

**Current report from
Peer-education training
(02.06-03.06.2008)
“Forum-Central” Hotel, Sofia**

Names of the trainers: 1. Angelina Georgieva
2. Boryana Madzhova
3. Simeon Todorov

Number of participants: 8

Place: “Forum-Central” Hotel

Date: 02.06- 03.06.2008

Number of sessions: 9

Goal: Acquirement of knowledge about the STIs’ symptoms, treatment and prevention.
Augmentation of the competences about the HIV/AIDS symptoms and prevention.
Acquirement of stable knowledge about the intimate hygiene.
Discussion of safer sexual practices and exchange of experience between the participants in terms of safety during the work.
Development of skills for spreading the personal experience and acquired knowledge.

First day, 02.06.2008

Session 1: Introduction

Team leader: Simeon Todorov, **support** Boryana Madzhova, Angelina Georgieva

Main methods: Interactive work with the group

Description: Introduction of the participants. Creation of group rules (time-frame, confidence of the information, etc.). Discussion of the expectations and comments on the topics. Space for other questions.

Results: The session was satisfactory. The participants were active and ready to work. The presented topics were of great interest. The participants have asked various questions and acquainted themselves with the agenda.

Notes: Use of play elements will make the participants more active. In this certain case it may work passing a toy from person to another.

Session 2: What do we know about HIV/AIDS?

Team leader: *Angelina Georgieva*; **support:** Simeon Todorov, Boryana Madzhova,

Main methods: Lecture

Description: The main topic of the session was: “What do we know about HIV/AIDS?” There was a discussion about: risky sexual behavior, the most risky ways of infection, period of incubation, progress of the infection, treatment. After this part there was a space for questions and comments aiming clarifying and better understanding of the discussed topics.

Results: Through the presentation the participants acquirement stable knowledge regarding HIV infection, AIDS progress and ways for prevention.

Notes: Due to the ongoing outreach work the girls have the basic information about HIV/AIDS which is a good ground for further education.

Session 3: Sexually transmitted infections (STIs)

Team leader: *Simeon Todorov*; **support:** Angelina Georgieva, Boryana Madzhova

Main methods: Interactive techniques and practical work

Description: Through the participation of the girls most of the widespread STIs were presented. Every participant got a piece of paper with symptoms of a STI and possible consequences written on it. There was time given for reading and discussion in small groups. At the end each of the girls were asked to present the information from her paper in the big group and the other participants shared their knowledge.

Results: The girls presented the information about STIs by themselves and this helped for bigger interest, and efficiency in gaining knowledge on this topics.

Notes: In the beginning of the practical work it is necessary the trainer to be more persistent because some of the girls are embarrassed to discuss sexual topics with the team and their colleagues. With patience and delicacy such a problem is surmountable.

Session 4: Discussion of the topics of the day, summarizing and conclusion

Team leader: *Simeon Todorov*; **support:** Angelina Georgieva, Boryana Madzhova

Main methods: Interactive work

Description: In this final session the participants repeated in general the main topics of the day and assimilated them. They have asked questions, shared personal experience and actively commented the topics.

Results: The participants demonstrated skills to provide information and their knowledge became more stable.

Notes: It is recommended in this kind of sessions the trainer to take personal heed of every participant. This will help everyone to take part in the discussion and the work quality will be improved.

Second day, 03.06.2008r.

Session 5: Introduction

Team leader: *Simeon Todorov*; **support:** Angelina Georgieva, Boryana Madzhova

Main methods: Interactive work

Description: The new participants were introduced to the other, they were involin the working process and they got clarity on the topics from the first day.

Results: Working atmosphere was created.

Notes: It is necessary the group rules to be repeated which will allow the new group members to be involved in the process and will avoid any misunderstandings

Session 6: Intimate hygiene

Team leader: *Boryana Madzhova*; **support:** Angelina Georgieva, Simeon Todorov

Main methods: Presentation

Description: During the whole presentation the girls took part in a game named "true or false" which was related to the topics about the female sexual hygiene- hygiene principles, intimate cosmetics, working during the monthly period, when should we visit a doctor.

Results: Some of the information was new and of interest for the girls. By reason of they were actively involved in the process they increased their competence on the certain topic.

Notes: It's necessary to be observed if the participants keep their interest. If they are distracted they need to be involved again through questions or in different ways. It is recommended to be used simple language without specialized terms.

Session 7: How to make our work safer?

Team leader: *Angelina Georgieva*; **support:** Boryana Madzhova, Simeon Todorov

Main methods: Interactive techniques and practical work.

Description: The session was conducted as sharing of experience and discussion

Results: The participants have learned new information and to present their own experience

Notes: Encouragement and praise are absolutely necessary

Session 8: Practical ways to educate peers

Team leader: *Angelina Georgieva*; **support:** Boryana Madzhova, Simeon Todorov

Main methods: Interactive techniques and practical work.

Description: The group was divided into pairs. Each pair got a paper with practical study cases written on it. The participants were asked to play the cases in way they think is most appropriate and adequate for the certain situation. After that there was a discussion.

Results: The participants acquired self- assurance and competence which will be useful during the work with new sex workers on the field. The acquired knowledge is very useful in practice.

Notes: Encouragement and praise are absolutely necessary

Session 9: Conclusion

Team leader: *Simeon Todorov*; **support:** Boryana Madzhova, Angelina Georgieva

Main methods: Interactive work

Description: In this final session there was a generalization of everything learned on the training. There were mentioned the main topics and we have put an accent on the most important conclusions. There was a short overview of the expectations.

The final part contained giving of the presents and the certificates.

Results: The knowledge acquired during the training is qualitative and stable which is a preposition for increase of the health culture and for lower risk in their work.

Notes: It's necessary to keep a special attention to each participant during the closing session.