

STEPPING STONES & STEPPING STONES PLUS



Stepping Stones with adults and adolescents

Originally published in 1994, the *Stepping Stones* and *Stepping Stones Plus* manuals have been fully revised, updated and combined into one new volume, now published by Practical Action Publishing.

The original *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, rights-based and mutually respectful positive relationships, free from violence. Today, people with HIV can live long, healthy and productive lives as long as they have access to medication when they need it, combined with care, love, respect and support. These last four elements are still needed more than ever in order to support people with HIV to stay happy, healthy and safe.

The training package is designed to help trainers and community members run a comprehensive 23-session workshop. It works, separately and together, with 4 peer groups of young and older women and men, adolescents and adults, across genders and generations. Our holistic approach seeks multiple positive outcomes. Building on the latest multi-disciplinary research, the programme uses the creative and performance arts to enable participants to develop their own critical literacy skills. They use these to explore their social, sexual and psychological desires, to overcome their communication blocks, and to practise ways of enriching their relationships.



This new edition, for young people aged about 15 upwards and adults, brings all the contents up to date with the most recent scientific research, whilst also ensuring that the environment of care, love, respect and support needed for us all to thrive – and not just survive – is enhanced.



Gender-based violence and HIV



Recent research has shown clearly that violence against women not only increases women's vulnerability to HIV by a factor of 1.5. Gender-based violence (GBV) also increases hugely for many women living with HIV *after* diagnosis (Orza et al 2015). Whilst some women experience intimate partner violence (IPV) for the first time upon diagnosis, those women who have experienced it already may find that it increases. Many women also experience GBV from wider family members, neighbours, the workplace, or faith groups and from health care settings after diagnosis.

Medication alone cannot end AIDS

Stepping Stones is recognized by WHO, UNAIDS, USAID and others, as one of the few global programmes to reduce intimate partner violence, now recognized as a key cause and consequence of HIV for women globally. *Stepping Stones* has been shown to transform gender norms and to reduce intimate partner violence against women (whatworksforwomen.org).



"Stepping Stones has taught me many things and changed my way of thinking and acting. But, above all, what is most valuable about this training is that it triggers a process of self-learning and change that does not end after the training is finished. It continues till the day you die."

Nurse, coordinator of *Stepping Stones* facilitators, Santa Clara, Angola

To order *Stepping Stones* & *Stepping Stones Plus*

The new manual and accompanying DVD can be ordered from the Practical Action Publishing website at: <http://tinyurl.com/PAPStStPlus>

Interested in training?

Contact us through our websites for more information.



www.stepingstonesfeedback.org

www.salamandetrust.net



Salamander Trust
TRANSFORMING THE WAY WE THINK ABOUT HIV