

What is Gen-N?

A guide for community dialogue



GEN

HIV Negative Generation



Session Guide

Topics for discussion



HIV Negative Generation

How to use this guide

- A. Introductions
 - B. Reflection: HIV in the past & today
 - C. Advances in the effort to end HIV
 - D. About PrEP
 - E. Activity: Building empathy
 - F. Invitation to Gen-N
 - G. Commitment to Gen-N
- Acknowledgments



How to use this guide

This guide is to be used to engage community leaders in supporting PrEP by being a part of Generation Negative (Gen-N).

First, organise community meetings with groups of community leaders, health care providers, religious leaders, teachers, parents/caregivers, and other influencers in large or small groups.

Facilitation:

These sessions should be led by a community engagement officer, co-facilitated with members of the local health team – health workers and community health workers.

This session is designed to build trust and support between the community and the health workers offering HIV services, including PrEP.

Decide in advance who will facilitate which topics. If you are able to, print copies of the PrEP FAQ document for all participants. This will help you to facilitate discussion later.



A. Introductions

Step 1: Introduce yourselves as facilitators

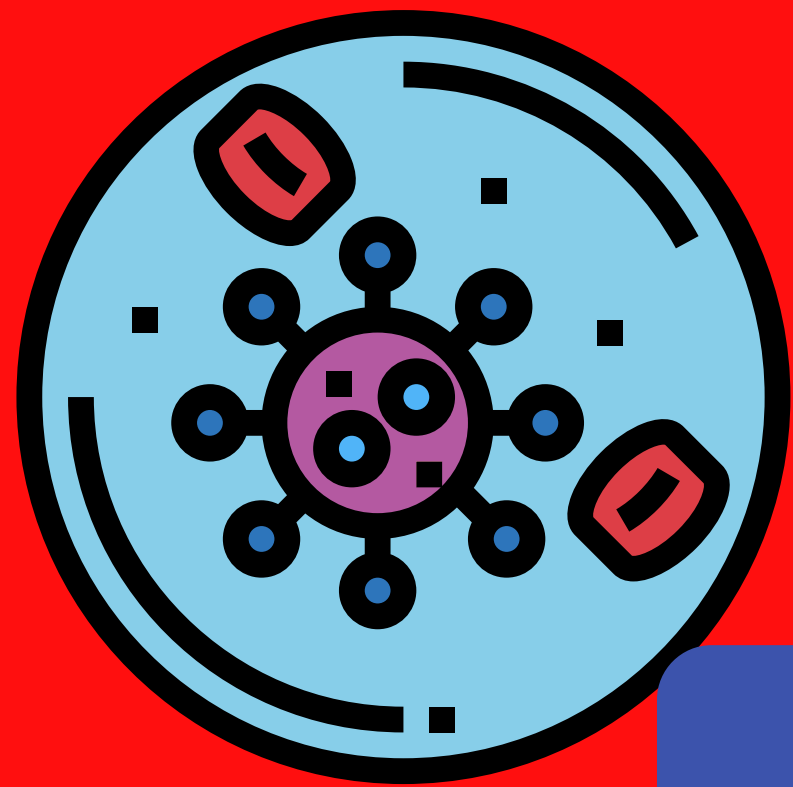
- Thank the community for sharing their time to talk about a way that we can work together.
- Give your names, your organisation and/or health facility, and say you are a part of Gen-N, an initiative from the Ministry of Health to help people protect themselves and their relationships from HIV.

Step 2: Ask participants to introduce themselves

- Ask each person to share their:
 - 1) Name 2) Organisation or Affiliation and 3) One thing they love about young people



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Start a conversation about experiences with HIV

B. HIV in the Past & Today

- **Step 1:** Ask participants to think back to the first time they ever heard of HIV. Ask them to remember how old they were? Who did you hear about it from? How did you feel?
- **Step 2:** Ask a few participants to share their individual reflections. Continue until everyone who wants to has had a chance to share.
- **Step 3:** Tell participants that even though we don't hear about HIV as much today, there are still **XX** new infections every year in our state, and that that the majority are among young women.
- **Step 4:** Ask participants to reflect on that statistic and ask them what it must feel like being a young woman today who has to face possibly getting HIV?

