

# The DEEPROOTS Wellness Toolkit



A Concise Guide to Engage and Educate  
Adolescent Girls and Young Women in Uganda  
On HIV Prevention and Wellness

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## Foreword

On behalf of the board, management and staff of Youth Plus Policy Network Uganda, I am proud to present the DEEPROOTS Curriculum—a comprehensive tool designed to empower Adolescent Girls and Young Women (AGYW) with the knowledge and skills needed to navigate challenges, prioritize their health, and lead fulfilling lives.

In the communities where we work, HIV prevention and wellness are not just health issues but social imperatives that demand action, understanding, and compassion. The DEEPROOTS Curriculum embodies this ethos by putting AGYW at the centre of the conversation. It is a dynamic, community-driven resource that addresses the real-world challenges faced by young women in vulnerable settings, offering practical strategies for self-care, HIV prevention, and resilience building.

This toolkit reflects the commitment of Youth Plus Policy Network Uganda to creating sustainable change through local leadership and collaboration. It is the product of extensive community consultations, pilot testing, and the collective wisdom of Peer Community Advisors, healthcare professionals, and youth advocates. I extend my gratitude to everyone who contributed their time, expertise, and lived experiences to bring this resource to life.

To the facilitators, Peer Community Advisors, and community leaders who will use this toolkit: you are the torchbearers of this initiative. Your dedication to fostering safe, inclusive spaces where AGYW can learn, grow, and thrive is the cornerstone of the DEEPROOTS mission.

To the participants: know that this curriculum is not just about learning but about empowerment. It is about recognizing your strength, understanding your worth, and taking control of your health and future.

Together, let us work towards a future where every young woman has the tools, support, and confidence to lead a healthy, empowered life.

**Colline Saabwe**

**Executive Director, Youth Plus Policy Network Uganda**



## Executive Summary:

The **DEEPROOTS Wellness Toolkit**, developed by Youth Plus Policy Network Uganda with support from Viiv Health Care Positive Action Programme, is a comprehensive resource designed to empower Adolescent Girls and Young Women (AGYW) in vulnerable Ugandan communities with knowledge, skills, and access to HIV prevention and wellness services.

### Key Features:

- **Community-Led Approach:** Focuses on empowering local communities and leveraging Peer Community Advisors (PCAs) to deliver non-judgmental, relatable, and effective HIV prevention education.
- **HIV Prevention Infrastructure:** Establishes Community HIV Information Kiosks as accessible hubs for information, counselling, and services, tailored to AGYW's needs.
- **Interactive Curriculum:** Offers activities such as role-plays, games, and workshops to enhance engagement, build self-esteem, and normalize conversations about sexual health.
- **Technology Integration:** Utilizes the DEEPROOTS 2.0 online platform for extended learning on HIV prevention and life skills.

### Curriculum Development Process:

The toolkit was shaped through a collaborative, evidence-based process involving:

1. **Community Consultations:** Engaged AGYW, local leaders, and stakeholders to identify needs, preferences, and cultural sensitivities.
2. **Literature Review:** Incorporated best practices from global and local HIV prevention models, emphasizing self-esteem, self-care, and behavior change communication.
3. **Pilot Testing:** Conducted across five target communities to evaluate the relevance, engagement level, and effectiveness of curriculum activities, with refinements based on participant feedback.

### Objectives:

- Equip AGYW with tools to make informed decisions about their health.
- Reduce stigma and foster community resilience through education and support.
- Engage stakeholders, including healthcare providers and government agencies, to amplify the program's impact.

### Monitoring and Feedback:

The toolkit incorporates innovative tools like the Emotions Wheel to gather participant feedback and ensure continuous improvement. It also emphasizes sustainability by fostering collaborations with local leaders and health providers.

### Impact:

The DEEPROOTS initiative positions communities as the cornerstone of HIV prevention, addressing root causes of vulnerability while empowering AGYW to lead healthier, more resilient lives.

# About DEEPROOTS

This tool kit was developed as a result of the DEEP-ROOTS; Deepening Engagement and Participation of Grassroots Communities for Reduction of HIV Incidence in Adolescent Girls and Young Women in the Lake Victoria Basin in Uganda abbreviated as DEEPROOTS project- which was a community-driven initiative focused on communicating and connecting with Adolescent Girls and Young Women (AGYW) in transactional sex and other adverse settings, including homelessness, those not in employment, education, or training (NEET), teenage mothers, and those living in slums in the fishing communities of Kigungu, Katabi-Nakiwogo, Kasanje-Buvvi, Kajjansi, and Kasenyi. It aimed to foster healthy behaviours and self-awareness in their HIV prevention and life journeys. DEEPROOTS activated the power of the 'self' as the first point of motivation, catalysed by community support for AGYW in HIV prevention. DEEPROOTS decentralized HIV and intersecting information, connecting AGYW to HIV and related services within the communities where they lived, to create a sustained positive impact on their experiences and well-being.

## **How the DEEPROOTS works to empower Communities to Lead the Fight Against HIV/AIDS.**

The DEEPROOTS model positions communities at the heart of the movement to defeat HIV/AIDS, empowering them to drive change and support Adolescent Girls and Young Women (AGYW) in building healthier futures. Through its community-driven approach, DEEPROOTS recognizes that sustainable progress in HIV prevention and care relies on local engagement, peer leadership, and collective resilience.

## **Building a Legacy of Health and Resilience**

Communities are the foundation of the DEEPROOTS approach to defeating HIV/AIDS. By creating supportive, informed, and empowered networks around AGYW, DEEPROOTS enables communities to address the root causes of HIV vulnerability and drive lasting change. With peer support, accessible information, and an emphasis on self-care, communities can collectively transform the future, ensuring that every AGYW has the resources, confidence, and resilience to lead a healthy, fulfilling life. Together, these actions form a legacy of health, strength, and solidarity in the fight against HIV/AIDS.



**Here's how communities can take the lead in defeating HIV/AIDS through the DEEPROOTS model:**

**1. Activate Peer-Led HIV Prevention with Peer Community Advisors (PCAs)**

Communities play a key role in identifying, training, and empowering Peer Community Advisors (PCAs), young women who bring compassion, local knowledge, and relatable experiences to HIV prevention efforts. By selecting PCAs from within their own communities, residents ensure that AGYW have role models they can trust and relate to. PCAs are trained to deliver non-judgmental, accurate information on HIV, provide a safe space for AGYW to ask questions, and connect them with resources and services. With PCA support, HIV education becomes personalized, practical, and grounded in the realities that AGYW face.

**2. Establish and Sustain Community HIV Information Kiosks**

Community HIV Information Kiosks provide a local, accessible resource where AGYW can receive HIV information, guidance, and support without stigma. These kiosks are strategically located in areas where AGYW naturally gather and can easily access. By partnering with service providers, communities ensure that each kiosk offers correct information, healthcare referrals, and opportunities for AGYW to engage in conversations about their health and futures. Kiosks also serve as hubs for group activities, including peer support, workshops, and discussions, reinforcing HIV prevention and wellness messages in a welcoming and supportive environment.

**3. Build and Mobilize Girl Wellness Clubs**

Through the establishment of DEEPROOTS Girl Clubs, communities create safe, supportive spaces for AGYW to meet regularly, share experiences, and learn from each other. These clubs bring AGYW together in a positive environment where they can develop their self-esteem, self-awareness, and practical skills to navigate relationships, set personal boundaries, and prioritize their health. Community facilitators and PCAs support each club by organizing workshops, role plays, and discussions on HIV prevention, life choices, and self-care. This club model strengthens individual resilience and collective action, with AGYW becoming advocates for each other and their community.

**4. Leverage Technology for Education and Support with DEEPROOTS 2.0**

The DEEPROOTS 2.0 online platform extends HIV prevention resources beyond in-person gatherings, empowering AGYW to access self-directed learning on HIV prevention, sexual health, and life skills anytime. Communities can encourage AGYW to engage with the





platform, which provides science-based, stigma-free information that reinforces the messages and skills shared in face-to-face sessions. DEEPROOTS 2.0 makes education accessible and allows AGYW to learn at their own pace, deepening their understanding and confidence in making healthy life choices.

### **5. Partner with Local Authorities for Lasting Impact**

DEEPROOTS mobilizes communities to collaborate with local government and healthcare providers, forming a unified approach to HIV prevention. By working closely with district and national stakeholders, communities can influence local HIV/AIDS policies, improve access to resources, and drive support for AGYW-focused programs. Community involvement in decision-making ensures that HIV prevention strategies are grounded in local needs and cultural realities, with the goal of creating sustained, positive outcomes for AGYW and their communities.

### **6. Foster Open Conversations on HIV Prevention and Sexual Health**

Defeating HIV/AIDS requires open, honest conversations that reduce stigma and foster understanding. Through DEEPROOTS, communities are encouraged to normalize discussions on HIV, relationships, and sexual health, creating a culture where AGYW feel comfortable seeking guidance and sharing their experiences. These conversations happen at kiosks, in Girl Clubs, and during community gatherings, where AGYW and other community members can express themselves freely and learn from one another. This approach helps dispel myths, reduce shame, and make HIV prevention part of the community's daily conversation.

### **7. Strengthen Community Commitment to Wellness and Self-Care**

The DEEPROOTS model emphasizes self-care and mental wellness as vital parts of HIV prevention, encouraging AGYW to build healthy behaviours that support their overall well-being. Communities play a significant role by supporting wellness initiatives and encouraging AGYW to value their mental health, build self-esteem, and take pride in their personal growth. By modelling and reinforcing these principles, community members help AGYW become more resilient, mindful, and prepared to make positive health choices.



# The DEEPROOTS Toolkit

## Why the DEEPROOTS tool kit

This toolkit is designed for communities committed to preventing HIV among Adolescent Girls and Young Women (AGYW) who face adverse conditions. It offers a comprehensive framework that can be adopted by community-based organizations, local leaders, and health practitioners who seek to create safe, inclusive, and supportive environments that foster HIV prevention and life skills among AGYW.

Targeting those in transactional sex, those who may be homeless, not in employment, education, or training (NEET), teenage mothers, and young women living in slum and high-risk areas, this curriculum empowers AGYW to build knowledge, confidence, and self-awareness. It equips communities with effective tools to initiate dialogue and engage AGYW in sustainable, positive health behaviours and choices. With guidance on implementing peer-led programs, establishing HIV information kiosks, and leveraging community partnerships, the curriculum supports a holistic approach that addresses not only HIV prevention but also mental wellness, self-care, reproductive health, and supportive social networks.

This curriculum can be tailored to fit the unique needs of each community, making it a versatile and impactful resource for those dedicated to supporting and empowering AGYW to navigate challenges and achieve healthier, safer lives.

## Who can use the toolkit?

The DEEPROOTS Toolkit is a versatile resource that can be adapted to different community settings, ensuring that any group or individual working with AGYW has the tools needed to support their journey toward resilience, health, and empowerment. By offering a comprehensive, community-driven approach, the toolkit enables a wide network of stakeholders to come together and drive sustained, positive change in HIV prevention and overall well-being for AGYW.

The DEEPROOTS Toolkit is designed to empower a broad range of community stakeholders committed to HIV prevention and the holistic well-being of Adolescent Girls and Young Women (AGYW). This toolkit provides practical resources, interactive activities, and tailored approaches that can be adapted for diverse community settings, particularly in areas where AGYW face adverse conditions.

