



P2P

PEER (TO PEER) WORKSHOPS

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WHO ARE WE?

LetsStopAIDS is Canada's Youth-HIV charity focusing on HIV prevention and knowledge exchange by engaging young people and fostering leadership.

Founded in 2004 by then 15-year-old Shamin Mohamed Jr., LetsStopAIDS inspires youth in Canada and globally to play a meaningful role in ending the AIDS epidemic by 2030.

Today, LetsStopAIDS strives to achieve zero new HIV infections.

WORKSHOPS JUSTIFICATION

**Canadian youth are involved in
risky sexual behaviours**

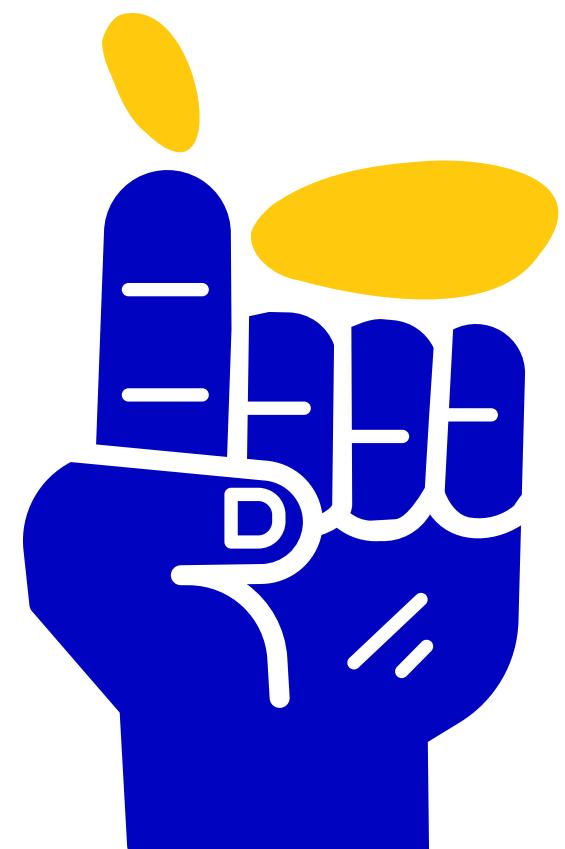
**Increased STIs & HIV infections in
some provinces**

**Some important
aspects of HIV
& STIs are less
discussed in the
classrooms**

**Teachers & students feel
apprehensive talking about
these topics**

OUR SOLUTION: Peer (to Peer) Workshops

To address the issues highlighted previously, we aim to deliver a series of workshops developed by **youth for youth** that will cover basic HIV & STIs information, prevention, safer sex practices, anti-stigma education, being safe online, harm reduction strategies, as well as a variety of topics relevant to youth living with HIV and at-risk individuals.



Peer (to Peer) Workshops

Goal: Create a safe, inclusive space to learn about, better understand and discuss HIV-related topics.

