

REACH

CONVO CARDS

How to use these cards.



Group discussion

Pass out cards to stimulate discussion among a small group.



One-on-one

Break the ice in a counseling session or select specific cards based on user needs.



Public

Post a “topic of the day” to stimulate discussion in clinics and waiting rooms.



Relationships

Topics in this section

- Communication with male partners
- Communication with family
- Communication with peers and community
- Dealing with conflict



Faith wants to join the study, but she is worried that her boyfriend will not like her using the ring.

Guidance

- Faith could share information about the ring that she learned from the study staff, or ask the study staff to help explain the benefits of the ring.
- Faith could take her boyfriend to the clinic to discuss the ring together with the study staff.

Discussion

- Why might Faith's boyfriend not like the ring?
- What might Faith be feeling? Why?
- What advice would you give to Faith?

Further Resources



Study Product
Factsheet



Informed
Consent
Flipchart



REACH
Talking
Points



Clinic
Referral
Resources



Clinic
Staff





Mia's boyfriend is glad she is using the ring. He tells her, "Now that you are using the ring, we don't need condoms anymore!"

Guidance

- Mia could explain that the ring can only help protect women from HIV infection; it does not protect them from pregnancy or other STIs.
- The ring is not 100% effective against HIV infection; condoms should also be used every time you have sex for the best protection.

Discussion

- Do you agree with Mia's boyfriend? Why or why not?
- How do you think Mia should respond?

Further Resources



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Factsheet



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Contraceptive
Education
Materials



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Precious' sister finds her tablets in their bedroom. She asks Precious to explain what they are used for and why she has been hiding them.

Guidance

- Precious could explain that she chose to be in the study to take charge of her health and to help future generations of young women protect themselves from HIV.
- Precious could share information about the tablets that she received from the study staff.
- Precious could bring her sister to her next clinic visit so that she can learn firsthand about the tablets from study staff, as well as see that many other young women are taking them to prevent HIV infection.

Discussion

- Why might Precious' sister be suspicious about the tablets?
- What might Precious be feeling? Why?
- What advice would you give to Precious?

Further Resources



Study Product
Factsheet



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Charlotte wants to join the study but she's afraid her boyfriend might feel the ring, making sex uncomfortable and embarrassing.

Guidance

- Charlotte could bring her boyfriend to the clinic to discuss the ring together with the study staff.
- Remind Charlotte that it is her choice to join the study. In previous studies many women reported that they and their partners did not experience any discomfort or feel the ring while wearing it during sex. Some women even reported better sex with the ring.

Discussion

- What advice would you give Charlotte in case she or her boyfriend does feel the ring?
- What else could Charlotte say to her boyfriend about the study?

Related tools



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Female
Anatomy
Worksheet



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Marie wants to join the study but she's worried that her parents will be disappointed to learn that she has been sexually active.

Guidance

- Study staff will protect participants' privacy and will never disclose or discuss any confidential information with parents or guardians.
- Marie could ask study staff to review the informed consent form with her before discussing it with her parents, so she knows exactly what they will be told about the study.
- Marie could ask the study staff to explain to her parents that participants do not need to be currently having sex to participate in the study, although they will have to be on contraception.

Related tools



Informed
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Flipchart



Parent/Guardian
Informed
Consent Form



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Discussion

- How could Marie explain to her parents her desire to join the study?
- What other privacy concerns might Maria have about participating in this study?



Dembe wants to join the study but she's afraid of being rejected by her friends and community if they find out she's in an HIV-related study.

Guidance

- Study sites have a number of educational materials that could help Dembe explain the study to others. If sites have events to engage the community, Dembe could invite her friends and family to attend them with her.
- Dembe could explain the importance of the study and how her participation will help future generations fight the HIV epidemic.

Discussion

- Is there anyone in your community who has participated in an HIV prevention study? What did you think about this?
- Are there people in your life who might be proud of you for participating in the study?
- What would you say to people who asked about your participation in the study?

Related tools



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Talking
Points



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Product Use

Topics in this section

- Discomfort
- Menstrual Period
- Misinformation
- Adherence
- Maintaining Everyday Life



Alice successfully inserts her first ring. She cannot feel it, but she is uncomfortable with the idea of having a foreign object inside of her.

Guidance

- The ring has no known major side effects and has been found to be safe and well-tolerated.
- Alice could talk with other young women in the study to share her feelings and learn about their experiences using the ring.
- Alice could review the female anatomy materials available at the clinic to learn more about her body and where the ring “sits” in her vagina.