Here's a breakdown of who can benefit from and effectively utilize the DEEPROOTS Toolkit:

### **1. Community-Based Organizations (CBOs) and Non-Governmental Organizations (NGOs)**

CBOs and NGOs working with vulnerable AGYW populations can use this toolkit to structure their HIV prevention and wellness programs. It offers an organized, field-tested approach to support AGYW in understanding their health, making informed life choices, and developing self-care skills. Organizations can integrate toolkit activities into ongoing community programs or use them to launch new initiatives that address AGYW's specific needs in HIV prevention and sexual health.

### **2. Peer Community Advisors (PCAs)**

The toolkit is an essential resource for Peer Community Advisors, providing a clear roadmap for delivering effective, compassionate, and relatable HIV prevention information. With guidance on communication, role-playing exercises, and mentorship, PCAs can foster supportive relationships with AGYW and facilitate critical conversations on sexual health, mental wellness, and life planning. PCAs will find this toolkit invaluable for building their skills and becoming impactful role models within their communities.

### **3. Community Leaders and Influencers**

Leaders who hold a trusted position in the community, including religious leaders, local council representatives, and cultural influencers, can use the toolkit to initiate and support local HIV prevention campaigns. The toolkit includes tools for community mobilization, conversation starters, and activities that make HIV awareness and prevention part of the community's ongoing efforts to improve health and social welfare.

### **4. Health and Social Service Providers**

Healthcare workers, counsellors, social workers, and educators working directly with AGYW will find this toolkit beneficial for creating safe, informed spaces where AGYW feel comfortable discussing their health and well-being. Service providers can use the toolkit to host workshops, provide informational kiosks, and offer ongoing support that complements existing medical and psychological services available to AGYW.

### **5. Educators and Youth Program Coordinators**

Teachers, school counsellors, and coordinators of youth programs can integrate sections of the DEEPROOTS Toolkit into educational settings. By including topics such as self-esteem, HIV prevention, and relationship management into school activities, educators can help AGYW develop essential life skills in safe, supportive spaces that promote academic success and health awareness.

### **6. Government Agencies and Local Authorities**

Government departments, particularly in health, education, and social welfare, can utilize the toolkit as part of broader public health campaigns focused on reducing HIV incidence. Local authorities can use it as a resource to enhance community-led HIV prevention efforts, allocate funding to critical community initiatives, and train personnel in HIV prevention for vulnerable AGYW groups.

### **7. Mentors and Role Models**

Individuals who serve as mentors or role models to AGYW—whether through formal programs or informal support networks—can leverage the toolkit to facilitate open dialogues and guide AGYW on issues of self-worth, health choices, and future planning. The toolkit offers conversation prompts, activity ideas, and resources to make mentorship more impactful and responsive to the unique needs of AGYW.



## Process of developing the DEEPROOTS curriculum

The development of the DEEPROOTS curriculum was an intensive, collaborative process grounded in community consultations, extensive literature review, and targeted pilot testing across five communities: Kajjansi, Kasenye, Nakiwogo, Kigungu, and Buvvi-Kasanje. Here's an overview of each stage of the process:

### 1. Community Consultations

The curriculum design began with an in-depth series of consultations with key stakeholders within the target communities. These consultations aimed to gather diverse perspectives and ensure that the curriculum reflected the unique needs and preferences of Adolescent Girls and Young Women (AGYW) in adverse settings.

#### This step involved:

- **Stakeholder Engagement:** In each community, we engaged local leaders, healthcare providers, social workers, and community-based organizations, particularly those already working with AGYW. This initial stage helped us understand existing gaps in HIV prevention information and support, as well as challenges that AGYW face.
- **Focus Group Discussions (FGDs):** We conducted FGDs with AGYW from each community to learn directly from them about their experiences, concerns, and preferred learning methods. The discussions highlighted the barriers they face in accessing HIV prevention resources, social stigma, and specific risks within transactional relationships or adverse environments.
- **Feedback on Cultural Sensitivity:** Community members, especially those directly connected to AGYW, provided insights into culturally sensitive approaches that would respect community norms while effectively delivering HIV prevention information.

### 2. Review of Literature

Following the consultations, a comprehensive literature review helped shape the curriculum's evidence-based content. This review examined best practices in HIV prevention education, community health initiatives, and programs focused on self-esteem, self-care, and sexual health empowerment for AGYW.



Key elements of this review included:

- **Local and Global HIV Prevention Models:** Analysis of existing models from both Ugandan and global contexts informed curriculum development, providing proven strategies for engaging AGYW in HIV prevention and wellness.
- **Behaviour Change Communication (BCC):** BCC theories were incorporated to ensure the curriculum encouraged practical, sustainable behaviour change. Approaches from peer-reviewed journals highlighted how to support AGYW in adopting protective behaviours.
- **Mental Health and Self-Esteem Development:** We examined studies on adolescent mental health and self-esteem building, integrating concepts of resilience, self-care, and boundary-setting to address the emotional well-being of AGYW.

### 3. Community Pilot Testing Activities

The curriculum was then pilot-tested across the selected communities (Kajjansi, Kasenyi, Nakiwogo, Kigungu, and Buvvi-Kasanje) to assess its relevance, engagement level, and effectiveness.

#### Pilot testing involved:

##### Recruitment of Pilot Participants:

30 AGYW from each community were selected to participate in pilot sessions of the curriculum. The pilot group reflected the diversity of backgrounds and risk factors, including AGYW in transactional relationships, those not in school or employment, teenage mothers, and those from underserved areas.

##### Implementation of Pilot Sessions:

The pilot sessions were facilitated by Peer Community Advisors (PCAs), who tested the curriculum's activities, role plays, and interactive components with AGYW. Each session's content was delivered as it would be in the final version, allowing for a realistic assessment of participant engagement and response.

##### Data Collection and Evaluation:

During the pilot testing, feedback was gathered through surveys, observation, and debrief discussions with AGYW participants and PCAs. This feedback was crucial for understanding what worked well and what required modification, especially regarding cultural sensitivity, pacing, and content comprehension.

##### Adjustments Based on Pilot Feedback:

The curriculum was refined based on feedback from the pilot communities. For example, interactive components were modified to increase engagement, specific messaging was tailored to resonate more with AGYW, and additional resources were included to address gaps in information that emerged.

#### Outcome

The development process ensured that the curriculum was:

- **Community-centred:** With AGYW and community input, the curriculum aligned with local realities and addressed specific challenges faced by AGYW in each community.
- **Evidence-Based and Practical:** Drawing on best practices and real-world application, the curriculum combined HIV prevention and wellness information with practical strategies AGYW could implement in their daily lives.
- **Engaging and Sustainable:** The curriculum included role plays, interactive discussions, and relatable examples to foster engagement and ensure sustainability of the program by promoting self-efficacy and community support.

Through this process, the DEEPROOTS curriculum became a robust tool, ready to empower AGYW across communities in Uganda with knowledge, skills, and support for HIV prevention and personal well-being.

# DEEPROOTS in your Community

## How to Use the DEEPROOTS Toolkit?

The DEEPROOTS Toolkit is designed as a flexible, comprehensive guide to support communities in addressing HIV prevention, self-care, and wellness among Adolescent Girls and Young Women (AGYW) in adverse settings. Below are guidelines to help facilitators, Peer Community Advisors (PCAs), and other community advocates make the most of each component

### 1. Familiarize Yourself with the Toolkit's Structure

- Overview of Modules: Begin by reviewing the core modules within the toolkit, which are structured to cover key topics including self-awareness, self-care, HIV prevention, healthy relationships, and sexual health education.
- Session Objectives and Outcomes: Each module includes clear objectives and learning outcomes to help facilitators understand the goals of each session and ensure they're aligned with the participants' needs.
- Activities and Materials: Familiarize yourself with the suggested activities, materials, and tools provided in each module. Many modules include interactive elements like role plays, discussions, and games to engage participants.

### 2. Engage Peer Community Advisors (PCAs) for Facilitation

- Utilize Trained PCAs: The toolkit's core strength lies in the role of PCAs, who have been trained to deliver sensitive HIV prevention information and engage AGYW in relatable ways. Involving PCAs in all sessions will enhance participant trust and engagement.
- PCA-Led Sessions: PCAs should lead discussions and activities, drawing on their training to create a safe, judgment-free environment. They can use the talking points, prompts, and examples included in each module to ensure messages resonate with participants.
- Encourage Flexibility: Allow PCAs to adapt the content to the unique dynamics of each group, emphasizing the toolkit's approach of meeting AGYW where they are in their life journeys.

### 3. Prepare for World Café Style Sessions

#### Set Up Interactive Bodaboda Stages:

The toolkit is designed to be delivered in a World Café format, where each key topic is set up at different "Bodaboda Stages." AGYW move between Bodaboda Stage s, allowing them to explore topics in an informal, interactive manner. Assign PCAs to each Bodaboda Stage, providing materials and resources relevant to that session's theme.



### Rotate and Repeat:

Plan the sessions to rotate groups across each Bodaboda Stage, giving AGYW ample time at each topic area. Rotations can be structured by time or group size, ensuring each participant has a chance to engage deeply with each topic.

### Document Feedback:

Use feedback forms or debriefs at each Bodaboda Stage to capture participant responses, questions, and areas they wish to explore further. This feedback is invaluable for tailoring future sessions.

## 4. Leverage Role-Plays, Activities, and the Sexual Network Game

**Role-Plays:** Role-playing scenarios provided in the toolkit can help AGYW practice real-life responses to common situations around HIV prevention, self-care, and peer pressure. Encourage participants to “step into” different roles, whether of a friend, peer, or community advisor, to gain perspective.

**Engaging Activities:** Use the icebreakers, group discussions, and creative activities to promote comfort and open dialogue. Activities like “Goal Mapping” or “Self-Care Plans” give AGYW practical tools they can use in their daily lives.

**Sexual Network Game:** The toolkit includes a Sexual Network Game that visually demonstrates how HIV and STIs can spread through social and sexual networks. This impactful activity helps AGYW understand the importance of safe practices and personal boundaries. Ensure a debrief follows this activity to discuss learnings and reflections.

## 5. Adapt Modules for Specific Community Needs

**Cultural and Local Sensitivities:** The toolkit allows for modification to reflect the cultural and social nuances of each community. Adapt language, examples, and approaches to respect local values and address specific challenges AGYW face within each community.

**Customize Resources and Referral Information:** Include up-to-date information on local services available for HIV prevention, healthcare, legal support, and social services. This makes the toolkit directly applicable to AGYW’s lives, enabling them to access relevant resources.

## 6. Use the DEEPROOTS 2.0 Online Platform for Supplementary Learning

### Promote Self-Directed Learning:

Encourage AGYW to explore DEEPROOTS 2.0, an online platform providing science-based, correct information on HIV prevention, sexual health, and life skills. The platform reinforces the toolkit’s core messages and allows AGYW to continue learning independently. Get the latest info at [www.deeprootscare.info](http://www.deeprootscare.info)

### Ongoing Support and Engagement:

PCAs and facilitators can use DEEPROOTS 2.0 as a supplementary tool, directing participants to specific online modules that align with what they’ve learned in in-person sessions.

## 7. Evaluate and Reflect on Outcomes

### Session Evaluations:

At the end of each session or module, facilitators should gather feedback from AGYW on what they learned, areas they found challenging, and any questions they have. Use this information to refine future sessions.

### Monitor PCA Development:

Regularly review PCA performance and comfort with the material, providing additional training or mentorship as needed to enhance their effectiveness.

### Community Feedback:

Collect broader community feedback on how AGYW are engaging with and applying the toolkit's teachings. This can help ensure that DEEPROOTS remains relevant and impactful within the community

This toolkit is designed to be dynamic, empowering, and adaptive to meet the real-world needs of AGYW in their journey toward HIV prevention, self-care, and personal development. With ongoing engagement, feedback, and support, it serves as a foundation for sustained positive change within communities.

