

The Salamander Trust encourages all users of Stepping Stones materials to join its International Community of Practice, which enables users to link and learn from each other.

Find out more at [www.steppingstonesfeedback.org](http://www.steppingstonesfeedback.org)



**Salamander Trust**  
TRANSFORMING THE WAY WE THINK ABOUT HIV

Manuals also available in eBook and PDF formats



### Stepping Stones with Children

A transformative training for children affected by HIV and their caregivers

Gill Gordon



### Stepping Stones & Stepping Stones Plus

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

Alice Welbourn

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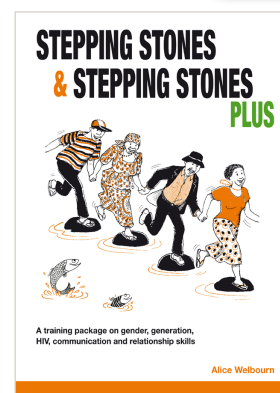
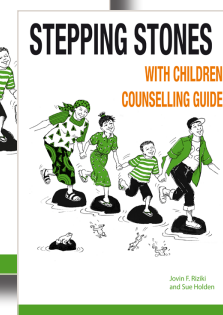
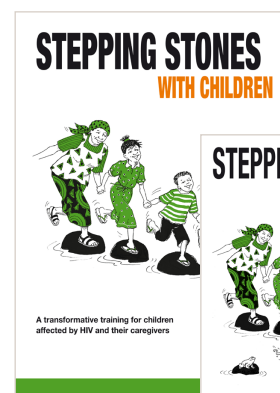


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# STEPPING STONES

## Training Manuals

Transformative training on gender, generation, HIV, communication, and relationship skills



*Stepping Stones with Children* (also available in Swahili) covers a wide range of topics with a gendered and child-rights focused framework.

*Stepping Stones & Stepping Stones Plus* is designed to help trainers and community members organize workshops for young and older women and men.



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## Stepping Stones with Children Endorsements

'AIDS is about social justice. We cannot achieve our goals to end AIDS by 2030 until we meet the needs of the most vulnerable in society, often children and adolescents who are living with HIV and those affected by the virus. Stepping Stones with Children provides a way that communities can support and nurture these children and build their resilience. This is what we must do first – care for the most vulnerable.'

*Michel Sidibé, Executive Director of UNAIDS*

'This is a very important manual for children and caregivers. It will help support the building of closer relationships through meaningful communication that helps children and caregivers overcome barriers and build a close and supportive family unit.'

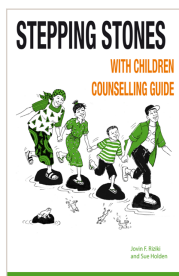
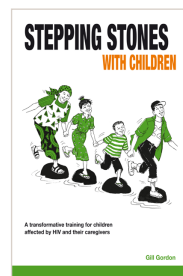
*Martha Tholanah, International Community of Women Living with HIV/AIDS*

'I wish that all children aged 5 to 14 years and their caregivers affected by HIV could have an opportunity to experience Stepping Stones with Children. I am confident that it will help them realize their dreams and overcome their challenges. It is unique because it works with peer groups separately and together and covers so many issues – psychological, physical, sexual, material and spiritual – that matter deeply to us all.'

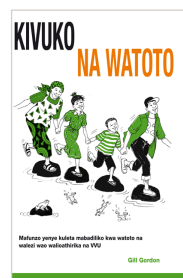
*Vincent Mwale, Minister for Youth, Sport and Child Development, Zambia*

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# STEPPING STONES Training Manuals



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## Stepping Stones with Children

A transformative training for children affected by HIV and their caregivers

Gill Gordon

Acquiring HIV may no longer be a death sentence, but its effects are still profound. Many people living with HIV face rejection and are unsure about their futures, and these anxieties may be felt all the more keenly by children and young people. Stepping Stones with Children equips organizations and individuals with materials with which they can engage children affected by HIV and their caregivers, using powerful exercises to convey information, explore norms, discover their abilities, and individually and jointly create happier, healthier and safer ways of being.

View information films at [www.tinyurl.com/StStwCDar](http://www.tinyurl.com/StStwCDar)

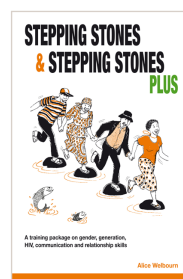
## Kivuko Na Watoto

Mafunzo yenye kuleta mabadiliko kwa watoto na walezi wao walioathirika na VVU

Gill Gordon

Kupata VVU inaweza isiwe hukumu ya kifo, lakini madhara yake bado ni makubwa. Watu wengi wanaoishi na VVU wanakabiliwa na ukanaji na kutokuwa na hakika kuhusu mustakabali wao, na wasiwasi huu unaweza kuonekana kwa undani zaidi kwa watoto na vijana. Kivuko na Watoto kinawapa mashirika na watu binafsi kitabu ambacho wanaweza kukitumia kuwahusisha watoto walioathirika kwa VVU na walezi wao, kwa kutumia mazoezi yenye uwezo mkubwa wa kuwasilisha taarifa, kuchunguza kanuni, kugundua uwezo wao, na kila mtu binafsi na kwa pamoja kuunda njia madhubuti za ustawi.

View information films at [www.tinyurl.com/StStwCDar](http://www.tinyurl.com/StStwCDar)



## Stepping Stones & Stepping Stones Plus

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

Alice Welbourn

Stepping Stones manuals 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. Now combined into a single manual, revised and updated, Stepping Stones & 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 aim is to help individuals, peers and their communities move step by step to change behaviours and to build healthy relationships.

View information films at [www.tinyurl.com/SteppingStonesDocumentaries](http://www.tinyurl.com/SteppingStonesDocumentaries)

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Salamander Trust  
TRANSFORMING THE WAY WE THINK ABOUT HIV

## Stepping Stones & Stepping Stones Plus

### Endorsements

'Stepping Stones is a programme that truly transforms relationships between women and men, older and younger people in communities. As no other guide, it 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*

'This manual has been of tremendous benefit and help to stakeholders, middle-level managers and entire health workers in the district. It has increased the knowledge and proficiency of those health workers dedicated to home-based care and counselling of HIV/AIDS patients.'

*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. Communities have been mobilized, lives saved and hope restored.'

*Laura van Vuuren, Medical Teams International, Seattle, USA*

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