

Smart **choices**

Building an AIDS Free Generation



**Faithfulness Workshop Guide
for Adult Facilitators**

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Smart choices

Building an AIDS Free Generation

Faithfulness Workshop Guide for Adult Facilitators

Dedication

To all the young married couples who bravely choose to be
faithful in their marriages.

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- Food for the Hungry, Faithfulness in Marriage: A Guide to Reduce HIV Transmission and Strengthen Marriage, 2006 : AERDO, USAID.

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→ Introduction to the Guide

Smart Choices –Faithfulness Workshop Guide Objectives

- To educate young married couples on reproductive health and HIV/AIDS
- To sensitize young married couples to their roles and responsibilities as a spouse
- To promote healthier relationships through awareness of domestic violence, faithfulness and positive communication skills

Audience

- Young married couples ages 18-24

Purpose of Guide

This guide provides detailed Facilitator information to effectively conduct an interactive and informational session for young couples ages 18-24. The planning schedule for this workshop is flexible but should not exceed a full day.

For a suggested half-day schedule please refer to Appendix D.

Session Format

The guide contains valuable information and interactive activities to facilitate exploration of a variety of issues facing young married couples. Each topic features Learning Objectives and Facilitator Notes that provide important instruction for leading the workshop. The Facilitator has the option to verbally give information, or to use handouts. Each activity contains step-by-step guidance for carrying out each activity, and a materials list is included where applicable. At the conclusion of each lesson, a “Personal Challenge” offers participants additional activities that build on the workshop sessions.

Preparation for the Workshops

The Facilitator should ensure the room has adequate seating space and room for different groups to discuss topics without disturbing each other.

Take note of the following materials and ensure that they are available:

- Flip Charts
- Note books
- Pens and markers

Tips to consider before the workshops:

- Read the entire guide prior to planning and facilitating the workshops.
- Arrange the room before each workshop, so no time is wasted hanging signs or moving chairs. Avoid classroom-style chair arrangement, if possible. If the room is small, arrange chairs in a circle.
- Prepare all materials ahead of time, such as flip charts, photocopies, and other items that may be required.
- Review instructions for each activity until you feel comfortable with all of the steps.

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Session One:

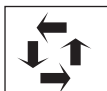


**Introduction to
Workshop**

1. Introduction to Workshop



Duration: 20 Minutes



Methodology:

Icebreakers



Materials:

Two sets of playing cards or sheets of paper with patterns drawn on them.

There must be two identical sheets.



Activities:

Activity 1:

Finding a Friend (5 min)

Activity 2:

The Little Known Fact (5 min)

Activity 3:

True or False (5 min)

Activity 4

The Last Time My Spouse...(5 min)

Welcome the participants and introduce yourself and any other team members present. Explain the following to the participants:

The purpose of this workshop is not simply to deliver pre-packaged information to newlyweds. We hope to reach solutions together based on our common goal to ensure that the marriage that began with health and happiness continues and is constantly strengthened.

We are here because we believe that marriage is just the beginning of many great lifetime events. Yet the safety and happiness of our future, our children, and our grandchildren rests upon the foundation of our marriage. For this reason, we must understand the internal and external dangers that threaten this important relationship. We must come together to share ideas and knowledge to find better remedies to our common problems.

Icebreakers

Facilitator Note: Below are some possible icebreakers that could be used in the workshop. If the icebreakers are inappropriate for your group dynamics (the characteristics of your participants), then find an alternative. What is important is that they get to know each other and are comfortable speaking freely.

Objectives

During this session, the Facilitator will:

- Welcome participants to the workshop
- Help participants get to know each other



Activity 1: Finding a Friend

Materials:

Two sets of playing cards or

Sheets of paper with different patterns drawn on them (there must be two identical sheets)

1 Step 1

Randomly distribute the cards or sheets of paper to the participants.

2 Step 2

Ask the participants to find the person who has a matching card or sheet.

