

# HIV/AIDS Workshop

making your work place comfortable for everyone



## HIV/AIDS is everyone's issue

In Japan, the reported number of people with HIV/AIDS is now over 20,000 and the majority of these people are in their working prime, between 20's and 40's. Many people who are living with HIV/AIDS want to continue to work and with good health management, this is usually not a problem. Medication which controls the virus is also readily available in Japan and now being HIV positive is considered a chronic not fatal condition. However, people living with HIV are still discriminated against in many ways. Sometimes ignorance or prejudice at the workplace can make it difficult for people living with HIV to keep on working.

HIV is not a virus that only infects a particular type of person. Anyone who has a sex life can be infected. Learning about and discussing HIV/AIDS, human rights and gender issues at your workplace will improve the quality of life of HIV positive employees as well as help protect staff, their partners and their families. We, Japan HIV Center(JHC), are looking forward to working with you to facilitate this process through the services we offer.

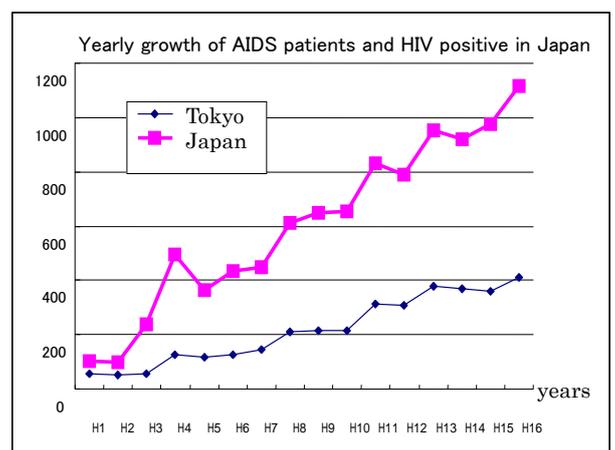
### A message to you from a person with HIV

In June 1996, I was told that I was HIV positive at a hospital to which I was transported. When a doctor explained about AIDS and treatment, I was so shocked that I couldn't even stand up to walk to the bathroom. Also I could not believe the doctor's words "You will get better with medical treatment." And I was obsessed with the idea that AIDS was a fatal disease. I accidentally told about my disease to my manager at work then consequently I was asked to leave the job.

Now I am back at work in a different workplace. I want to tell all of you at work that HIV can happen to anyone who has ever had sex without a condom.

I think the better world will come where everybody can live happily if *all* of us know how to prevent HIV infection and discrimination against AIDS and people with HIV disappear.

For yourself and your loved ones, please take this opportunity to gain full knowledge about HIV/AIDS.



# Workshop Contents

Type of course	Participants	Length of Time	Contents
Employer manager course	Employer Manager (Max 50)	60-90mins	-Why HIV/AIDS is a workplace issue -Information about HIV/AIDS in Japan and the world -Basic facts about HIV/AIDS Clinical condition, infection route, prevention, treatment, testing -AIDS and human rights -Protecting privacy, legal matters -Basic principles of dealing with HIV at work -Introduction of various guidelines -Available social resources
Medical staff course	Company Doctor, Hygienist, Nurse (Max 30)	60-150 mins	- Why HIV/AIDS is a workplace issue -Awareness raising for prevention -Dealing with people worried about infection -Dealing with employee with HIV, welfare system -HIV infection and nutrition -Available social resources
Employee elementary course	Employee (Max 50)	60-180 mins	- Why HIV/AIDS is a workplace issue -Information about HIV/AIDS in Japan and the world -Basic facts about HIV/AIDS Clinical condition, infection route, prevention, treatment, testing -AIDS and human rights -Empathy work with testimonials by people with HIV -Privacy work -Available social resources
Support for disabled people course	Employee (Max 100)	3-6 hours	- Why HIV/AIDS is a workplace issue - Information about HIV/AIDS in Japan and the world -Basic facts about HIV/AIDS Clinical condition, infection route, prevention, treatment, testing -AIDS and human rights -Privacy work - Empathy work with testimonials by people with HIV -Empathy work for people with disabilities Experience being in a wheel chair and being blind -How to support people with disabilities -Available social resources

# The above is just a suggested standard. Length of time, target participants and contents can be changed according to your needs and requests. Please feel free to consult with us.

# All courses have lecture sessions and workshop sessions.

# Fees which cover planning, arranging speakers, transport of speakers and facilitators, text, materials and facilitation will be charged. Please contact us for details.

## Objectives of JHC workshops

1. To encourage participants to think about HIV/AIDS as an issue that affects them.
2. To provide a space where participants can review their image of AIDS through a participatory learning process.
3. To provide correct information about HIV/AIDS and the importance of human rights.
4. To share the thoughts of people who are HIV positive and those who have passed away due to AIDS.
5. To create a happy and secure workplace.

**The Japan HIV Center (JHC)** is a non-profit, non-governmental organization founded in order to provide support for those affected by HIV/AIDS in Japan, regardless of means of infection, nationality, sexuality. It was founded in 1988 by HIV positive people and their friends and supporters. We have three branches around Japan. Our aim is to help realize a society free of discrimination where the human rights of all are respected.

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