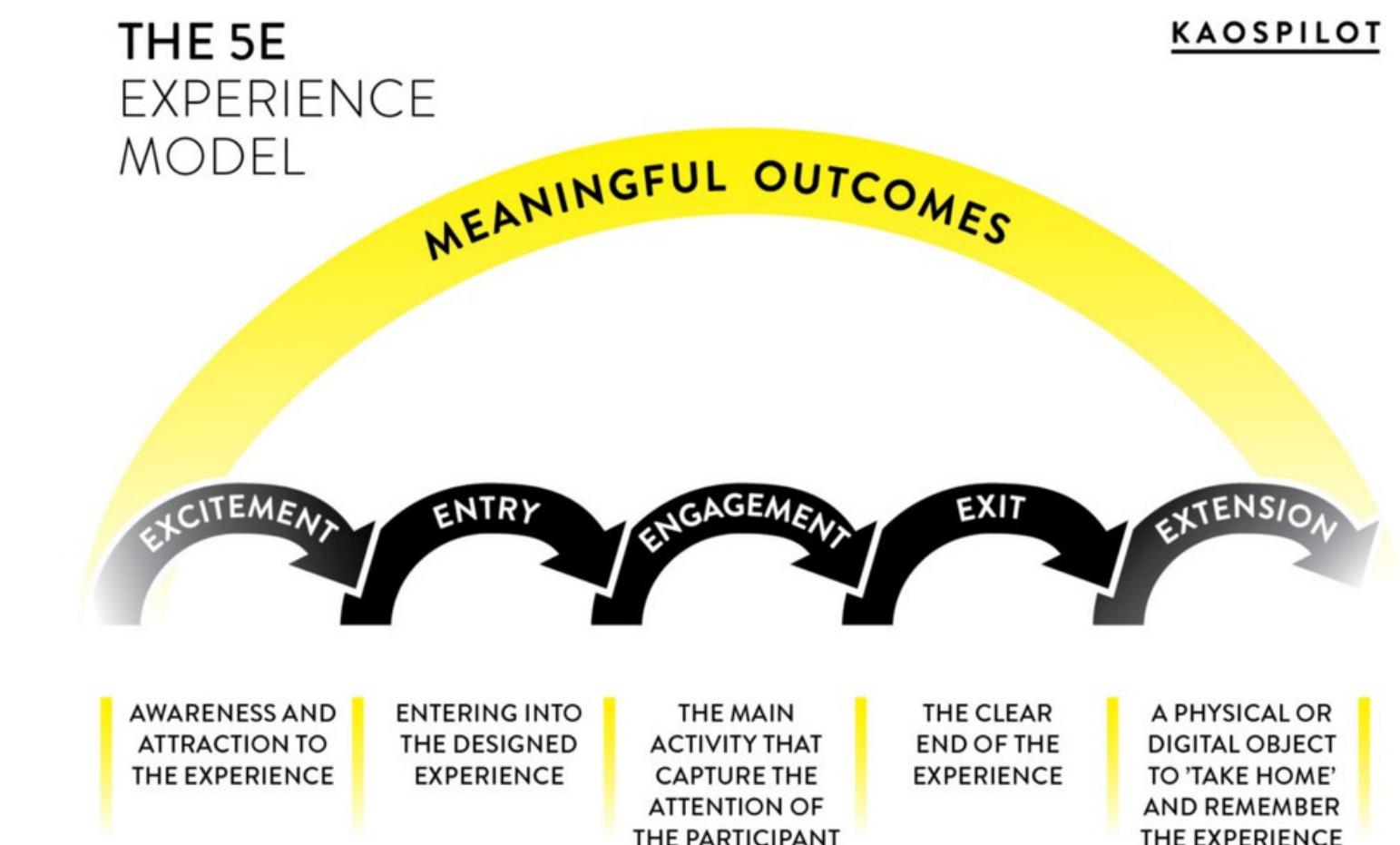
Objectives

- Increase **access** to relevant sexual health information;
- Provide a **safe space** for knowledge exchange and discussions about sexual health, HIV prevention, stigma, substance use and more among youths;
- Give **youth** the opportunity to actively **engage** as leaders in HIV awareness and anti-stigma action.

Target Audience: High Schools in Ontario
(Minimum of 10 students, Maximum of 30 students per session)

OUR APPROACH: Peer (to Peer) Workshops

To create a unique, immersive and reflective learning experience for our participants, we adopted the **5E Experience Model** (5) and designed **two** fun, interactive and engaging workshops. Our workshops include games, trivia, quizzes, discussions, roleplays, and self-guided research.

