**FACILITATOR’S GUIDE**

**ACTIVITY 5.1 – Virus Carrier Handshake**

**Objective:** The Virus Carrier Game is used to make students understand about the transmission of STIs

**INSTRUCTIONS:**

Virus Carrier Handshake: How many players are surprised to learn that they have been unknowingly “infected”?

Materials:

* Cut and fold one small piece of paper for each person.
* On three of the pieces of paper, write the letter “C.”
* On one piece of paper write the letter “X.”
* Leave all the other pieces of paper blank.

Activity:

* Carefully fold the pieces of paper, mix them up, and give one to each person.
* People should look at the papers without letting anyone else see the paper.
* Ask the group to stand and **each person shake hands with 3 people**.
* After everyone has done this, have the group sit down.
* Ask the person with the “X” on his or her piece of paper to stand up.
* Ask everyone who shook hands with this person to stand up.
* Ask everyone who shook hands with a standing person to stand up as well. Continue until everyone is standing.
* Now tell the group to pretend that the person with the paper marked “X” was infected with HIV or an STI. Tell them to pretend they had sexual intercourse with the three people they shook hands with*. (Remind the group that this is pretend, and that they do not really have an infection).*
* Ask the group to check if they had a “C” on their paper. These people used condoms. So they were not at a major risk of getting HIV or STIs. Everyone else who had a blank piece of paper had unprotected sex.

Discussion: How does this relate to real life? If you had really been infected with HIV, how serious would that be? What do other STIs have in common with HIV? How are they different? How did the first person standing (the one with the “X”) feel when s/he learned that the X meant they had HIV? How did the others feel when they had to stand?

Adapted from Tools for Life, PATH