

HIV/AIDS CUBE

PREVENTION NOT INFECTION

(Use the arrows on the cube to help you see how to open the pictures!)

1



What is HIV?

- (Point to healthy people on the left) Everyone wants to have a healthy body. Our bodies are designed in some ways like these doors to keep out disease and keep us healthy.
- (Point to sick people on right) The pictures on this cube will tell you about a very serious disease that kills many people. It is called HIV. This virus leads to a sickness we call AIDS. HIV is real. HIV can be spread to others, but the good news is that there are things we can do so that we do not get HIV, which leads to AIDS.
- (Point to the sick person on the upper right) When a person first receives HIV into their body, they do not look sick. Once HIV comes into the body it is there to stay. The infected person will after some

years go on to get the condition we call AIDS which leads to an early and often painful death.

- (Open the door on the left, half way). There are things we do to open the door to HIV. We will learn about these. (Open the door on the right, half way) There are things that others do to us that also open the door to HIV. There are some things we can do to protect ourselves from HIV.

(As we are about to open both doors) First, we will talk about ways that we can open the doors to HIV/AIDS so we will know how to protect ourselves.

2



How is HIV Spread?

- HIV is passed on when blood or sexual fluids from an HIV infected person, come in contact with blood or the body fluids of a healthy person.
- (Point to the man and woman) Having sex with someone who has HIV (HIV positive) opens your body's doors to HIV. This is the most common way to get HIV. Sometimes this sex happens when you do not want it. For example rape or violent sex.
- (Point to the pregnant woman): HIV can be passed from an HIV infected mother to her unborn or newly born baby. This may happen in the womb, which is rare, or during birth. Not all babies born to mothers with HIV will get HIV. A pregnant woman who is infected with HIV can take medicines to help prevent her baby from getting HIV.
- (Point to needle) By sharing needles, blood containing HIV can be passed from one person to another. This includes using needles for sharing illegal and dangerous drugs.
- (Point to blood) HIV can be passed on by receiving blood from someone who has HIV. This HIV can be in a blood transfusion or on any kind of shared skin cutting or piercing instrument. (Examples include razor blades for barbering, tribal markings, and circumcision).

Now we will talk about how HIV is not passed on. (Turn to next panel)

3



How is HIV not spread?

- (Point to the holding hands) HIV is not spread by holding hands or causal contact.
- (Point to the man bathing) HIV is not spread by sharing bathing water.
- (Point to the mosquito) HIV is not spread by insect bites such as mosquitoes or flies.
- (Point to dining) HIV is not spread by eating together and sharing eating utensils.
- You can live alongside people with HIV and not get infected with HIV. It is important to encourage and care for those living with HIV/AIDS.

Now we will talk about how you can know whether or not you have HIV. (Open cube to next panel)

4



GET TESTED!

- Knowing if you have HIV or not is the first step in protecting yourself and others. We call this knowing your HIV status.
- (Point to the people in the picture) These people look healthy. Most people with HIV also look healthy. You can't tell by looking at someone's face if they have HIV. It is only later when HIV becomes AIDS that a person starts to look sick.
- (Point to the two people small people walking) When you go to a hospital or clinic to be tested for HIV, it may help to take a good friend or family member with you.

- Show love by being tested and by encouraging your family and friends to be tested.
- If you test HIV negative, you will see on the next panel what you need to do to protect yourself in the future.
- If you test HIV positive there are things you can do to protect others, and to help you live a longer and have a better quality of life. We will see how, on the panel after this next panel.

Now we will talk about how you can protect yourself from HIV. (Open the cube to the next panel)

5



You can protect yourself and others from HIV

- (Point to the Shield) Since sex is specially designed for marriage, we can guard our hearts and bodies for our "1" future spouse by abstaining from sex until marriage.
- (Point to husband and wife) As sexual contact with someone who is HIV positive is a major cause of spreading HIV, understanding that sex is designed to be shared in marriage between one man and one woman is very important.
- Faithfulness between husband and wife is the foundation of a lasting, joyful marriage, and is most likely to prevent HIV coming into your body. The more sexual partners you have the more likely you are to have HIV. If your marriage partner was HIV positive before he/she married you, he/she can still give you HIV even when you are both faithful inside marriage.
- (Point to blood bag) Accept a blood transfusion only when the blood has been tested (screened) and declared safe from HIV.
- (Point to needles, scissors and razor blades) Do not share needles or any kind of skin cutting or piercing instrument.
- (Point to clinic) Go for HIV testing and counselling so that you know your HIV status. This is especially important if you are planning to marry.
- (Point to condom) If you do not know you're own or your marriage partner's HIV status, use a condom correctly and every time you have sex. This will lower the risk of HIV infection. But try to persuade him/her to be tested for HIV.