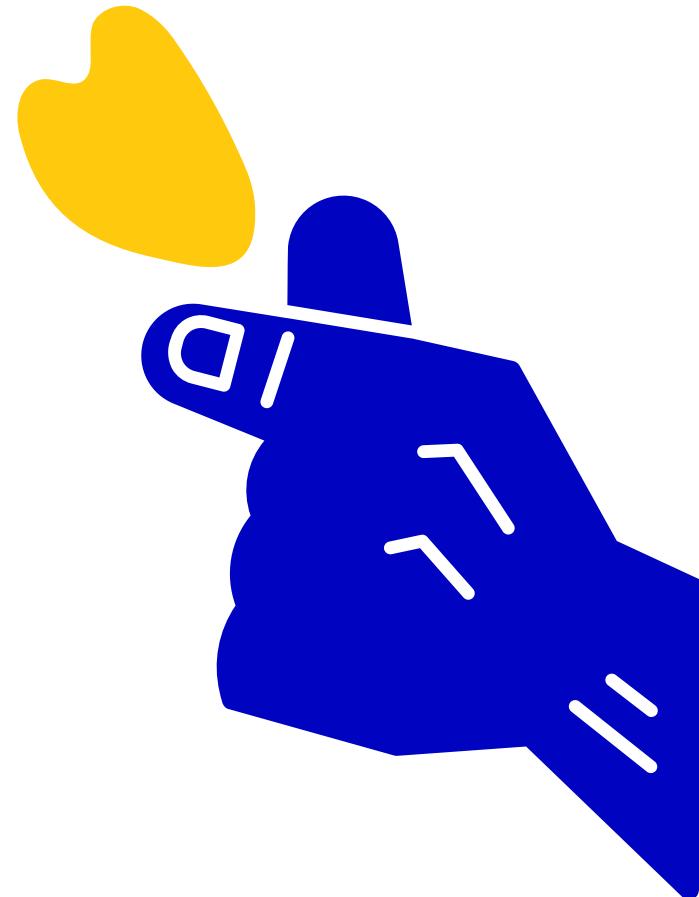


WORKSHOP 1

HIV & STIs Basics + Relationship, Dating and Sex

Focus areas

- What are STIs (STBBIs)?
- What is HIV?
- HIV Globally
- Transmission of HIV & STIs
- HIV and STIs Prevention strategies
- Info about STIs treatment/care in Ontario
- Different testing services = HIV Self-test kit, walk-in clinics, STIs testing
- Safer sex practices
- Navigating relationships = setting boundaries, giving & accepting consent



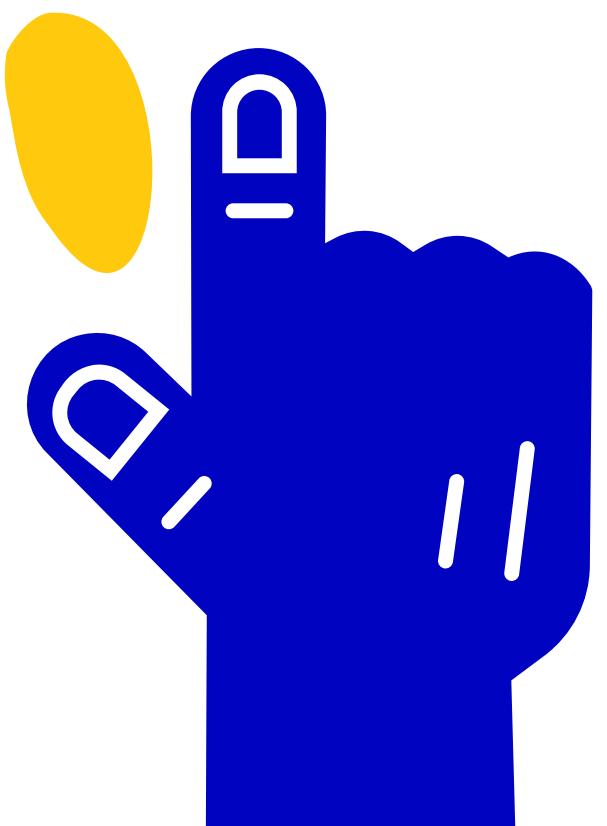
Duration of each workshop: 60 minutes

WORKSHOP 2

Harm Reduction + HIV Stigma and Mental Health

Focus areas

- Harm reduction strategies and services.
- Being safe online.
- Navigating peer pressure in different situations (party, friends, partners).
- De-stigmatizing HIV (prejudices, debunking myths, how stigma affects people affected by HIV, actions to take)
- Mental health (why it is important, resources, mental health care)
- Learn about intersectional factors that affect high-risk and priority populations



