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HIV Counselling and Testing (HCT) Programme: Report on HIV-Prevention interventions for Youth  
and Adolescents

## **Project Title: Khanya – Be SMART!**

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Report Period: January to July 2016

Staff: Zodwa Goje and Nomfundo Thobi

Grahamstown, 18<sup>th</sup> August 2016

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## The Title: Khanya – Be SMART!

Khanya can be the name for a boy or a girl and means in isiXhosa: “Be bright”. It is used to refer to many positive things, such as *future, shining like a diamond, or being brave*.

SMART stands for: **S**hine – **M**ind – **A**ct – **R**affle – **T**est. It closely refers to the procedure of this project where youth are motivated to take responsibility for their health and to test for HIV. Finally - as a bonus - every youth who tested for HIV can enter our bicycle raffle which takes place with each high school with who we have collaborated.

## Background

Youth and adolescents (age group from 15 up to 24 years) have shown to have the fastest growing new HIV infections in South Africa. In 2014, we had 400.000 new infections in this age group in our country. Statistics show that girls are four times more likely to contract HIV than boys. It has been estimated that in 2016 in South Africa, 2300 girls and young women will be newly infected with the HI-virus *every week!*

Our aim for this year has been to test 1,300 youth and adolescents for HIV



## Project Description

Zodwa and Nomfundo visit local High Schools and see all classes between Grade 8 and Grade 12 for 90 minutes. With each of them they discuss reproductive health and teenage pregnancy, peer pressure, HIV-prevalence in their age-group, as well as myths and realities about HIV. The aim is to motivate each of the students to undergo, with our team, HIV testing as well as STI-screening. After having done their HCT the learners can enter our bicycle raffle.

Unfortunately, we came to learn that our schools are not allowed to host HIV-testing. However, we found alternatives, such as establishing our HCT camp in the vicinity of the school or inviting the students to see us at our new satellite office at the Joza Youth Hub.

### YOLO (You Only Live Once) - Pilot Project

YOLO was a pilot-project by the Department of Social Development and involves a five-module-resilience workshop which lasts over six weeks. It targets learners from high schools. We are very proud happy that Zodwa and Nomfundo were invited to take part in the pilot! After being trained, they worked closely with over 70 students from Nyaluza High School for a period of over a month (between May and June). The reason for mentioning this project in the context of *Khanya-Be SMART* is that its topics work very well together with our Khanya outreach. As described in the part “Way Forward” we are thinking of integrating topics discussed under “YOLO” in our Khanya outreach. YOLO topics are: 1) I am important (self-identity, self-esteem, confidence), 2) My rights, responsibilities and needs (sexual reproductive rights, understanding strengths and weaknesses), 3) Understanding Sexual Behaviour, 4) Taking chances & dealing with consequences (risky behavior versus safe and healthy living), 5) Others are important: improving my relationships.

## Project Outcomes January until July 2016

Between January and the end of July we tested over 900 young people of the ages between 15 to 24 years. 68% of all youth they tested were adolescent girls and young women.

In the first half of the year, Zodwa and Nomfundo focused on learners from Nombulelo High School. Here, they saw 586 students from all classes belonging to Grade 8 up to Grade 12. All of the youth have been invited for HCT at the Joza Youth Hub.



Furthermore, the school invited us back to run “Khanya” at their winter school programme in July. Here, Zodwa and Nomfundo saw another 40 pupils.



Nombulelo learners now are attending HCT at our office at Joza Youth Hub which is located 400 meters away from the High School. They attend in the afternoons, when classes have finished and being on their way home.

The bicycle raffle for the Nombulelo learners is planned for the 14<sup>th</sup> October 2016. On this day we will reveal the number of Nombulelo learners who had come for HIV-testing and STI-screening.

## Way Forward

### 2016

For the second half of the year Zodwa and Nomfundo will facilitate *Khanya* at Mkrwetyana Secondary school which is 100 meters away from our office at Joza Youth Hub. So, the actual HIV-testing will be done at this office. In addition, they will take this project to Nataniel Nyaluza Secondary. The Nyaluza students usually approach our office in Bathurst Street for HIV-testing. Both bicycle raffles are planned for the end of October/ beginning of November. To set proper dates, we still are waiting for the confirmation by their principals.

### 2017

During the summer school break, Zodwa and Nomfundo will revisit their YOLO-facilitators guide and decide which parts of this 6 weeks long workshop they can integrate into our 90 minutes-long *Khanya* discussion session with classes.



Furthermore, they plan to reach out with *Khanya* to at least three other high schools in Grahamstown: Mary Waters, Kutliso Daniels, and Ntskia Secondary (We have ten high schools in Grahamstown.).

To complete HIV-prevention work at schools, our ABCD-team will closely work together with Zodwa and Nomfundo: With the schools we had approached and collaborated with we are going to offer 3.5-days Asset Based Community Development trainings in form of holiday programmes.