

# ALCOHOL AND HIV PICTURE CODES

The National Alcohol Technical Working Group



# How to use PICTURE CODES

## Introduction

- Picture codes are materials that are used to stimulate a discussion about specific issues like behavior which puts people at risk of HIV infection.
- The picture code has a photograph on one side showing people in different situations and on the other side has questions for the field worker to ask to stimulate a discussion.
- Underneath the questions are “talking points” or information the field worker can share with participants.
- Picture code stories are basically the same as picture codes except that there are several pictures that should be shown and discussed one after the other. They usually tell a story of people in different situations who make different behavior choices.

## Getting started

- Bring together a group of one to 15 participants for a session and have participants sit in a circle or in a way they can see the picture.
- It is best not to stand in front of the participants like a teacher since the idea is to get the participants to talk about themselves.
- The field worker should lead the discussion by asking questions and not talk too much.

## Asking questions

- Show the picture to the participants and start with the general question “What is happening in this picture? That should be enough to get the discussion started.
- Ask other questions to stimulate further discussion.
- Skip questions that have already been discussed.
- Ask follow-up questions to encourage the participants to offer more detail about their behavior.

- Try to ask open-ended questions or questions that don't take a single word answer like "yes" or "no" such as "What do you think about that?"

## **Being a good listener**

- Don't be judgmental or moralistic about the discussion.
- There is no right or wrong answer to the questions
- The idea is to get participants to think about their behavior choices.
- A good field worker is a good listener who is very interested in the answers to the questions.
- Get the participants to relate what is happening in the photos with themselves or people they know.
- Correct any misinformation at the end of the session, not during the session.

## **Getting everyone to participate**

- Don't let one or two people talk all the time.
- Ask a question directly to a different person each time.
- Re-ask the same question to different people.
- Ask others if they agree with the responses given.

## **Organizing sessions**

- Discuss one to two picture codes or flip chart pages in a half-hour session. Take as long as the group wants to discuss each picture code.
- Discussing many pictures in one session not recommended unless it is doubtful the field worker will see the participants again
- Use the information under the "Talking Points" section to answer questions or make points that haven't already come up in the discussion
- If specific questions arise find a suitable picture to use to stimulate a discussion on the topic.



# **ALCOHOL BINGE DRINKING AND UNSAFE SEX PICTURE 1**

- What is happening in this picture?
- Why are these men and women drinking so much?
- Is this common in your community?
- What do you think will happen after this?
- Can binge drinking (drinking too much at one time) lead to having sex without a condom with someone you just met?
- What are the other dangers of binge drinking?

## **Key Messages:**

- Binge drinking is when you drink too much alcohol at one time.
- Binge drinking can lead to risky sexual behavior like having sex without a condom, and possible infection with HIV.
- Drinking alcohol in large quantities can destroy your brain cells and other organs.
- Binge drinking can also cause you to miss work, lose your job or cause violence and injury or even death.









## **ALCOHOL BINGE DRINKING AND UNSAFE SEX PICTURE 2**

- What is happening in this picture?
- Why is the man so shocked about being in the same bed with a woman he just met?
- What is his reaction after realizing he did not use a condom?
- Why do you think this happened?
- What are the dangers of having sex with someone you just met while you are drunk?
- What does being drunk have to do with using condoms?
- Who makes the decision about condom use during sexual intercourse?

### **Key Messages:**

- Getting drunk can lead to risky behaviors such as having sex without a condom, and having sex with someone whose HIV status is unknown to you.
- Getting drunk can reduce your ability to think clearly and to use condoms during sexual intercourse.







# DRINKING HOMEBREW

- What is happening in this picture?
- Is drinking homebrew like “Tombo” or others common in your community?
- What are the harmful health effects of drinking homebrew?

## Key Messages

- Drinking homebrew can have harmful effects on a person's health, as it may contain things that are dangerous.
- Its hard to know how much alcohol is in homebrew, so a person might get more drunk than they think they will.
- Drinking homebrew can lead to drunkenness, which could lead to risky sexual behavior.
- Risky sexual behavior while drunk puts one at risk of HIV infection and sexually transmitted infections.







# **ALCOHOL AND HIV AND MCP PICTURE 1**

- What is happening in this picture?
- How does the man feel about his family?
- How does the woman feel about her family?
- How does the child feel about her family?
- How would you describe the relationship between the man and the woman and their child ?
- What is your idea of a healthy relationship between a man and a woman?

