

# “stop the spread of diseases”

girls worldwide say  
“world thinking day”  
2009

# 1

## HIV and AIDS

1. **FUNDRAISER:** Hold a talent show to raise money for WAGGGS’ health projects. As a challenge, write a song with one of the following titles and perform it at the show: ‘I love being me’ (self esteem), ‘the best of friends’ (friendship) or ‘let’s talk about it’ (speaking out).
2. AIDS affects all kinds of people. Draw pictures of men, women and children. Discuss in your group how HIV is spread. Use your pictures to show a friend that everyone should know about AIDS.
3. Run-around Alphabet game. Each player has a letter of the alphabet stuck on her back. When a word is called out, players must run to the other side of the room and line up to spell out the word. Each player that manages to make a word writes it down. At the end of the game, discuss the meanings of the words: **INFECTION, SELF-ESTEEM, PROTECTION, VIRUS, DISEASE, EPIDEMIC**, etc.
4. In groups, discuss situations where an HIV positive person may encounter prejudice. Present your conclusions as a role play, showing how these prejudices might be overcome.
5. Unhealthy Handshake game. Give three players some small pieces of paper. This is the virus. Everyone must go around and shake each other’s hands. The players with the virus must secretly slip a piece of paper into the hand of every person they shake hands with. Each person who receives a piece of paper must pass it on. After several minutes, everyone who has touched a piece of paper must sit down. Discuss the ways that HIV can be passed from one person to another and how to prevent this. Make sure everyone knows that HIV cannot be passed by shaking hands!
6. Find out how people with HIV are cared for in your community. Are there special clinics and organizations that support them? Make a presentation to your group and consider how you might be able to help them.
7. **FUNDRAISER:** Each person should wear a red ribbon around their wrist. Ask friends and family to write their initials or signature on the ribbon and to donate money towards WAGGGS’ health projects.
8. Think about how you can help support people in your community who are living with HIV. If you know someone in this position and you think it is appropriate, offer to visit them. Find out how they live with the disease.
9. Use WAGGGS’ ‘Tell 10 girls 10 facts about AIDS’ fact card to spread the word and raise awareness about HIV and AIDS.
10. **FUNDRAISER:** Organize a quiz night using our [quiz](#). Charge an entry free and offer home-made quiz prizes.
11. **For older members:** Young people can feel pressure from others to have sex at an early age. In groups of three to four, produce a role play to show how peer pressure can affect young people and how to overcome it.
12. **For older members:** Contact a local AIDS charity or support group. Invite someone to visit your meeting and hold a discussion on the subject.
13. **For older members:** Don’t just think – speak out about the spread of disease. Use the WAGGGS’ Advocacy Toolkit to organize a campaign and plan your advocacy project.

For more activities like this, why not order the WAGGGS HIV and AIDS Training Toolkit from the WAGGGS online shop?