

TAKING CONTROL - HIV/AIDS PREVENTION IN NAMIBIA

Total running time: 21 minutes, 24 seconds

A video production by the UNICEF Broadcast Unit

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Target audience: People working with young people on HIV/AIDS

VIDEO SCRIPT	NARRATION in bold / <i>SOUNDBITES in italics</i>
	OPENING MONTAGE – Young Namibians walking in street
Statistic Graphic	00:21:00 NAMIBIA Founded: 1990 Population: 1.8 million Average age: 18
Rick Olson, UNICEF Namibia	00:27:00 <i>In Namibia a lot of young people don't have access to money. Young people can be exploited. There is a lot of sex for subsistence, these kinds of issues.</i>
Statistic Graphic	00:39:00 NAMIBIA 50 % live below poverty line Literacy rate 84 %
Riane Selle, Ministry of Information and Broadcasting	00:47:00 <i>Men have an entitlement in this country that they feel they are entitled to sex. And if they want to go, the girl shouldn't refuse, especially if they bought the girl a beer.</i>
Tashiya Kadhila, Radio Energy DJ	01:01:00 <i>The ones above 16 they definitely are sexually active and you know, it's kind of like dangerous also if they don't watch out.</i>
Statistic Graphic	01:15:00 NAMIBIA HIV/AIDS prevalence rate: 22 % Average Life expectancy: 43
Dr Philippe Tshiteta, Principal Medical Officer	01:21:00 <i>Adolescents are undergoing some changes in their body, in their mind, that make them completely different from others and from children.</i>
Brian Narib, aged 17	01:35:00 <i>I've heard about this HIV/ADS but I was not 100 per cent sure whether it is true that it's killing people, I could not really believe it.</i>
Tashiya Kadhila	01:51:00 <i>...(That's the) sound of the Spice Girls. Starting to get down with 81-100 on a Monday Afternoon. We'll be right back with Cher, if you would like to send a shout out to your favorite people today...</i>

Narrator	02:08 Raising awareness is the first step to combating HIV/AIDS
Narrator	02:14 Take Control is a nation wide media campaign led by the Ministry of Information and personally endorsed by President Sam Nujoma.
Riane Selle, Ministry of Information and Broadcasting	02:24 <i>“The Take Control campaign started out as a campaign for the youth. Typical ABC program, abstinence, be faithful, and condom use, but we also believe in the delay of sexual activity, the D for us. Um, but the, what we have found is that a lot of our partners, now also focus, where previously most of the focus was on the fifteen to twenty-five year old group, it’s now on the eight to twelve year old group as well.”</i>
DJ Tashiya Kadhila	02:56 <i>DJ: “I want to ask you a question. What message do you have for all the young people out there, for your peers? Especially when it comes to AIDS? Girl on phone: Stay away from sex DJ: Uh, uh. That’s the best thing to do right? Girl: Yeah. DJ: Ok, how old are you Girl: I’m 12 DJ: Oh, that’s sweet. OK, take care, bye.</i>
Narrator	03:17 Young professionals like DJ Tashiya Kadhila are also helping to earn the Take Control campaign a 94 per cent recognition factor.
DJ Tashiya Kadhila, Radio Energy	03:27 <i>Please whatever you do, where ever you are, don’t let nobody pressure you into doing something you don’t want to do. If you have to, then you have to use a condom.</i> 03:34: <i>This show, actually, I get children as young as 8 years old , to like 25 year olds listening to this show to me is very very important that you don’t loose focus especially you know, you’re so young and you got so much to live for. And to just waste it on one simple mistake, like you know, sleeping with a guy or sleeping with a girl and not using a condom, that’s the most reckless thing that they can do, and we just do our best to try and get this message across.</i>
UPSOT	04:05 Radio PSA on air
Narrator	04:29 Public service announcements aren’t confined to radio. In these TV spots produced for broadcast on state television, young Namibians talk frankly about HIV and sex.

