

THE  
**KARATE**  
**KIDS**

BOOK



WHAT  
WE NEED  
TO KNOW  
ABOUT AIDS

STREET KIDS INTERNATIONAL

THE  
**KARATE  
KIDS**  
BOOK

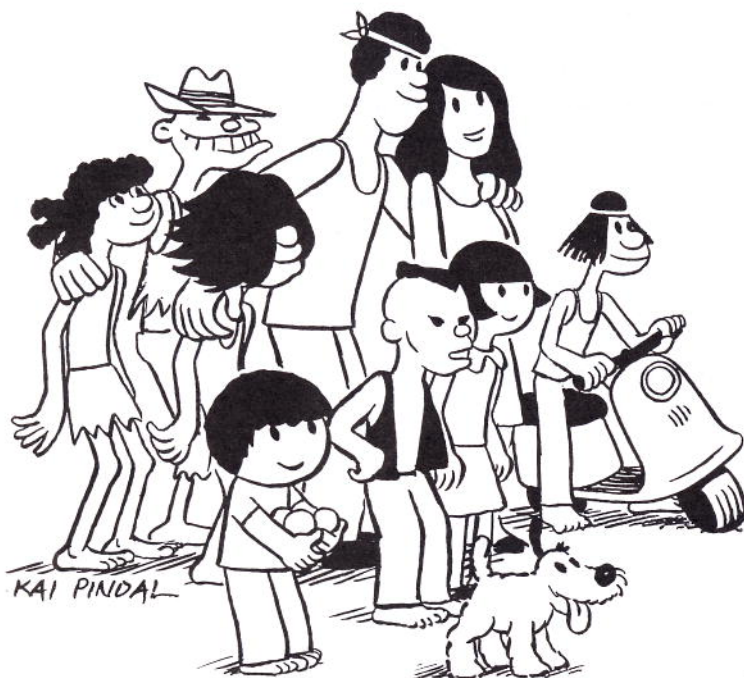
WHAT  
WE NEED  
TO KNOW  
ABOUT  
AIDS

by Mark Connolly  
with David Werner

Story by Derek Lamb  
Illustrated by Kai Pindal  
with Per Tønnes Nielsen

Published by

STREET KIDS INTERNATIONAL



## The Karate Kids Book

WHAT WE NEED TO KNOW ABOUT AIDS

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The Survivors Project is a cross-cultural aids health education programme featuring an adventure cartoon called *Karate Kids*. The project was conceived by Peter Dalglish, Executive Director of Street Kids International. The Managing Director of the project is Christopher Lowry. Street Kids International is a private, non-profit organization dedicated to promoting independence and self-respect among street children around the world.

The *Karate Kids* cartoon was produced by the National Film Board of Canada in association with Street Kids International, with the technical assistance of the World Health Organization Global Programme on AIDS. Directed and written by Derek Lamb; design-directed by Kai Pindal; produced by Michael Scott, Derek Lamb, Peter Dalglish, and Christopher Lowry. Comicbook adaptation and illustration by Per Tønnes Nielsen.

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Derek Lamb is an Academy Award-winning animation director, producer, and writer. He has created animated films for the National Film Board of Canada, PBS's *Mystery Theatre* and the Children's Television Workshop show "Sesame Street".



With your help, the information in this book can save lives. It is very important for children who live in cities — especially for those who work or even live on the streets.

The book is for those of you who work with these children, whether you are a street educator, counsellor, social worker, health promoter, community leader, teacher, psychologist, student, or someone who cares about the well-being of children.

You may already know something about AIDS, but it is important for us all to learn as much as we can. Many children and youths are suffering and dying because they did not know very much about AIDS.

Perhaps AIDS is not a problem in your community now. But it will be. Becoming informed about AIDS is everyone's responsibility. Why wait until someone you know gets AIDS?

The *Karate Kids* cartoon is action-packed, full of fun and excitement. It is a story about a group of kids who learn about AIDS. The cartoon is full of information about how people get AIDS, how to avoid contracting or passing on AIDS, and how to care for people who have AIDS.

This book can help you talk to children and adolescents about AIDS and other health problems. If you see the cartoon and read this book before showing the cartoon to others, you will be able to help explain how people get AIDS and how we all can prevent it.

The book also provides information that will help you answer many of the questions children may ask you about their health and AIDS.

**READ THIS BOOK BEFORE YOU SHOW THE CARTOON TO OTHERS.**

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Please note that the views expressed in this book are not necessarily those of these reviewers.

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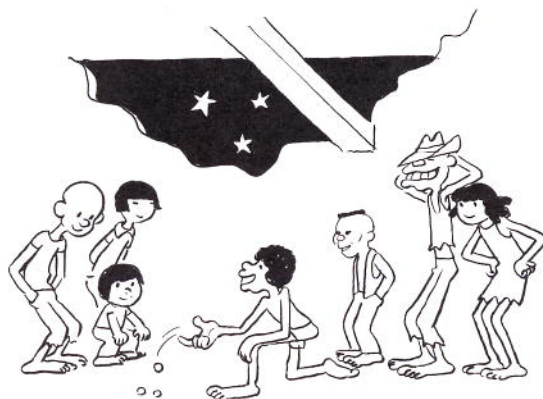
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## INTRODUCTION

One of the most important reasons for creating the *Karate Kids* cartoon was to get information about AIDS out onto the streets. Everyone has the right to be informed about this illness, to know about the danger of AIDS and how to protect themselves against it.

The cartoon video was produced to share some basic messages with kids. In many countries, children and youth groups really enjoy watching the *Karate Kids*.