Step 5: Summarise what you have heard

Example:

"What I am hearing is that when we first started talking about HIV a long time ago, it felt scary. People were scared of getting HIV themselves, so they treated people with HIV with fear and rejected them. We were told to protect ourselves with condoms, faithfulness, and abstaining from sex. If you tested positive for HIV, there were many pills to take and some of those made people feel sick... "

**C. Advances in the
Effort to End HIV**
Health Worker Facilitates



Advances in HIV Prevention, Testing & Treatment

Step 1: Share with the group that HIV is much different now than it was before. We no longer need to be afraid of HIV - we can take control if we work together!

Step 2: Ask the group if anyone has heard about new ways to protect yourself from HIV other than condoms, faithfulness, or not having sex? Has anyone heard about PrEP? Self-testing? Improved treatments? Ask people to raise their hands if they have heard about these and share what they have heard.

Step 3: Explain that we now have HIV prevention options like PrEP and self-testing, and very effective new treatments for people living with HIV. Read the descriptions in the boxes below:

Self-testing

You have the option of using a self-test kit to take an HIV test in a private setting like your home.

PrEP

Condoms and faithfulness require both partners to agree. With PrEP, you can independently control protecting yourself from HIV by choosing to take PrEP as prescribed.

PEP

If you have likely been exposed to HIV in the last 72 hours, there is an option to protect yourself, even after exposure. Your doctor can help you start a 28 day PEP treatment.

One-pill-a-day treatment

If you are a person living with HIV, current treatment options are so effective that you can get to a point where the virus levels in your body are so low that an HIV test will be unable to detect it.

When you get to that point, you can no longer transmit the virus through sexual activity.



D. About PrEP

Health Worker Facilitates

Step 1: Give out copies of the PrEP FAQ (if you have it) and go over the main points. The guide on this page has the same content as the FAQ handout.

Step 2: Ask what else, if anything, people have heard about PrEP.

Step 3: Encourage people to ask questions and clear up myths.



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1. What is PrEP?

- PrEP is a pill you take to give you extra protection against HIV
- PrEP is extremely effective when taken as prescribed
- PrEP is a powerful HIV prevention method you can control on your own

2. Who is PrEP for?

- PrEP is for people who are HIV-negative who want to protect themselves against HIV
- There are many reasons you may consider PrEP:
 - You don't use condoms every time you have sex
 - You or your partners have several sexual partners (or you are unsure)
 - Your partner(s) is living with HIV or you do not know their status

5. Other Things

- PrEP can help people be proactive and worry less about HIV and more about having a strong relationship and enjoying the moment
- PrEP is for clients who think they could be exposed to HIV currently or in the future
- PEP is for people who have **likely been exposed to HIV in the past 72 hours**. It involves taking medication for 28 days
- Your health worker can advise your decision to use PrEP vs. PEP

4. Is PrEP Safe?

- Oral PrEP is approved by the World Health Organization for use by anyone who wants to protect themselves from HIV, including pregnant and breastfeeding women
- PrEP has been safely taken by millions around the world
- Most people experience no side effects from PrEP
- PrEP won't affect your ability to get pregnant in the future

3. How does PrEP Work?

- PrEP puts a small dose of medicine in your blood; if the HIV virus ever enters your body, PrEP blocks the virus so that it cannot make you ill
- It takes 7 days for oral PrEP to be fully protective
- Soon, you will be able to choose between many forms of PrEP including a monthly pill, an injection, and/or a vaginal ring

E. Activity: Building Empathy & Exploring Values

Story Telling

This exercise helps participants remember the experience of being a young person.

Step 1: Ask participants to think about a time when you were a young person when you might have done something you didn't intend to do, or knew better, or found yourself in a risky situation.

Step 2: Encourage participants to share their story with the person sitting next to them if they are comfortable.

