Overview
The Planting Our Tree of Hope toolkit was designed to help people living with HIV to live positively while protecting their health and that of their sexual partners and unborn children by preventing HIV transmission. The toolkit does this by provoking discussions on specific topics, including: positive prevention, discordance of HIV status between sexual partners, preventing mother-to-child transmission of HIV, HIV treatment, and stigma and discrimination. In order to inspire individuals to adapt and maintain positive behaviors, this toolkit includes a range of activities for people living with HIV, their partners, and their families to do together.

Activities
The toolkit consists of two main components: a flip chart describing the real-life experiences of five men, women and couples who have overcome barriers to living with HIV, and a facilitator’s guide, organized by theme, and including activities and questions to stimulate discussions around HIV and AIDS. The Planting Our Tree of Hope toolkit is used with groups of people living with HIV and AIDS.

With guidance from trained facilitators, the Planting Our Tree of Hope toolkit helps to:
- Identify concrete actions that will help people living with HIV, their partners and families to live healthy and productive lives;
- Stimulate discussions within couples about discordance and protecting partners from HIV infection;
- Promote shared decision-making within couples on family planning issues;
- Raise awareness about the importance of PMTCT, including through safe feeding practices;
- Identify ways to overcome barriers to treatment adherence;
- Help individuals and families deal with stigma and discrimination associated with HIV positive status;
- Empower people living with HIV, their partners, and their families to believe that they can contribute positively to their family and community.

Voices from the Field
Joseph Chilewe (left) from Thyolo learned about positive living from a story in the Planting Our Tree of Hope toolkit about a man named Austin (right) who had lived for over ten years without taking anti-retroviral treatment (ART).

“I learnt that Austin has lived with HIV for over ten years without ART. This gave me a lot of courage and today my life has completely changed. I used to drink beer but I stopped. Also, at first I used to sleep with my wife without a condom, but now condoms have become part of our life and we use them consistently,” said Joseph Chilewe.

Achievements
- 12,702 people (3,292 Men and 9,410 Women) have been reached with positive living messages through the Planting Our Tree of Hope toolkit.
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