## **Key Messages:**

- Children are happier when their parents are happy.
- Healthy relationships begin with couple's communication, honesty and trust.
- Parents who have a healthy relationship create a happy home for their children.









## **ALCOHOL AND HIV AND MCP PICTURE 2**

- What is happening in this picture?
- Why is the man drinking alcohol with these other women?
- Why are the women drinking alcohol with the man?
- Is this common behavior in your community?
- What do you think will happen next?
- What are the risks involved?
- Is it possible that the man will have sex with one of the women?

### **Key Messages:**

- People who like to have many sex partners can risk the health and happiness of their relationship and their family.
- Cheating can lead to infection with HIV.
- Trust is broken when one partner cheats.
- Cheating can lead to arguments about money, respect, and trust.









## **ALCOHOL AND HIV AND MCP PICTURE 3**

- What is happening in this picture?
- What influence did drinking alcohol have on the two people?
- Is getting drunk and having sex with many different partners a problem in your community?
- What are the dangers of this behavior?
- Could it increase the chance of getting HIV? Why or why not?

### **Key Messages:**

- Drinking alcohol increases the chance of HIV infection by having sex with someone whose HIV status is unknown, and not using a condom.
- Having more than one sexual partner during the same period of time increases the chance of getting HIV and infecting others.
- If one partner gets infected with HIV, he or she can infect their main sexual partner.
- Men and women have a responsibility to “break the chain” of their sexual networks, and keep HIV out of their families.









# **ALCOHOL AND HIV AND MCP PICTURE 4**

- What is happening in this picture?
- Why is the woman angry with her partner?
- What impact will his sexual behavior have on their relationship?
- Why did the man run out of money?
- If the man infects his main partner with HIV how will this affect their relationship?
- How could this situation have been avoided?

## **Key Messages:**

- Buying alcohol and having many sexual partners takes money away from families.
- This behavior also breaks trust and can destroy relationships.
- Men and women have a responsibility to look after their families with money and love, and protect them from HIV.









# **PRESSURE TO DRINK ALCOHOL AND ACHIEVING ONE'S DREAMS PICTURE 1**

- What is happening in this picture?
- Why is the girl refusing to drink alcohol?
- What do you think could happen if she agrees to take the alcohol being offered to her?
- What are some of the results of drinking alcohol while still being in school?

## **Key Messages:**

- Drinking alcohol can keep learners from achieving their dreams.
- Alcohol has strong negative effects on young people.
- Drinking alcohol could cause learners to have sex without a condom, and become infected with HIV.
- Learners are also at risk of dropping out of school, girls risk unplanned pregnancies, and all learners risk losing their dreams.









## **PRESSURE TO DRINK ALCOHOL AND ACHIEVING ONE'S DREAMS PICTURE 2**

- What is happening in this picture?
- Why is the boy refusing to drink alcohol?
- What do you think could happen if he agrees to take the alcohol being offered?
- What are some of the results of drinking alcohol while still being in school?

### **Key Messages:**

- Drinking alcohol can keep learners from achieving their dreams.
- Alcohol has very strong effects on young people.
- Drinking alcohol could cause learners to have sex without a condom, and become infected with HIV.
- Boys are also at risk of getting a girl pregnant, getting kicked out of school, and losing their dreams.









# **ACHIEVING ONES DREAM AND GRADUATING PICTURE 1**

- What is happening in this picture?
- Why is the mother proud of her daughter?
- Do you think this mother drinks a lot of alcohol?
- Does the mother allow her children to drink alcohol?
- Do you think her daughter would have graduated if she had chosen to drink alcohol and not concentrate on school work?
- What risks would the daughter have faced if she chose to drink alcohol instead of studying?

## **Key Messages**

- Parents should guide their children to become successful in life.
- Parents who do not drink a lot of alcohol are a good example for children to avoid alcohol.
- Alcohol use among learners leads to poor performance in school, and failure to graduate or achieve ones dreams.









# **ACHIEVING ONES DREAM AND GRADUATING PICTURE 2**

- What is happening in this picture?
- Why is the mother proud of her son?
- Do you think this mother drinks a lot of alcohol?
- Does she allow her children to drink alcohol?
- Do you think her son would have graduated if she had chosen to drink alcohol and not concentrate on school work?
- What risks would the son have faced if she chose to drink alcohol instead of studying?

