

a participatory film project

TS'OARANANG

Holding Hands



FACILITATOR'S GUIDE



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The Film

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Language:
Sesotho with English subtitles

Length:
18 minutes

Film outline:

Four girls meet up to make a film together. "What is the film going to be about?" "HIV testing and what else?", they ask. "Fear of rejection, discrimination and stigma," Mantsoboi answers. Mantsoboi was born with HIV. She is determined not to let her status hold her back. "Anyone who is scared to get tested, has problems", she says.

The girls agree that testing is very important but also scary. "Why are boys particularly scared of testing? Perhaps because they are physically strong but emotionally weak?"

Looking for answers, the girls visit a testing centre. As Mantsoboi holds her friend's hand, Itumeleng builds up her courage to get tested.

A short film about the importance and courage to know your HIV status.

Target Audience

Children from 12 years & upwards, youth and adults.

Key issues

HIV testing and barriers, males and testing, HIV/AIDS, self acceptance, disclosure, peer support, stigma and discrimination, confidentiality, youth friendly health services.

Discussion

Questions for discussion

- How do you feel about the film? Explain.
- What can you say about the film?
- Why do you think Liengoane and Itumeleng are afraid of testing?
- Can you relate to their fears? Explain.
- Mantsoboi says, "Anyone who is scared to get tested, has problems." How do you feel about this statement?
- Is it important in a relationship, that both partners know their status? Why?
- Whose responsibility is it to ensure that both partners know their status? Explain.
- The counsellor, Mr. Nkoetla says that some males assume that they are HIV negative because their partner tested negative? What does he mean by this?
- Boys seem to be particularly scared of testing. How do you feel about Mantsoboi saying that males are physically strong but emotionally weak?
- Mantsoboi says: "HIV chose me and I will control it." What do you think she means?
- Would you say that Mantsoboi is a role model? Explain.
- Mr. Nkoetla speaks about confidentiality - what does he mean? Why is confidentiality important?
- How can we support youth living with HIV?
- What makes it difficult to talk to our parents about HIV and testing?
- How can we as young people motivate one another to speak openly about sex, relationships and HIV testing?
- Is it easy for youth to access information and health services in your local area? Explain.
- What can young people do to advocate for youth friendly health services?

Learning Cycle

Learning Cycle

A facilitated film screening is based on the Learning Cycle. A film screening is followed by a discussion with the audience. The facilitator guides this learning process.

Watching the Film

The audience watches the film as a group.

Reflection on the film

After the film screening, audiences reflect on the film and express their feelings, views and reactions. Sharing and respecting each other's ideas, feelings and values helps audiences to learn from each other.

Example questions:

- How do you feel about this film?
- What do you think this film is about?

Looking at the bigger picture

Audiences examine and debate the issues raised in the film. Audiences are encouraged to link the issues addressed in the film to their own lives, ask questions and share personal stories and information.

Example questions

- Can you relate to the girls' fears to get tested? Explain
- Why is it important to know your HIV status? Explain

