



### SOUTH AFRICA: YOUTH LEARN HIV PREVENTION

Peer educators model methods for behavioral and societal change



*Youth in Cape Town, South Africa, undergo training to become “Agents of Change.” They are equipped to teach other young people how to avoid being infected with HIV. It is part of the Fikelela AIDS Project, an outreach program offered by the Anglican Church in Cape Town.*

### COMPLETED PROJECT

South Africa has more people living with HIV/AIDS (about 5.6 million) than any other country in the world. In 2009, an estimated 310,000 South Africans died of the disease. Most people become infected while in their late teens and early 20s. Some age groups are affected more than others: prevalence is 17.8 percent among those ages 15 to 49; almost one in three women ages 25 to 29, and more than a quarter of all men, ages 30 to 34, are living with HIV.

Youth represent the greatest hope for turning the tide against HIV/AIDS in South Africa. Since HIV/AIDS is most prevalent among youth in South Africa, behavioral change among this age group can significantly reduce overall prevalence rates.

Fikelela AIDS Project, an outreach program of the Anglican Church in Cape Town, South Africa, brought its “Agents of Change” peer education program to help reduce HIV/AIDS among young people. The program targeted the

risky behaviors associated with HIV/AIDS and empowered and inspired youth to become agents of change. The change agents encouraged other youth in their communities to stop their risky behaviors. Peer educators were selected and trained to run a life-skills program in their churches and communities, covering such issues as HIV/AIDS and other sexually transmitted diseases, teen pregnancy, the media and abuse of drugs and alcohol.

The project, expected to reach 4,180 people, gave 5,033 people information on HIV/AIDS through the training of 120 peer educators. It exceeded one benchmark and achieved in two benchmarks, earning an overall rating of “Exceeded.”

### TRACK RECORD

For more than 10 years, Fikelela has been providing an active Christian response to the HIV/AIDS pandemic in the Anglican Church in Cape Town. Its programs have strengthened the faith of young people, while also developing their leadership potential.

### PROJECT PROFILE

ANGLICAN DIOCESE OF CAPE TOWN



Implementer	Fikelela AIDS Project
Investment	\$30,268
Expected cost	\$13.71 per beneficiary
Actual cost	\$10.59 per beneficiary
Location	Cape Town, South Africa
ID	ARDF-1111
Evaluation date	May 2013
Researcher	Juliet Mbabazi

### PROJECT PERFORMANCE

BELOW      ACHIEVED      EXCEEDED



### DEFINITION OF RESULTS

Exceeded	Implementer exceeded goal by more than 20%
Achieved	Implementer solidly achieved the goal +/- 20%
Below	Implementer partially achieved the goal
Not achieved	Goal was 100% not achieved

## ASSESSMENT & RECOMMENDATION

Fikelela AIDS Project worked with 15 churches from the dioceses of Cape Town and False Bay, including Resurrection Bonteheuwel, St. Patrick Hermanus, St. Mark Lavender Hill, St. Peter Kleinvei, St. George Kuilsriver, Zwelihle St. Peter, St. Andrews Steenberg, St. Cyprian Retreat, St. Michael Harare, Lwandle St. Simon, St. George's Home for Girls, St. Paul Cloetesville, Holy Spirit Heideveld, St. Cyprians Langa and Eluvukweni, located in Crossroads. At these churches, some 120 peer educators were trained to serve as agents of change. After the training, Fikelela worked with church leaders and peer educators to launch the life-skills program in their churches. The life-skills program teaches young people issues about HIV/AIDS and the importance of changing their risky behaviors. The life-skills sessions were held once a week and included games that made the program enjoyable for young people in attendance. On average, each of the 15 churches had 50 young people attend the life-skills program, reaching a total of 750 young people in Cape Town and False Bay. The program lasted 20 weeks. According to the records of the peer educators, a total of 395 youths completed the program and received certificates of attendance. The youths who completed the sessions were each encouraged to share what they learned with five other young people, ultimately reaching an additional 1,975 youth.

Fikelela provided ongoing support to the peer educators throughout the year and collected progress reports. Review sessions were held with peer educators where all the agents of change gathered to share lessons learned. This was also used as an opportunity to re-emphasize what was taught at the beginning of the project.

Fikelela also worked with four of the 15 churches to encourage community testing for HIV. This was done through the presentation of a musical play, "Lucky the Hero," which stressed the need for HIV awareness. As communities gathered for the presentation, counseling and testing services

were also made available. This resulted in 207 people being tested for HIV. On World AIDS Day, an event was held at the cathedral where an additional 170 people were tested.

Fikelela, in partnership with the Christian AIDS Bureau, trained pastors and priests on how to teach about HIV/AIDS. A total of 18 people were trained. As a result of this training, 11 church leaders preached on HIV/AIDS in their churches to mark World AIDS Day. Not only did they address the topic, but they also campaigned and supported the project in their communities.

In the effort to reach young people, the following areas of risk should be considered:

**Capability.** By working through the churches, Fikelela was able to reach many youth about their unsafe behaviors. Many change agents were trained to reach out to their peers, showing that the project is heavily dependent on the change agents and churches. This risk can be mitigated by ongoing follow-up and gatherings of the trained change agents.

**Sustainability.** The project has been widely accepted by the Church in Cape Town, which has called for its expansion to other churches. This is necessary, but will require more funds.