### Key components of DEEPROOTS are defined here;

#### Peer Community Advisors (PCAs) Program

The Peer Community Advisors (PCAs) Program is central to the DEEPROOTS initiative, empowering trusted individuals within the community to connect directly with Adolescent Girls and Young Women (AGYW) and deliver essential HIV prevention information in a compassionate, approachable, and empowering way. PCAs work closely with AGYW, particularly those in transactional sex, NEET situations, or experiencing other adverse conditions, offering a bridge to critical services and fostering supportive peer relationships.

#### Role of PCAs

PCAs serve as accessible, non-judgmental sources of SRH, HIV prevention information and support for AGYW. They conduct one-on-one and group sessions, organize HIV information events, and run Community HIV Information Kiosks. PCAs also connect AGYW to HIV prevention services, mental health resources, legal advice, and gender-based violence (GBV) support. By acting as role models, they inspire AGYW to build positive health behaviours and enhance self-awareness.

#### Selection Criteria for PCAs

Effective PCAs are typically selected based on their relationship to the target community and ability to connect with AGYW authentically.

#### Selection criteria may include:

- Proven engagement in the local community and familiarity with the AGYW demographic
- Strong communication and interpersonal skills

- Dedication to HIV prevention and a compassionate approach
- Commitment to learning and applying the latest HIV prevention and health information

#### Qualities of a Good PCA

Successful PCAs possess qualities that allow them to connect meaningfully and provide reliable support, including:

- **Resilience and Integrity:** PCAs often deal with challenging situations, so resilience and a commitment to integrity are essential.
- **Committed:** Consistently puts forth best efforts to promote health and well-being, fulfilling duties with dedication and integrity.
- **Cultural Sensitivity:** An understanding of the cultural context and specific needs of AGYW in adverse settings.
- **Discreet:** Ensures the confidentiality and privacy of others, especially in sensitive matters, fostering a secure environment for open communication.
- **Effective Communicator:** Uses clear, adaptable language to ensure understanding and engagement across diverse groups.
- **Energetic:** Approaches their role with enthusiasm and vitality, encouraging active participation and engagement from others in the community.
- **Friendly:** Approachable and welcoming, creating a comfortable space where individuals feel at ease discussing personal concerns.
- **Genuinely Interested:** Truly committed to supporting the health and well-being of the community, especially in HIV and SRH education.
- **Knowledgeable on HIV and SRH:** Well-informed on topics related to HIV prevention and SRH, able to provide accurate and current information.
- **Motivated:** Driven by a desire to positively impact the community, consistently showing initiative and dedication.
- **Non-judgmental:** Provides a safe, empathetic space free of judgment, where others feel respected and understood.
- **Positive Role Modelling:** Demonstrates responsible choices and healthy behaviour, inspiring those around them to follow suit.

- **Respected by Peers:** Known for reliability and professionalism, earning trust and admiration as a supportive figure among peers.
- **Responsible:** Takes their role seriously, fulfilling duties conscientiously and upholding ethical standards.
- **Self-confident:** Tackles challenges with assurance, instilling trust and confidence in others when handling complex issues.
- **Tolerant:** Embraces diverse perspectives and backgrounds, encouraging inclusivity and reducing stigma in discussions

### Training and Mentorship of Peer Community Advisors

PCAs undergo in-depth training on HIV prevention, mental health first aid, and community support techniques. They also receive ongoing mentorship from healthcare providers and program coordinators to ensure they feel equipped and supported.

The training and mentorship program for Peer Community Advisors (PCAs) is a comprehensive process that ensures each PCA is thoroughly prepared, informed, and supported to meet the needs of Adolescent Girls and Young Women (AGYW) in HIV prevention and overall well-being. Given the sensitive nature of their work and the complex situations many AGYW face, PCAs need both foundational knowledge and ongoing guidance to deliver impactful, compassionate, and culturally sensitive support.

#### 1. Foundational Training

The foundational training equips PCAs with essential skills and knowledge across multiple areas:

##### HIV Prevention and Health Literacy:

PCAs learn about HIV transmission, prevention methods (such as PrEP and condoms), and the intersection of HIV with other health issues like STIs, mental health, and reproductive health. This ensures PCAs can provide accurate and comprehensive information.

##### Mental Health and Psychological First Aid:

Many AGYW experience mental health challenges, including trauma and stress. PCAs are trained in basic mental health principles, including recognizing signs

of distress, offering support, and making referrals. This segment covers listening skills, empathy, and crisis intervention techniques to help PCAs provide immediate, compassionate responses to AGYW in need.

##### Communication and Counselling Skills:

PCAs learn how to engage AGYW in non-judgmental, open, and supportive conversations. Training focuses on active listening, conflict resolution, building rapport, and effective counselling approaches that encourage AGYW to share and seek guidance comfortably.

##### Community Mobilization and Engagement:

PCAs are trained in community engagement techniques, learning how to connect with AGYW in both formal and informal settings, including at Community HIV Information Kiosks, events, and online. They also learn how to build partnerships with local services and how to mobilize AGYW to attend HIV prevention and wellness events.

##### Self-Care and Resilience Building:

Given the demanding nature of PCA roles, self-care and resilience training are included to help PCAs manage their own well-being, set boundaries, and avoid burnout. PCAs learn stress management techniques and methods to ensure they are physically and emotionally prepared for their work.

#### 2. Role-Specific Scenarios and Practical Skills Development

Practical exercises and simulations form a crucial part of PCA training. By role-playing real-life scenarios, PCAs practice skills such as delivering HIV prevention messages, handling resistance or discomfort in conversations, and providing referrals. These scenarios are designed to build confidence and ensure PCAs are prepared for a range of situations, from routine discussions to sensitive crisis interventions.

##### Role-Playing Sensitive Conversations:

PCAs practice handling delicate topics like sexual health, safe sex negotiation, and the social stigmas associated with HIV and STIs, enabling them to navigate these discussions with care and professionalism.



#### **Referral Pathways:**

PCAs are trained on using established referral networks, understanding which services are available, and knowing when and how to direct AGYW to specific support services. This includes recognizing the immediate needs of AGYW, such as shelter, mental health support, or medical care.

### **3. Ongoing Mentorship and Supervision**

Mentorship is a key part of the PCA program, providing continuous support and development:

#### **Assigned Mentors:**

Each PCA is paired with a senior healthcare provider or community development specialist who acts as their mentor. Mentors offer support, guidance, and feedback, helping PCAs to grow in their roles and navigate any challenges they encounter.

#### **Monthly Supervision Meetings:**

Monthly meetings provide an opportunity for PCAs to discuss their experiences, share insights, and raise concerns in a supportive group setting. These sessions are guided by supervisors who ensure PCAs are meeting program goals and offer strategies for managing complex situations.

#### **Professional Development Sessions:**

PCAs attend ongoing workshops on topics such as advanced counselling techniques, community organizing, digital health outreach, and the latest developments in HIV prevention and health practices. This continuous education allows PCAs to stay up-to-date on emerging health trends and effective communication strategies.

#### **Peer Support and Knowledge Exchange:**

PCAs are encouraged to connect and share knowledge with one another through peer learning groups. This allows them to learn from each other's experiences, build a sense of community, and develop practical solutions to common challenges.

### **4. Feedback and Performance Evaluation**

Regular feedback and performance evaluations help PCAs to refine their approach and identify areas for improvement:

- **Surveys and Feedback from AGYW:**

Feedback from AGYW who interact with PCAs is collected to gauge the effectiveness and comfort of the PCA-AGYW interactions. This feedback helps mentors and supervisors understand areas where PCAs are excelling and where they may need further support.

- **Self-Assessment Tools:**

PCAs are encouraged to self-assess their performance periodically, reflecting on what they feel confident in and areas they would like to develop further. This fosters a sense of responsibility and self-awareness in their growth.

- **Formal Performance Reviews:**

Bi-annual performance reviews led by mentors and supervisors provide a structured opportunity to discuss achievements, challenges, and career development. These reviews are based on both qualitative feedback and metrics like engagement with AGYW, number of referrals made, and effectiveness in hosting group sessions.

### **5. Recognition and Career Development Opportunities**

Recognizing and rewarding the dedication of PCAs is essential for motivation and retention:

- **Certificates and Accreditation:**

Upon completing initial training and reaching key milestones, PCAs receive certification recognizing their skills in HIV prevention, peer counselling, and community health.

- **Leadership Pathways:**

Outstanding PCAs may be offered opportunities to take on leadership roles within the program, such as supervising new PCAs, training incoming cohorts, or leading special initiatives.

- **Opportunities for Further Education:**

For those interested in advancing in community health or related fields, DEEPROOTS may facilitate access to relevant training programs or certifications, potentially paving the way for future career opportunities in health, social work, or community development.

In sum, the training and mentorship of PCAs is a robust, multifaceted program that empowers each PCA with the knowledge, skills, and ongoing support needed to be effective agents of change within their communities. By investing in the growth and well-being of PCAs, the program ensures that AGYW receive

high-quality, compassionate, and sustainable support for HIV prevention and overall health.

#### **Community HIV Information Kiosks**

Each PCA manages or contributes to a Community HIV Information Kiosk, strategically located in high-traffic or social areas of target communities. These kiosks function as safe spaces where AGYW can access HIV and health information, ask questions, and get connected to essential services. Through SMS, phone calls, and face-to-face interactions, kiosks are accessible for AGYW in both physical and virtual formats.



## Community HIV Information Kiosks: Operations and Activities

The Community HIV Information Kiosks are pivotal in providing accessible, stigma-free HIV prevention information and services for Adolescent Girls and Young Women (AGYW) in their own neighbourhoods. These kiosks operate as centralized hubs where Peer Community Advisors (PCAs) offer support, answer questions, and guide AGYW toward healthy, informed life choices. With locations in strategic areas such as Kigungu, Katabi, Kasanje, Kajjansi, and Kasenyi, these kiosks bridge the gap between AGYW and essential health and social resources.

### 1. Operations of the Community HIV Information Kiosks

The kiosks are established based on a community-centred approach that places them within reach of AGYW, especially those in marginalized or high-risk areas. Their daily operations are structured around three key principles: accessibility, confidentiality, and relevance.

#### Accessibility:

Kiosks are open during convenient hours, including weekends and early evenings, allowing AGYW to visit without conflicting with work, school, or caregiving responsibilities. Kiosks are situated in high-traffic or popular community locations, ensuring visibility while providing a private, safe space for AGYW to access information.

#### Staffing

Each kiosk is staffed by trained PCAs who understand the cultural and social dynamics of their community. PCAs are locals, allowing them to build trust with AGYW and providing relatability in the information and services shared.

#### Facilities and Resources:

Kiosks are equipped with printed materials, brochures, condoms, HIV testing kits, and tablets for digital access to the DEEPROOTS online learning platform. They may also have private booths for one-on-one conversations and HIV testing to ensure confidentiality.

#### Operational Partnerships:

The kiosks collaborate with local health centers, community organizations, and government agencies, providing a seamless referral process. This network enables PCAs to connect AGYW with additional services such as mental health counselling, reproductive health services, and support for gender-based violence (GBV).

### 2. Core Activities Undertaken at the Kiosks

The kiosks operate as dynamic spaces, delivering a wide range of activities that cater to the varying needs of AGYW, from HIV prevention to life skills development. The key activities include:





## A. HIV Prevention and Education

### Information Dissemination:

PCAs distribute information about HIV prevention methods, including PrEP, condom use, and safe sex practices. This information is presented through pamphlets, posters, and personal counselling sessions, adapted to the literacy levels and language preferences of the community.

