GETTING TO ZERO @ WORK
SABCOHA PEER EDUCATORS CONFERENCE
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Your role as a peer educators
What is a Peer Educator?

- An Agent of Change
  - Recognize that change is needed

- Understand what change involves

- Work to facilitate the change process
As a peer educator you are expected to:

• Act as a role model for your peers
• Chat to your peers about HIV&AIDS and TB at every opportunity you get
• Use the tools you have been given to teach your peers what you have learned and encourage them to undergo HCT and get screened for TB
• Identify quiet times when you can hold lessons with your peers
Your role as a peer educator continued

- Not judge your peers, but to encourage them to change behaviour
- Give them the knowledge to make informed decisions
- Refer people to help as required
- Keep a record of the teachings
- Ask for help where you need it
Behaviour change

- Is education enough to change someone's behaviour?

- Will a person stop smoking if you educate them about the dangers of smoking?
Change Flow Diagram

Educate to increase ones Knowledge

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Thought Processes (Thinking)

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Belief Systems

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Value Systems

↓

Perception

↓

Attitude

BEHAVIOUR
Mental Map: Individuals & Stages of Change

1. **Awareness:**
   If I am not aware of the existence of a problem, or the need for change, there is no possibility of acceptance of change.

2. **Personally Meaningful:**
   In this stage, I see the link between the problem and myself. I see how personal action could create a useful response to the problem.

3. **Intention: (Decision)**
   In this stage, I have become fully aware of the problem, attached importance to it, and firmly intend to do something useful about it.

4. **Action:**
   When the desired direction for change has been identified and the change goal is specific and compelling enough to allow me a clear response, then the desired action can be taken.
An Agent of Change

- Recognize that change is needed
- Understand what change involves
- Work to facilitate the change process
As a Peer Educator – you are an agent of change...
Change takes time
Five steps of change

**Disgust**

- This says you have to be very unhappy about how things are to be motivated to change. People do not just change because they have an option to do so.

- In HIV/AIDS and TB we can assist people to be disgusted with the current situation enough to want to change the status quo.
Five steps of change

Decision

• Once people have decided what they do not want, need to decide what they want, this is the second principle of change. When people make a decision to do one thing, they are rejecting other things, this requires discipline.
  
• In HIV/AIDS and TB we can assist people to change behaviour.
Desire

- Desire means wanting to, unless you want to you will not do something. Desire pushes people forward during the process of change by constantly reminding people of the benefits of the change. For change to happen, people must hunger for the change, desire it, be consumed by it.

In HIV/AIDS and TB how can we use this principle to motivate people to change behaviour.
Five steps of change

**Action**

- Action is the most important element for change, unless action is taken, all the above principle are useless. It is common knowledge that change bring about fear, and you need to feel the “fear and do it anyway”

In HIV/AIDS and TB How can we assist people to take action once there are motivated enough to want to make the necessary changes.
 resolver/commitment

• Commitment is very important in that it helps people deal with any doubts, pain and discouragements they might encounter from others. Is when people are committed to do or die trying

In HIV/AIDS and TB we can assist people to commit to the change they make.
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