

**KARATE says:**

***"Anyone can get AIDS. So we must all protect ourselves and protect our friends."***

This cartoon, with your help, can save lives. It is very important for youth who live in cities — especially those who work or even live on the streets.

KARATE KIDS was made in close cooperation with poor youth and street educators in Brazil, Kenya, Sri Lanka, the Philippines, the United States and Canada.

Before you show the cartoon to others, please read *The Karate Kids Book: What We Need To Know About AIDS*. It will help you answer the questions that children and adolescents will ask when they see the cartoon.

**If you don't have the book, you will find useful information on the back of this video sleeve. Please remove it and make as many copies as you need.**

For additional copies of the cartoon, the KARATE KIDS Book, and the pocket comic book outside of Canada and the United States, please contact your local street health education authority or:



Street Kids International  
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Toronto, Canada M5E 1A7

Written and Directed by Derek Lamb  
Designed by Kai Pindal  
Produced by the NFB in Association with  
*Street Kids International*  
Technical Assistance: World Health Organization  
Global Programme on AIDS

**21 minutes 15 seconds**  
**Order number: C 0190 014**

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**KARATE KIDS**



From the National Film Board of Canada

and Street Kids International

**KARATE  
KIDS**



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# KARATE KIDS

## Showing the KARATE KIDS Cartoon

KARATE KIDS is a video that will cause youth to ask questions about their lives, their health, and AIDS. The cartoon does not teach them everything they must know about AIDS, so it is important that you are able to talk to them and explain how people get AIDS and how we can all prevent it.

It may take a long time before the kids understand how to protect themselves from AIDS. Try to show the cartoon to the same groups more than once.

## Before showing the cartoon

Tell the group why KARATE KIDS is being presented. You might want to explain that it is a story about a group of friends called the Karate Kids. You may also want to say that the cartoon is about AIDS. Or you can wait until after the cartoon has been shown before you mention AIDS. Use your own judgement. Be sure that everyone knows that after the cartoon is shown, there will be a discussion about KARATE KIDS.

## After showing the cartoon

In the discussion, encourage people to participate, while you listen. From the very beginning, try to get the group to ask questions. Remember that it is their discussion and they can often answer their own questions. These are some of the questions that may help you start a discussion:

- Did you like the cartoon? Why?
- Who were your favorite people in the cartoon, and why?
- Which people did you dislike, and why?

Once different people have participated in the discussion, you may want to ask a few more specific questions. These are some questions that you can ask:

- What disease did Mario get?
- How did Mario get infected?
- Why didn't Pedro get sick?
- Did Mario take any medicine to get better?
- Why not?
- Did the Smiling Man look sick?
- Why didn't Mario die soon after he got AIDS?
- Did the other kids get AIDS from Mario? How do we know?
- How do Karate and Rosa protect themselves from AIDS?
- Could any of us get AIDS?
- Could *you* get AIDS?
- Can you get AIDS from a good friend?
- How do people get AIDS?
- What can we do to prevent AIDS?
- Some people are afraid of AIDS. Why do you think they are afraid of it?
- What should we do with people who have AIDS?

At the end of the discussion, you can ask about what was not understood and someone in the group can try to explain.

Some kids in the group may not answer questions or talk very much. No problem.

**Remember: it will be a good discussion if it is their discussion. We all learn more with time.**

## There are only three ways to get AIDS.

1. The story of the KARATE KIDS deals with the most common way that people get infected with the AIDS virus, through sexual intercourse (“having sex”, “making love”). When people have sex, the AIDS virus can be carried from one person to another in semen, vaginal fluid, or blood. A person can have the AIDS virus, even though he or she looks healthy. When you are talking about AIDS with young people, you may want to repeat some of these messages:

\*Karate says: “AIDS is an illness that some people have inside their bodies, and when they have sex with a boy or a girl, their AIDS can get passed into you. Then the AIDS makes you very sick. There is no cure for it, and you will die.”

\*Karate says: “Condoms are good. They can protect us from AIDS. A condom can stop AIDS from passing from one person to another.”

\*Rosa says: “AIDS can come from sex, so when Karate and I make love we always use a condom. This way, we protect each other from AIDS.”

It is important for you to know about the other ways that you can get infected with AIDS that are *not* discussed in the cartoon.

2. The AIDS virus lives in blood. The blood from a person with AIDS is very dangerous if it comes into contact with the blood of another person through injecting drugs with the same needle, blood transfusion of infected blood, or blood on knives or other instruments, such as tattooing needles.
3. Mother to unborn or newborn baby. A baby can be infected with AIDS before birth or at the time of birth. If a pregnant woman has the AIDS virus, the baby can also have the AIDS virus.

**Remember: we can get AIDS from a person who has the AIDS virus if we have sex with them, share needles, or receive their blood. We cannot tell which people have the AIDS virus in their bodies and which people do not.**

We are all like Karate. As educators and leaders, we need to talk with kids about how to prevent AIDS. Kids listen when we use words and language they know and use.