### HIV Testing and Counselling:

DEEPROOTS kiosks offer on-site HIV testing, allowing AGYW to know their status in a safe and private setting. Pre- and post-test counselling is provided, helping AGYW understand the implications of their results and any next steps.

### PrEP and Condom Access:

PCAs help AGYW access PrEP (pre-exposure prophylaxis) and distribute condoms as part of the kiosk services. They provide demonstrations on proper condom use, reinforcing knowledge through visual aids and answering any questions AGYW may have.

## B. Self-Care and Wellness Sessions

### Wellness Counselling:

Kiosks offer sessions focused on promoting inner wellness, covering topics like self-care, stress management, and emotional resilience. PCAs provide one-on-one sessions for AGYW seeking advice on handling personal challenges, fostering a supportive environment for mental well-being.

### Self-Esteem and Empowerment Workshops:

Regular workshops and small group discussions are held on self-worth, goal setting, and body positivity, encouraging AGYW to develop strong self-esteem. Through role-playing and guided exercises, PCAs help AGYW practice self-affirmation, boundary-setting, and respectful interpersonal communication.

## C. Sexual and Reproductive Health Education

### Understanding Reproductive Health:

PCAs offer information about the menstrual cycle, contraceptive options, and reproductive anatomy, empowering AGYW to make informed decisions about

their sexual health. Topics such as managing menstrual health and understanding contraception are discussed in private or in small group settings as preferred.

### Prevention of Sexually Transmitted Infections (STIs):

PCAs educate AGYW on the risks and symptoms of common STIs, stressing the importance of regular testing and early treatment. The kiosks provide referrals to local health centers for STI testing and treatment services, enhancing access to care.

## D. Life Skills and Personal Development

### Goal Setting and Financial Literacy:

PCAs lead sessions on setting realistic life goals, personal finance, and budgeting. This activity is particularly beneficial for AGYW in adverse settings, such as those not in employment, education, or training (NEET), as it provides them with practical skills for future planning.

### Digital Literacy and Safety:

Kiosks offer introductory digital literacy classes, helping AGYW navigate technology safely. This includes understanding privacy settings, avoiding online exploitation, and connecting with online HIV prevention resources.

## E. Community Networking and Referral Services

### Referrals to Support Services:

PCAs connect AGYW to health, legal, social, and economic services through established referral networks. This includes resources for GBV survivors, substance abuse rehabilitation, education programs, and vocational training.

### Community Dialogues and Networking Events:

The kiosks host monthly events that bring together AGYW, local leaders, healthcare providers, and law enforcement to discuss issues affecting the community. These events raise awareness, reduce stigma, and create a collaborative environment where AGYW feel supported.

## F. Digital Engagement and Remote Support

### Online Support Access:

Kiosks leverage the DEEPROOTS 2.0 online platform, where AGYW can access educational modules on HIV, mental health, and life skills. PCAs assist AGYW with the platform, ensuring they know how to navigate it and take advantage of online resources at their convenience.

### SMS and Phone Counselling:

For AGYW who may prefer not to visit in person, the kiosks offer SMS or phone counselling services, allowing them to ask questions or seek guidance remotely. This extends the reach of the kiosks and provides AGYW with an accessible support line.

## 3. Community Impact of the HIV Information Kiosks

The kiosks serve as a transformative element within the community, creating a safe space for AGYW to gain knowledge, find support, and build resilience. By providing immediate access to essential health information, fostering self-esteem and empowerment, and linking AGYW to community resources, the kiosks support AGYW in making informed, positive life choices.

In summary, the Community HIV Information Kiosks are designed as inclusive, multifunctional hubs. By combining health services, educational resources, and social support, they offer AGYW a unique, holistic approach to HIV prevention, ultimately fostering a resilient and informed generation capable of advocating for their well-being and contributing to the wider community.



# DEEPROOTS Girl Wellness Program (DGWP)

The DGWP is a structured program for AGYW, run by PCAs, designed to foster HIV prevention awareness, mental wellness, reproductive health knowledge, and self-esteem. AGYW participate in monthly sessions, which include facilitated discussions, workshops, and peer support activities. The program also emphasizes community involvement, with sessions hosted by facilitators across the HIV care continuum and intersecting services.

## **Monthly Club Sessions**

Each month, DGWP clubs host sessions focusing on specific topics such as HIV prevention, mental health, healthy relationships, and self-care. PCAs facilitate these discussions, creating a safe environment for AGYW to express themselves and ask questions.

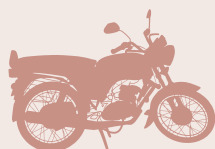
- **Guest Speakers and Facilitators**

Experts from local healthcare providers, legal services, and GBV support organizations join sessions to provide AGYW with accurate and relevant information. Facilitators are selected based on each club's needs.

## **Session Topics and Activities for DEEPROOTS Girl Wellness Program**

In a World Café setting, each table is dedicated to one of the key topics of the curriculum designed to empower Adolescent Girls and Young Women (AGYW) in HIV prevention and wellness. The setting promotes open dialogue, shared learning, and collaboration through table rotations, where participants move from one topic to the next, engaging with facilitators and each other.

Here's how the curriculum topics are introduced in this World Café format:



## Bodaboda Stage 1:

### Nurture Yourself – Strategies for Self-Care and Wellness

**Objective:** To introduce self-care practices that enhance mental, emotional, and physical well-being. This session fosters self-care and wellness practices as key to emotional and mental well-being in HIV prevention.

- Each participant gets a bingo card with self-care actions (e.g., “set boundaries,” “take a deep breath,” “exercise,” “positive affirmations”).
- As each action is discussed, they mark it off if they’ve practiced it recently.
- 1. **Engaging Activity - “Positive Affirmations Circle” (10 min):**
  - Participants form a circle and take turns sharing a positive affirmation, fostering an environment of self-love and self-worth.
  - Facilitators lead a discussion on using affirmations to build resilience.
- 2. **Debrief (5 min): Discuss how self-care practices can help prevent burnout and promote a positive self-image.**

### Detailed instructions for facilitators and users of DEEPROOTS toolkit and model

#### Objective

To empower participants (AGYW) with actionable self-care practices that enhance their mental, emotional, and physical well-being. Facilitators will guide participants in understanding how self-care is integral to emotional resilience and effective HIV prevention.

### Session Plan for Facilitators

#### 1. Preparation Before the Session

- **Materials Needed:**
  - Wellness mapping templates or blank paper
  - Self-Care Bingo cards (customized with relevant self-care actions)
  - Markers or pens
  - A list of positive affirmations for reference
  - Comfortable seating arrangement to foster a supportive environment
  - Music playlist (optional, for relaxation during activities)
- **Environment Setup:**
  - Arrange the space to create an open and inviting atmosphere.
  - Ensure a comfortable seating layout for discussions and the circle activity.
  - Have all materials set up on a table for easy distribution.

#### 2. Key Processes and Instructions for Facilitators

##### Introduction (5 min)

1. Greet participants warmly and introduce the topic of self-care.
2. Briefly explain how self-care practices contribute to mental and emotional well-being, stress management, and overall health.
3. Highlight the connection between self-care and resilience in HIV prevention, emphasizing the importance of maintaining a balanced state of mind.
4. Share a personal or relatable example of how self-care has impacted your life (optional).



### Activity: Self-Care Bingo (10 min)

1. Distribute bingo cards and explain the rules:
  - Each card has a grid with self-care actions like “exercise,” “journal,” “set boundaries,” etc.
  - As the facilitator calls out an action, participants mark it if they’ve practiced it in the past week or month.
2. Lead a discussion for each action:
  - Ask: “What does this action mean to you?” or “How do you feel after practicing this?”
  - Encourage participants to share brief experiences or benefits of the action.
3. Conclude the game by celebrating participants’ efforts and encouraging them to try unmarked actions.

### Engaging Activity: Positive Affirmations Circle (10 min)

1. Ask participants to sit in a circle and explain the purpose of positive affirmations:
  - They help foster self-love, build resilience, and reinforce a positive mind-set.
2. Facilitate the circle:
  - Each participant shares one affirmation they resonate with (e.g., “I am strong,” “I am capable”).
  - If participants struggle, provide examples or allow them to repeat an affirmation shared earlier.
3. Discuss briefly:
  - Ask: “How do you feel after saying or hearing these affirmations?”
  - Link affirmations to mental and emotional resilience.

### Debrief (5 min)

1. Summarize the key points:
  - Self-care prevents burnout, builds resilience, and supports mental health.
  - Affirmations and wellness mapping are simple, effective tools for daily self-care.

2. Encourage reflection:
  - “What is one self-care activity you’ll commit to trying or continuing this week?”
  - “How can you remind yourself to practice self-care regularly?”
3. Reinforce the takeaway message:
  - Self-care is not selfish—it’s essential for sustaining your well-being and ability to support others.

### Facilitator Tips

- Be Approachable: Use a warm, conversational tone to make participants feel comfortable.
- Encourage Participation: Acknowledge contributions positively, creating a safe space for sharing.
- Adapt to the Group: If participants are shy, use prompts or lead by example to encourage engagement.
- Be Mindful: Observe participants’ energy and adjust the pace or activity to maintain engagement.

### Key Outcomes

By the end of this session, participants will:

- Understand the importance of self-care in maintaining emotional and mental well-being.
- Learn practical self-care practices to incorporate into their daily lives.
- Develop a stronger sense of self-worth and resilience through affirmations.

### Takeaway Materials:

- A handout summarizing self-care tips and examples of positive affirmations.
- Blank bingo cards for participants to fill in with personal self-care goals.

This structured and interactive approach ensures that AGYW leave the session with practical tools and a deeper understanding of self-care’s role in their lives.

# Nurture Yourself: Strategies for Self-Care and Emotional Wellness.

## 1. Practice Mindfulness and Meditation



Take time each day to practice mindfulness and meditation. It helps reduce stress, increase self-awareness, and improve emotional health.

## 3. Prioritize Sleep



Ensure you get enough sleep each night. Quality sleep is essential for emotional well-being and overall health.

## 2. Engage in Physical Activity

Regular physical activity boosts your mood and energy levels. Find an activity you enjoy, like walking, dancing or yoga.



## 4. Eat a Balanced Diet



Nourish your body with a balanced diet. Eating well can improve your mood and energy levels.

## 5. Seek Professional Help When Needed



Don't hesitate to seek professional support if you're struggling. Counsel or therapy can provide valuable help and guidance.

**Needed"Self-care is not selfish. You cannot serve from an empty vessel."**  
- Eleanor Brown



## Bodaboda Stage 2:

### Empower Yourself – Building Self-Esteem and Self-Worth

**Objective:** Focus on self-esteem and personal empowerment, teaching AGYW the value of self-worth in building healthier relationships and making informed decisions.

- **Activity:** Confidence-building exercises such as positive affirmations and boundary-setting role plays.
- **Discussion Questions:** “What is one thing you love about yourself?” and “How can setting boundaries improve our relationships?”
- **Takeaway:** Participants leave with tools to nurture their self-esteem and a stronger understanding of their value and voice.

To explore strategies for building self-esteem and confidence.