Discussion

- What might Alice be feeling? Why?
- What advice would you give to Alice?
- Alice already joined the study, so how can we support her during the ring use phase?

Further Resources



Study Product
Factsheet



Female
Anatomy
Worksheet



Clinic
Staff



Grace just started using the ring. She is expecting her menstrual period to start any day and worries about how this will affect the ring.

Guidance

- Menstrual periods do not affect the ring in any way. Likewise, the ring does not impact the menstrual period.
- The ring should stay in place at all times – even during menstrual periods – for the best protection against HIV.
- Grace should tell the study staff about any changes she experiences with her menstrual period while using the ring.
- If Grace experiences any changes to her menstrual period while using the ring, this could be due to the contraceptive method she is using.

Discussion

- What might Grace be feeling? Why?
- What other concerns might Grace have about the ring and her body?

Further Resources



Study Product
Factsheet



Product Use
Instructions



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Contraceptive
Education
Materials





Malika has heard other young women in her community talk about the tablet. They think that it might only be for HIV-positive people, because it contains an HIV-fighting medicine.

Guidance

- The tablet can treat HIV infection, but can also protect against HIV. Just because someone takes the tablet does not mean that they have HIV or AIDS.
- The tablet, known as PrEP, is approved in many countries for HIV prevention.
- While the tablet can protect from HIV infection, it does not protect from other STIs or pregnancy.
- The tablet is not 100% effective; condoms should also be used every time you have sex for the best protection from HIV.

Discussion

- How might Malika respond to the rumors she has heard?
- Have you heard of the tablets before? What do you know about them?
- Are you concerned what others would think if they knew you took the tablets?

Further Resources



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Talking
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Joan's boyfriend goes on a trip to visit family and is gone for six weeks. Joan wonders if she should continue taking the tablet while he is gone.

Guidance

- The tablet must be taken consistently in order to be effective. Joan should take the tablet every day, whether or not she is having sex.
- This study aims to understand the safety of the tablet, as well as how young women use it – another reason it should be taken every day.
- Life is unpredictable, so taking the pill every day will help ensure that Joan is always protected.
- Study staff can help Joan set up reminders to take the tablet every day.

Discussion

- How can Joan remind herself to take the tablet every day?
- What should Joan do if she misses a dose?

Further Resources



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Factsheet



Product Use
Instructions



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Sarah wants to join the study but she's afraid the ring might interfere with her active lifestyle.

Guidance

- Many young women who have used the ring do not feel it at all once it is inserted.
- Sarah can still do everything she has always done while using the ring, including exercise. It will not interfere with her normal activities.
- If Sarah feels any discomfort while wearing the ring it may mean it is positioned incorrectly. Sarah can try reinserting the ring or see the study staff for guidance.

Discussion

- What should Sarah do if the ring feels uncomfortable or falls out?
- Do you have any concerns about the ring affecting your normal lifestyle?
- What other activities can young women continue to do while using the ring?

Related tools



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Instructions



Female
Anatomy
Worksheet



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Robin wants to join the study but she's afraid she might not be able to keep up with all the appointments as they may be scheduled during school hours or other activities.

Guidance

- Study staff will work with Robin to schedule her clinic appointments around school and other activities.
- Study staff aim to keep visits short. If Robin cannot stay for the entire visit, she may return to the clinic at a later date to complete her appointment.
- It is important that Robin attend all of her study visits. She might ask a friend or close family member to help ensure she keeps all her appointments.

Discussion

- What else can study staff do to assist Robin in keeping her appointments?
- What should Robin do if she is unable to attend a study visit or must leave a visit early?

Related tools



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Appointment
Cards



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HIV

Topics in this section

- HIV Infection
- Discordant Couples
- Importance of REACH Study
- Study Medical Procedures



Zama's friend becomes HIV positive while taking the tablet. Now Zama is concerned that she might get HIV too.

Guidance

- Study staff can provide Zama with support and counseling to help her cope with her feelings and learn how to best protect herself against HIV.
- Zama should continue taking the tablet as normal and should take the tablet every day for the best possible protection.
- The tablet is not 100% effective; condoms should also be used every time you have sex for the best protection from HIV.

Discussion

- How might Zama be feeling?
- How might Zama's friend be feeling now?
- What do you think Zama's friend should do?
- How could Zama's friend have been infected with HIV?