If we just tell children about AIDS, they may think that it is a problem that affects only other people. But, if they watch the cartoon and then discuss it, they will discover that it has something to do with themselves. The *Karate Kids* comicbook about AIDS will make that message even stronger.

AIDS is often a big problem among disadvantaged groups, especially children. Many health problems that we face are due to social and economic situations. If we really want to prevent the spread of AIDS, we must commit ourselves to change. Many changes are necessary in our societies and in our personal behaviour. We must work with children and youth everywhere to change their lives.

Our communities, projects, and institutions must work to prevent AIDS from destroying young lives. Boys and girls, young men and young women, need to feel good about themselves. They have the right to earn money, have some fun, and have opportunities to study and work—opportunities to change their lives and our world.

The Karate Kids in your cartoon video have names that are common in your country. In this book, the Karate Kids are called Pedro, Mario, Rosa, Maria, and Karate.





THE  
KARATE  
KIDS  
STORY

The Karate Kids are a group of street children. They live in an abandoned building near the town market.



The market is a very exciting place. Many kids go there every day. They try to make some money, they shine shoes, and some of them just have fun.



Pedro is a young boy who tries to earn money on the street. Pedro's best friend is a boy named Mario.

Pedro is a juggler, but he is so small that nobody ever notices

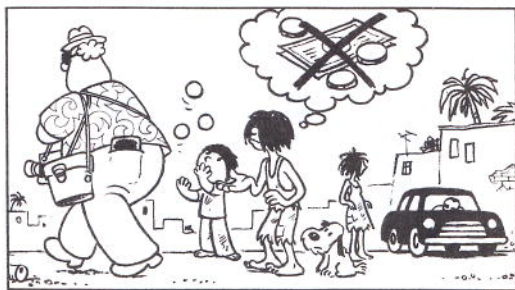
him, except his dog, Dingo. "I'm a good juggler," thinks Pedro. "Why doesn't anybody give me money?"

Mario tries to steal a necklace from a lady's bag. But she sees him and hits him over the head with her bag. He runs away and people laugh.

There are *bad* people in the market too, like the Smiling Man with the black car. Pedro does not like the look of him.

Mario always keeps an eye on the Policeman. Suddenly he spots a fat tourist, with a fat wallet. He sneaks up behind the tourist, and picks the wallet from his pocket. No problem! But the tourist turns on him and calls for help: "Stop, thief! Stop, thief!"

Pedro is juggling and doesn't see what Mario has done. Suddenly Mario runs by and throws the wallet to Pedro, saying, "Quick, hide it." But Pedro is not quick, and the Policeman



sees him. Pedro throws the wallet away and runs after Mario.

There is a wild chase through the market, as Mario, Pedro, and Dingo try to hide from the Policeman and the Fat Tourist.

It looks bad for the boys. But their friend, Karate, is nearby. Karate sees that they are in big trouble. "Hi-ee-ya!" Karate kicks a barrel of bananas into the path of the Policeman. The Policeman trips and falls, and rolls over and over, and lands in a chicken coop.

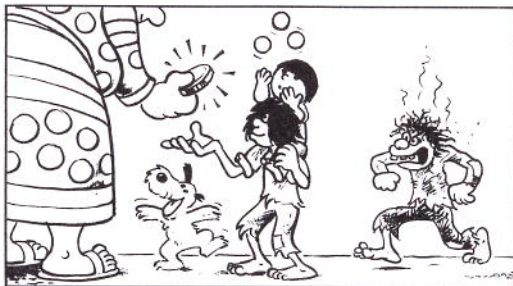
Karate is angry with his friends. He says, "Next time you may not be so lucky."

While all of the excitement is going on, no one sees the Smiling Man taking a girl and a boy for a ride in his car.

At night, the boys go home to the abandoned building with Karate and his girlfriend, Rosa. Karate is a street leader. All of the kids who live with Karate and Rosa are good friends.



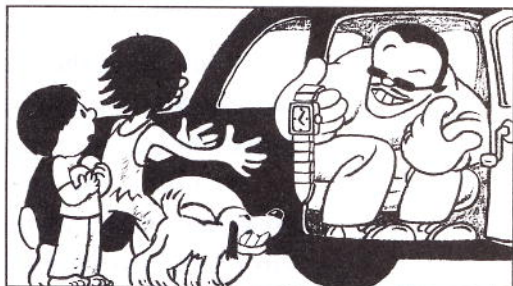
That night, Mario and Pedro are unhappy. They have made no money at the market all day. Karate says to them, "Listen, I have an idea. If Pedro stands on Mario's shoulders, people will see the juggling. Then they'll give you money." So they try it, and all the kids think they are great.



Next day, the Smiling Man is at the market again. He pushes a girl from his car and drives away. Then he sees Pedro and Mario doing their new juggling act.

A lady stops and gives them some money. Mario is so happy! "Look, Pedro!" he says. "We'll be rich, we'll be rich!" Then ZAP! A bully grabs Mario's arm, saying, "Give me that money or I'll kill you!" He knocks Mario and Pedro into the street and steals their money.

Suddenly, the Smiling Man is beside them. "Hello, kids," he says. "This watch is for you." Mario wants the watch.



But, just then, Karate sees them. He races towards the car. KICK! BAM! Karate kicks the car door shut in the face of the Smiling Man. The Smiling

Man drives away, shaking his fist.

Mario is angry. "Why did you do that?" he shouts. Other kids come to see what happened. Karate says, "Because that man wanted





to fuck you. And maybe you would get sick with AIDS."

Karate explains about AIDS. "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."

"But how do you know *that* man has AIDS?" asks Mario.

