

People with HIV can now live long, healthy and productive lives as long as they have timely access to medication when they need it, combined with care, love, respect and support. *Stepping Stones* and subsequently *Stepping Stones Plus* were manuals that grew out of a need to counter the prejudice and fear surrounding HIV, and to foster strong and mutually respectful relationships, free from violence and without sexually transmitted infections or unplanned pregnancies. *Stepping Stones* is recognized by WHO, UNAIDS, USAID and many others as one of the few global interventions to reduce intimate partner violence, now recognized as a key cause and consequence of HIV for women globally.

Now combined into a single manual and revised and updated, *Stepping Stones and Stepping Stones Plus* is a training package designed to help trainers and community members organize a workshop. The training is with young and older women and men, separately and together, to explore their social, sexual and psychological needs, to overcome their communication blocks, and to practise ways of enriching their relationships. The workshop sessions help individuals, peers and their communities move step by step to change behaviours and to build healthy relationships.

The manual and an optional DVD describe how to organize the workshop and run structured exercises involving role play and other participatory methods of group learning. Workshop sessions are held mostly in four separate peer groups, based on self-identified age and gender groupings, with some larger meetings. The optional DVD consists of 15 short clips designed to provide participants with a springboard for discussion during the different sessions of the workshop.

*Stepping Stones and Stepping Stones Plus* is essential reading for social workers, community workers, health workers, NGO staff and people living with HIV working on HIV-related community programmes; also researchers and academics teaching and advising in this field.

Alice Welbourn PhD is a researcher, trainer and global activist on gender, HIV and rights. She has worked in international health and gender issues for over 30 years.

**'This manual has been of tremendous benefit and help to stakeholders, middle-level managers and entire health workers in the district.'**

Frederick Ofosu, Ministry of Health, Odumase-Krobo, Ghana.

**'For every worn, rain-splattered copy of *Stepping Stones* that is in circulation, there are thousands of people that have benefited from it.'**

Laura van Vuuren, Medical Teams International, Seattle, USA

**'As no other guide, *Stepping Stones and Stepping Stones Plus* promotes dialogues and understanding between men and women and the different generations: it shows the route to equality. If we can just get this approach fully implemented around the globe, the world would be a better place!'**

Doortje Braeken, Senior Adviser Adolescents, Gender and Rights, International Planned Parenthood Federation

# STEPPING STONES & STEPPING STONES PLUS



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Alice Welbourn



A training package on gender, generation, HIV, communication and relationship skills

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