had a stage)
- Try to arrange a few live-bands to play at the event (tell them about the purpose of this event and ask them whether they would like to help reaching this goal by performing at the event)
- Try to find young people living with HIV who is willing to share his or her experiences with the guests at the event (this may be difficult, but it’s very important, because the young people will be able to relate to the person that is talking to them)
- Arranging a proper sound system that is applicable to the chosen location (it should be able to become loud enough, so the youth can dance to the music)
- Possibly arrange the same for a video system and light
- Think about and arrange decorations for the event
- Collect video footage for the education on HIV and AIDS
- Collect other necessary items for the event (for example condoms and possible pamphlets with information that will be given at the end of the event), these items differ for every situation, so we won’t be summing them all up.

Day 31: This get together will function as a checkpoint. The Filibata workers will discuss whether they have succeeded in reaching the completion of their tasks. If they have not, they can try to figure out a way to do this in the following days.

Day 52: The Filibata workers will probably have had enough time to organize the beginnings of the event. This gathering will function as the completion of this first stage.
**Day 59-66:** It is very important to involve the youth in organizing this event, to raise their knowledge on the importance of the subject. Of course not all children are capable of helping, so for this purpose we will involve the older youngsters, between the ages of 18-20. Recruiting them may be difficult, but the best way to reach them is to approach them in shopping malls, where they probably will be. Approach them enthusiastically, we want them to feel how important this is, but also that is fun. For example, perform a play at the mall. This will grab their attention. Tell them about how it will help to improve their and their friends’ health. Make them feel comfortable and enthusiastic about the project; if the educators - which the youngsters will become if they are willing - are enthusiastic, the guests at the event will feel better too.

**Day 70:** A location and a proper sound/light/video system are not enough for a successful event. At the event itself everything has to go smoothly too. Therefore it is useful to have a get together with the new organizers, the youngsters. At this gathering, you have to discuss who does what at the event. This assembly will also provide a more detailed description of the project for the youngsters. Possible tasks that need to be divided between the Filibata ambassadors and the youth educators are:

- Giving sexual education and education about the risks and dangers of HIV/AIDS (7 youth educators and 7 Filibata ambassadors)
- Serve as a question guide at the event (these will walk around at the event, the youth can come to them with questions about the event, or about the provided information)
- Leading the event. In the time schedule of the event, you can see that there is an opening speech. A Filibata ambassador and a youth leader could give this. The rest of the speeches, for example the leading of the learning of the dance, are also their job.

**Day 75-82:** We want the youth to help us educate other youngsters. Of course, the recruited youth doesn’t have any more knowledge on the subject than others. Therefore it is necessary for us to educate them about HIV/AIDS, how you can be infected and how you can prevent being infected. They will have to be taught everything that you want to make clear at the event eventually. When you are sure that they know the information properly, you can move on to the next stage. Teaching these people should also be fun for them. Therefore it is good to include their experiences with the subject and possibly add a quiz-element to the education, in order for them to have something to bring into the project.

**Day 85-92:** Now that most of the preparations are made, a plan for the invitations has to be made. Flyers will be very useful. These won’t serve as invitations, but they will spread and therefore make the youth living in Metro Manila aware of the event. These flyers have to be encouraging to come to the event. They have to bright and friendly, but they also have to contain information on what the event is about. As at the event, the flyer should also be in balance between information and fun.
Day 100-114: The pamphlets are now ready to be distributed. Besides these pamphlets, the distributors, the Filibata ambassadors and the youth leaders, should be enthusiastic while handing out these flyers. Because once more: the comfortable atmosphere is very important!

Day 135-142: A few days before the event the location should be decorated and prepared for the event. Together with the Filibata ambassadors the new youth leaders will do this. The decorations should create a nice atmosphere, but shouldn’t be too exaggerated, because the event is not just a celebration. It is also a way for transmission of information.
Schedule of the day of the event