## **Key Messages**

- Parents should guide their children to become successful.
- Parents who do not drink a lot of alcohol are a good example for children to avoid alcohol.
- Alcohol use among learners leads to poor performance in school, and failure to graduate or achieve ones dreams.









# ALCOHOL ADDICTION PICTURE 1

- What is happening in this picture?
- Why is the woman concerned about the man?
- Do you think the man is addicted to alcohol?
- Is alcohol addiction a problem for men and women in your community?
- How do you know when someone is addicted to alcohol?
- How can people help someone who is addicted to alcohol?

## Key Messages:

- Someone who is addicted to alcohol “needs” alcohol every day, their hands might shake when they are not drinking, and they find it difficult to stop drinking even if they want to.
- Alcohol addiction is a disease that needs to be treated.
- People who are addicted to alcohol may not know it or admit it. They need the support of family and friends to stop drinking.
- Someone who is addicted to alcohol needs help from a rehabilitation center or an alcohol support group.









## **ALCOHOL ADDICTION PICTURE 2**

- What do you think is happening in this picture?
- Why do you think the man has joined an alcohol support group in his community?
- Are alcohol support groups or other services available in your community?
- Why does the man want to stop drinking alcohol?
- Why does his family want him to stop drinking alcohol?

### **Key Messages:**

- Men and women who have drinking or drug problems can look for help from support groups in their community.
- Anyone is welcome to go to support groups. Some are free and private; real names are not needed.
- Support groups can help the person with the drinking or drug problem and their family and friends.
- Getting help for alcohol addiction can result in living a healthier life, reducing money and family problems.









# **ALCOHOL, HIV AND CROSS-GENERATIONAL SEX**

- What is happening in this picture?
- Why is the older man offering the young girl alcohol?
- What is the reaction of the girl?
- How could drinking alcohol cause the girl to do something she might not want to do?
- What are some dangers for a young girl who takes drinks from an older man?

## **Key Messages:**

- Older people may try to get sex from young people by offering alcohol, money or other gifts to them.
- The more drunk a young person may get, the more likely they will have sex or even be raped.
- Having sex with someone much older increases the risk of infection with HIV.
- Older sexual partners may have control and make decisions in a relationship that are risky for the health of the younger partner.









# **VIOLENCE AND ALCOHOL PICTURE 1**

- What is happening in this picture?
- Why is the man so happy drinking “tombo” with his friends?
- Does this happen in your community?
- Do you think the man will stop drinking before he gets drunk?
- What do you think will happen next?
- Is there a chance the happiness feelings can change to something bad?

## **Key Messages:**

- Adults can enjoy a few drinks but should keep from getting drunk.
- Getting drunk can be fun but there is a possibility that something dangerous or violence might happen.
- “Drinking responsibly” for men means having no more than 3 units of alcohol (no more than 3 dumpies of beer).
- “Drinking responsibly” for women means having no more than 2 units of alcohol (no more than 2 dumpies of beer).









## **VIOLENCE AND ALCOHOL PICTURE 2**

- What is happening in this picture?
- Why is the man hitting his partner after coming home drunk?
- Is this a common practice in your community?
- What happens when couples are violent towards each other?
- Is this a healthy relationship?
- What do you think will happen after this?

### **Key Messages:**

- Drinking alcohol can lead to violence towards loved ones.
- Alcohol and violence destroy relationships and families.









# PEER PRESSURE TO DRINK ALCOHOL

- What is happening in this picture?
- Why is the young boy refusing alcohol from a friend?
- Is it easy to refuse drinking if a friend is offering a drink to you?  
Why or why not?
- What can help young people not to drink?
- What are different ways of saying “no” to drinking alcohol?
- What can help young people delay drinking alcohol until they are adults?
- Do you know the legal drinking age in Namibia?

## Key Messages:

- Young people who drink alcohol are more likely to have alcohol problems as adults
- Delaying drinking until adulthood helps prevent alcohol abuse and addiction.
- Handling peer pressure to drink alcohol is easier when young people know how to say no.