3 Step 3

When they have all found the person, they should spend 5 minutes getting to know them.

4 Step 4

Ask them to return to their seats and to introduce the person they met to the entire group.



Activity 2: The Little Known Fact

Facilitator Note: This “little known fact” becomes a humanizing element that can help break down differences such as grade / status in future interaction.

1 Step 1

Ask participants to share their name, occupation, and one little known fact about themselves and one little known fact about their children.



Activity 3: True or False

Facilitator Note: In addition to getting to know each other as individuals, this ice breaker helps to start interaction within the group.

① Step 1

Ask your participants to introduce themselves and state three or four facts about themselves, one of which is false. Now ask the rest of the group to vote on which fact is false.



Activity 4: The Last Time My Spouse...

① Step 1

Ask participants to introduce themselves and their spouse. Ask them to complete the following sentence: "The last time my spouse really...."

Tell the participants that they can say (1) The last time spouse really cried.... (2) The last time my spouse really laughed... (3) The last time my spouse really sighed....

② Step 2

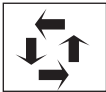
Make sure every participant has a chance.

2

Session Two:



Roles and Responsibilities

**Duration:****Methodology:**

Small Group Activity, Group Discussion, Couples Discussion

**Materials:**

Flip Chart, Markers

**Activities:****Activity 1:**

Foundations of Marriage

Activity 2:

The Four Pillars

Activity 3:

Understanding Your Role in Marriage

Activity 4:

Marriage Challenges

Activity 5:

Behaviors to Encourage and Discourage

Activity 6:

Breaking the Cycle

Many couples enter marriage with the idea that “love” will be enough to hold everything together. When the newness has worn off and real-world reality sets in, they may feel unprepared to face emerging challenges in this new relationship. For some, their only guide or example may be marriages they have witnessed, however imperfect or dysfunctional.

In this session, couples will explore their individual roles and responsibilities and acquire skills to build a strong foundation for their marriage and family. They should be encouraged that even though they identify areas of weakness, marriage is a journey and a lifetime process of learning and growing. This session will help them to develop their relational skills as they examine the meaning of true love, the importance of faithfulness, effective communication and positive behavior skills, as well as coping with marital challenges. By strengthening the marital foundation, couples will be better prepared to form stable families and protect their spouse and children from the risk of HIV/AIDS.

Objectives

After this session, couples will:

- Have increased understanding of their role in a marriage relationship
- Understand the kinds of behavior to encourage/discourage in their spouse



Activity 1: Foundations of Marriage

Facilitator Note: The purpose of this activity is to have the participants identify the foundations of a strong and healthy marriage. They will recognize that problems may negatively affect families who do not have a strong foundation.

① Step 1

Ask the participants the following questions:

1. When you plan to build a good house, what do you consider important and why?
2. Looking at the situation in our society today, what is the foundation of most marriages?
3. What are the different types of marriages in society today and what is the foundation of each?
4. What problems may arise if a couple does not build their house on a foundation of love?
5. What are the roles of a husband and wife as co-builders?
6. What are the benefits and risks of trial marriages (i.e. co-habitation, “come we stay”)?

② Step 2

Present the following information to the participants:

The strongest and most basic part of a house is its foundation. If the foundation is strong, it can support the remainder of the house, resisting the wind, the rain and forces of nature. If the foundation is strong, the rest of the house can be constructed properly: its pillars straight, its walls thick and its roof even. Yet if the foundation is weak, the house will eventually sag and crumble. A house without a strong foundation will not be safe to live in.

③ Step 3

Ask the participants to work as couples and answer the following questions:

1. Describe the foundation of your marriage?
2. Does a weak foundation mean your marriage cannot work? If so, what can you do about it?
3. What is the relationship between the foundation of your marriage and the well-being of your children?
4. How can a strong foundation help lower the risk of HIV/AIDS?