**10:00 h:** Arriving of all the organizers, both ambassadors of the Filibata Foundation and young adults

**10.15 h – 13.00 h:** Walk through of the event

**13.00 h – 14.00 h:** Getting ready for the event

**14.00 h – 14.30 h:** Arriving of the youngsters

**14.30 h – 14.45 h:** Opening speech

**14.45 h – 15.00 h:** Learning the dance

**15.00 h – 15.30 h:** Dancing the dance all together

**15.30 h – 16.00 h:** Dancing and relaxing

**16.00 h – 16.15 h:** Lowering the volume of the music, telling what is going to happen next

**16.15 h - 16.30 h:** Dividing of the youngsters in smaller groups and leading them to the different stands

**16.30 h – 18.15 h:** Educational program

**18.15 h – 18.45 h:** Live band playing

**18.45 h – 19.00 h:** Ending the event with the dance

**19.00 h – 19.30 h:** The youngsters are leaving
Additional commentary on the time schedule

10.15 h – 13.00 h: Walk through of the event
- Walking through the event step by step
- Does everybody know what he or she has to do?
- Remind everyone of the goal of the event: creating a positive vibe and comfortable atmosphere and increase the knowledge and awareness on HIV and AIDS

13.00 h – 14.00 h: Getting ready for the event
- Last check whether everything and everyone is on the rights spot
- Change clothes if necessary

14.00 h – 14.30 h: Arriving of the youngsters
- This may take a while, nevertheless it is very important that the organizers have to welcome the youngsters enthusiastically
- The youngsters are led to the room where the event will start

14.30 h – 14.45 h: Opening speech
- The event will start with an opening speech by one of the ambassadors of the Filibata Foundation
- In this speech the ambassador will tell what they will do during the event, including the following elements:
  - We will make a lot of fun today
  - There will also be a serious part
  - We will learn you more about HIV and AIDS, because HIV and AIDS are a big problem in the world, also in the Philippines
  - But first we will warm up with a little dance

14.45 h – 15.00 h: Learning the dance
- Teaching the dance to the youngsters can be done in following ways, preferably a combination of these:
  - An instruction video can be played
  - The organizers can teach the dance
The included instruction video can serve as an example for an instruction video made by the organizers themselves, or can be used directly at the event.

It is very important that everyone is at their ease, therefore all the youngsters have to be involved actively and enthusiastically.

One of the organizers, an ambassador or young adult, can motivate all the youngsters through a microphone.

15.00 h – 15.30 h: Dancing the dance all together

- This is one of the most important parts of the event, because this is the part that should make sure everyone is at their ease.
- Some of the organizers can spread through the room and dance along to make sure that every youngster can see one of them in case he or she forgot the dance and to make sure that every youngster is at his or hers ease.
- The dance can be alternated with some freestyle parts.

15.30 h – 16.00 h: Dancing and relaxing

- It is possible for the youngsters to dance a little longer or to relax a little, in order to make everybody in a good mood and condition to start the educational program.
- Food and drinks can be provided to the youngsters to give them new energy for the educational program.

16.00 h – 16.15 h: Lowering the volume of the music, telling what is going to happen next

- Music will still be on, but the volume will be lower, to keep the positive vibe and comfortable atmosphere that is just created at present.
- One of the organizers will take the microphone and will tell what is going to happen next.

16.15 h - 16.30 h: Dividing of the youngsters in smaller groups and leading them to the different stands

- The youngsters are divided in groups of approximately 20 youngsters.
- Led by both one ambassador and one young adult each group will go to a different stand.
- There will the information be given. This information consist of three parts.

1. What are HIV and AIDS and why are they so dangerous?

The information that we want to transmit is how the HIV-virus affects your body. HIV stands for human immunodeficiency virus. It is a virus that, after entering your body, damages your immune system. This system takes care of the repelling of pathogens. When this system is not working properly, these pathogens will be able to flourish inside of your body. As a result, you will be more vulnerable to diseases that do not affect other people, who are not infected by the virus.
Once the HIV-virus has been in your body for long enough and you become susceptible for deadly diseases that are otherwise not harmful, the disease is called AIDS. AIDS stands for acquired immunodeficiency syndrome. The fact that the last word is “syndrome” and not “disease” endorses that we are not talking about one disease, but a combination of different ones. People with AIDS are easier infected by diseases that do not affect healthy people and on top of that infected people can die of diseases that are harmless to others.

Being infected with AIDS is impossible to prevent once you’re infected with HIV. It usually takes about 10 years for HIV to turn into AIDS, the incubation time. Recently developed medicines have enabled doctors to stretch this amount of years to over 20, but still the arising of AIDS is not preventable. This is the main reason that HIV is so dangerous; there is no cure. Once you are infected with HIV there is no going back and you will get more ill every day, which eventually will lead to death.

