

PREVENTING HIV, PROMOTING REPRODUCTIVE HEALTH



**HIV  
PREVENTION IN  
MATERNAL HEALTH  
SERVICES  
TRAINING  
GUIDE**



# HIV Prevention in Maternal Health Services: Training Guide



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## Introduction: How to Use This Training Guide

### Overview of Adult Learning and Participatory Training

This training guide has been designed using participatory training approaches, which means that the exercises require the active involvement of all participants. The role of the facilitator is to guide the participants through learning activities rather than to lecture or just provide information to a passive audience. Underlying this approach is the belief that every participant has abilities, ideas, and experiences that are invaluable to the learning experience.

Participatory methods, such as brainstorming or role-play exercises, have been shown to be a critical feature of successful adult learning. In general, it is desirable to have as much interactivity as possible, both to reduce the amount of lecture time and to engage the participants more fully. The facilitator can employ principles of adult learning by relying on the participants to discuss issues and generate solutions based on their own experiences.

The training guide has been developed for use by skilled, experienced trainers who are familiar with the content and objectives of each exercise. While the training guide contains information to help trainers understand each exercise, it is assumed that the trainer knows about adult learning concepts, employs a variety of training methods and techniques, and knows how to adapt materials to meet the participants' needs.

### *How to Use This Guide*

The Training Guide consists of this introduction, a detailed curriculum with session guides, and a series of appendices containing additional materials.

The sessions in the curriculum have eight basic components:

1. **Objectives**—A short description of the learning objectives for the exercise
2. **Time**—A guideline for the anticipated length of the exercise to help a facilitator plan a workshop
3. **Materials**—A list of materials needed to carry out the exercise

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