

## **BELARUS: Youth against HIV/AIDS**

### **Project summary:**

Through a continuation of the “Youth against HIV/AIDS” project the Belarusian Red Cross (BRC) intends to further promote (6 target areas): youth peer education in schools regarding raising awareness on HIV, healthy life style, fighting discrimination and stigmatisation; work further towards improving young people’s access to trustworthy and reliable information on HIV/AIDS; towards developing modern teaching techniques in AIDS prevention; revival civil awareness and responsibility among young people; co-operation with other NGOs and the state bodies in providing services to intravenous drug users (IDUs) as a part of the harm reduction programme.

### **Achievements:**

The “Youth against HIV/AIDS” programme, covering 13 target areas of Belarus, is built around a dedicated team of trained volunteers delivering peer education in secondary schools and universities. This approach transfers knowledge, teaches life skills and helps to reduce stigma and discrimination among the target audience. As the Belarusian Red Cross continues to train volunteer peer educators and run experience exchange workshops, its capacity to fight HIV/AIDS expands. Evaluation of the ongoing programme demonstrates that the targeted audience shows an increased interest in their own health and HIV/AIDS related issues following the peer education workshops.

Since May 2003, a harm reduction component has been complementing peer education activities. Needles and condoms are now provided to intravenous drug users through 10 needle exchange centres throughout Belarus. Staff skills are developed through experience exchange facilitated by the Red Cross with participation of the Positive Movement (a national non-governmental organisation) and the AIDS Prevention Department of the Republican Centre for hygiene, epidemiology and public health.

### Logical framework planning matrix: Youth against HIV/AIDS

	Indicators	Sources of verification	Assumptions/Risks
<p><b>Overall Goal</b> HIV incidence among the younger generation is reduced</p>	<ul style="list-style-type: none"> <li>HIV incidence among the target group in selected areas (official statistics of the Ministry of Health)</li> </ul>	<ul style="list-style-type: none"> <li>Official statistics of the Ministry of Health and UNAIDS estimates</li> </ul>	<ul style="list-style-type: none"> <li>The goal assumes that reducing HIV incidence amongst the target group in the selected areas has an impact on HIV incidence in Belarus; results may be noticeable in years following the project</li> </ul>
<p><b>Project objective</b> The Belarusian Red Cross significantly contributes towards raising awareness on HIV/AIDS, developing healthy life styles, fighting stigmatisation and discrimination of people living with HIV/AIDS among the younger generation</p>	<ul style="list-style-type: none"> <li>Increased number of respondents reporting good knowledge in HIV preventive measures, ways of HIV transmission</li> <li>Increased number of respondents express tolerant attitude towards people living with HIV/AIDS (PLWHA)</li> </ul>	<ul style="list-style-type: none"> <li>Red Cross surveys among the project target group</li> <li>Project reports and published studies</li> </ul>	<ul style="list-style-type: none"> <li>Beneficiaries feel safe to be honest with the Red Cross and forthcoming about their views and experiences</li> </ul>
<p><b>Expected Results</b></p> <p><b>Result 1.</b> The number of youth volunteer trainers able to provide peer education training increased</p>	<ul style="list-style-type: none"> <li>Number of volunteers who will become trainers</li> <li>Quality of training of trainers and the methodology</li> </ul>	<ul style="list-style-type: none"> <li>Project reports</li> <li>Training reports available from BRC</li> <li>Monitoring/evaluation reports from the Federation delegation</li> </ul>	<ul style="list-style-type: none"> <li>Number of volunteers the BRC is able to attract for participating in the training of trainers</li> </ul>
<p><b>Result 2.</b> The number of young people equipped with appropriate</p>	<ul style="list-style-type: none"> <li>Increased number of young people involved in peer</li> </ul>	<ul style="list-style-type: none"> <li>Results of the surveys/discussions with the</li> </ul>	<ul style="list-style-type: none"> <li>Interviewees feel safe to give honest views</li> </ul>

knowledge and skills regarding HIV protection increased	<p>education</p> <ul style="list-style-type: none"> <li>Increased number of peer education sessions</li> <li>Increased % of respondents who know how to protect themselves against HIV/STI</li> <li>Increased % of respondents who know that a seemingly healthy person can be HIV positive</li> </ul>	<p>target group</p> <ul style="list-style-type: none"> <li>Progress reports from BRC</li> </ul>	
<b>Result 3.</b> Reduced stigma and discrimination among youth towards people living with HIV/AIDS	<ul style="list-style-type: none"> <li>Increased number of young people having tolerant attitude towards people living with HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>Results of the surveys/discussions with the target group</li> <li>Progress reports from BRC</li> </ul>	<ul style="list-style-type: none"> <li>Other information, education and communication</li> <li>Interventions widespread and consistent with the project's messages</li> </ul>
<b>Result 4.</b> Access by high-risk group (IDUs) to high quality syringes and condoms improved	<ul style="list-style-type: none"> <li>Number of IDUs visiting the Red Cross needle exchange centres</li> <li>Number of condoms distributed through Red Cross needle exchange centres</li> <li>Number of needles exchanged through Red Cross needle exchange centres</li> </ul>	<ul style="list-style-type: none"> <li>Results of the surveys within the target group</li> <li>Progress reports from BRC</li> </ul>	<ul style="list-style-type: none"> <li>The population accepts the presence of the needle exchange centres in the community</li> <li>The IDUs feel safe to use the services of Red Cross needle exchange centres</li> </ul>