2. How can someone be infected with the virus?
What we want to transmit to the youth of the Philippines is that having unsafe sexual intercourse is the most important way of transmission of the HIV-virus and therefore the use of condoms is very important. HIV can be transmitted from person to person via body fluids such as breast milk, semen and blood. There are different ways to get infected by having contact with the body fluid of a HIV infected person. HIV can be transmitted by having unsafe sexual intercourse with an infected person*. A lot of people do not know whether they are infected or not. This is a result of the fact that symptoms of the virus may only show up after ten years. Therefore you can be infected, and consequently infect other people, without knowing. Someone can also be infected with HIV by taking drugs with the same needle as someone who has been infected by HIV. Blood residues with the HIV-virus may still be present in the needle and may infect the user. When someone gets a blood transfusion of blood that contains the virus, that person will definitely be infected. During pregnancy and birth HIV can be transmitted from mother to child when the mother is infected with HIV. This is due to blood contact between mother and child during pregnancy and birth. After birth, the mother can infect her child via breast milk.

* The things that fall within the scope of unsafe sexual intercourse are vaginal and anal sex without a condom, oral sex, with which semen or menstrual blood ends up in the mouth, and sharing sexual attributes.
3. How can you prevent being infected by the virus?

After discussing the ways someone can be infected, we have to discuss the ways to prevent infection. Actually, the prevention of HIV-infection is very easy. Since it is only transmitted via body fluids, the way to prevent infection is to prevent body fluid exchange. There are four ways to exchange body fluids, as you can see above, and we will discuss the prevention of each point separately.

- **Sexual intercourse**
  Preventing body fluids exchange during sexual intercourse is possible by using a condom. This way, the man's sperm won't be in contact with the woman's body fluids at all. If a person decides that he or she wants to have sex without a condom, it is absolutely necessary that both partners are examined for HIV, because someone can be infected by HIV without knowing. Condoms can be bought in pharmacies and 24/7 shops that are at present in almost every city or village.

- **Taking drugs with someone else's needle**
  Of course the most sensible thing to do is: never use drugs at all. Despite that, we know that adolescents often experiment with drugs. So we have to warn them that whenever they use drugs that require a needle, they have to use their own, clean needle. Because, when using someone else's needle, chances are that these needles still contain HIV-infected blood.

- **Blood transfusion**
  When it comes to this point, prevention is the responsibility of the government. An individual can not examine blood by himself, so the government has to force hospitals and other medical institutions to do it for them. The only thing an individual can do is check whether the hospital has a good reputation on this point.

- **Perinatal HIV transmission**
  Perinatal HIV transmission can be prevented by special drugs called antiretrovirals. These drugs, if taken before and during birth, can reduce the rate of transmission from mother to child from 25% to 2%. Consequently, far less babies are infected.

- It is important to be very clear when it comes to the transmission of information about HIV and AIDS. The youth is not very highly educated, so we will not give them all the information about HIV and AIDS that is available. This will only make things more complicated and consequently less easy to understand. Therefore we will not discuss the matter too thoroughly with the children and we will not attend the chemical processes that are behind the virus or the disease.

- We want the youth to remind the given information for a longer term and we want to reach this by giving the information in an interactive way. This means, not just listening to someone who tells them about the danger of HIV and AIDS and how they can prevent being infected, but by asking the youngsters what they already know and whether they’d like to share their experiences with the rest.

- It is very important that the information is clear and clearly provided. This could be reached when examples will be used frequently. This is important because this will make the information even clearer. For instance, it is much easier to understand the proper use of a condom...
when people show you how to do that, for instance on a wooden penis. Like this, the children will also have the chance to practice these things, which will lead to better results than just listening to an explanation.

- After explaining the use of condoms and the places where condoms can be bought, condoms will be distributed to the youth.
- It is very useful to uses footage, like images an videos, to visualise the given information. In this way, the information is easier to understand and easier to remind for a longer term.
- It would also be useful to do some sort of game through which the information is transmitted, so that the youngsters will have fun while learning. This can be done as the final part of the educational program

18.15 h – 18.45 h: Live band playing
- After all the information is given, the youngster may be a bit tired. To give them new energy to leave the event with a positive feeling, a live band will be playing up-tempo music.
- All the youngsters should be motivated again to dance or to relax

18.45 h – 19.00 h: Ending the event with the dance
- To make the youth leave the event with a positive and happy feeling everybody will dance the dance learned at the beginning of the event together as the very final part of the event.

19.00 h – 19.30 h: The youngsters are leaving
- While the youngsters are leaving the information on paper will be distributed
- It is very important that, when the youth is leaving, organizers are at present to answer possible questions, if the youngsters are having any