"There is no way to know," Karate says sadly.

Mario answers, "He looks okay to me."

"He looks okay, but some people carry AIDS inside them for many years before they start to look sick."

Mario does not believe Karate.

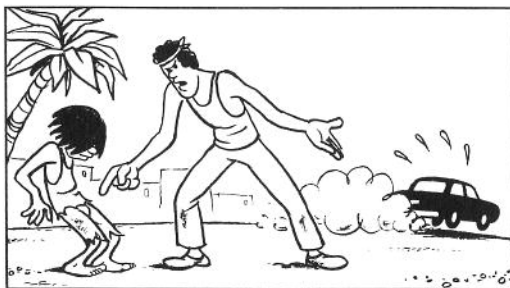
"Aww, I won't get AIDS," Mario says.

"Yes, you can. Anyone can get AIDS. Anyone!" says Karate.

Karate grabs Mario and turns him to face two street children who are sitting against a dirty wall. They are very sick and thin. "See that boy and girl? Infected with AIDS, and there is no cure for them. Anyone can get AIDS from sex. Men, women, boys, girls. Anyone!"

He turns Mario's head to face a sleazy-looking man offering money to a teenage girl. The other kids look too.

Karate says, "So, we must all protect ourselves





and protect our friends. Okay?"

Next day, the Smiling Man comes again to the market. His driver stops the black car beside Mario and Pedro.

"Hello!" he says to Mario. "Come for a ride with me and this money is for you."

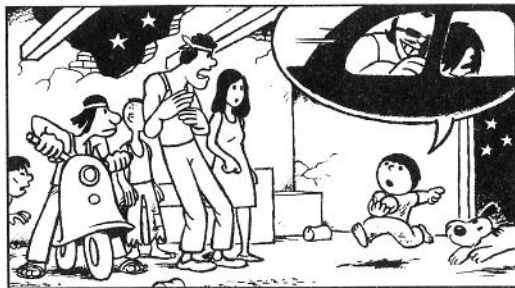
Pedro is scared. "No, Mario! Remember about AIDS! If you get sick with AIDS, you won't get well again."

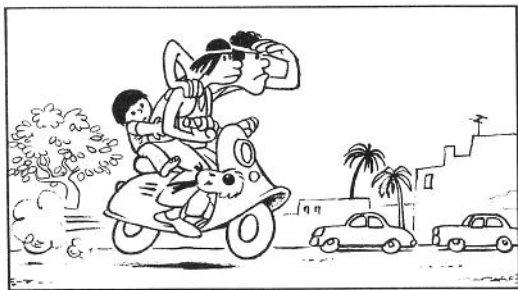
Mario says, "I don't care about AIDS! I want the money." The Smiling Man takes him into the car and drives away.

Pedro and Dingo run to find Karate. When they reach the old building, they find Karate giving kicking lessons to the kids. Pedro is out of breath. He gasps, "Mario has gone off with the man in the black car!"

Karate is alarmed. "Quick! We must find him. Before it's too late!" Karate, Pedro, and Dingo jump onto the red scooter with another boy driving. They drive around looking for the black car.

They drive down many streets, and then Pedro sees the car. "There!" he shouts. "There it is!" They





race up behind the car, just as the man throws Mario out into the street. The man grabs the money out of Mario's hand and drives away.

Karate says, "Pedro, you stay with Mario. We'll go and get that bastard!"

The red scooter chases the black car all over town. The black car cannot escape. Finally, the black car hits a stone in the road and goes out of control. It rolls over and over, until it falls down a hill into the jungle. The black car explodes in a ball of fire. And that is the end of the Smiling Man.

A long time passes. Dingo Dog gets older, Mario grows taller, and Pedro's juggling gets better and better. Tourists love their act and they make money. Mario and Pedro buy food every day and share it with their friends.



But Mario starts to get sick. He says to Pedro, "Why don't I get better?"

As time passes, Mario becomes weak and thin. One day he is so sick that he falls to the ground. Pedro tumbles off Mario's shoulders, and the people laugh.



Back at the old building, Karate says that Mario has AIDS. The kids are scared. "Mario can't live here anymore. We don't want to get AIDS from him!" they say.

Karate says, "No! Mario stays here. He's our friend, and he needs us. No one can get AIDS from just touching him."

Mario becomes more and more sick with AIDS. Pedro and the other kids bring him food.

One day Karate and Rosa talk to everyone about condoms. He shows one to the kids and explains, "Condoms are good. They can protect us from AIDS."

"Look! A condom is like a balloon," the kids say, and one of them blows up the condom and lets it go. It flies through the air, and everyone laughs.

Rosa tells them, "AIDS can come from sex. So, when Karate and I make love, he always uses a condom. This way, we protect each other from AIDS."

Karate tells them how a condom is put on. "It's rolled on the penis, like this. A condom can stop AIDS passing from one person to another."

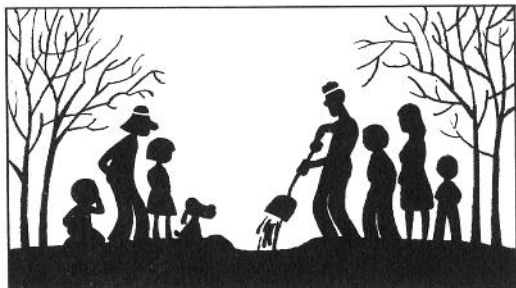




[In very simple pictures, the cartoon illustrates how to put on a condom.]

Rosa warns the kids, "Anyone you meet might have AIDS, so we must all protect ourselves and our friends."

