



Impact of *We Stop AIDS* Prevention Education Curriculum on People's Behaviors in East Africa

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Issue

Community silence around HIV and AIDS continues to be a challenge in East Africa. People need to talk openly about HIV in order to make personal and group action plans to help stop the spread of the disease.

Description

We Stop AIDS – Participatory AIDS Prevention and Support (PAPAS) is a prevention education curriculum developed by Catholic Relief Services in East Africa in 2005 to break the silence around HIV. Literacy is not required. Drama, role plays and drawings are used to stimulate discussions. Group size is normally 24 and it takes nine hours to complete. Implemented through 15 partner organizations, it has reached 15,000 in Ethiopia and 4000 in Uganda. The end goal is group and individual action plans to help stop the spread of HIV in one's community, to protect oneself and to reach out to others with messages and support. Three independent evaluations, involving 521 respondents, were carried out to determine impact.

Lessons Learned

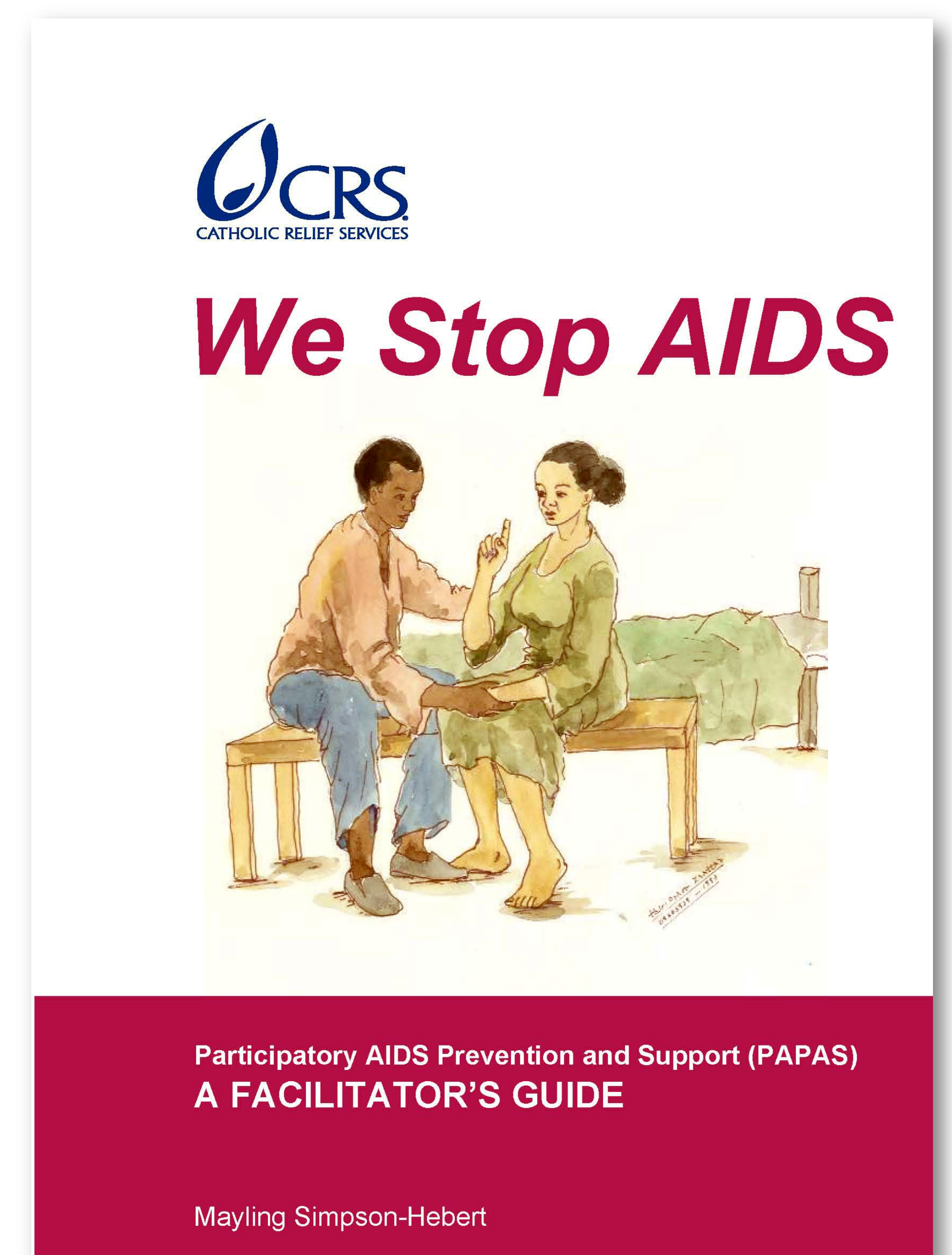
We Stop AIDS brings about large changes in knowledge, attitudes and behaviors. Diverse people of all ages, different backgrounds and different countries and cultures made a wide variety of changes according to their own needs and circumstances.

The methodology broke the silence around HIV and AIDS.

- At least half had spoken to others or in public.
- 98% made at least one change to reduce risk or to help others infected or affected by HIV.
- 95% of groups made action plans and carried them out.
- Greatest impact was on youth who engage in risky behaviors.

Next Steps

We Stop AIDS is a successful participatory learning and empowerment tool. It should be prioritized for use among groups most vulnerable to infection.



Community in Ethiopia discussing visuals used in *We Stop AIDS*
Photo credit: CRS Ethiopia