



WOMENSTRUST

Magbè Savané Healthy Living Skills Program

Methods and purpose:

1. **HIV/AIDS game/Hands-on participation** – Individuals need to know that when they are having sex with someone, they are having sex with everyone with whom that person has had sex for the last ten years. In order to reinforce this point, I came up with an exercise where two of the women in a group are given a cup of water and I ask them to share it with someone in the group that they like or trust. After watching the women share the drink with not only their friends but in some cases children, I then explain that this is exactly how HIV/AIDS can spread so easily.
2. **Communication**– Each time I make a presentation, I ask for a volunteer from the group to reiterate and/or demonstrate, using the local language.
3. **Questions and prizes** – A way to encourage and motivate people to give me their full attention and participate in the question and answer period is to offer some type of gift or prize. This seems to be very effective in keeping them focused.
4. **Skit** – To close the program, I wrote a skit on family planning. The women and I rehearse a lot during the period that I am there, and at the end of the program we perform the skit, which gives a memorable closure to the program.
5. **Tee shirts** – I designed and made tee shirts with the name of the program on it, *Healthy Living Skills Program*. On the front are the words, “Always remember to use condoms”. On the back, “Together let’s fight against malaria, anemia, diabetes and high blood pressure with *Healthy Living Skills Program*”.
6. **Supplies** – Pamphlets with diagrams and pictures, anatomical models, and contraceptives (female and male condoms and diaphragms) were donated by Planned Parenthood.

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