And, as the children are learning how to protect themselves, Mario dies. All the kids go to a hill near town and they bury Mario.



Pedro sits alone in the market. He is very sad. He misses his friend and doesn't want to juggle anymore.

Then, one day, Dingo Dog sees someone—a girl who is juggling hoops. Her name is Maria. Pedro

and Maria start juggling together. People give them lots of money. Karate says, "One day they will be big stars on TV."



Then suddenly, Pedro sees something. He becomes angry. It's another man in a car. He is trying to take two children for a ride.

Pedro races towards the car. KICK! BAM! With a karate yell, he kicks the car door shut and rescues the children.

## TWO

# SHOWING THE *KARATE* *KIDS* CARTOON

It may be a long time before the kids understand how to protect themselves against 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:**

Two of the main reasons for showing the *Karate Kids* cartoon are for children and adolescents to learn about AIDS and to understand how the spread of AIDS can be prevented.

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

- Did you like the cartoon? Why?
- Who were your favourite people in the cartoon? Why?
- Which people did you dislike? Why?

Once several group members 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 Karate Kids get AIDS from Mario? How do we know? [We don't know.]
- How do Karate and Rosa protect themselves from AIDS?

For some questions, there is more than one correct answer. The variety of responses will make the discussion more interesting. If some of the answers given are very incorrect, perhaps someone else in the group can explain the question and share some ideas that will help others to understand. If some people do not understand, you can provide the correct answers. These are some more questions that you might want to ask:

- Do we know people like Mario, Pedro, Rosa, Karate, and Maria?
- Do we know people like the Smiling Man?
- Could any of us get AIDS?
- Could *you* get AIDS?
- How do people get AIDS?
- What can we do to prevent AIDS?
- What should we do if someone we know has 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.



**QUESTIONS  
AND  
ANSWERS  
ABOUT  
AIDS**

**1. What is AIDS?**

AIDS is an infection. AIDS makes your body unable to protect you against all kinds of diseases. AIDS can make people become very sick and die.

**2. Where did AIDS come from?**

It is not known where AIDS began. What we do know is that no person, country, or continent should be blamed for the origin of AIDS.

### 3. Do people get AIDS from being bitten by a mosquito?

No! No person has ever been infected with the AIDS virus from a mosquito bite. Mosquitoes do not transmit the AIDS virus.

### 4. Why does AIDS make you sick?

The AIDS virus gradually weakens the body's immune system, allowing many different diseases to attack the body.

### 5. How do you get AIDS?

AIDS is an infection that you can get from other people. In the *Karate Kids* cartoon, Mario got AIDS and died. Mario got the infection because he and the Smiling Man had sex without using condoms. Mario had sex with a bad person (the Smiling Man), but that is not why he got AIDS. People of all kinds can get the AIDS virus if they or their partners have sex without using a condom.

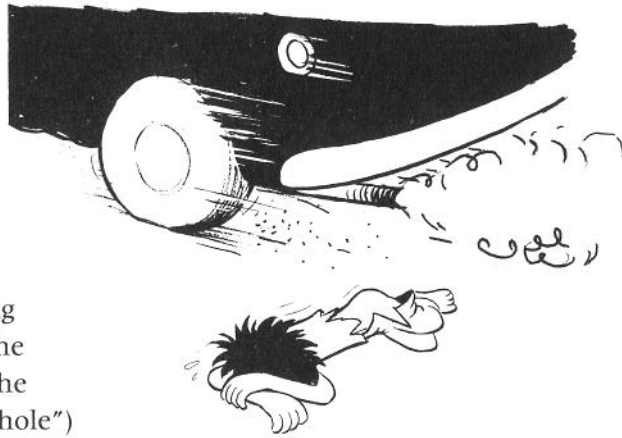
**REMEMBER:** There are only *three* ways to get AIDS.

1. From sexual intercourse ("having sex", "making love", "fucking")
2. When blood from one person's body gets into another person's body (from "injecting drugs with the same needle", "blood transfusion", or "blood on knives or other instruments, such as tattooing needles")
3. When a pregnant woman passes the virus on to her unborn or newborn baby.

## SEX

Sexual intercourse is the most common way that people get AIDS and other diseases. Some other sexual diseases are gonorrhoea ("the clap"), herpes, and syphilis.

You can get AIDS if you have sex with a person who has the AIDS virus. "Have sex" means any type of contact between two people, involving the penis ("cock"), the vagina ("cunt"), or the mouth or anus ("asshole") of either sex. When people have sex, the AIDS virus can be passed from one person to another, in semen, vaginal fluid, or blood. Even a person who looks healthy can have the AIDS virus.



The AIDS virus can live in a man's semen ("cum"). Semen is the liquid that comes from the penis before or during sex or through masturbation ("jacking off").

The AIDS virus can also live in a woman's vaginal fluids ("juices"). Vaginal fluids come from the vagina ("cunt").

If any of these fluids (from the penis or the vagina) from a person with the AIDS virus get into your body, they could get into your blood. The AIDS virus can get into your blood through the skin inside the vagina or anus or on the tip of the penis, or through any small cut, sore, or break in your skin.

Who can get AIDS from having sex?

Anyone can get AIDS if they make love with, or "fuck", someone who has the AIDS virus.

- Boys and girls can get AIDS from men and women.
- Girls can get AIDS from boys and girls.
- Boys can get AIDS from girls and boys.
- Men can get AIDS from women and men.
- Women can get AIDS from men and women.

## **BLOOD TO BLOOD**

The AIDS virus also lives in blood. Blood from a person with AIDS can pass the virus on to the blood of another person if it comes in contact with that blood.