1. Introduction (5 min): Why self-esteem and self-worth matter for personal empowerment.
2. Role Play - “Handling Criticism and Peer Pressure” (10 min):
  - Participants practice responding to criticism or pressure with confidence and self-respect.
  - Facilitators offer suggestions for handling difficult situations assertively.
3. Engaging Activity - “Confidence Tree” (10 min):
  - Participants write down something they like about themselves on a leaf, then attach it to a tree poster to create a “Confidence Tree.”
  - The tree symbolizes collective strength and self-worth.
4. Debrief (5 min): Reflection on how positive self-esteem impacts life choices, relationships, and self-protection.

Expanded Instructions for Facilitators at Bodaboda Stage 2: Empower Yourself - Building Self-Esteem and Self-Worth

#### Objective

To help adolescent girls and young women (AGYW) develop self-esteem and recognize their self-worth, enabling them to build healthier relationships, make informed decisions, and resist negative influences.

#### Session Plan for Facilitators

##### 1. Preparation Before the Session

- **Materials Needed:**
  - A poster or chart paper to create a “Confidence Tree”
  - Coloured paper leaves or sticky notes
  - Markers and pens
  - A list of potential role-play scenarios for handling criticism or peer pressure
  - Comfortable seating and an open space for role-play
- **Environment Setup:**
  - Arrange chairs in a semicircle to promote interaction and visibility.
  - Set up the “Confidence Tree” poster at the front of the room, ready for contributions.
  - Have role-play scenarios and materials easily accessible.

##### 2. Key Processes and Instructions for Facilitators

###### Introduction (5 min)

1. Begin by warmly welcoming participants and introducing the topic.
2. Explain what and why self-esteem and self-worth are crucial:
  - Highlight their role in decision-making, building relationships, and maintaining resilience in challenging situations.
  - Relate this to the broader goal of personal empowerment and HIV prevention.
3. Share an inspiring example of someone overcoming challenges by valuing themselves.

**Activity:** Role Play - "Handling Criticism and Peer Pressure" (10 min)

1. Divide participants into small groups or pairs. Provide each group with a role-play scenario, such as:
  - Handling negative feedback from a friend or peer.
  - Resisting peer pressure to engage in unsafe behaviours.
  - Setting boundaries in a relationship.
2. Give instructions:
  - One person plays the role of the "critic" or "peer," while the other practices responding assertively.
  - After each round, switch roles so everyone practices both perspectives.
3. Facilitate:
  - Encourage participants to use confident body language, clear communication, and "I" statements (e.g., "I feel uncomfortable when...").
  - Offer constructive feedback on their responses.
4. Wrap up by discussing:
  - How did they feel during the exercise?
  - What strategies worked best?

**Engaging Activity:** Confidence Tree (10 min)

1. Introduce the "Confidence Tree" as a visual representation of their collective strength and individuality.
2. Provide each participant with a paper leaf or sticky note and ask them to write one thing they like about themselves or a strength they are proud of.
3. One by one, participants attach their leaves to the tree poster while sharing their contribution aloud (optional).
4. Facilitate a brief discussion:
  - How does it feel to acknowledge your strengths?
  - What does the completed tree symbolize to them?

**Debrief and Reflection (5 min)**

1. Summarize key points:
  - Positive self-esteem empowers us to make informed decisions and establish healthier relationships.
  - Building confidence is an ongoing journey that

requires self-awareness and practice.

2. Encourage participants to reflect:
  - "What is one strategy you will use to build your confidence this week?"
  - "How can you support others in building their self-esteem?"
3. Share takeaway messages:
  - Self-worth is the foundation of self-protection and healthy living.
  - Small, consistent actions like setting boundaries or affirming your strengths make a big difference.

### Facilitator Tips

- Create a Safe Space: Ensure participants feel comfortable sharing and engaging. Reassure them that their contributions are valued.
- Model Confidence: Demonstrate assertiveness and self-respect in your interactions.
- Encourage Participation: Use gentle prompts to involve quieter participants without pressuring them.
- Adapt as Needed: If participants are hesitant to engage in role-play, consider group discussions or facilitator demonstrations.

### Key Outcomes

By the end of this session, participants will:

- Understand the importance of self-esteem and self-worth in personal empowerment.
- Gain practical tools for building confidence, such as boundary-setting and positive affirmations.
- Feel a stronger sense of self-worth and connection with others.

### Takeaway Materials:

- A list of confidence-building exercises and affirmations.
- A visual or photo of the completed "Confidence Tree" to remind participants of their collective strengths.

This engaging session ensures that AGYW leave feeling empowered, supported, and equipped to value themselves and their decision



# Empower Yourself! Build Self-Esteem and Self-Worth

## 1. Positive affirmations



Start your day with positive affirmations. Look in the mirror and say something kind to yourself.

## 3. Practice Self-Care



Take time for activities that make you feel good, such as reading, exercising, or spending time with friends. Self-care is essential for self-worth.

## 5. Embrace Your Uniqueness



Celebrate what makes you unique. Embrace your strengths and accept your imperfections. You are one of a kind!"

## 7. Reflect on Your Achievements



Take time to reflect on your past achievements and milestones. Remembering your successes can help build your self-worth."

## 2. Set Realistic Goals



Set small, achievable goals. Celebrate each success, no matter how small. This helps build confidence and a sense of accomplishment.

## 4. Surround Yourself with Positive People



Spend time with people who uplift and support you. Positive relationships reinforce your value and boost your self-esteem.

## 6. Learn to Say No

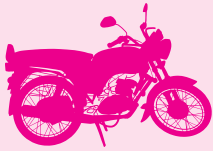


It's okay to say no to things that don't serve you or make you uncomfortable. Setting boundaries is a crucial part of self-respect.

## 8. Mindfulness and Meditation



Practice mindfulness and meditation to stay grounded and present. These techniques can help reduce stress and increase self-awareness.



## Bodaboda Stage 3:

### My Sexual Health is Important

**Objective:** To reinforce the importance of regular health check-ups and open communication. This segment highlights the value of sexual health, emphasizing knowledge, self-awareness, and access to resources for AGYW in adverse settings.

- **Activity:** Small group discussions on personal experiences with healthcare, followed by resource mapping where AGYW locate nearby health services.
- **Discussion Questions:** "What does sexual health mean to you?" and "How can you advocate for your sexual health in your community?"
- **Takeaway:** Participants gain an understanding of sexual health basics, local resources, and how to advocate for their health needs.

### Key processes at the Bodaboda Stage 3

1. Introduction (5 min): Importance of STI testing, open communication with partners, and knowing one's sexual health status.
2. Role Play - "Talking to a Partner About Testing" (10 min):
  - Participants pair up to practice discussing testing with a partner, emphasizing open and non-judgmental communication.
  - Facilitators provide feedback on effective language and responses.
3. Activity - Health Trivia Game (10 min):
  - A fun quiz on common myths and facts about sexual health and testing.
  - Participants discuss why each answer is correct or incorrect, deepening their understanding.
4. Debrief (5 min): Discuss how regular check-ups empower individuals and reduce the stigma around testing.

### Expanded Instructions for Facilitators: Bodaboda Stage 3: My Sexual Health is Important

#### Objective

To emphasize the importance of understanding and prioritizing sexual health through self-awareness,

access to health resources, and open communication, especially in adverse settings.

#### Session Plan for Facilitators

#### 1. Preparation Before the Session

- **Materials Needed:**
  - Flip charts or whiteboards for resource mapping.
  - Printed or digital fact sheets about local sexual health services (locations, hours, services offered).
  - Prepared role-play scenarios for discussing sexual health topics with partners.
  - Trivia questions about sexual health myths and facts.
  - Small tokens or rewards for trivia winners.
- **Environment Setup:**
  - Arrange chairs in small clusters for group discussions.
  - Set up a table with handouts and resource information.
  - Create a welcoming, stigma-free space to encourage open sharing.

#### 2. Key Processes and Instructions for Facilitators

##### Introduction (5 min)

##### 1. Welcome and Set the Tone:

- Greet participants warmly and explain the purpose of the session: to empower AGYW to take charge of their sexual health.
- Reassure participants that this is a safe, judgment-free space to ask questions and share experiences.

##### 2. Discuss the Basics:

- Explain the importance of regular HIV and STI testing, understanding sexual health status, and maintaining open communication with partners.
- Highlight the connection between sexual health and overall well-being.

## Role Play: Talking to a Partner About Testing (10 min)

### 1. Activity Setup:

- Pair participants and provide each pair with a simple role-play scenario, such as:
  - “You want to suggest getting tested together before starting a new relationship.”
  - “You want to ask your partner if they have been tested recently.”
  - You want to ask your partner what they know or feel about testing for HIV and STI

### 2. Instructions for Participants:

- Take turns playing the role of the individual initiating the conversation and the partner.
- Focus on using non-judgmental, clear, and confident language.

### 3. Facilitator’s Role:

- Observe and provide feedback on the role plays, focusing on:
  - Encouraging empathetic communication.
  - Addressing common challenges, like partner defensiveness or embarrassment.
- Offer sample phrases or strategies, such as, “I care about both of our health and want us to make informed decisions together.”

### 4. Wrap-Up:

- Discuss how open communication builds trust and reduces anxiety about sexual health topics.

## Activity: Health Trivia Game (10 min)

### Purpose:

- To dispel myths, provide accurate information, and make learning fun and engaging.

### How to Play:

Divide participants into small groups and present trivia questions such as:

“True or False: You can tell if someone has HIV and/or other STI just by looking at them.”

1. “What is the recommended frequency for STI testing if you’re sexually active?”
2. “Name one way to reduce the risk of contracting HIV and other STI.”

3. Generate as many statements as possible that can burst the myths

### Discussion:

After each question, explain the correct answer, address misconceptions, and allow participants to ask follow-up questions.

### Incentives:

Offer small prizes or acknowledgments for correct answers to make the activity engaging.

Resource Mapping: Connecting to Local Health Services

### Interactive Mapping:

Provide a map of the area and ask participants to mark nearby health facilities they know.

Facilitate a discussion on available services, including STI testing, counselling, and HIV prevention resources.

### Share Information:

Distribute a handout or verbally share key details about local clinics and organizations.

Encourage participants to visit these services and bring friends or peers who may also need support.

## Debrief (5 min)

### Key Discussion Points:

- Regular health check-ups are a sign of strength and responsibility, not weakness.
- Open communication about sexual health helps reduce stigma and promotes healthier relationships.
- Knowing one’s sexual health status is empowering and can save lives.

### Reflection Questions:

- “What is one thing you learned today that you will share with someone else?”
- “How can we work together to normalize conversations about sexual health in our community?”

### Takeaway Message:

Sexual health is an important part of overall well-being, and seeking support is a positive step toward empowerment.

### Facilitator Tips

### Normalize the Topic:

Use inclusive, non-judgmental language to ensure participants feel comfortable.

**Engage Actively:**

Encourage everyone to participate while respecting personal boundaries and comfort levels.

**Address Myths:**

Be prepared to correct misconceptions with accurate, accessible information.

**Build Confidence:**

Reinforce that taking charge of one's sexual health is an act of self-respect, Self-Love and empowerment.