Now we will show what steps to take if you test positive for HIV. (Open cube to the next panel)

6



What should you do if you test positive for HIV?

- (Point to couple talking) One of the most powerful ways of slowing the spread of HIV is telling others your HIV Status if you test positive for HIV. THIS is the FIRST STEP in protecting others. You can EXTEND YOUR LIFE and IMPROVE YOUR QUALITY OF LIFE BY following these simple steps:

- (Point to food) Eating a healthy diet is an important part of keeping your body healthy.
- (Point to cigarettes and alcohol) Smoking cigarettes and drinking alcohol lower your body's ability to stay strong. Alcohol use often leads to risky behaviour.

- (Point to working, fishing, soccer) Leading a full active life helps keep your body and mind strong.
- (Point to ARV medicines) Taking ARV medicines is the best way of delaying AIDS. These medicines must be taken everyday to keep HIV under control. Unless you have an HIV test and find out if you have HIV, you will not know that you need these medicines.

Now we will talk about some of the ways we can help those with HIV and AIDS. (Open cube to the final panel)

7



Encourage, Empower, and Embrace those with HIV

- Reach out and build HOPE on a Foundation of love for those living with HIV. This is the best way to remove the stigma and fear of HIV/AIDS.
- (Point to visit in hospital or home) You can provide personal care for those living with HIV/AIDS, by visiting, bathing, and dressing them. You can also read, talk and pray with them.
- (Point to carrying water) You can empower those living with HIV/AIDS to live as normally as possible by carrying water, working on their farms, preparing meals and caring for their children.
- (Point to paper work) You can empower those with HIV/AIDS by helping them to prepare wills, write letters, and give end of life instructions.
- (Point to hospital/Clinic) You can transport those living with HIV/AIDS to their hospital or clinic for visits. You can encourage them to take their ARV medications on a consistent basis.
- (Point to heart in the middle) Most importantly embrace those living with HIV, showing them love. This helps remove stigma, restores dignity and gives hope.

Remember. **GET TESTED.** Know your status. If you have HIV/AIDS, live responsibly and positively to lengthen your life. All of us need to empower, encourage and embrace those living with HIV/AIDS, and all of us can pass on this life saving information.



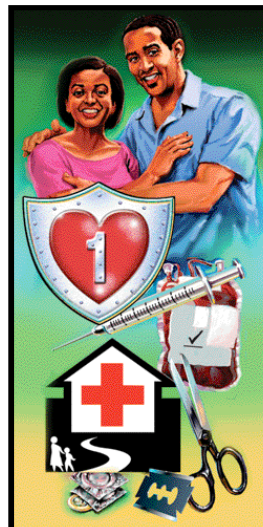
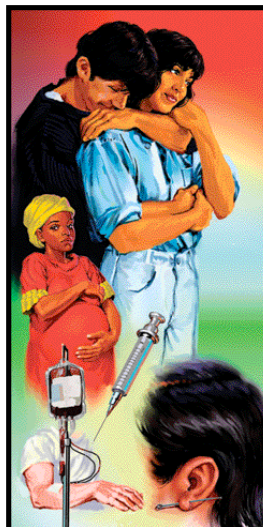
The World is being swallowed by the Pandemic of **HIV/AIDS**...

...and is watching to see how we will respond.

More importantly, God is watching how the Body of Christ will respond to "the least of these" ...His children.

From the makers of **EvangeCube®**, the **HIV/AIDS Cube™** is a clear, simple tool that presents the facts about **HIV/AIDS** and how to prevent the contraction and spread of **HIV/AIDS**.

Using the Universal Language of **PICTURES, YOU** can share the Truth and build a foundation of **HOPE** for the hopeless...**YOU** can represent the **LOVE** of Jesus Christ in a practical way that opens wide the door to a more personal relationship with God.



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