Step 3: Ask: Is anyone comfortable sharing their story with the entire group?

Step 4: Ask someone in the group to share what they learned from this exercise.

Step 5: Summarise: Point out that all of us have done things even when we "knew better." We have also all found ourselves in situations where we felt we didn't have control.

Vote With Your Feet

This exercise helps participants discuss some of their values about young people and health services.

Step 1: Tell the participants you are going to ask some questions and ask them to "vote with their feet" by listening to the following statements and:

- Moving to your right if you **agree**
- Moving to your left if you **disagree**
- Staying in place if you are **unsure**

Step 2: Say each statement below and wait while people move to "agree" or "disagree."

- I believe health workers should discuss sexual health and HIV prevention with young people in this community.
- I encourage the young people in my life to seek health care.
- I would be supportive of my daughter or son if I found out they were using PrEP.
- I would encourage my daughter or son to take PrEP.

Step 3: After each question, ask for a couple of people on each side to explain their thinking.

Step 4: Ask the people who **disagree** to think of one reason that a person might say they agree.

Step 5: Give the health worker time to talk about their concerns about helping young people and facing community backlash. Share why you believe it is necessary to help young people get access to PrEP if they need it.

Step 6: Close by explaining that even though people might have different feelings, ask if we can all agree that we would like to work together to make Nigeria HIV-Free?



F. Introducing Gen-N



You are Invited to Gen-N

HIV Negative Generation

Step 1: Tell the group that you have something exciting to share: The Government is leading a new campaign called Generation Negative (Gen-N)! Explain that they might hear about it on the radio or on social media.

Step 2: Show them the "Together we are Gen-N" Poster and say that Gen-N is a community effort to end HIV by helping health workers and the people seeking services like PrEP feel supported and encouraged to take steps to protect themselves against HIV. Say: "All of us can make the choice to stand with Gen-N. We all have a role to play in ending HIV." Read off the statements on the poster.

Step 3: Ask the participants if they have any reactions, questions, or concerns. A health worker should facilitate this discussion and respond to concerns.

Step 4: Ask the participants to begin thinking about how each one of us can support Gen-N.

Together we are

- We TRUST health workers to help young people stay healthy
- We ENCOURAGE young people to keep their bodies and relationships safe
- We SUPPORT young people to get tested for HIV and use PrEP



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Key Messages about Gen-N

- Gen-N is a community effort to end HIV in the country.
- If you would like to take steps to protect yourself from HIV, there has never been a better time to get care from a health care provider.
- Remember, young people want to feel supported.
- Encourage young people to get tested for HIV & ask their health care provider if PrEP is right for them.
- Support health care providers to protect the community against HIV with PrEP.

The GEN-N manifesto!

Together we are GEN-N

I'm with you on the journey

- I'll guide you through each step
- I'll tell you the truth

I believe in you

- I'll cheer you on
- I'll help you overcome challenges

I'm here to help you decide

- How to protect your future
- How to take care of your body
- How to keep your relationships healthy

I appreciate you

- It's brave to come for help
- It's responsible to take care of your body

I'm not judging you

- I know you are doing the best you can
- I know things happen that we don't intend.
- I know you may be struggling
- I remember being where you are

I'm listening

- I need to know what's going on so that I can help you
- We are going to work together

Your secrets are safe with me

- What we talk about here stays here



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Health workers are Gen-N Heroes!

The health care provider can take a moment to share that as part of Gen-N, they have taken a pledge too. Read off the Gen-N manifesto!



NB: PrEP is a once-a-day pill that prevents HIV. It does NOT protect from other STDs and pregnancy. PrEP is free.

G. Committing to Gen-N

Step 1: Ask participants to commit to Gen-N.

Step 2: Ask everyone to sign the pledge on the poster.

Step 3: Hang the poster in a central place in the community.

Step 4: Celebrate and thank everyone!

Community Name

Together we are

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- We ENCOURAGE young people to keep their bodies and relationships safe
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HIV Negative Generation

Signatures



Acknowledgments

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