**Key Outcomes**

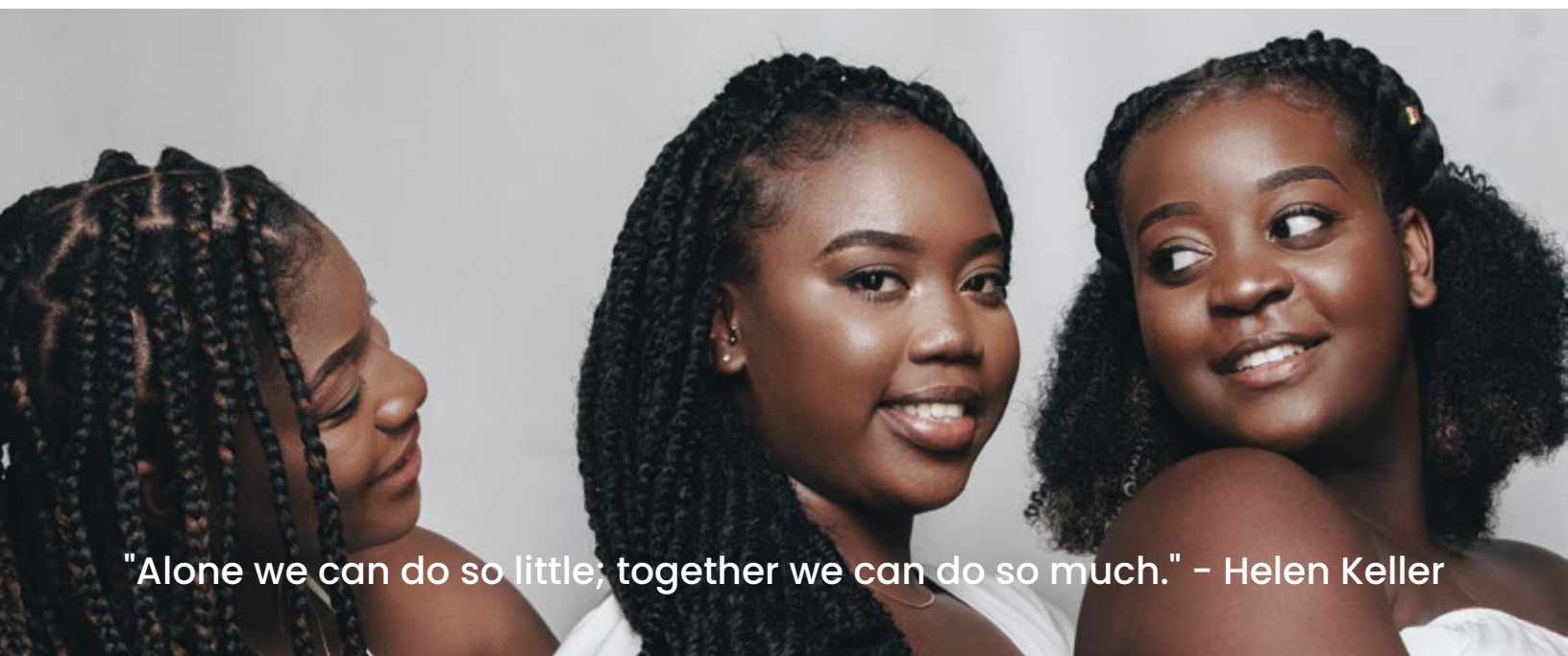
By the end of this session, participants will:

- Understand the importance of regular STI testing and open communication.
- Gain knowledge about local health resources and services.
- Build confidence to advocate for their sexual health within their relationships and communities.

**Takeaway Materials:**

- A fact sheet summarizing key points from the session.
- A resource list of nearby clinics and services.

This session equips AGYW with the knowledge, tools, and confidence to prioritize and advocate for their sexual health.

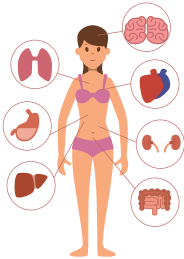


"Alone we can do so little; together we can do so much." – Helen Keller



# My Sexual Health is Important

## 1. Know Your Body



Understanding your body is the first step to good sexual health. Learn about your anatomy and how your reproductive system works

## 3. Get regular health check-up



Regular health check-ups and screenings are vital. Visit your healthcare provider for routine exams and STI testing.

## 2. Practice Safe Sex



Use condoms and other barrier methods to protect yourself from STIs, including HIV. Safe sex is smart sex.

## 5. Communicate Openly



Talk openly with your partner about sexual health, boundaries, and expectations. Communication is key to a healthy relationship.

## 6. Respect your body



Respect your body and make autonomous decisions about your sexual health. You have the power and right to make choices for yourself."

"Your body is your most priceless possession. Take care of it."  
- Jack LaLanne





## Bodaboda Stage 4:

### Protect Yourself - HIV Prevention Methods

Objective: This table focuses on understanding the different HIV prevention methods available to AGYW, emphasizing the importance of consistent protection and accurate information. To understand practical ways to protect oneself from HIV

- Activity: Role-playing on using condoms correctly and understanding PEP, PrEP as a prevention options.
- Discussion Questions: "What myths have you heard about HIV prevention?" and "How can we practice self-protection every day?"
- Takeaway: AGYW leave with practical prevention knowledge and confidence in discussing and using HIV prevention tools.

### Key session Processes

1. Introduction (5 min): Overview of HIV prevention methods, including condom use, regular testing, PrEP, and safe practices.
2. Activity - Role Play (10 min):
  - Scenario: "Convincing a Partner to Use Protection."
  - Participants role-play conversations with partners, using negotiation skills to advocate for condom use and discussing testing.
3. Engaging Activity - "Condom Relay Race" (10 min):
  - Two teams race to correctly use a demonstration condom on a model, learning proper condom use techniques.
  - Facilitators provide corrections and tips on effective condom use.
4. Debrief (5 min): Reflect on challenges faced in the role-play and share insights on how to handle difficult conversations about safe sex.

### Preparation Before the Session

- Materials Needed:
- 1. Condoms and anatomically appropriate models for demonstrations.
- 2. Informational brochures or posters about PrEP, PEP, ARVs, and U=U.

3. Flip charts or a whiteboard for myths vs. facts discussions.
  4. Stopwatch or timer for the Condom Relay Race.
  5. Role-play scenarios printed on cards or presented verbally.
- Environment Setup:
    - Create separate zones for demonstrations, role-play, and the Condom Relay Race.
    - Ensure privacy and a judgment-free atmosphere to encourage open participation.

### Key Processes and Instructions for Facilitators

#### Introduction (5 min)

Welcome and Set Context:

- Introduce the session by emphasizing the importance of HIV prevention in living a healthy and empowered life.
- Reassure participants that this is a safe space to learn, ask questions, and correct misconceptions.

Overview of HIV Prevention Methods:

- Condoms:

Their role in preventing HIV and other STIs, emphasizing consistent and correct use.

- PrEP (Pre-Exposure Prophylaxis):

For those at high risk of HIV exposure, taken daily to reduce risk.

- PEP (Post-Exposure Prophylaxis):

Emergency medication taken within 72 hours of possible exposure.

- ARVs (Antiretroviral Therapy):

For people living with HIV to suppress the virus and maintain health.

- U=U (Undetectable = Untransmissible):

Educate about the importance of treatment adherence for preventing transmission.

### Address Myths:

Invite participants to share myths they've heard about HIV prevention and dispel them with accurate information.

### Activity 1: Role Play - Convincing a Partner to Use Protection (10 min)

Set the Scenario:

Divide participants into pairs and assign each pair a role-play scenario, such as:

- "Your partner says condoms are unnecessary because they 'trust' you."
- "Your partner believes that using a condom reduces pleasure."
- "Your partner feels embarrassed discussing testing."

### Instructions for Participants:

One participant takes the role of the AGYW advocating for protection/testing, while the other plays the partner. Practice negotiating and emphasizing the importance of safety with confidence and empathy.

### Facilitator's Role:

Observe the conversations and provide constructive feedback on tone, language, and strategies.

### Share helpful phrases like:

"Using protection shows that we care about each other's health."

"Testing together can help us both feel safe and confident."

### Debrief:

Discuss common challenges faced during the role plays and strategies to overcome them.

### Activity 2: Condom Relay Race (10 min)

### Purpose:

To teach AGYW proper condom use techniques in a fun and engaging way.

### How to Play:

1. Divide participants into two teams.
2. Each team member must correctly demonstrate condom use on a model before passing it to the next participant.
3. The first team to finish wins.

### Facilitator's Role:

Guide participants through the correct steps for condom use:

1. Checking the expiration date.
2. Opening the package carefully.
3. Pinching the tip and rolling it down properly.
4. Removing and disposing of the condom correctly.

Correct mistakes in real-time and offer tips to ensure participants feel confident in their skills.

### Reflection:

- Discuss why each step is important for effective protection.
- Encourage participants to ask questions and share concerns.

### Debrief (5 min)

### Key Discussion Points:

Reflect on the challenges participants faced in the role-play and Condom Relay Race.

Discuss how to handle difficult or awkward conversations about safe sex in real life.

Highlight the importance of making HIV prevention a daily practice.

Reflection Questions:

"What did you learn today that you didn't know before?"

"How can you use this knowledge to protect yourself and others?"

Takeaway Message:

- HIV prevention is a combination of knowledge, tools, and communication.
- AGYW have the power to take control of their health and make informed decisions about their safety.

### Facilitator Tips

#### ▪ Normalize the Topic:

Use clear, stigma-free language to create an inclusive environment.

#### ▪ Engage Actively:

Encourage every participant to take part in both role-play and demonstrations.

- **Empower Through Knowledge:**

Correct myths and reinforce accurate information with accessible examples.

- **Celebrate Participation:**

Acknowledge everyone's efforts to create a positive and engaging learning experience.

### Key Outcomes

By the end of this session, participants will:

- Understand various HIV prevention methods and their importance.
- Gain practical skills for using condoms and advocating for safe practices.

- Feel confident discussing HIV prevention tools with partners and peers.

### Takeaway Materials:

- A step-by-step guide for proper condom use.
- Fact sheets on PrEP, PEP, ARVs, and U=U.
- Contact information for local HIV prevention and testing services.

This session empowers AGYW to protect themselves and advocate for their health with knowledge, confidence, and practical tools.





# Protect Yourself: Learn and Practice HIV Prevention Methods

## 1. Abstinence



Abstinence is the only 100% effective way to prevent HIV. Choosing not to engage in sexual activity eliminates the risk of transmission.

## 3. Pre-Exposure Prophylaxis (PrEP)



PrEP is a daily medication for people at high risk of HIV. When taken consistently, PrEP can reduce the risk of HIV infection by up to 99%. Consult with a healthcare provider to see if PrEP is right for you.

## 2. Condom Use



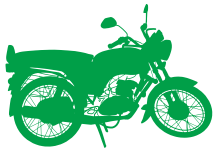
Condoms are highly effective at preventing HIV when used correctly. Always use a new condom for every sexual encounter to reduce the risk of HIV and other sexually transmitted infections (STIs).

## Post-Exposure Prophylaxis (PEP)



PEP is an emergency medication taken after potential exposure to HIV. It must be started within 72 hours of exposure and taken for 28 days. PEP can significantly reduce the risk of HIV infection if taken promptly. Seek immediate medical attention if you think you've been exposed to HIV.





## Bodaboda Stage 5:

### Understanding PrEP – Take Control of Your Sexual Health

#### Objective:

Empower Adolescent Girls and Young Women (AGYW) with knowledge about PrEP (Pre-Exposure Prophylaxis) as an HIV prevention method, fostering informed decision-making and integrating it into their sexual health practices.

#### Preparation Before the Session

##### Materials:

- Brochures or handouts on PrEP (usage, benefits, access).
- Scenario cards for role-plays.
- Barrier methods (condoms, dental dams) for a mini-workshop.
- Visual aids explaining how PrEP works.

##### Environment Setup:

- Arrange seating for small group discussions.
- Set up a demonstration table for barrier methods.
- Ensure a private space for sensitive questions.

#### Summary of Key Session Steps

##### Introduction (5 minutes):

Welcome participants warmly and explain the session's purpose.

Provide an overview of PrEP (definition, effectiveness, eligibility, and access).