People who inject or "shoot" drugs can get AIDS if they use the same needle.

If a person with AIDS uses a needle that is then used by someone else, the AIDS virus can go directly into the blood of the person using the "dirty" ("shared") needle.

Anyone can get AIDS if someone with the AIDS virus shares a "dirty" needle with him or her.

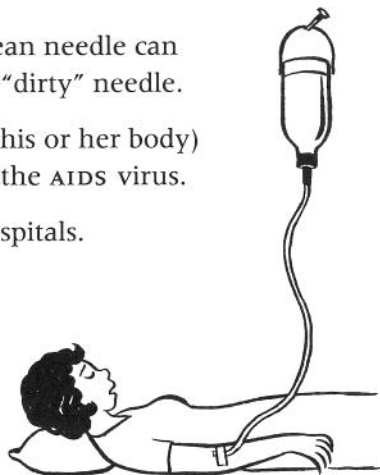
Anyone can get AIDS if a knife, razor blade, or any tool that has blood with the AIDS virus on it is used to cut or pierce the skin of his or her body.

Children or adults whose ears are pierced with an unclean needle can get AIDS if someone with the AIDS virus used the same "dirty" needle.

If a person without AIDS receives blood (has it put into his or her body) from someone with the AIDS virus, that person can get the AIDS virus.

People who get very sick or injured sometimes go to hospitals. To get better, they might need more blood or new blood. Doctors and nurses can put blood into the bodies of sick people. This is called a "blood transfusion".

People can get AIDS from blood transfusions, if the blood has not been checked for the AIDS virus.



## **MOTHER TO BABY**



A baby can get AIDS before birth or at the time of birth. If a pregnant woman has the AIDS virus, her baby can also have the AIDS virus.

Babies and children with the AIDS virus can become very sick and die.





## 6. What does a person with the AIDS virus look like?

A person with the AIDS virus may or may not look sick. People infected with the AIDS virus often look "healthy". They can carry the virus for months or even years before they get sick.

In the cartoon, Mario asks Karate: "But how do you know *that* man has AIDS?" Karate says: "There is no way to know."

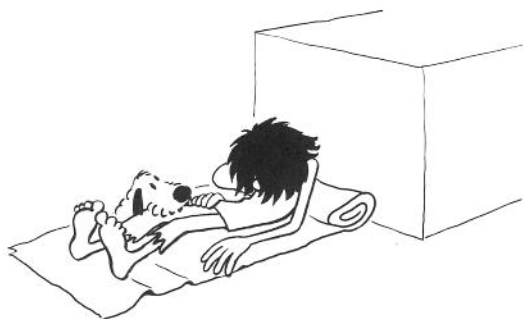
Even people who look healthy can pass the AIDS virus on to others.



This is Mario before he got the AIDS virus.



This is Mario after he got the AIDS virus.



This is Mario with AIDS, just before he died.



This is Mario's friend. He is sick, but he does not have the AIDS virus.

## 7. How can we prevent AIDS?

We can all learn how to prevent the spread of AIDS.

No one knows how to cure AIDS. There is no medicine we can take that will kill the AIDS virus. There are no doctors or nurses who can cure people infected with AIDS.

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

**PROTECTING OURSELVES AGAINST  
AIDS AND OTHER INFECTIONS  
WHEN WE HAVE SEX**

For many of us, it can be difficult to talk about sex. We might want to remember that we are really talking about preventing an infection that kills many people.

Being able to talk about sex with your friends is very important in AIDS prevention.

AIDS is like some other diseases we can get from having sex with a person who has a disease. Syphilis, herpes, and gonorrhoea ("the clap") are some of those diseases. They can cause sores on the penis and in the vagina. They can also make it easier for the AIDS virus to pass from one person to another. It is important to protect ourselves against and receive medical treatment for these infections that we can get from sex.

Using condoms is one of the best ways to prevent AIDS and other diseases. Condoms can protect you from getting AIDS because they stop semen, vaginal fluid, and blood from passing from one person to another during sex. Condoms are made of latex rubber or animal material, but condoms made from animal skin do not protect you from the AIDS virus. Only latex rubber condoms will protect you from the AIDS virus.

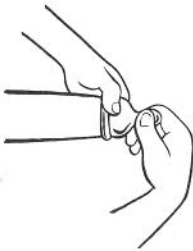
If a man always uses a latex condom during sexual intercourse ("fucking"), his partners will probably not get AIDS from him, and he will probably not get AIDS from them.

**THIS IS HOW A CONDOM IS USED CORRECTLY**

1. Take the condom out of the packet.



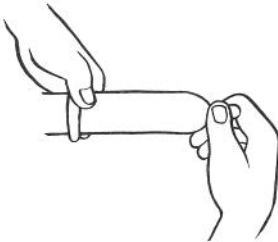
2. When the penis is hard, place the condom on the tip of the penis. Put the condom on before the penis enters your partner's body.



3. Hold the closed end of the condom with thumb and finger.



4. Roll the condom down over the penis with the other hand.



5. Have sex ("make love", "fuck") with your partner.



6. Hold on to the condom and remove the penis from your partner's body after having sex.



After you have sex, carefully remove the condom from the penis.

A used condom should be thrown away.

It is possible for a condom to break or leak.

If a condom is left in a warm place for a long time, it may break when it is used. Keep condoms away from heat and sunlight.

**REMEMBER:** Having sex without a condom is dangerous.

Are condoms available in your community? Find out where people can get condoms, how much they cost, and which brands do not break very often. Find out if kids are allowed to buy condoms. Share this information with adults, youths, and children.