Activity 2: The Four Pillars

① Step 1

Present the following information to the participants:

Rising from the foundation of the house are four strong pillars. These pillars give the house strength and allow its walls to be laid and its roof connected. If these pillars are well placed, the house will be strong and long lasting. Yet without these pillars, the house will collapse.

Ask the participants to name what they think are the four pillars of a marriage and why.

The four pillars of marriage are:

1. True love
2. Faithfulness
3. Respect
4. Communication

② Step 2

Ask the participants to break into groups and answer the following questions:

1. How do people understand love in our society today?
2. What is true love and how is it different from “false love” or lust?
3. What are practical ways of expressing love to each other?
4. What are the obstacles that hinder couples from experiencing true love?

Discuss.

Ask the groups to make a table showing the difference between “True Love” and “False Love”/Lust. It may look like the following:

True Love	False Love / Lust
Self-less	Selfish
Directed to others	Directed to self
Respectful	Disrespectful
Attraction with Commitment	Attraction without Commitment
Responsible	Irresponsible
Faithful	Unfaithful
Based on the Whole Person	Based in Lust or Infatuation
Mutual sexual gratification	Self-gratification

Ask the participants to answer the following questions with their partner:

1. What are some practical ways of expressing true love to your partner?
2. As you examine your marriage, how is true love being expressed?
3. How would you like your partner to express true love to you?
4. As you examine your marriage, where do you feel true love may be lacking and where has false love taken over?

③ Step 3

Ask the participants the following questions:

1. What factors lead to unfaithfulness in marriage?
2. How does society react to unfaithfulness in marriage?
3. What factors, if cultivated, would enhance faithfulness in marriage?
4. Why is it important for married couples to remain faithful to each other?

Present the following information to the group:

Faithfulness of a husband to his wife and vice versa reflects trust, openness and honesty in a marriage. To be faithful in marriage is to share your bodies only with each other. Having sex outside of marriage breaks the bond of faithfulness. This break in the marriage bond may lead to the collapse of the marriage, and open the house to HIV/AIDS.

Ask the participants to answer the following questions with their partner:

1. What would you do if your marriage partner were unfaithful?
2. What can I do to be a faithful partner?

④ Step 4

Ask the participants the following questions:

1. How do couples show respect for one another?
2. What are the consequences of disrespect in a marriage?
3. How does today's society violate human life and dignity?
4. What elements in our society and culture may cause us to regard spouses as "things" instead of "persons"?

Present the following information to the group:

Pillar three is the respect for the life and dignity of our spouse and for human life. This means that a husband or wife is a person not a thing. In your house you may have many things: cooking pots, tables, chairs, pictures, maybe even a television. Outside the house you may have many things: cows, goats,

plants and vegetables. Yet both inside and outside, all these objects are things – they can be bought or sold; they can be thrown away when they are no longer of use. Your spouse is different; he or she is a person, possessing an infinite value and dignity. You cannot treat a person the same way you treat a thing. A person is not to be abused or disposed of when they are no longer considered useful. Persons have an infinite spiritual value that should never be compromised. To perceive your husband or wife as a person is to see him or her as “the lovely one” and recognize in him/her a brilliance that shines like the sun. Your spouse is to be beloved, and worthy of your deepest love and respect.

Without this respect, serious problems may arise. Is a husband treating his wife with respect if he comes home drunk, wakes her up, and forces her to have sex with him? Is he treating her as a person or a thing? What do you think about a husband or wife who begins having sex with another person? Or, what do you think about domestic abuse or violence when a husband or wife physically, psychologically and verbally assaults his or her spouse? In a time of HIV/AIDS, to respect your spouse as a beloved human person is to realize you would never risk infecting them by your decisions and your behavior. If you truly respect the life and dignity of your spouse, you would never risk causing him/her disease or harm.

Ask the participants to answer the following questions with their partner:

1. As you examine your marriage and family, how can you create a better environment where there is respect for human life and dignity?

⑤ Step 5

Ask the participants the following questions:

1. What are the qualities and benefits of good communication in marriage?
2. What are the consequences of a lack of communication?
3. As a couple, what areas do we find difficult to share?