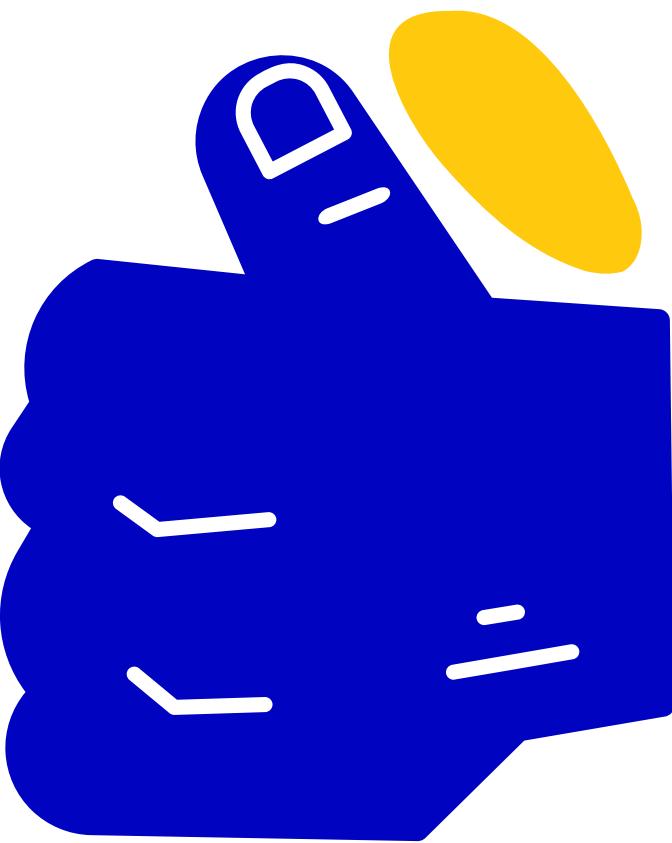
Duration of each workshop: 60 minutes

More information about the workshops

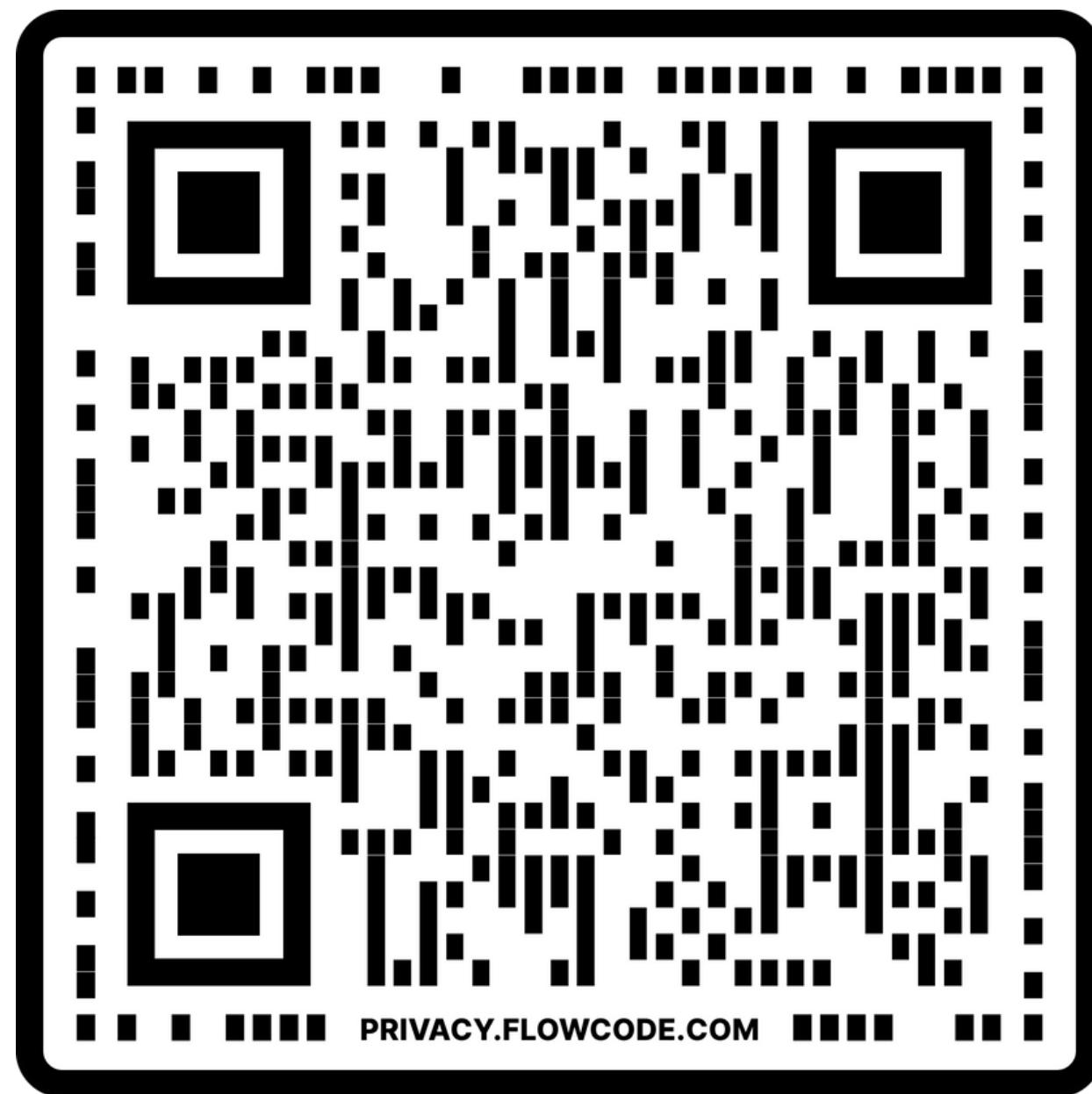
Workshops Delivery Methods: In-person

The **agenda template** for peer education workshops:

- Pre-Survey (10 min)
- Introduction & Icebreaker (5 min)
- Activity 1 (15 min)
- Activity 2 (15 min)
- Review & Post-Survey (10 min)
- Call to action (5 min)



**Scan the QR Code to register
for the workshops**



References

1. <https://sagecollection.ca/resource/letsstopaids-sex-lives-report/>
