**HIV Prevention Ambassador Training for Adolescent Girls and Young Women:**

**Template Agenda OPTION A (full training, teaching all 3 methods separately - 5 days)**

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| **DAY 1** | |
| **Session** | **Timing** |
| Training Introduction | 1 hour |
| *Foundational Knowledge:* Human Rights | 1 hour |
| Break | 30 minutes |
| *Foundational Knowledge:* Getting to Know Our Bodies | 1 hour |
| Lunch | 1 hour |
| *Foundational Knowledge:* HIV and AIDS – The Basics | 1 hour |
| *Foundational Knowledge:* HIV Transmission and Prevention 101 | 1 hour |
| Break | 15 minutes |
| *Foundational Knowledge:* Gender Inequality and Violence | 1 hour |
| Suggestion: Self-care or debrief activity (if needed) | 15 minutes |
| **Total time** | **8 hours** |

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| **DAY 2 (Option A – completing the sessions once for each method, including the PrEP ring)** | |
| **Session** | **Timing** |
| PrEP and Combination Prevention | 1 hour |
| Break | 30 minutes |
| Making a Choice | 1 hour |
| Lunch | 1 hour |
| *PrEP Journey Mapping* – Oral PrEP  Finding Out About PrEP Methods  Deciding to Use PrEP Methods  Taking and Staying on PrEP Methods | 3 hours, including breaks |
| Break | 30 minutes |
| The PrEP Ring and Our Bodies | 1 hour |
| **Total time** | **8 hours** |

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| **DAY 3 (Option A – completing the sessions once for each method, including the PrEP ring)** | |
| **Session** | **Timing** |
| *PrEP Journey Mapping* – PrEP Ring  Finding Out About PrEP Methods  Deciding to Use PrEP Methods  Taking and Staying on PrEP Methods | 3 hours, including breaks |
| Lunch | 1 hour |
| *PrEP Journey Mapping* – CAB PrEP  Finding Out About PrEP Methods  Deciding to Use PrEP Methods  Taking and Staying on PrEP Methods | 3 hours, including breaks |
| **Total time** | **7 hours** |

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| **DAY 4** | |
| **Session** | **Timing** |
| *PrEP Skills Sessions*  Telling Others  Awareness Raising  Advocacy  Action Planning | 3 hours, including breaks |
| Lunch | 1 hour |
| *Ambassador Skills Sessions:* Boundary Setting and Self-Care | 1 hour |
| *Ambassador Skills Sessions:* Responding to Disclosures of Violence | 3 hours, including breaks |
| **Total time** | **8 hours** |

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| **DAY 5** | |
| **Session** | **Timing** |
| *Ambassador Skills Sessions:* Peer Support Skills | 1 hour |
| Break | 30 minutes |
| *Ambassador Skills Sessions:* Healthy Relationships and Supportive Partners | 1 hour |
| Lunch | 1 hour |
| Ambassador Graduation | 1 hour |
| **Total time** | **4.5 hours** |

**HIV Prevention Ambassador Training for Adolescent Girls and Young Women:**

**Template Agenda OPTION B (full training, teaching all 3 methods simultaneously - 4 days)**

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| **DAY 1** | |
| **Session** | **Timing** |
| Training Introduction | 1 hour |
| *Foundational Knowledge:* Human Rights | 1 hour |
| Break | 30 minutes |
| *Foundational Knowledge:* Getting to Know Our Bodies | 1 hour |
| Lunch | 1 hour |
| *Foundational Knowledge:* HIV and AIDS – The Basics | 1 hour |
| *Foundational Knowledge:* HIV Transmission and Prevention 101 | 1 hour |
| Break | 15 minutes |
| *Foundational Knowledge:* Gender Inequality and Violence | 1 hour |
| Suggestion: Self-care or debrief activity (if needed) | 15 minutes |
| **Total time** | **8 hours** |

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| **DAY 2 (Option B – completing the sessions simultaneously for all methods)** | |
| **Session** | **Timing** |
| PrEP and Combination Prevention | 1 hour |
| Break | 30 minutes |
| Making a Choice | 1 hour |
| Lunch | 1 hour |
| The PrEP Ring and Our Bodies | 1 hour |
| Break | 30 minutes |
| *PrEP Journey Mapping* – All 3 methods  Finding Out About PrEP Methods  Deciding to Use PrEP Methods  Taking and Staying on PrEP Methods | 3 hours, including breaks |
| **Total time** | **8 hours** |

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| **DAY 3** | |
| **Session** | **Timing** |
| *PrEP Skills Sessions*  Telling Others  Awareness Raising  Advocacy  Action Planning | 3 hours, including breaks |
| Lunch | 1 hour |
| *Ambassador Skills Sessions:* Boundary Setting and Self-Care | 1 hour |
| *Ambassador Skills Sessions:* Responding to Disclosures of Violence | 3 hours, including breaks |
| **Total time** | **8 hours** |

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| **DAY 4** | |
| **Session** | **Timing** |
| *Ambassador Skills Sessions:* Peer Support Skills | 1 hour |
| Break | 30 minutes |
| *Ambassador Skills Sessions:* Healthy Relationships and Supportive Partners | 1 hour |
| Lunch | 1 hour |
| Ambassador Graduation | 1 hour |
| **Total time** | **4.5 hours** |

If you are only training on the PrEP methods, you can simply use the agenda for days 3-5 for **Option A** if you are teaching methods sequentially or days 3-4 for **Option B** if you are teaching PrEP methods simultaneously.