







This game is intended for families in which one or more persons are HIV positive. It has been developed to help them talk about subjects that are either directly or indirectly related to living with HIV. Within families, at schools, in sport clubs and all other places where life takes place, people with HIV face questions like: How can I best give HIV a place in my family? How do I ensure a positive environment for the children if I don't feel good myself? Which of the people we know can I tell about HIV in my family and who should I not tell? How should we deal with both the positive and the negative reactions?

Living with HIV, or living with someone who has HIV, is often difficult. There are many different opinions and prejudices about HIV. FAMILY.matters is a game for people who often have to deal with challenging situations in living with HIV: situations that may present you with a dilemma or force you to make a choice. The game is meant to make it easier for families to talk about issues involved in living with HIV in a playful way that will appeal to children. The game does not provide any cut-and-dry solutions, but rather brings up topics that otherwise might not get talked about. The situations that come up in the game are based on real-life experiences and choices, taken from the stories of many different families from a wide range of backgrounds who are confronted with HIV.

The game also touches on subjects like relationships, sexuality, healthy living, medicines, and myths and facts about HIV.

Follow the instructions on how to play the game and only discuss the story lines afterwards. The game is played just like the memory game. If played with children, it is important that adults are present to help guide the children in the game and to support them when questions arise.

INSTRUCTIONS

Shuffle the cards and place them face down in straight lines below and beside each other. Choose who will begin.

He or she turns over two cards.

Are the pictures identical?

If yes: You have found a pair. You may keep this pair and you may turn over two more cards.

Are the two pictures different?

If yes: You must turn the cards back face down. Now it's the next player's turn. Whoever has the most pairs by the end is the winner!

FINISHED PLAYING? THAT'S WHAT YOU THOUGHT!

FOR THE ADULTS (OR OTHER SUPERVISORS):

Arrange the pictures in the right order (see the colors and numbers for the proper sequence) and discuss the pictures with each other.

- The first story line is about a family in which the daughter and one of the parents is HIV positive.
- The second story line is about the daughter and various situations in her life.
- The third part is about the different ways you can and cannot become infected with the HIV virus.

IT IS IMPORTANT TO SUPERVISE THE DISCUSSION WELL.

Look at the pictures with the whole family and talk about them with each other. Let everyone tell about his or her fantasies, what they know and their personal experiences. Let the children tell about whatever they see in the pictures, about any situations they recognise and whether or not they have been in similar situations. Would you do the same as the people in the pictures or something completely different. Encourage the children to be honest about whatever they find difficult.

Talking about HIV sometimes brings other difficult subjects close to home. Everyone has opinions and habits that they get from their family, their cultural background or their religion in terms of sexuality. Try to talk about these. Questions about sexuality are something that all people have to deal with in their lives.

FABLES AND FACTS HIV

In the past, people didn't know enough about how HIV is passed on from one person to another. Many fables or myths about this still persist. We also know facts about how you can pass on the virus.

FABLES

Contrary to what some people still think, for example, it is not true that you can get HIV from kissing, shaking hands, cuddling, using the same toilet, swimming together, wearing each other's clothes or using each other's cutlery. It is also not true that you can get HIV from using clean hypodermic needles or from sweat or tears.

FACTS

The HIV virus is present in blood, sperm and vaginal fluid, as well as in the mother's milk of someone who is HIV positive. HIV can be passed on:

- by having unsafe sex. Having safe sex means using condoms for both vaginal and anal sex. With oral sex, the chances of transmission are small, but not negligible.
- by receiving blood containing HIV during a blood transfusion. **HIV DURING**
- by using a non-sterile hypodermic needle that contains the blood of an HIV-positive person.
- from a mother to her child during birth and through breastfeeding.

Be careful with cuts and other wounds. HIV and other diseases that are present in blood can also be passed on through contact between two bleeding wounds.

PROTECT YOURSELF AND YOUR PARTNER

Condoms offer good protection against the transmission of HIV (as well as other STIs) through sexual contact. This can be a condom worn by a man or a condom made especially for women. To best protect yourself against unwanted pregnancy, you can use another contraceptive (such as the birth control pill) along with a condom. Talk to your doctor about which method is most suitable for you.