# **ALCOHOL, HIV AND TRANSACTIONAL SEX**

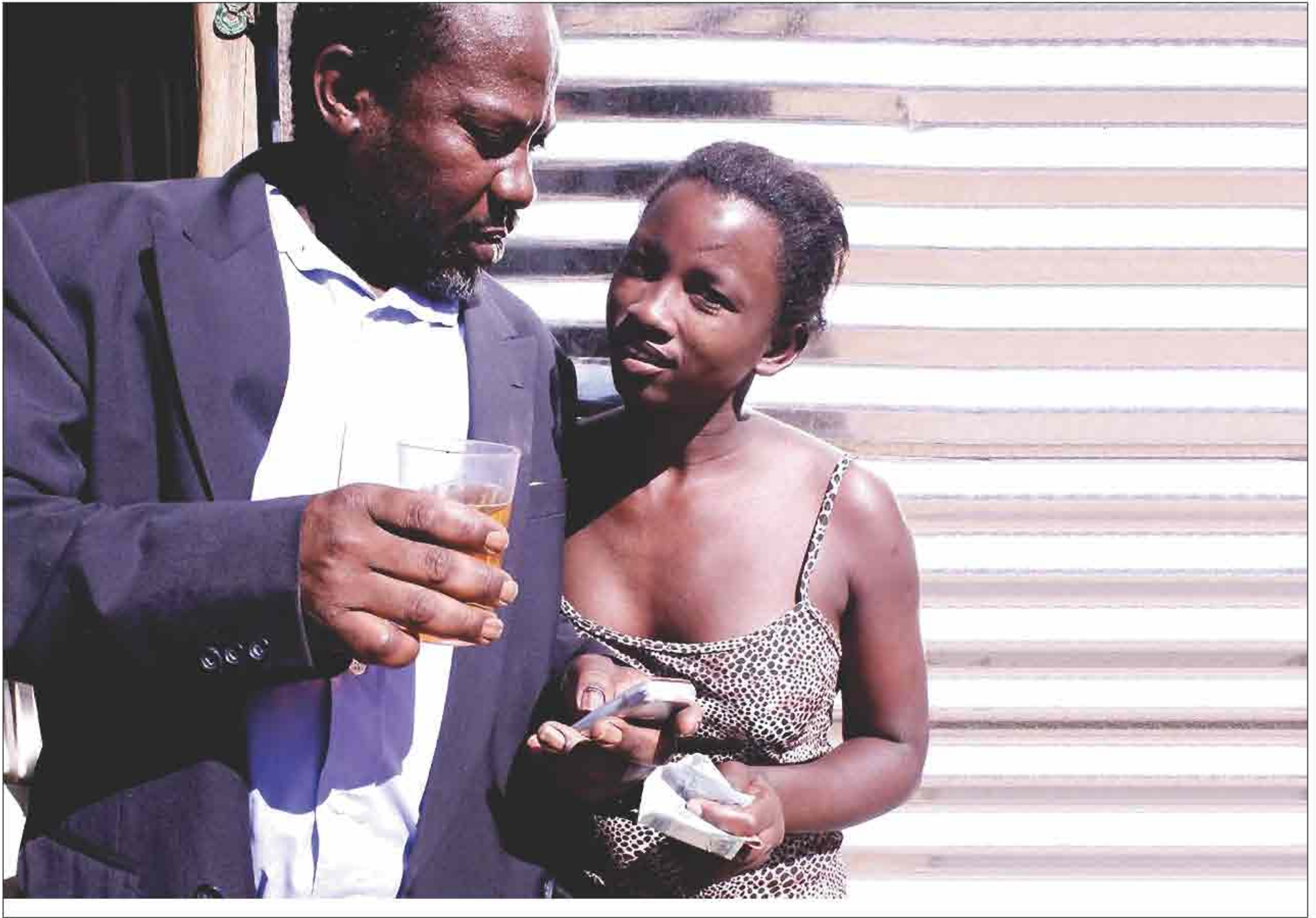
- What is happening in this picture?
- Why is the man giving money to the young girl?
- What might happen to the girl after she accepts the money?
- What role does her family play in this situation?

## **Key Messages:**

- Older people often want sex in exchange for buying younger people alcohol or giving money or gifts.
- Young people should not go to drinking places and should say “no” to offers of free alcohol, money, or gifts by older people.
- Older people should respect young people and not pressure them to have sex by offering them alcohol, money, or gifts.
- Young people should learn that the chance of getting HIV is not worth the alcohol, money, or gifts they receive.
- Families should not pressure their children to receive gifts or money for sex.









