**Curious about what the K4L curriculum is all about? Here is a brief description of some of the games delivered, as well as the key messages that accompany each game.**

1. **Find the Ball** – Two teams face each other in horizontal lines, just like they are making a wall to stop a free kick in soccer. Each team secretly passes a ball, which represents HIV, behind their backs until the coach yells “Stop!” The teams then take turns guessing which participant on the other team is holding the ball.

**Key messages: (1) You cannot tell if someone has HIV by looking at him or her. (2) The only way for someone to know his or her status is to go for HIV testing at places including voluntary counseling and testing (VCT) centers, hospitals, and clinics.**

1. **My supporters**–Participants take turns standing in the middle of the circle, eyes closed and feet together. The participant in the middle begins free falling. The participants in the circle support the person who is falling by gently pushing them around the circle.

**Key messages: (1) In life, everyone needs supporters. (2) Stigma and discrimination cause people living with HIV to feel alone and helpless. (3) Support people living with HIV and teach others to do the same.**

1. **Choices** – One of the most popular games in the curriculum. All participants “mingle” around until the coach yells out a category, such as “Favorite Sport!” Participants then have to choose their favorite sport, and yell as loud as they can “Football! Football! Football!” and group themselves with others who like the same sport.

**Key messages: (1) You can use your coach’s voice to make good decisions. (2) HIV is a big problem in Lesotho; almost 1 in 4 people has HIV. (3) You can make good choices to avoid getting or spreading HIV.**

1. **HIV Attacks**– This game is a variation on dodgeball. One person, representing a “human,” stands in the middle of the circle. Participants around the circle, representing “germs”, toss a ball at the “human” in the middle. Every time the ball hits the “human”, it represents a germ invading the human body. The game builds on itself to include an “immune system,” another participant in the circle who protects the human from the ball, “HIV”, a participant who makes it hard for the “immune system” to protect the “human”, and “ARVS”, a participant who slows down HIV, ultimately allowing the immune system to protect the body.

**Key messages: (1) HIV weakens the immune system, allowing germs and diseases to attack the human body. (2) Without treatment, HIV usually causes the disease called AIDS within 2 to 10 years, and eventually kills. (3) ARVs are not easy to take but they fight HIV and can help an HIV-positive person live a much longer and healthier life.**

1. **Coach’s Story** – Arguably the most powerful activity in the curriculum. The coach shares a personal story about how HIV has affected his or her life. This helps create a safe, comfortable space where participants can speak openly about sensitive issues like sex, drugs and alcohol and HIV. It also shows why the coach now works with K4L, and how he or she has taken control of his or her own life.

**(No key messages)**