1

- 1 This story line involves the following family in the main role: father, mother, a number of children including a girl named Eva and a grandfather.
- 2 The family is at the hospital. The HIV nurse tells them that the HIV test shows that the girl is also HIV positive, just like her mother.
- 3 It is been explained to the whole family, including the younger children, that the girl has HIV and what that will mean.
- 4 The adults are shocked when they hear the news, but they are also worried. The teenagers and the adults can handle more information than the young children.
- 5 The young children continue playing their game after they have heard the news. Everyone has his or her own way of dealing with it.
- 6 The family is facing a dilemma: Should you tell others about HIV in your family? What are the consequences if you do tell and what might happen if you don't? They think about it in advance. Some of the reactions they get are nice, but others are disappointing. There's still a lot of ignorance about HIV.
- 7 The parents tell the school principal that their daughter has HIV. They explain what being HIV positive means for Eva in her life. In relation to school, they mention that Eva is taking medicines and that she will need to visit the doctor every once in a while but that Eva can otherwise lead a normal life at school.
- 8 There are people who speak negatively and gossip about the girl because they are ignorant about HIV. But others are understanding and supportive of her and her family. You can ask an expert for help in telling others about the situation.
- 9 Eva regularly goes for check-ups at the outpatient clinic. She gets a physical examination, her use of medicines is discussed and attention is given to her problems.
- 10 Eva has to take her medicines everyday. It is very important that she always takes them at set times.
- 11 Playing sports is healthy and important for Eva's physical condition. It helps her to feel better. Playing sports with others is also good for friendships and recreation.
- 12 Eating healthy foods at set times during the day is important for increasing her resistance and energy level.
- 13 The family goes out and looks for fun things to do. Eva cannot always be with them and take part in what the others are doing, because she sometimes doesn't feel well.
- 14 Sometimes Eva becomes ill more easily. At such times, she needs a little more attention than otherwise. Other children in the family may sometimes feel jealous of that extra attention and may show that directly or indirectly.
- 15 The family goes on a little outing. It is important to continue to do fun things together.

2

- 1 Eva tells it to some people but not to everyone. Sometimes she feels like she is living a double life. She decides for herself who she tells about her HIV.
- 2 Eva is with a friend in the city. Eva is having doubts about whether or not to confide in her friend and to tell her that she has HIV.
- 3 A classmate gives a presentation during class about HIV/AIDS. Even though Eva hasn't told anyone, she is still often confronted with the topic.
- 4 Eva is playing together with a friend in her room. Friendships, doing enjoyable things and having fun is important.
- 5 Eva gets teased every so often, but that can happen to anyone. It doesn't necessarily have anything to do with the fact that Eva is HIV positive.
- 6 Eva is going to sleep over at a friend's house and is packing her suitcase with her mother. They talk together about what she can expect. She needs to take her medicines along with her as well.
- 7 Eva has fallen in love with someone, but that person is not in love with her and turns her down. Eva is afraid that is because she has HIV.
- 8 She is sitting on her own and feels excluded. Even when you have friends to play with, you can still feel very lonely.
- 9 Sometimes she doesn't think life is all that great. She is angry at everything and everyone.
- 10 When she looks at a family photo, Eva occasionally becomes afraid of dying, although she knows that she can remain healthy for a long time thanks to her medicines.
- 11 Eva doesn't always want to say how she feels, but she can make it clear in other ways. She becomes creative in her way of communicating..
- 12 If you are HIV positive it is nice to be able to exchange experiences with others who also have HIV. For this, you can try to find others who are living with HIV, for example a group of people who are in the same situation.
- 13 Eva tells all her secrets to her diary. Sometimes it helps to write things down if there are things that the rest of the world doesn't understand.
- 14 When Eva looks in the mirror, she feels she can be proud of herself.
- 15 Kissing each other is fine. Some people mistakenly think that you can get HIV from kissing. She fantasises about having a family in the future. These days it is quite easy for boys and girls with HIV to have children without HIV.
- 16 Her life goes on. Which choices are you going to make?

3

- 1 One of the ways of transmitting HIV is through unprotected sexual contact. Most people who are HIV positive got HIV by having sex without a condom. For that reason, always use a condom.
- 2 The HIV virus is not only passed on through sexual contact, but also through infected blood and therefore also through dirty hypodermic needles. The risk of transmission when getting tattoos or piercings is small, but ask for clean needles to be used just to make sure.
- 3 You **cannot** pass on the HIV virus through tongue kissing and cuddling.
- 4 You **cannot** get the HIV virus from touching a toilet, a glass or a piece of cutlery, or by being bitten by a mosquito. It is also safe to go swimming with each other.