2. [https://www.theglobeandmail.com/canada/article-stis-rise-across-canada-after-limited-access-to-testing-and-treatment/.](https://www.theglobeandmail.com/canada/article-stis-rise-across-canada-after-limited-access-to-testing-and-treatment/)
3. <http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>
4. <https://www.cdnaids.ca/wp-content/uploads/Knowledge-is-our-best-defence-HIV-curriculum-2010.pdf>
5. <https://medium.theuxblog.com/the-5e-experience-design-model-7852324d46c>

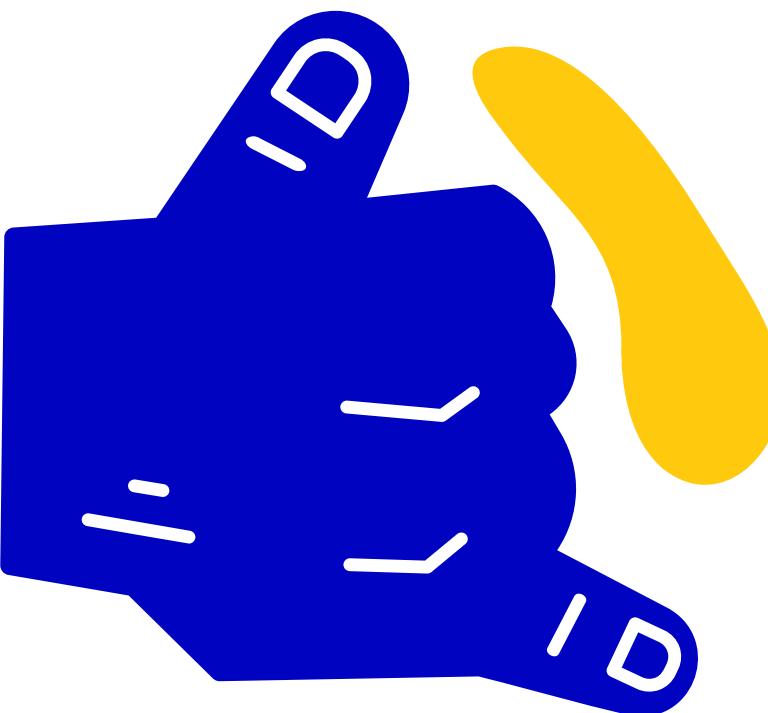
CONTACT US

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