Present the following information to the group:

Communication is very important. Communication is both verbal and non-verbal and involves a two-way process of prudent giving and receiving.

Giving: Giving refers to our willingness to share the small as well as the important things that are part of our day-to-day life together. Through this giving, you are sharing the deepest part of yourself and not “withholding” information or concerns.

Receiving: Receiving refers to your willingness and ability to listen. This is often where communication breaks down as one spouse says, “S/he will not listen to me.” To love your spouse is to listen to him or her! This listening should be done respectfully and prudently.

Both in giving and in receiving, there must be honesty at the heart of couple’s communication. Thus a husband and wife must be truthful to each other, not lying about things or hiding things from one another. In turn, honesty in marriage will lead to honesty in family life, so that children learn to be honest with their parents and others with whom they associate.

Communication is an ongoing challenge. There are many areas in life that couples do not easily share: money, health, sex, time, death, children, relatives, etc. This could be due to different personalities, fear of rejection, lack of trust and lack of independence. Couples must work hard to build this fourth pillar of communication, recognizing how decisive it is for the well-being of their marriages.

Ask the participants to answer the following questions with their partner:

1. What areas in your life do you find difficult to share with your spouse, and what are you going to do about it?
2. When your spouse is communicating with you, are you a good listener? What can you do to improve your listening abilities?
3. Are there areas where you have not been honest with your spouse? How can you change that in order to be completely honest in the future?



Activity 3: Understanding Your Role in Your Marriage

Facilitator Note: Even though this activity is completed as a group, the Facilitator must remind the participants to prepare their own personal list of their roles in their marriage. This is because each marriage is different and there are always some roles that are not applicable for every situation.

Materials:

Flip Charts
Markers

① Step 1

Ask the female participants to describe the role of a husband. Write their answers on a flip chart.

Ask the male participants to describe the role of a wife. Write their answers on a flip chart.

② Step 2

Ask them to form groups and arrange the lists from most important to least important. They should prepare to explain how they chose the order to the entire group.

③ Step 3

Ask the participants which of the roles is most crucial to protect themselves from HIV/AIDS. They should explain how and why.

④ Step 4

Explain the following role definitions:

1. An equalitarian marriage is when the couple shares all types of roles; in equalitarian marriages, people assume some roles they may dislike.
2. A traditional marriage is when the man does the outside work and the woman does the inside work.

The following are some of the roles a spouse can play:

A. Provides basic needs

In most 'traditional' marriages this role is assumed by the husband but it is not completely uncommon (in urban settings) to find a wife sharing in this responsibility.

The basic needs include food, clothes, education, medical care, shelter, security, love, etc.

B. Finance Manager

This is a role that is usually occupied by the more dominant member in the marriage. Many couples find it more difficult to share this responsibility and very easy to abuse it.

Facilitator Note: It may be necessary to mention the following:

Unfortunately, the person who controls the 'purse strings' controls the well-being, future and direction of the marriage. Consider how, by denying your spouse any access to the finances, you have crippled their ability to act, move

and think as an individual. This role, if not shared, can easily allow for tyranny.

C. Progeny Producer/Nurturer

This is a role that is usually occupied by the wife (especially for the production aspect). As family dynamics changes, this role is increasingly being shared by both husband and wife or outsourced to nannies, maids and relatives.

D. Pleasure Provider

The 'pleasure provider' is not only available for sexual purposes but will also comfort a spouse who is suffering from any emotional, physical or spiritual ailment/difficulties.

While this role is mostly delegated to the wife by social norms, it is increasingly becoming a shared role in modern families.

E. Setting Value Standards

A spouse directly influences the value system that the couple will embrace as individuals and as a couple. Those values (faithfulness, honesty, etc.) are not simply assumed and will need constant reinforcement. This role is ideally shared by both partners and will become even more critical when they become parents.