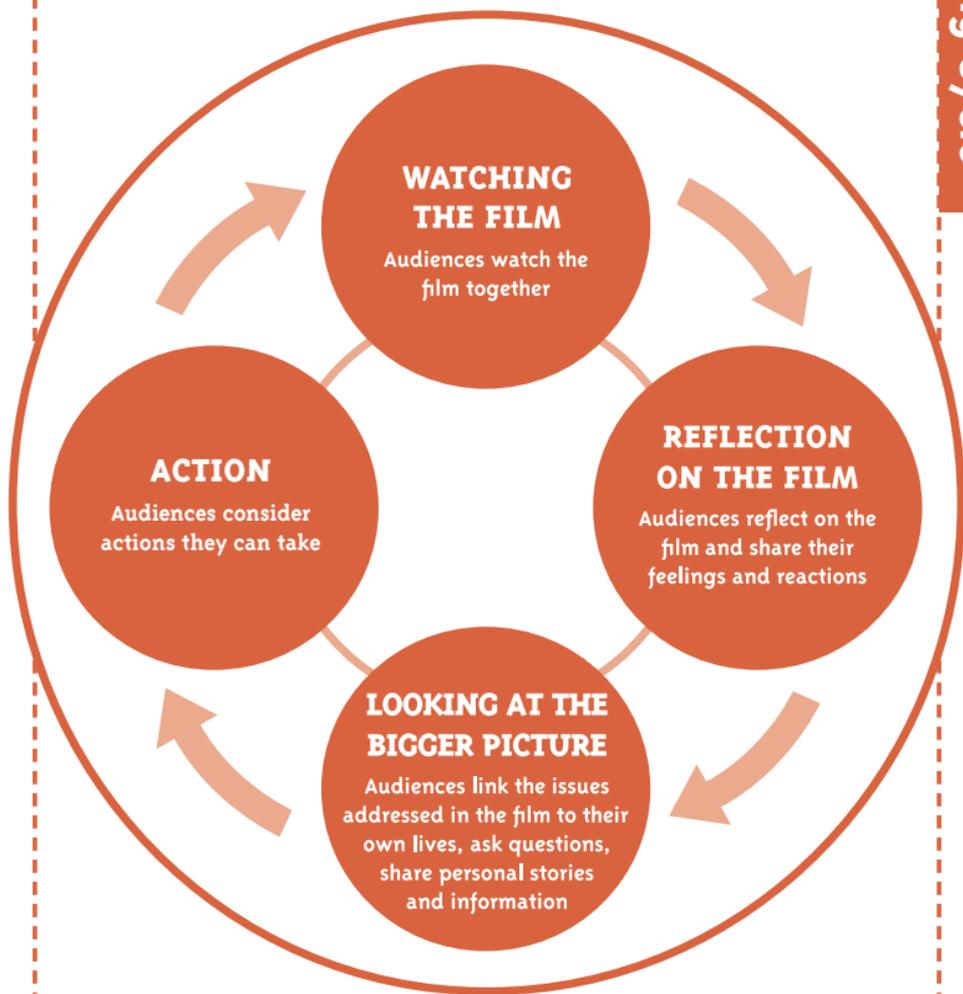
Action

Audiences consider actions they can take to address sexual and gender based violence in families and communities.

Example questions

- Where can you go to get tested in your local area?
- How can we encourage each other to get tested?

Learning Cycle



Facilitation

Facilitation

- The facilitator guides the learning process without dominating it.
- The facilitator leads the discussion, using techniques that ensure that all ideas and opinions are welcome.
- It is important to encourage, respect and acknowledge audience contributions.

Qualities of a good facilitator

- **Attitudes:** Non-judgemental, respectful, gender-sensitive, non-discriminatory.
- **Knowledge:** Issues raised in the film (i.e. basic information about HIV, local counselling and testing centres).
- **Skills:** Facilitation and communication techniques, dealing with sensitive issues, conflicts and emotions.

Preparation

Think about:

- *Who are the viewers: What is their age, gender, background?*
- *What are their interests and concerns? What kind of experience might they have had with the issues raised in the film? How might these issues affect their lives, directly or indirectly?*
- *Which local counselling and testing centres are available for young people ?*
- *Who can provide additional expertise on the issues?*

Facilitation

Methods of Reflection

For an effective discussion, consider the size of the group and choose methods that are suitable for the specific audience.

- **Discussion in plenary:** A plenary discussion allows all members of the audience to share and listen to others. However, in a big group only a few people will get to speak.
- **Smaller groups or teams:** The group may be large enough to divide into several groups. This allows more people to participate in the discussion and encourages those who are intimidated by a big group. Each group should choose someone to report back to the plenary, and rotate this role if there is more than one group discussion.
- **Buzz groups or pairs:** Viewers share their reactions with their neighbors in "Buzz groups". This gives everyone a chance to express his or her reactions.

Checklist for a screening

- View the film beforehand
- Test your screening equipment and sound beforehand to make sure that it is working properly (i.e. television, projector, laptop, DVD player, sound system, screen and cables)
- Familiarise yourself with the venue
- Make sure that the room is large enough to accommodate the expected audience group
- If there are windows without blinds or curtains, you will need to cover them with black plastic or cardboard
- Check the electricity supply

Support Services

Bethany Clinic

Thupa-Kubu, Ha Matholoana

P.O Box 538

email: maama84.ml@gmail.com

Phone: +266 27088900

Thaba-Bosiu Clinic

Lesotho Red Cross

Private Bag A216

Mabale Road

Maseru 100

Phone: +266 27088873

Good Shepherd Health Centre

P.O Box 15735

Maseru 100

Phone: +266 57040699

Young Positive Generation Of Lesotho

C/O Lenepwha

P.O Box 4318

Sebaboleng

Maseru

Phone: +266 50224372

ACKNOWLEDGEMENTS

Thanks to all involved in making this film possible

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Published by
STEPS in association with Sesotho Media & Development

Supported by



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