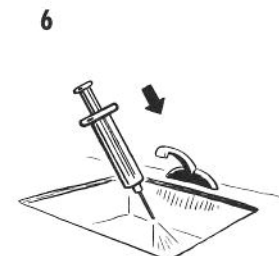
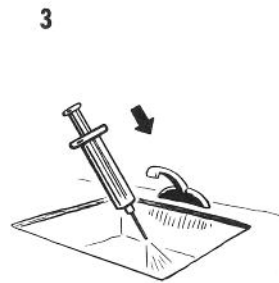
## **DRUG USE, BLOOD, AND AIDS PREVENTION**

We can protect ourselves against AIDS by not putting “dirty” needles into our bodies. If we have to take medicine or drugs by using a needle (injecting), the needle must be clean.

Nurses and other health workers know how to clean needles. They “sterilize” needles by boiling, heating, or steaming them. “Sterile” needles are so clean that the AIDS virus cannot live on the needle. You may always ask nurses and doctors to use clean, “sterilized” needles.



Needles can also be cleaned by washing them out with bleach. Fill the syringe with bleach and empty it. Do this three times. Then fill it with water and empty it. Do this three times. These steps are very important, and must be followed in order to make sure that the needle is clean. These drawings show you how to clean needles:



## **BLOOD AND AIDS PREVENTION**

Sometimes, in medical emergencies, a sick or injured person is given the blood of another person. This is called a blood transfusion. Blood transfusions can save lives. But it is important that the blood is not infected with the AIDS virus. If you do not receive blood that has the AIDS virus living in it, you will not get AIDS from blood. In some parts of the world, health centres and hospitals use only blood that does not have the AIDS virus.

If you or a friend needs to go to a hospital or health centre, try to go to a place where blood is tested for the AIDS virus. If the blood has not been tested, you may refuse it and go to another health centre or hospital. You can also get a family member or friend who is not infected with AIDS to donate the needed blood.

### **8. Can anyone get AIDS?**

Yes, but it is not easy to get AIDS. People can get AIDS only if the semen, vaginal fluids, or blood from a person with the AIDS virus enters their bodies.

### **9. Is AIDS a disease that only homosexuals and drug users get?**

No. Anyone can get AIDS. There are no specific groups of people who are the only ones that can get AIDS.

**10. How long can the AIDS virus live in your body before you know that you have it?**

Many months or even years can pass before you know that you have the AIDS virus.

**11. How do you know if you have the AIDS virus?**

People who think that they might have the AIDS virus can visit a doctor and be tested for the AIDS virus. This test will let you know if the virus is in your body.

In some places, drugs are available that help to slow down the progress of the infection. Getting tested and receiving proper treatment could help extend the life of a person with AIDS.

**12. What can you do if you have the AIDS virus?**

Talk to doctors and other health professionals about receiving medicine that can slow down the progress of the infection. You might also want to meet with other people with AIDS.

**13. Can you get AIDS from kissing?** No.

**14. Can boys get AIDS?** Yes.

- 15. Can girls get AIDS?** Yes.
- 16. Can men get AIDS from men?** Yes.
- 17. Can men get AIDS from women?** Yes.
- 18. Can women get AIDS from men?** Yes.
- 19. Can children get AIDS from adults?** Yes.
- 20. Can women get AIDS from women?** Yes.
- 21. Can girls get AIDS from girls?** Yes.

**22. What can you do if someone you know has AIDS?**

People with AIDS need your support. They need to be cared for. Some people may want to blame a person with AIDS for having the disease. You might want to explain that anyone can get AIDS. People with AIDS are our friends, our brothers and sisters.

Help them, care for them, and support them. People with AIDS need to be with friends and other nice people.

## 23. Can we get AIDS from:

Hugging?	No.
Holding hands?	No.
Touching?	No.
Tears?	No.
Coughing?	No.
Insects?	No.
Animals?	No.
Toilets?	No.

## 24. What is AIDS?

THIS INFORMATION IS INTERESTING, BUT YOU DO NOT HAVE TO KNOW ALL OF IT.

This infection is called AIDS because the four letters A – I – D – S tell us about the infection.

- A** — is the first letter of the word “Acquired”.  
Acquired means “to get from”. You can get AIDS from other people. AIDS can be “acquired” from other people.
- I** — is the first letter of the word “Immune”.  
Immune means “protected”. Your body protects you from some diseases. You can be “immune” from some diseases.
- D** — is the first letter of the word “Deficiency”.  
Deficiency means “not enough” or “lack of”. You may not have enough protection from some diseases. Your body can have “Immune Deficiency”. “Immune Deficiency” means that your body does not have enough protection against some diseases.



**S** — is the first letter of the word “Syndrome”.

Syndrome means “a group of signs or symptoms that usually appear together”. When an illness attacks your body and has different signs or symptoms, it is called a “Syndrome”.

The **AIDS** virus has another name that you may hear some people use. It is also called **HIV**. The three letters **H - I - V** tell us about the virus.

**H** — is the first letter of the word “Human”.

Human means “person”. Humans are people. You can get **AIDS** from other people.

**I** — is the first letter of the word “Immuno-deficiency”.

Remember, “immune” means “protected”. “Deficiency” means “not enough” or “lack of”. “Immuno-deficiency” means not enough protection.

**V** — is the first letter of the word “Virus”.

A virus is like a very small animal. It is so small we cannot see it. When a virus gets into our body, we can get sick.