Address myths (e.g., misconceptions about who should use PrEP or its role relative to condoms).

##### Activity 1:

##### PrEP Scenarios Role Play (10 minutes):

- Distribute scenario cards depicting situations where PrEP could be considered.
- Guide participants to discuss the scenarios, assessing PrEP's suitability and its empowering potential.
- Facilitate reflections on key insights from the role plays.

##### Activity 2:

##### Barrier Basics Mini-Workshop (10 minutes):

- Demonstrate how to use barrier methods effectively.
- Discuss the complementary use of PrEP and barrier methods for comprehensive HIV and STI protection.
- Address participant questions and normalize the use of these methods.
- Facilitate reflections on combining PrEP with barrier methods.

##### Debrief (5 minutes):

- Recap key misconceptions addressed during the session.
- Share inspiring success stories about PrEP.
- Deliver the takeaway message: PrEP is a powerful tool for taking control of sexual health, especially when paired with other preventive measures.
- Pose reflection questions (e.g., "How does PrEP empower you?").

##### Facilitator Tips

- Foster an open, non-judgmental environment.
- Use clear, accessible language.
- Focus on practical applications of knowledge.
- Encourage curiosity and engagement.

##### Key Outcomes:

##### Participants will:

- Understand what PrEP is, how it works, and who it benefits.
- Build confidence in discussing and exploring PrEP.
- Learn how to integrate PrEP into a broader prevention strategy.

##### Takeaway Materials:

- Informational brochures about PrEP.
- A list of local clinics or health centers offering PrEP.
- Contact details for counselling or support.

This session equips AGYW to make informed, empowered choices about their sexual health, leading to safer and healthier lives.

## **Expanded Instructions for Facilitators: Understanding PrEP - Take Control of Your Sexual Health**

### **Objective**

To educate AGYW about PrEP (Pre-Exposure Prophylaxis) as an effective HIV prevention method and empower them to make informed decisions about its use. Participants will leave with an understanding of PrEP's role in their sexual health, its accessibility, and how to incorporate it into their daily lives.

### **Preparation Before the Session**

#### **Materials Needed:**

1. Informational brochures or handouts about PrEP, its usage, benefits, and local access points.
2. Scenario cards for role-play activities.
3. Barrier methods such as condoms and dental dams for the mini-workshop.
4. Visual aids (e.g., posters or videos) illustrating how PrEP works in the body.

#### **Environment Setup:**

1. Arrange seating for small group discussions.
2. Set up a table with barrier method examples for demonstration.
3. Provide a private space for participants who may have sensitive questions.

### **Key Processes and Instructions for Facilitators**

#### **Introduction (5 min)**

##### **Welcome and Context Setting:**

Start by welcoming participants and setting a positive tone. Emphasize that PrEP is an empowering tool to take control of one's sexual health.

Share the session's goals: to understand what PrEP is, how it works, and why it might be an option for HIV prevention.

### **Overview of PrEP:**

#### **Definition:**

PrEP is a daily pill that significantly reduces the risk of HIV transmission when taken consistently.

#### **Effectiveness:**

Up to 99% effective in preventing HIV when used correctly.

#### **Eligibility:**

Highlight that PrEP is suitable for individuals at higher risk of HIV exposure, such as those with multiple partners, HIV-positive partners, or those in communities with high HIV prevalence.

#### **Access:**

Explain how and where to get PrEP locally (e.g., clinics, pharmacies, or community health centers).

#### **Address Myths:**

Clarify common misconceptions, such as:

- "PrEP is only for sex workers or people with risky behaviour."
- "PrEP replaces condoms."
- "PrEP guarantees protection even when not taken daily."

#### **Activity 1:**

##### **PrEP Scenarios Role Play (10 min)**

##### **Setup:**

Distribute scenario cards with different situations where PrEP might be considered (e.g., dating an HIV-positive partner, wanting extra protection during family planning, or frequent travel to high-prevalence areas).

##### **Instructions for Participants:**

Read the scenario and discuss whether PrEP would be a suitable option. Brainstorm reasons why someone in the scenario might find PrEP empowering.

##### **Facilitator's Role:**

Encourage participants to think critically about risk factors and how PrEP fits into a prevention strategy. Provide additional context or correct misunderstandings if needed.

### Reflection:

After role-playing, participants share insights:

1. "What did you learn from your scenario?"
2. "How can PrEP address the needs of people in similar situations?"

### Activity 2: Barrier Basics Mini-Workshop (10 min)

#### Purpose:

To emphasize the complementary use of PrEP and barrier methods for maximum HIV and STI protection.

#### Instructions for Participants:

Demonstrate the proper use of barrier methods like condoms and dental dams.

Discuss how PrEP works alongside these tools, highlighting their combined effectiveness.

#### Facilitator's Role:

Use real-life examples to explain situations where dual protection (PrEP + barriers) is critical. Answer questions and address any discomfort participants may feel about using these methods.

Reflection:

Ask participants to share their thoughts on combining PrEP with barrier methods:

1. "How can these tools work together to empower you?"
2. "What challenges might arise, and how can they be overcome?"

### Debrief (5 min)

#### 1. Key Discussion Points:

Reflect on misconceptions about PrEP and how the session addressed them.

Share real-world success stories (without compromising privacy) to inspire confidence in PrEP as a viable option.

#### 2. Takeaway Message:

PrEP is a powerful tool that puts control in your hands. It works best when combined with regular testing, barrier methods, and informed decision-making.

#### 3. Reflection Questions:

- "How does PrEP empower individuals to take control of their sexual health?"
- "What steps can you take to explore PrEP as an option if needed?"

#### Facilitator Tips

Encourage Engagement: Create a supportive environment where participants feel comfortable asking questions and sharing experiences.

Be Clear and Non-Judgmental: Use simple, accessible language and avoid stigmatizing participants or scenarios.

Reinforce Practicality: Ensure participants leave with actionable knowledge on how to access PrEP and use it effectively.

Celebrate Curiosity: Acknowledge participants' willingness to learn and empower them to share this knowledge with peers.

### Key Outcomes

By the end of this session, participants will:

1. Understand what PrEP is, how it works, and who it is for.
2. Gain confidence in discussing PrEP as a prevention option with peers and healthcare providers.
3. Learn how to incorporate PrEP into a comprehensive HIV prevention strategy.

### Takeaway Materials:

- Informational brochures on PrEP.
- A list of local health centers or clinics offering PrEP.
- Contact details for further counselling or support.

This session empowers AGYW to make informed choices about their sexual health, building confidence and knowledge to lead healthier, safer lives.



# Understanding PrEP: Take Control of Your Sexual Health

## 1. What is PrEP?



PrEP (Pre-Exposure Prophylaxis) is a daily pill that significantly reduces the risk of HIV infection for those at high risk.

## 3. Advantages of PrEP



- Highly effective at preventing HIV when taken as prescribed.
- Empowers you to take control of your sexual health.
- Allows for greater peace of mind during sexual activity.
- Can be used alongside other prevention methods like condoms.

## 5. Is PrEP Right for You?



Consult with a healthcare provider to determine if PrEP is a good option for you based on your lifestyle and risk factors.

## 7. PrEP and Safe Sex



For maximum protection, use PrEP alongside condoms and other safe sex practices. PrEP adds an extra layer of security.

## 9. Community and Support

Join support groups or talk to others on PrEP. Sharing experiences and advice can provide encouragement and help you stay consistent.

## 2. How Does PrEP Work?



PrEP works by preventing HIV from establishing an infection in your body. When taken consistently, it is highly effective.

## 4. Disadvantages of PrEP



- Requires a daily commitment to taking the medication.
- Possible side effects, such as nausea or headaches, though usually mild.
- Does not protect against other sexually transmitted infections (STIs).
- Regular medical check-ups and HIV testing are needed.

## 6. How to Get PrEP



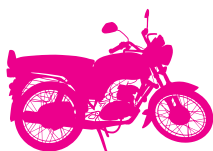
Visit your healthcare provider or local clinic to discuss starting PrEP. They will provide guidance on usage and monitoring.

## 8. Staying Consistent with PrEP



Take PrEP every day as prescribed. Set reminders or use a pill organizer to help you stay on track.





## Bodaboda Stage 6:

### Normalizing Conversations about Sexual Health and Pleasure

#### Objective:

Open dialogue on sexual health and pleasure, reducing stigma and making it easier for AGYW to talk about these topics in supportive ways. To create comfort and openness around discussions of sexual health and pleasure.

#### Activity:

Guided discussion to address common concerns or myths about sexual health and healthy relationships.

#### Discussion Questions:

"Why is it important to talk openly about sexual health?" and "How can we make these conversations feel safe and respectful?"

#### Takeaway:

AGYW gain confidence to discuss sexual health and pleasure with partners, peers, and healthcare providers.

#### Key session processes

##### Introduction (5 min):

Importance of open discussions about sexual health and boundaries.

Activity - "Open Conversations Circle" (10 min):

- Small groups discuss "conversation starters" (e.g., "What does a healthy relationship mean to you?").
- Groups rotate, discussing new topics to practice open communication and learn from one another.

##### Engaging Activity - "Sexual Network Game" (10 min):

An interactive game to understand how interconnected social and sexual networks can impact HIV transmission. AGYW participate in a group activity where each participant "connects" to others, symbolizing social and sexual networks, demonstrating how behaviours within a network can influence HIV risk.

#### Discussion Questions:

"How can understanding social and sexual networks help in preventing HIV?" and "How do our social circles impact our health choices?"

#### Takeaway:

AGYW gain insight into the impact of social and sexual networks on HIV risk, promoting the importance of safe choices.

Each participant gets a card representing a "person." Some are marked as "HIV-positive."

Participants form connections (via coloured strings) to demonstrate how sexual networks can influence health.

Facilitators use this game to illustrate the impact of safe practices on overall health.

#### Debrief (5 min):

Discuss the importance of knowing personal and partner sexual health statuses and normalizing conversations on sexual health and pleasure.

#### Additional Resources

##### Role Play Scenarios:

Scenarios for each role play to simulate real-life situations, such as discussing HIV testing, safe sex practices, and PrEP.

##### Activity Materials:

- Bingo cards for self-care activities, affirmation circles, and the Confidence Tree.
- Coloured strings and cards for the Sexual Network Game to visualize sexual networks.
- Models and sample condoms for the condom relay race.
- Reflection Cards: Cards with reflection prompts (e.g., "What is one thing you learned today?") for each participant to complete at the end of each Bodaboda Stage.

##### Take-Home Materials:

- Booklets or handouts on HIV prevention, PrEP, self-care strategies, and ways to build self-esteem.
- Contacts for local health services and support groups that offer HIV and sexual health services.
- Each session in this World Café format aims to foster supportive peer networks, increase HIV prevention knowledge, and empower AGYW with the tools they need to make informed choices.

## Joint Activity

Understanding the role of Community HIV Information Kiosks and Peer Community Advisors (PCAs)

Objective: Highlight the role of PCAs and community kiosks as resources for HIV prevention information, access, and support.

### Activity:

Introduction to PCA roles through a short video, followed by discussion on how kiosks can be leveraged by AGYW in their community.

### Discussion Questions:

"How would you feel about visiting a community kiosk?" and "What questions would you ask a PCA?"

### Takeaway:

AGYW feel connected to the idea of community kiosks and PCAs as accessible, supportive spaces for HIV-related services and discussions.