**External risk.** Politically, South Africa is a stable country and the government is open to church involvement in the fight against HIV/AIDS. However, the country has a very wide income gap, which has led recently to numerous nationwide strikes, which could affect the project's flow.

### Recommendation

The project exceeded in one of the benchmarks and achieved in two benchmarks, earning an overall rating of "Exceeded." Global Scripture Impact recommends Fikelela AIDS Project for further funding of this project because it uses young people to talk to their peers about the need for behavior change. Secondly, Fikelela is working with the Church – a structure that is highly respected in the communities.



*Fikelela AIDS Project presented a musical presentation titled "Lucky the Hero," which stressed the need for community HIV testing. It resulted in 207 people being tested for HIV.*

## Anticipated

**2,710 PEOPLE** increase in their willingness to learn about HIV prevention, including 700 community members, 2,000 youth and 10 church leaders

**400 YOUTH** increase their understanding of HIV by participating in life-skills programs

**1,070 PEOPLE** take action, including 160 peer educators who lead life-skills programs, 600 youth who complete the program and reach others, 300 youth who seek voluntary counseling and testing, and 10 church leaders who conduct HIV testing and host education programs at their churches

## Actual

**3,775**

**355**

**903**

## Expectations/Comments

**[++] EXCEEDED** A total of 3,775 people increased their willingness to learn about HIV prevention, including 1,800 community members and 1,975 youths. During the 16 days of activism and World AIDS Day, the project was well-received among the churches in Cape Town, with all the churches addressing the topic of HIV/AIDS. Some of the churches held events, which were attended by large numbers of people. At these gatherings, people were encouraged to get tested for HIV. The youth who were able to go through the life-skills program also talked to their peers about HIV/AIDS. It's estimated that each of the 395 young people completing the training talked to five others, reaching a total of 1,975 additional youth.

**[+] ACHIEVED** A total of 355 young people from 15 churches increased their understanding of HIV/AIDS by participating in the life-skills program at their churches. Each church had an average of 50 participants, for a total of 750 young people. (Not all 750 completed the training.) The program started in 15 churches, but one of the churches dropped out when it lost the social worker leading the program.

**[+] ACHIEVED** A total of 903 people took action, including 120 peer educators who led life-skills programs, 395 youths who completed the program and reached others, 377 youths who were tested for HIV/AIDS and 11 church leaders who hosted education programs at their churches. Fikelela AIDS Project was supposed to work with 20 churches, but only worked with 15 churches. The project was accepted by the Anglican Church as a tool to reach the young people of South Africa with the message of behavior change. The project also gave churches an opportunity to actively engage in World AIDS Day activities. Peer educators kept attendance records for the life-skills program and shared the information with church leaders, who passed the information onto Fikelela.

FINANCE REPORT

ITEM	REQUESTED AMOUNT	LOCAL/OTHER	ACTUAL AMOUNT	LOCAL/OTHER
Salaries <sup>1</sup>	\$10,800	\$10,800	\$16,250	\$16,250
Camp accommodations <sup>2</sup>	\$9,920		\$7,838	
World AIDS Day event <sup>3</sup>		\$4,250	\$463	
Research and evaluation	\$3,243		\$3,243	
Telephone		\$3,000		\$1,776
Program support	\$2,225			\$1,125
Intern salary		\$2,200	\$1,625	
Printing		\$2,000		\$1,425
Camp stationery	\$1,000	\$3,125		\$1,613
Testing and counseling <sup>4</sup>		\$1,000		\$98
Quarterly gatherings <sup>5</sup>	\$1,000		\$566	
T-shirts and certification <sup>6</sup>	\$1,400		\$264	
Camp transportation <sup>7</sup>	\$680			\$680
Ongoing research <sup>8</sup>		\$650	\$94	
<b>TOTAL</b>	<b>\$30,268</b>	<b>\$27,025</b>	<b>\$30,343</b>	<b>\$22,967</b>

NOTES:

- <sup>1</sup> includes a project coordinator, director and a youth trainer hired to assist the director, a position that was not part of the original plan
- <sup>2</sup> reflects the drop in churches from 20 to 15 and the fewer change agents trained from 160 to 120 people
- <sup>3</sup> reflects in-kind contributions from churches in the form of venues, volunteers, etc.
- <sup>4</sup> reflects non-monetary contributions from churches that reduced the cost
- <sup>5</sup> reflects two gatherings held, instead of the four planned, due to a lack of participants
- <sup>6</sup> reflects the fact that implementer printed T-shirts, which were expected to be distributed for free but actually incurred a small fee to cover the printing costs, and the final certification was lower than expected because the Anglican Women's Guild in one of the churches offered to cater the event
- <sup>7</sup> reflects that camp participants took care of their own transportation
- <sup>8</sup> costs of ongoing research were lower than expected because the intern helped with the data collection

IN THEIR OWN WORDS

*"This project has helped me to become a better person and my goal is to teach my friends and peers who God is and I really want God to change my life. I am aiming to become a person that others can look up to and be a role model for others. I would like to be more Godly than worldly."*

— 20-year-old Jessica Dube, a peer educator

PROJECT RECAP

ID - ARDF-1111  
 Timeline - 12 months  
 Requested - \$30,268  
 Modified - 090913



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