

ACTS
'ABCD LIFESTYLE CAMPAIGN' TRAINING WORKSHOP

"TRAINING YOUTH TRAINERS TO BE TRAINERS OF THE YOUTH !"

A. INTRODUCTION

1. Introduction to the training programme – an explanation of the ABCD Lifestyle Campaign
2. Role play: "Dramatise the future of South Africa"
3. Actual statistics – UNAIDS
4. Why has HIV/AIDS spread so rapidly within Southern Africa as compared to other parts of the world?

B. CHANGING BEHAVIOURS ?

5. Is behavioural change possible?
6. What does Jesus say about changing our lifestyles? Jn 10:10

C. HOW TO CHANGE BEHAVIOURS ?

7. Philosophy of 'eyethu – ours' – taking ownership!
8. Taking ownership of your own personality – developing your identity
9. Intercourse and outercourse – The relationship between intimacy and being physical
10. The empowerment of young women to stand up for their rights
11. Testing and knowing one's status

D. FUTURE ACTION

12. Role play: The future of South Africa after a change of behaviour
13. What can your branch do at your Parish ?
14. Conversion – Mass and Confession

"Regenerating Christian Morality of our generation and combating HIV/AIDS through the ABCD Lifestyle Campaign"