# Let's Talk: Normalizing Conversations about Sexual Health and Pleasure

The DEEPROOTS Wellness Toolkit

## 1. Break the Silence



Talking about sexual health and pleasure should be as normal as discussing any other health topic. Let's break the silence together

## 2. Normalise Pleasure



Sexual pleasure is a natural and important part of life. It's okay to talk about what feels good and what doesn't.

## 3. Speak Openly with Partners



Discuss your needs, boundaries, and desires with your partner. Open communication leads to healthier and more satisfying relationships.

## 4. Encourage Regular Check-Ups



Regular sexual health check-ups are crucial. Encourage each other to visit healthcare providers and ask questions





# Evaluation

The DEEPROOTS program uses the *Emotions Wheel* as an innovative evaluation tool to capture participants' emotions at the end of each training session. This tool encourages young learners to reflect on their experiences, fostering self-awareness and offering facilitators valuable feedback on participants' engagement and the training's effectiveness.

## How the Emotions Wheel Works?

### 1. Wheel Overview:

The Emotions Wheel is a large, printed pie chart displayed on foam material. Each segment (or "pie") of the chart represents a different emotion, such as "motivated," "curious," "confident," "overwhelmed," or "hopeful," with each segment clearly labelled to facilitate easy identification.

### 2. Selecting and Pinning an Emotion:

At the end of the session, each participant is given a coloured pin. They place their pin on the pie segment that best reflects how they feel at that moment, enabling them to silently communicate their response to the session.

### 3. Individual Reflection and Private Expression:

The process allows participants to engage in a moment of personal reflection. The act of selecting a segment encourages them to recognize and label their current feelings, while the privacy of pinning fosters honest expression.

### 4. Facilitator Reflection and Discussion:

After the pinning process, facilitators can optionally discuss general trends, especially if a noticeable number of pins cluster around a particular emotion. This opens a space for participants to feel heard and for facilitators to gauge the impact of the session in real-time.

### 5. Analysis for Program Improvement:

At the close of each training, facilitators review the Emotions Wheel to identify emotional trends among participants. Patterns—such as many participants pinning "motivated" or "overwhelmed"—reveal the training's immediate impact and suggest areas where content or approach may be adjusted.

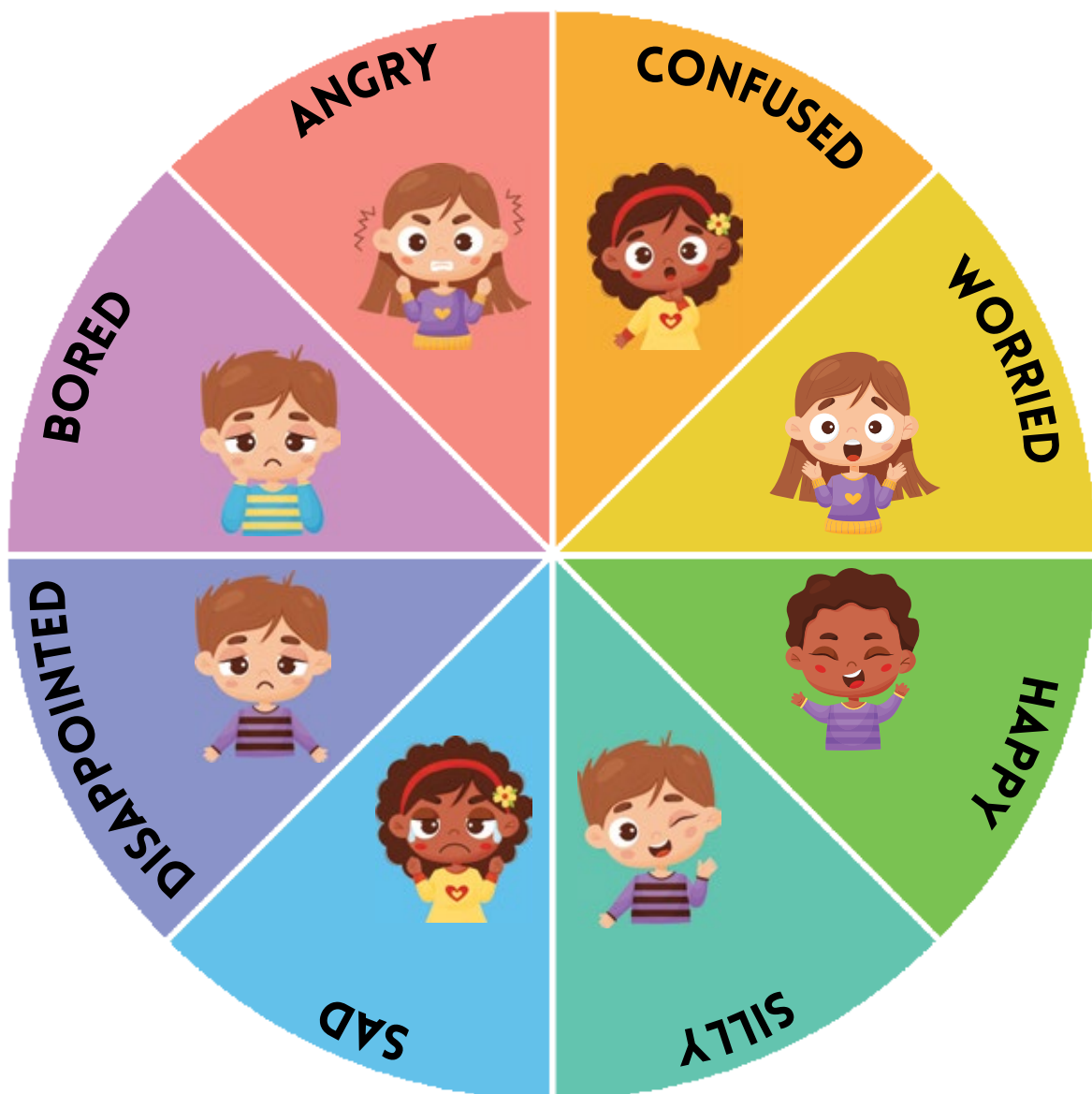
### 6. Benefits of the Emotions Wheel:

- **Immediate and Authentic Feedback:** Provides real-time insights into participants' reactions without verbal feedback.
- **Fosters Emotional Awareness:** Supports participants in recognizing and labelling their emotions, promoting self-awareness and communication skills.
- **Inclusive and Accessible:** Allows every participant, regardless of personality type, to engage meaningfully in program evaluation.

The Emotions Wheel serves as an effective, youth-centred feedback tool, aligning with DEEPROOTS' mission of responsive and inclusive HIV prevention education. By encouraging reflection and self-expression, the wheel also reinforces a culture of openness, helping to adapt the program continuously to meet participants' needs.

# EMOTIONS WHEEL

The emotions wheel helps us to identify and understand your emotions. Look at the pictures to help you understand how you are feeling after the DEEPROOTS training so we can work to improve the program in future



# The DEEPROOTS Pledge

## Introducing the DEEPROOTS Pledge to AGYW Participants

### What is the DEEPROOTS Pledge?

The DEEPROOTS Pledge is a personal and collective commitment made by participants in the DEEPROOTS project to actively contribute to HIV prevention and support individuals affected by HIV. The pledge reflects the values of empowerment, knowledge-sharing, and community action that the project seeks to instill in Adolescent Girls and Young Women (AGYW).

By taking the pledge, participants affirm their role in creating an HIV-free future by embracing safe practices, fighting stigma, and fostering awareness in their communities.

### Why is the DEEPROOTS Pledge Important?

1. **Reinforces Learning:** The pledge consolidates key messages from the training, such as prevention strategies, testing, and supporting HIV-positive individuals.
2. **Encourages Ownership:** It motivates participants to take personal responsibility for their health and that of their peers, transforming knowledge into action.
3. **Promotes Unity and Advocacy:** The pledge fosters a sense of shared purpose among participants, inspiring collective action toward HIV prevention.
4. **Stigma Reduction:** By publicly committing to stand against stigma, participants become advocates for a more supportive and understanding community.

### When and How to Use the DEEPROOTS Pledge

- **Timing:**

The pledge should be undertaken at the end of each training session, after participants have learned about HIV prevention and the importance of safe practices.

## Process for Facilitators:

### 1. Set the Tone:

- Explain the significance of the pledge as a commitment to action and advocacy.
- Emphasize that taking the pledge is voluntary but highly encouraged as a way to internalize the session's lessons.

### 2. Read and Reflect:

- Read the pledge aloud to the group or display it on a visual aid.
- Allow participants a moment to reflect on what it means to them personally and as part of the DEEPROOTS community.

### 3. Group Recitation:

- Lead participants in reciting the pledge together to symbolize unity and shared commitment.
- Offer an opportunity for participants to share how they feel about taking the pledge.

### 4. Provide a Written Copy:

- Distribute written copies of the pledge for participants to take home as a reminder of their commitment.
- Prepare a poster with the pledge so that it is visible to everyone.

### Tips for Facilitators

- Create an environment of positivity and inclusivity to ensure participants feel motivated to take the pledge.
- Reinforce the idea that the pledge is not about perfection but about striving for improvement and supporting others.
- Encourage participants to share the pledge with friends and family to expand its impact.

The DEEPROOTS Pledge is more than words; it's a declaration of hope, empowerment, and action that every participant can carry forward into their lives and communities.





# My DEEPROOTS Pledge

*I, pledge to take proactive steps towards HIV prevention and to support those affected by HIV.*

**I commit to:**

- Educating myself and others about HIV and its prevention.
- Practicing safe behaviours and encouraging my peers to do the same.
- Getting tested regularly and knowing my HIV status.
- Standing against stigma and discrimination towards people living with HIV.
- Supporting initiatives and policies that promote HIV awareness and prevention.

*Together, we can create a future free from HIV.*



## About DEEPROOTS core team

DEEPROOTS is led by young people, from conception to implementation. It is responsive, inclusive, accessible, sustainable and innovative. Most important, it is for young people, by young people.

Peer Community Advisors Working Group 2024 that worked on ensuring that DEEPROOTS is ever present in the communities and contributed to the development of this toolkit include;



Shadia Mirembe



Catherine Naluyima



Martha Kushemererwa



Stella Abedi



Oliver Nakibuule



Caroline Mbabazi



Suzan Namayega



Prossy Tuhumwire



Pellan Nahwera



Shadia Namuganga



Janet Musasizi



Aisha Nakiguli



Janet Namukisa



Doreen Mirembe



Shamim Nalugo

## About Youthplus Uganda

DEEPROOTS is an initiative of Youth Plus Policy Network Uganda. Youth Plus Policy Network Uganda (YPPN-U) affectionately known as Youthplus, a community development organisation that helps young people make their communities better.

We believe young people have the power to change communities for the better.

Our goal is to give young people the skills and support they need to be leaders and make positive changes in their communities. We create opportunities and spaces for young people to lead efforts to address the issues that impact them.

We are local and home grown champions of youth- and community-led change and social transformation in Uganda. Since 2005, our work has focused on People, Health and Environment

**Our vision** is for a society where every young person has the chance to be their best and help their community.

**Our mission** is to empower the youth, wherever they are from, to be active in the community. We aim to support youth to have a voice and act, inspire them to have a positive impact, and gain recognition for their positive contribution to communities, society and the world. We aim to make communities stronger, more inclusive, and better connected.

Step into a space where youth voices lead.





Partner with us and become an integral part of a movement shaping a brighter, equitable future.

Reach out, get involved, and help us make a difference within communities across Uganda.

P.O. Box 700893 Entebbe Uganda

Email: [info@youthplusug.org](mailto:info@youthplusug.org)

Website: [www.youthplusug.org](http://www.youthplusug.org)

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Young People Active in the Community



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