Further Resources



Product Use
Instructions



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*Winnie is using the ring.
She thinks that her
boyfriend might be HIV
positive.*

Guidance

- Study staff can provide Winnie with support and counseling to help her cope with her feelings and learn how to best protect herself against HIV.
- Winnie could refer her boyfriend to the clinic to get an HIV test, counseling, and referrals if needed.
- Winnie should continue wearing the ring all the time for the best possible protection.
- The ring is not 100% effective; condoms should also be every time you have sex for the best protection from HIV.

Discussion

- How might Winnie be feeling about her relationship?
- What do you think Winnie should do?

Further Resources



Product Use
Instructions



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Referral
Resources



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Lilian wants to enroll in the study but she doesn't understand how her participation would help stop the spread of HIV for future generations.

Guidance

- Lilian's participation in REACH will help researchers identify what methods young women like to use to prevent HIV infection. This is important to help stop the spread of HIV among young women in Africa.
- The information gathered through this study will be used by ministries of health and regulators to help make decisions about who can access these HIV prevention tools, including young women.
- By participating in this study, Lilian will learn more about her body and her health, and how to protect herself from HIV.

Related tools



REACH
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Informed
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Flipchart



Clinic
Staff

Discussion

- Why else might Lilian wish to take part in this study? What motivates you to take part in HIV prevention efforts?
- What do you think are Lilian's hopes for the future of HIV in her community? What are some of yours?



Kayla wants to enroll in the study but she's afraid of needles and having a pelvic exam. Also, getting tested and knowing her HIV status scares her.

Guidance

- Kayla can ask the study staff to show her what they use to collect blood and perform pelvic exams before joining the study, so that she will be familiar with them.
- Study staff is committed to making Kayla feel comfortable and will answer any questions she has about the medical procedures they will perform, HIV or her general health.
- Trained counselors will discuss the HIV test with Kayla to help her understand what it means and provide any support she may need.

Related tools



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Female
Anatomy
Worksheet



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Discussion

- What else might help Kayla feel more comfortable with the medical procedures performed in this study?
- How could HIV testing benefit Kayla and help her protect herself from HIV?
- Are there other things the study staff could do to make participants who are nervous feel more comfortable?



Women's Health

Topics in this section

- Infertility and Cancer
- Side Effects
- Vaginal Health
- Skin Health



Rejoice has heard rumors that IUDs can cause infertility or cervical cancer. She worries that other vaginal products like the ring may also cause these problems.

Guidance

- The IUD does not cause infertility or cervical cancer. Rejoice may go to the clinic at any time to learn about and obtain contraception.
- The ring does not contain any materials or drugs or have any effect on the body that would cause infertility in the short- or long-term or lead to cervical cancer.
- Women can still get pregnant while using the ring, so it is important to also use contraception. (The ring's effect on pregnancy is still unknown so pregnancy is discouraged among women using it).

Discussion

- What other rumors have you heard about the ring or other vaginal products?
- What contraceptive methods could Rejoice use while she is enrolled in the study?

Further Resources



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Contraceptive
Education
Materials



Clinic
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Faith wants to join the study but she's afraid the ring might cause embarrassing side effects like vaginal odor or discharge, which could have a negative impact on her relationship.

Guidance

- The ring does not cause vaginal odor or discharge. If Faith experiences this, it could be a sign of an infection or other problem. She should tell the study staff – they are there to help test and treat her for any of these concerns.
- Possible side effects of the ring include pain, itching or discomfort in the vaginal area, or bleeding between menstrual periods. Faith should tell study staff if she experiences any of these side effects.

Discussion

- Have you heard other myths or rumors about having something inserted in the vagina?
- If Faith does have side effects from using the ring, how can she discuss these with her boyfriend?
- What can the study staff do to dispel false information about the ring?

Related tools



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Staff



Mercy wants to join the study but she's worried that the medicine contained in the tablet will make her skin break out or make her gain weight.

Guidance

- Possible side effects of the tablet include headaches, body pain, diarrhea, nausea and skin rash. These symptoms are usually temporary and mild. The tablet is not known to cause skin breakouts or weight gain. Mercy should tell the study staff if she experiences any side effects.
- Mercy could discuss her concerns with the study staff and ask them to explain the possible side effects of the tablet.

Discussion

- What might impact young women's skin or weight? Do any birth control products cause breakouts or weight gain?
- What can Mercy do to maintain the health of her skin?
- Are there any other concerns with the study products that might influence a young woman's decision to participate?

Related tools



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