**HIV** is a different name for the **AIDS** virus. The **HIV** causes **AIDS**.

- **AIDS** is caused by a virus. A virus is like a tiny living animal.
- When the **AIDS** virus is in your body, it attacks white blood cells. White blood cells usually protect your body and fight against diseases.
- **AIDS** can destroy white blood cells for many years.
- When **AIDS** destroys most of the white blood cells, your body is very weak. All kinds of diseases can easily attack your body and you can die.

**Here is a simple way to explain what the AIDS virus does to your body:**

“Your blood is full of millions of little soldiers that fight diseases. These are called white blood cells. They kill germs and viruses that get into your body.

“The AIDS virus attacks the blood’s soldiers and kills them. When the AIDS virus has killed most of these white blood cells, other viruses and germs invade the body. You become sick with AIDS. The AIDS virus never leaves your body. It continues to kill the body soldiers. You become weak and then you die. Many months or years can pass before you die.”

## ANSWERS TO OTHER QUESTIONS

You will probably be asked many questions about AIDS. The *Karate Kids* cartoon and this book do not contain all of the available information about AIDS.

The answers to some questions are not in this book. If you have other questions, you may want to contact a health worker or a doctor. You might also want to contact someone at your local Ministry of Health. Many government health departments or ministries now have a National AIDS Committee that may have useful information. Many non-governmental organizations may also have health and AIDS information for you.

## FOUR

# THE MOST IMPORTANT MESSAGES

The *Karate Kids* cartoon is a story about young people and AIDS. Karate and his girlfriend, Rosa, tell the other kids about AIDS. Both Rosa and Karate share important information about AIDS with all of us. When you are talking about AIDS with young people, you might want to repeat some of these messages:

1. 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."

2. Mario asks:

"But how do you know *that* man has AIDS?"

Karate answers:

"There is no way to know."

3. Mario says:

"He looks okay to me."

Karate answers:

"He looks okay, but some people carry AIDS inside them for many years before they start to look sick."

4. Karate says:

"Anyone can get AIDS from sex. Anyone! So we must all protect ourselves and protect our friends."

5. The children are scared of getting AIDS from Mario. They say:

"Mario can't live here anymore. We don't want to get AIDS from him."



Karate says:

"No. Mario stays here. He's our friend, and he needs us. No one can get AIDS from just touching him."

6. Karate says:

"Condoms are good. They can protect us from AIDS. A condom can stop AIDS passing from one person to another."



7. Rosa says:

"AIDS can come from sex. So, when Karate and I make love, he always uses a condom. This way, we protect each other from AIDS."

8. Rosa says:

"Anyone you meet might have AIDS, so we must all protect ourselves and our friends."





**TALKING  
ABOUT  
AIDS  
PREVENTION**

The Karate Kids help us to talk about AIDS prevention. People who have seen the cartoon remember some of the characters, like Karate, Mario, and Rosa. We also want people to remember the most important messages.

One good way to talk about these messages is to ask kids to tell the *Karate Kids* story in their own words. If important parts of the story are not mentioned, other kids can add the missing information.

When the group is talking about the story, you can ask them about how to protect ourselves against AIDS.

Remind them that AIDS is a serious problem, and together we need to look for solutions.

Since having sex is the most common way to get AIDS, you could have a discussion about sex and AIDS prevention.

Here is an example:

What can we do?

1. Use condoms.
2. Don't have sex.
3. Have some sex, but not fucking.

The group can talk about each of these three possibilities.

For example: Use condoms.

- Has anyone tried condoms?
- How was it?
- What happened?
- What problems are there with condoms?
- What would make it easier to use condoms every time?
- Where can we get condoms?

You might also want to have some of the kids act like the Karate Kids and talk about condoms to the group.

You might even have kids go to a local store or pharmacy to buy condoms. When they come back, they could practise putting condoms on their fingers, on a soft-drink bottle, or on a banana.

The group could also talk about not having sex, or only some types of sex.

If shooting drugs is common in your community, you could talk about AIDS prevention and drug use. If you know kids who tattoo each other, you could also talk about blood-to-blood AIDS infection.



**REMEMBER:** We are like Karate. As educators and leaders, we need to talk with kids about how to protect themselves against AIDS. Kids listen when we use words they know and use.

## SIX

# EXPLANATIONS OF WORDS AND IDEAS

Some words and ideas that you may see or hear when learning about AIDS are explained here. You probably know many words from your community that can be used when talking about AIDS. Write the words that adults and children in your community use and know in the blank spaces provided on pages 44 and 45.

**AIDS** — The letters A-I-D-S stand for Acquired Immune Deficiency Syndrome. AIDS is an infection that causes death. AIDS makes your body unable to protect you against all kinds of diseases.

**CONDOM** — A sheath made of thin latex rubber or animal material that can be used to cover the penis to prevent semen from touching another person. A condom looks like a balloon.

Only condoms made from latex protect you and your partner against AIDS.

**CURE** — To make healthy again. If you are sick, a cure makes you better.

**FLUID** — Liquid. Semen and blood are fluids. *See also* Vaginal Fluids.

**HIV** — The letters H-I-V stand for Human Immuno-deficiency Virus. HIV is the virus that causes AIDS. It is also called the AIDS virus.