# **PARENTS' ALCOHOL ABUSE AND CHILD NEGLECT**

- What is happening in this picture?
- Does this happen in your community?
- What are the effects of parents drinking too much alcohol?
- How do you think the children feel about their parents when they are drunk?
- What is likely to happen to these children when their parents are drunk?

## **Key Messages:**

- Parents getting drunk can hurt families in many ways (lack of money, health problems, violence, lack of food, not going to school)
- Parents who get drunk may not look after their children.
- Children do not feel safe and secure when parents are drunk.
- Parents need to be healthy role models for their children. This means drinking responsibly or not at all.









# **ALCOHOL AND ARV ADHERENCE**

- What is happening in this picture?
- Why doesn't the woman want the man to drink alcohol?
- What is the problem with drinking alcohol and taking anti-retrovirals (ARVs)?
- What effect do you think alcohol has on how well ARVs work?
- When is the best time to discuss taking ARVs with someone who drinks alcohol?
- What can be done to get those taking ARVs to stop drinking alcohol?

## **Key Messages:**

- Alcohol use is the main reason why people do not take their ARVs.
- People forget to take ARVs when they are drunk.
- When someone is drinking, ARV treatment does not work as well and side effects are worse.
- Not taking ARVs causes serious illness and even death.
- It is important to stop drinking when a person starts taking ARVs.









# ALCOHOL AND VIOLENCE

- What is happening in this picture?
- What caused the men to start fighting?
- What is the other man doing?
- Why does getting drunk increase the chances of violence?
- What can be the results of fighting?

## Key Messages:

- Violence is more likely to happen when people are drunk.
- Some people get angry when they are drunk, and lose control.
- Violence while drunk can lead to serious injury and death.
- Violence while drunk leads to the break up of friendships, families and relationships.
- Even people who are not fighting can get hurt by others who are drunk.
- Try to help your friends stay out of trouble by not letting them get drunk.









# LEARNING SOMETHING NEW

- What is happening in this picture?
- Why is the girl so happy to learn how to make a basket?
- Does this happen in your community?
- Do you think the woman is happy to teach her?
- How does the girl feel about learning something new?
- Do you think it is a good thing to spend free time learning a new thing and avoid getting into trouble by drinking too much alcohol? Why?

## Key Messages:

- Young people can do different and interesting things other than drinking a lot of alcohol and getting in to trouble.
- Learning to do something new can be fun and rewarding.









## **DOING SOMETHING YOU LIKE**

- What is happening in this picture?
- Why are these young men so happy playing football?
- Is this common in your community?
- Do you think it is a good thing to spend free time doing something fun other than drinking too much alcohol and avoid getting into trouble? Why?

### **Key Messages:**

- Young people can do different and interesting things other than drinking too much alcohol and getting in to trouble.
- Doing something you like with friends can be fun and rewarding.









# RECOMMENDED ALCOHOL LIMITS

- What do you see in this picture?
- What are the recommended drinking limits for men and for women?
- Why do you think it is important to not drink too much and avoid getting drunk?

## Key Messages:

- Alcohol can be dangerous to your body if you drink too much.
- 1 alcohol unit is a measure of the amount of pure alcohol in a drink. The amount of alcohol in a drink is different for different types of alcohol.
- 1 alcohol unit is equal to 1 dumpie (340 ml beer) or 1 glass of wine.
- It takes 1 hour for the human liver to process 1 unit of alcohol and 3 hours for the brain to recover from 1 unit of alcohol.
- The recommended limit of alcoholic drinks for men is 3 units – the same as 3 dumpies (340 ml) or 3 glasses of wine (standard size glass).
- The recommended limit of alcoholic drinks for women is 2 units – the same as 2 dumpies (340ml) or 2 glasses of wine (standard size glass).
- Men's bodies have more water in them naturally, so they can process alcohol faster than women. That is why they have a recommended 3 alcohol unit limit.



# RECOMMENDED ALCOHOL LIMITS FOR MEN & WOMEN



Each 340 ml beer has = 1 unit of alcohol  
Men: recommended limit is 3 units



Each 340 ml beer has = 1 unit of alcohol  
Women: recommended limit is 2 units





**against alcohol misuse**



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COMMUNITY CHANGE

**NawaLife Trust**  
NawaLife Trust for communication programmes