Rick Olson UNICEF Namibia	04:22 <i>“Namibia has a certain advantage because it has a high literacy rate and reasonably good mass media access. But we put together a national task force in both private sector and public partners. We reoriented them about the issues of HIV / AIDS and basically made money available for them to think creatively as partners in the program, how they can reach young people.</i> ”
Riane Selle, Ministry of Information and Broadcasting	05:05 <i>“It’s definitely empowering young girls but also young boys to deal with their sexuality. I mean if a boy wants sex and he doesn’t know what to do. You know, years ago a word like masturbation would have been frowned on. Now it’s a topic of discussion. One of our partners is the National Youth Council and they bring out a newspaper, Open Talk, in which they address issues like masturbation openly and they have the youth commenting on it. And that you wouldn’t have found ten years ago.”</i>
Narrator	05:41 At the National Youth Council warehouse in Windhoek, volunteers pack up Take Control posters, T shirts, board games and other learning materials for shipping to schools and youth clubs throughout Namibia.
Narrator	05:56 Providing young people with the <u>skills</u> they need to protect themselves from HIV is the second key component in Namibia’s HIV prevention programme.
Rick Olson UNICEF Namibia	06:10 <i>Life skills is about giving young people opportunity to think through things. To try out things. To feel a condom. To touch it. You can’t talk about things in the abstract. And it’s something you can’t just say, oh well, do this one period once a month and it’s going to have an impact. It has to be consistent, an ongoing thing. People need that reinforcement.</i>
Narrator	06:37 This extra-curricular “life skills” training course for 15 to 18-year-olds is called My Future is My Choice.
Riane Selle Ministry of Information and Broadcasting	06:45 <i>“The Ministry of Basic Education, Sport, and Culture together with UNICEF started the program. And they’ve trained more than 100,000 children already on the My Future, My Choice program where they are told, what are my choices? If I’m sexually active what can I do? If I don’t want to be sexually active how can I say no to a boy</i>
Narrator	07:10 The trainers are recent school leavers who sign up more than 20 pupils at a time.

Narrator	07:20 The students promise to come to ten two-hour classes—a mix of group discussions, games and information sharing activities.
Brian Narib, aged 17	08:56 <i>If I don't get this information, from who will I get it? Its my duty to partake in everything, to know everything about HIV/AIDS, so that's why I joined the cause.</i>
Hendrina de Klerk Ministry of Higher Education	09:05 <i>Peer to peer has proven to work in Namibia, the best amongst all the programs. Yeah. People prefer to be talked to by another young person.</i>
Rosemary Peenoumba, aged 16	09:22 <i>We need to know these things to teach other people who don't know about these things. To also protect ourselves because we are teenagers, and we also, need to...we are the future of tommorrow. And we need to help others in the future.</i>
Rick Olson, UNICEF Namibia	09:41 <i>In our HIV prevention program, the research we've done with young people shows that the ABC messages aren't very effective. Especially the B messages. Young people think, that if you follow B, you are going to get infected. So our focus is more on DCC...Delaying penetrative sex as long as possible, and if you start penetrative sex, then it's "CC", consistent condom use.</i>
Narrator	10:07 After taking part in the My Future is My Choice course, many of the teenagers join AIDS Awareness Clubs at their school. It's a chance to make friends and practise their new "life skills" at the same time.
UPSOT	10:21 Boy reads aloud question on card, gets it wrong and then laughs.
Narrator	10:31 This snakes and ladders board game has been specially adapted to get young people talking about HIV and AIDS.
UPSOT	10:38 Boy reads aloud card. 10:52 Girl explaining benefits of game.
Patrick Langenhoven, Principal S.I. Gobs School	11:06 <i>When I came here to this school I had a high teenage pregnancy rate. Since My Future is My Choice and AIDS Awareness Club, and they become active in different types of activities. I noticed there is a decrease in pregnancy. And as I am standing here, I am actually happy to say, that, uh, for the second trimester, I have nothing to record on pregnancy.</i>

