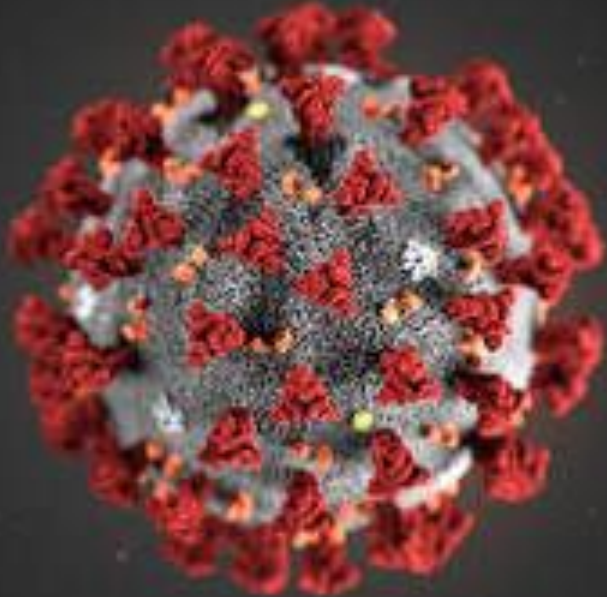




Auntie Nomsa



Back Ground



- The outbreak of the coronavirus pandemic has led to the disruption of routine and critical programmes and activities that stimulate children's growth and development and enhance their psychosocial and mental wellbeing.
- As a parent or caregiver, you find yourself locked down together with your children.
- You have to help them to adjust and to adopt new and unfamiliar social habits such as social distancing, and restricted movement in and out of their neighbourhood as measures to control the spread of the coronavirus.



Back Ground Ctd.



- The situation presents an opportunity for you to talk to your children about fundamental and important issues such sexual and reproductive health and rights, sexuality, HIV.
- REPSSI has developed tools that you can use to facilitate discussions with your children on these issues.
- One such tool is known as Auntie Nomsa.
- It is designed for caregivers of children aged 12-20 years.



The Auntie Nomsa Tool



- Auntie Nomsa is a knowledgeable Auntie who replies to WhatsApp messages from teenagers in which they ask her about sex and sexuality issues.
- This tool allows you- even if you are not very knowledgeable or comfortable answering questions about sex and sexuality - to provide accurate and relevant ASRHR (adolescent sexual and reproductive health and rights) information with the help of a “script”.
- The format is as follows:



The Format



- Questions with particular topics are found in the Auntie Nomsa cards which are available on the REPSSI website
- Choose one card and read out the question with your child.
- There are a series of talking points allowing you and your child to engage with the questions and to relate it to your child's own experience.
- After discussion guided by the talking points, you (or your child) can read out Auntie Nomsa's reply to the question, and then you can discuss the reflection points.



The Format Ctd.



- Please bear in mind that Auntie Nomsa's reply is not necessarily the highest truth.
- Her letter is designed to stimulate further discussion and learning on the topic.
- What she says should be questioned and engaged with.
- The issues were chosen for HIV positive youth, but they are also useful for all youth. Read the questions and answers before you discuss with your child and decide which of these you want to use.



The Sessions



- Do not try and work through all the cards in one session.
- There are enough cards to fill 3-6 two hour sessions.
- The cards cover themes such as; HIV, ART, disclosure, adherence, stigma, sex and sexuality, menstruation, wet dreams, prevention of HIV re-infection



Separation by Sex



- The Auntie Nomsa cards are not designed as “cards for boys” and “cards for girls.”
- Even the cards relating to a girl’s body changes as she enters puberty is of interest to boys and vice versa.
- The Auntie Nomsa cards are also designed to be used amongst mixed groups comprising of both girls and boys.
- Having said this, some parents and caregivers prefer to separate boys and girls so that both sexes feel more comfortable to ask questions and share experiences. If you have both boys and girls in your family, decide what works best for your family.

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REPSSI is an African psychosocial support organization, based in South Africa and working in 13 countries of East and Southern Africa. We build capacity in psychosocial support for partner organizations, governments and individuals. For nearly 20 years we have conducted research, developed resources, delivered innovative training including accredited certificate and diploma qualifications.

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The Africa Psychosocial Support Institute (APSSI), which was launched in 2018, fosters professionalism and excellence in Mental Health and Psychosocial care and support (MHPSS) services by offering innovative, quality psychosocial support (PSS) education, research, programming resources and technical guidance. APSSI's delivery channels are:

- * Accredited training programmes;
- * Short Trainings,
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- * Research and
- * Thought Leadership.



REPSSI RESOURCES



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