**IMMUNE** — Protected against a disease.

**INFECTION** — An attack against the body by a virus, a tiny animal, that can cause sickness.

**NEEDLES** — Instruments that are used to inject drugs into the body or to pierce the skin, as in tattooing.

**SEMEN** — The liquid that comes from a man's penis when he has sex or masturbates.

**SEXUAL INTERCOURSE** — Making love, having sex, fucking.

**STERILE** — If something is sterile it is very clean. It is so clean that a virus cannot live on it.

**TRANSFUSION** — When blood is taken from one person's body and put into another person's body.

**VAGINAL FLUIDS** — The liquid that comes from a woman's vagina.

**VIRUS** — A very small animal that causes diseases.

In the blank spaces on this page, it may be useful to write words and ideas related to AIDS that you and your friends use. If you use these "street words" when talking about AIDS, the kids will probably understand more easily, and feel that you are reaching out to them in their own terms. They will be more likely to speak and question more openly, with greater trust. If anyone is offended by these words, help them understand that they are part of the children's language. They are no more "dirty" or "clean" than the so-called respectable terms. If we want children to listen and respect our suggestions, we must listen to them and respect their language.

Condom: *rubber, shield, safe*

---

Needle: *syringe, works, stick*

---

Penis: *cock, prick, member, dick*

---

Rectum: *anus, asshole, arsehole, bum*

---

Semen: *cum, jiz, love juice*

---

Sexual Intercourse: *fucking, making love, having sex, doing it, rub-a-dub, screwing, jacking, the wild thing, rocking and rolling*

---

Vagina: *cunt, pussy*

---



## **APPENDIX A**

# **ADDRESSES OF ORGANIZATIONS**

If you want to receive more information about AIDS prevention, you can write to these organizations:

### **ABIA**

Rua Lopes Quintas 576  
CEP 22460  
Rio de Janeiro, Brazil

### **AIDS Bureau**

London School of Hygiene and  
Tropical Medicine  
Keppel Street  
London NW1 4NS  
United Kingdom

### **AIDSCOM**

Academy for Educational  
Development  
1255 23rd Street, N.W.  
Washington, D.C.  
20037 U.S.A.

The AIDS Prevention Unit  
International Planned  
Parenthood Federation (IPPF)  
P.O. Box 759, Inner Circle  
Regent's Park, London  
NW1 4LQ  
United Kingdom

## AIDSTECH

Family Health International  
P.O. Box 13950  
Research Triangle Park  
Durham, North Carolina  
27709 U.S.A.

The American Foundation for  
AIDS Research (AmFAR)  
1515 Broadway  
Suite 3601  
New York, New York  
10036 U.S.A.

Appropriate Health Resources  
and Technologies Action  
Group (AHRTAG)  
1 London Bridge Street  
London SE1 9SG  
United Kingdom

International Planned  
Parenthood Federation (IPPF)  
Western Hemisphere Region  
902 Broadway  
New York, New York  
10010 U.S.A.

International Society for AIDS  
Education  
School of Public Health  
University of South Carolina  
Columbia, South Carolina  
29208 U.S.A.

The Johns Hopkins University  
School of Hygiene and Public  
Health  
Center for Communication  
Programs  
527 St. Paul Place  
Mt. Vernon Centre  
Baltimore, Maryland  
21202 U.S.A.

League of Red Cross and Red  
Crescent Societies  
AIDS Unit  
P.O. Box 372  
1211 Geneva 19  
Switzerland

Ligue nationale française contre  
les maladies vénériennes  
Institut Alfred-Fournier  
25, boul. Saint-Jacques  
F-75014 Paris  
France

The Names Project  
P.O. Box 14573  
2362 Market Street  
San Francisco, California  
94114 U.S.A.

National Council for  
International Health  
1701 K Street N.W., Suite 600  
Washington, D.C.  
20096 U.S.A.

Pan American Health  
Organization (PAHO)  
525 Twenty-Third Street N.W.  
Washington, D.C.  
20037 U.S.A.

The Panos Institute  
8 Alfred Place  
London WC1E 7EB  
United Kingdom

Rädda Barnen (Swedish Save  
the Children)  
Box 27320, S-102 54  
Stockholm, Sweden

The Royal Tropical Institute  
(KIT)  
AIDS Co-ordination Bureau  
63 Mauritskade  
1092 AD Amsterdam  
The Netherlands

UK NGO AIDS Consortium for the  
Third World  
Three Castles House  
1 London Bridge Street  
London SE1 9SG  
United Kingdom

UNICEF  
AIDS Project  
UNICEF House  
3 United Nations Plaza  
8th Floor  
New York, New York  
10017 U.S.A.

The World Assembly of Youth  
(WAY)  
Ved Bellahøj 4  
2700 Brønshøj  
Copenhagen, Denmark

The World Health Organization  
(WHO)  
Global Programme on AIDS  
1211 Geneva 27  
Switzerland

**IMPORTANT  
LOCAL  
INFORMATION**

This page can be used to record information about health and AIDS prevention. Make a note of the names, addresses, and telephone numbers of people and organizations in your area that may be useful in supplying information about AIDS.

Name of organization or ministry/department

---

---

Address

---

Telephone number

---

## KARATE KIDS

Name of organization or ministry/department

---

---

Address

---

Telephone number

---

### WHERE CONDOMS ARE AVAILABLE

Name of pharmacy, health centre, or programme

---

---

Address

---

Name of pharmacy, health centre, or programme

---

---

Address

---

## IMPORTANT LOCAL INFORMATION

Name of pharmacy, health centre, or programme

\_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

### PEOPLE CONCERNED ABOUT AIDS

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone number \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone number \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone number \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone number \_\_\_\_\_

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## NOTES







**KARATE** says:

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

The information in this book, with your help, can save lives. It is very important for children who live in cities – especially those who work or even live in the streets.

The *Karate Kids* Book is for street health educators, and for anyone who wants to show the Karate Kids cartoon to young audiences. It will help you answer the questions that children and adolescents will ask when they see the cartoon.

Read this book before you show  
the *Karate Kids* cartoon  
to others.



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