Activities	Resources	Sources	Preconditions
<p><b>Result 1.</b></p> <ul style="list-style-type: none"> <li>Involvement of 2 skilled trainers for training of trainers</li> <li>Involvement of people living with HIV/AIDS</li> <li>Selection of 120 volunteers (20 in each of 6 target areas)</li> <li>Training of trainers in each of 6</li> </ul>	<ul style="list-style-type: none"> <li>BRC expertise</li> <li>Federation expertise</li> <li>Expertise of the NGOs working with people living with HIV/AIDS</li> <li>Training of trainers methodology and curriculum</li> </ul>	<ul style="list-style-type: none"> <li>BRS volunteers</li> <li>People living with HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>The BRC maintains its current level of expertise</li> <li>Willingness of people living with HIV/AIDS to be involved in the project</li> </ul>

<p>selected towns</p> <ul style="list-style-type: none"> <li>• Regular experience exchange and education meetings</li> <li>• Final competition for the trainers and the target group</li> <li>• Development and production of manual, training aids and education materials for the volunteers using the contemporary methodologies and interactive teaching techniques</li> <li>• Production of bags, T-shirts, pullovers and pins with logo for the volunteers</li> </ul>	<ul style="list-style-type: none"> <li>• Training of trainers manual</li> </ul>		
<p><b>Result 2.</b></p> <ul style="list-style-type: none"> <li>• Involvement of people living with HIV/AIDS</li> <li>• Regular educational sessions (40 X 6 towns) for the target group (4,800 persons)</li> <li>• Distribution of handouts on HIV/AIDS prevention (calendars, posters, leaflets)</li> <li>• Meetings with teachers and parents</li> <li>• Youth events dedicated to the World AIDS Day</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteer trainers' expertise</li> <li>• Expertise of people living with HIV/AIDS</li> <li>• BRC expertise</li> <li>• Expertise of Sister Red Cross societies</li> <li>• Federation</li> <li>• Peer education methodology and curriculum</li> </ul>		<ul style="list-style-type: none"> <li>• Volunteer trainers maintain their current level of expertise</li> <li>• Willingness of school as an institution to accept people living with HIV/AIDS</li> <li>• Perception of people living with HIV/AIDS by schoolchildren and their parents</li> </ul>
<p><b>Result 3.</b></p> <ul style="list-style-type: none"> <li>• Paying special attention towards stigma and discrimination during peer education sessions</li> <li>• Radio/TV campaigns fighting stigma and discrimination</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteer trainers' expertise</li> <li>• Expertise of people living with HIV/AIDS</li> <li>• BRC expertise</li> <li>• Expertise of Sister Red Cross societies</li> </ul>		<ul style="list-style-type: none"> <li>• Volunteer trainers maintain their current level of expertise</li> </ul>

	<ul style="list-style-type: none"> <li>• Federation expertise</li> <li>• Peer education methodology and curriculum</li> </ul>		
<p><b>Result 4.</b></p> <ul style="list-style-type: none"> <li>• Cooperation with the state bodies and NGOs in providing services for the IDUs</li> <li>• Training for the nurses in cooperation with partners</li> <li>• Free needle exchange for 400 IDUs</li> <li>• Free condom distribution for 400 IDUs</li> <li>• Attracting volunteers from ex-IDUs</li> <li>• Including people living with HIV/AIDS in the activities planning</li> <li>• Outreach activity</li> <li>• Psychological consulting</li> <li>• Distribution of handouts on HIV/AIDS prevention</li> <li>• Regular meetings with the representatives of local administration, police and health care system</li> <li>• Maintain co-ordination with positive organisations and other organisations active in harm reduction</li> </ul>	<ul style="list-style-type: none"> <li>• Expertise of people living with HIV/AIDS</li> <li>• Expertise of ex-IDUs</li> <li>• BRC expertise</li> <li>• Expertise of Sister Red Cross societies</li> <li>• Federation expertise</li> <li>• Ministry of Health expertise</li> </ul>		<ul style="list-style-type: none"> <li>• Local authorities continue to sustain needle exchange centres' performance</li> <li>• Willingness of ex-IDUs to be involved in the project</li> </ul>