Narrator	11:42 The members of this club at S. I. Gobs in Omaruru also write songs and dramas to spread HIV prevention messages to a wider audience both inside and outside the school.
Narrator	12:03 Cousins Bernice and Florence, both aged 17, have done the My Future is My Choice course and also play an active role in the AIDS awareness club.
Florence Ngairo, aged 17 Bernice Rusberg, aged 17	12:13 <i>Questioner: How worried are you two about HIV/AIDS?</i> <i>(FLORENCE) Answer: We are very much worried that is why in the first place we joined the AIDS Awareness Club to try and prevent ourselves against the diseases and to spread the information about the virus for other people to protect them also.</i> <i>(BERNICE) 12:31 And me. I am really scared of dying from this disease, so I that's why I joined the AIDS Awareness Club because I am really afraid of dying of this disease.</i>
Narrator	12:46 As well as information and skills, it's vital that young people also have access to the <u>services</u> they need to stay healthy.
Narrator	12:55 Omaruru district hospital and health clinic is one of six facilities in Namibia providing adolescent friendly health services. This not only takes the pressure off medical staff but also provides young people with a sympathetic ear.
Narrator	14:00:21 Young volunteers come in two afternoons a week to counsel their peers and give advice about a range of sexual health matters. This not only takes the pressure off medical staff but also provides young people with a sympathetic ear.
Leonard Johannes, Aged 17	13:43 <i>Being counselled by another young person is good because you are kind of free. Ah. You're talking freely and you're no kind of shy or afraid to talk to that person, because he is as young as you are. But if it was an adult, OK, you would have been afraid because they might turn on you and say "Now you are this, young kids, you are not responsible for the things you are doing so, you deserve to die and that's so."</i>
Raphael Awaseb, Peer counsellor	14:32 <i>To give the person the right information helps. It can help stop the spread of HIV. It can help stop unwanted pregnancies. It will stop our young nation to die out because we are the future generation of course.</i>

Narrator	14:50 Young people’s ability to access confidential, affordable and adolescent-friendly sexual health services is recognised as the starting point for behaviour change and safer sexual practice.
Narrator	15:17 The counsellors can always refer the client to the duty nurse for an HIV test or for questions they don’t feel qualified to answer.
Narrator	15:30 Working closely with the Ministry of Health, UNICEF has also designed courses for medical staff to help them better understand the needs of their teenage patients.
UPSOT	15:40 Dr Tshiteta – explaining to nursing staff at Omaruru District Hospital that adolescents are different. He says there needs to be an awareness of what they’re going through.
Narrator	16:07 Today, Dr Tshiteta explains to his colleagues that even something as simple as acne can be seen as an opportunity to protect the life of a young person.
Narrator	17:28 To make sure they really are sensitive to the needs of young people, their performance will be assessed by a committee of adolescents.
Dr Philippe Tshiteta, Principal Medical Officer, Omaruru District Hospital	17:36 <i>In fact they know a lot of their needs and the way they would like things to be, to be addressed. So that’s why we said they should be the ones to monitor us and tell us if they are satisfied or not. Because we want them to come, while its still time, you know, not too late. So its like, they are clients, and we need to adopt our, you know, strategies together, you know, together with us.</i>
Florence Ngairo, aged 17	18:12 <i>The information learned in My Future is My Choice, I decided to use it by informing my friends what I studied in the course. But the problem is that they ----- didn’t mind, or didn’t take my advice, so I decided to practice it me myself. To abstain from sex so that I should be safe or be protected against HIV/AIDS.</i>
Brian Narib, aged 17	18:37 <i>I was not 100 per cent sure whether it is true or it’s killing people because I have just heard about people dying of HIV/AIDS but I could not really believe it, so now, I can really believe it because I went on this course.</i>
Patrick Langenhoven, Principal, S.I. Gobs School	19:01 <i>The parents are very positive and they actually appreciate what the school is doing. Educating their children. Informing them about the disease. Informing them about Safe Sex.</i>

Riane Selle Ministry of Information and Broadcasting	19:15 <i>HIV/AIDS is a fact of life. And if we don't equip our youth with ways of protecting themselves or preventing the spread, we won't have a future nation.</i>
DJ Tashiya Kadhila	19:36 <i>I'm getting the impression that they are getting the message and they have been getting the message now for a long time because they are talking about these things openly. A year or two years ago they wouldn't do that.</i>
Rick Olson UNICEF Namibia	19:47 <i>In Namibia the program is working because information, life skills, and adolescent services are being taken to scale. There are still many challenges but we have seen a decline in HIV prevalence in the 15-19 age group. Involving young people as key partners makes a huge difference.</i>
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