Question & Answer

1. Are you aware that your spouse may see you as a role model? What practices do you think they will learn based on your behavior?
2. What are the different ways a spouse can pass on values?
3. Who were your role models growing up and how did they affect your life?

F. Protect your spouse from HIV/AIDS by telling them facts about it and initiating yearly testing.

Question & Answer

1. What do you know about HIV/AIDS?
2. Do you feel you know enough to talk to your spouse about HIV/AIDS? If not, who should you turn to?
3. What other ways can you protect your spouse from HIV/AIDS?



Activity 4: Marriage Challenges

① Step 1

Ask the participants to form groups and list the challenges they currently face and expect to face in the future. Next to the challenges, they should list possible solutions.

② Step 2

Ask them to present their findings.

③ Step 3

Give them the following challenges (if they did not already cover them):

Working policies (many hours, weekends): The working policies today keep spouses apart for a considerable amount of time. In many marriages, both partners are working; sometimes they do not even live in the same city or town. This can create a great strain on the marriage if not handled properly and may lead to mistrust, loneliness and unfaithfulness. In this situation, rumor mongering may cause a spouse to question what to believe when they hear gossip about a spouse they rarely see.

Question & Answer
1. What can married couples do differently to ensure gossip does not break apart their family?
2. Is it necessary to have one spouse quit a job to keep the family together? Why or why not?
3. Have you heard of any 'long distance relationships' working well? What did they do differently?

One's ability to be reachable/ approachable: Communication is key in any relationship. It is important that the couple express their fears, doubts or concerns without fear of reprisals or arguments. Communication can solve most challenges that a couple may face, but a lack of communication can cause the worst of problems.

Finance: Finances are a challenge for many reasons. The first challenge is deciding who has access to the finances. The second challenge is deciding on the priorities regarding spending. A third challenge is agreeing on what is acceptable and unacceptable spending.



Activity 5: Behaviors to Encourage and Discourage

(Adapted from *Educate and Communicate: A Trainer's Manual for Parent to Child Communication*, Samaritan's Purse ©2009)

① Step 1

Ask the participants to move into their groups and create a list of behaviors to Encourage and Discourage in a spouse.

② Step 2

The list (adapted from "Helping Parents in Developing Countries Improve Adolescents' Health," World Health Organization) may look like this:

Behaviors to Encourage	Behaviors to Discourage
Supports and encourages	Ridicules spouse or puts them down (saying they are stupid or useless)
Gives attention (physically and emotionally) and listens	Abuses spouse (physically, emotionally, spiritually or financially)
Shows affection	Embarrasses spouse in public or in front of their friends
Praises big and small successes	Doesn't respect spouse
Comforts spouse	Unfairly compares spouse to someone else (or spouses in the community)
Respects spouse	Ignores spouse
Trusts spouse	
Gives advice and guidance	
Provides for necessities	
Has open communication with spouse	
Spends free time with spouse	
Supports spouse in his/her work	

③ Step 3

Ask the participants to discuss ways to encourage their spouses to be better spouses. They can discuss in groups and then present their findings.

**Activity 6: Breaking the Cycle****① Step 1**

Ask the following questions:

1. What were some qualities in your parent's marriage that you did not like?
2. How would you describe the ideal marriage?
3. What problems have you seen in other relationships that you do not want to repeat?
4. How can you ensure you do not make the same mistakes of others in your relationships?

② Step 2

Ask the participants to move into their groups and create a list of characteristics of a good marriage.

Have them present their findings.

③ Step 3

Ask the participants the following question:

1. What challenges do you face as you try to fulfill the list of qualities of a good marriage?
2. How can having a good home help you protect your children from HIV/AIDS?

Discuss.

Personal Challenge
Ask participants to write their own list of personal behaviours that they want to encourage or discourage. They should keep this list with them and promise themselves to try to be a better husband/wife. After two weeks, they should ask their spouse if they have noticed anything different.

3

Session Three:



Understanding HIV/AIDS and STIs