

Thare Machi Education DVDs aim to inform and educate the viewer on a range of important topics that can help improve their own lives, and the lives of others around them. Using instructive images and a narrator, they give short, 20-minute lessons, which cover the basics of each topic as well as causes and prevention. The viewer is able to test themselves in between lessons with a question and answer session using the arrow buttons on the DVD player and at the end of the DVD with an interactive quiz. The DVDs are accessible to anyone. The viewer does not need to be able to read or write; they just have to listen to the instructions in their own language and press the simple-to-use buttons on the DVD player.

[Avoiding Malaria](#)

Avoiding Malaria raises awareness of the dangers of malaria and the shocking fact that many die from it every year. With immediate treatment and more information, lives could be saved. The disease can affect anyone, with pregnant women and children most at risk. The DVD covers the causes and symptoms of malaria and when people are most at risk of getting it. The DVD also informs the viewer on how to prevent malaria, emphasising the importance of bed nets and insecticides. Preventing mosquitoes breeding can also drastically reduce cases of malaria. The DVD gives vital and informative information on how to prevent malaria, as well as how to recognise the symptoms of it and what to do if you or someone you know contracts it.

[Basic Hygiene](#)

The Basic Hygiene DVD stresses to the viewer the importance of keeping themselves, their children and their home clean and gives advice on how to achieve this. Poor hygiene is the basis of illnesses spread through germs so it is important for the viewer to learn how to maintain good hygiene. The washing of hands with soap and water is the basis of good hygiene and viewers are taught to encourage their children to do the same. The lesson teaches about toilet hygiene, food preparation, child and baby hygiene and how to keep houses clean. The DVD also covers safe drinking water and gives advice and tips on how to obtain it. The viewer is taught the basics of good hygiene and how vital it is to prevent the spread of germs and disease.

[Becoming a Man](#)

This DVD teaches boys and young teenagers about the physical and emotional changes they will go through to become a man. The lesson discusses how their body will grow and change and how their feelings and behaviour may become different. The lesson aims to teach the viewer what is normal and that the changes are all part of a natural process, so they shouldn't be worried or embarrassed. The DVD looks at the topics of circumcision, contraception and sex as well as the importance of good hygiene. The DVD aims to teach about the changes that happen during puberty so the viewer is prepared and ready for them. The viewer is advised to talk to an older relative or friend if they have any concerns.

[Becoming a Woman](#)

This DVD teaches girls and young teenagers the physical and emotional changes that they will go through to become a woman. The viewer is taught how their body will change shape and how their feelings and emotions may change. The lesson teaches about menstruation and how it is a normal and natural process that shows your body is capable of having a baby. Also discussed is the importance of good

hygiene. The lesson also teaches about sex and how to avoid pregnancy and catching sexually transmitted diseases. The viewer is taught to ensure they are ready to have sex and are not pressured into it. The DVD teaches that all changes are normal and natural and can differ from girl to girl. The viewer is advised to confide in a friend or family member if they have any concerns or problems.

[Bednets Can Save Lives](#)

This DVD complements the Thare Machi Education lesson on Avoiding Malaria. This lesson raises awareness of malaria and its symptoms and also how to prevent against it. The viewer is taught how malaria is spread by mosquitoes and how to protect themselves by using a bed net. Mosquitoes are most active at night so bed nets are a vital way to protect against them. The viewer is taught the importance of using a bed net every night and ensuring it covers the whole bed. The DVD also teaches the importance of looking after a bed net by treating it with insecticide and repairing it if it becomes damaged.

[Beware of Landmines](#)

This DVD teaches the dangers of landmines and how they can cause serious injury and often death. Landmines are particularly dangerous as they are often hidden underground, so are not easily visible. The viewer is taught never to touch or pick up a landmine and that it is important they teach their children not to do so as well. The lesson teaches that Landmines can range in size and shape but are always very dangerous; the viewer is shown different examples of them. The lesson advises the viewer what to do if they come across a landmine site and how they must stay calm and get immediate medical help if a landmine explodes. The DVD raises awareness of the dangers of landmines and teaches the viewer to always avoid them to keep themselves and their families safe.

[Breastfeeding](#)

This DVD educates the viewer on the importance of breastfeeding. Breastfeeding is vital in a child's growth and can help protect them from illness as well as create a bond between a mother and her child. The DVD teaches mothers how to breastfeed and how often, and also when to start and finish breastfeeding a child. The viewer is also advised how to breastfeed if they have HIV or TB; alternative methods such as powdered milk are suggested. The main lesson is how important breastfeeding is and how it is the best thing for both the mother and the baby.

[Caring For Someone With AIDS](#)

The Caring for someone with AIDS DVD is one of several on the subject of HIV/AIDS in the Thare Machi Education collection. The DVD focuses on the role of friends and families of AIDS sufferers and teaches them how to support and care for their loved one. The DVD teaches about the illness and how it is spread, so the friends and family members can keep themselves safe. The lesson aims to break down common misconceptions about AIDS, such as that it can be spread through the air or by human contact. The DVD also aims to break down prejudices against AIDS sufferers who are often chased out of their communities or blamed for their illness. The viewer is taught to help a person with AIDS, firstly by accepting them, as well as trying to support and care for them. The DVD advises friends and family to talk to an AIDS sufferer and help them prepare for the future, both emotionally and financially. The viewer is also taught how they can help someone in the short term by helping them to stay strong by eating healthily, drinking clean water and taking any necessary

medication. The DVD educates the viewer on the illness and its causes, as well as how to support those with the disease.

Cholera

This DVD raises awareness of the dangers of cholera, which if left untreated can be deadly. The DVD teaches the causes of cholera and how to treat it, as well as advice on how to prevent it. Cholera is caused by germs and can spread through communities quickly. It is important that someone with cholera drinks plenty of clean liquids and does not contaminate food or water, which would allow the illness to spread. The viewer is taught the symptoms of the illness such as diarrhoea and dehydration so they can identify it as quickly as possible and get the medical help that they need. Cholera can also be treated at home; the DVD teaches how to make a simple rehydration mixture using water, sugar and salt. Prevention is very important and the viewer is taught four simple steps that can reduce the risk of them getting the illness.

Dangers of Alcohol

This DVD teaches that, although drinking alcohol is a common social activity, drinking too much and too often can cause serious harm to yourself and those around you. The viewer is taught the effect too much alcohol has on the body as it can slowly damage the different organs and can cause death. It is particularly dangerous for pregnant women to drink alcohol as it can have an effect on their unborn child's health. The lesson teaches the dangers of trying to drive, operate machinery and look after children under the influence of alcohol as it slows down reactions and can cause someone to put their own life or others lives in danger. The viewer is taught the dangers of how alcohol can change a person's behaviour and cause violence or depression. The lesson teaches to drink alcohol in moderation as it is expensive and harmful to your health and can cause harm to those around you.

Dangers of Smoking

This DVD teaches the dangers of smoking and the effects it can have on a person's health and the health of those around them. The lesson teaches how smoking can cause cancer, strokes and infertility. It also teaches the importance of not smoking when pregnant and around children as it can affect their health as well. The DVD encourages the viewer not to start smoking due to peer pressure and to avoid passive smoking. The viewer is encouraged to stop smoking and told how it can help reduce the risk of illness as well as allow them to have more money and lead a healthier lifestyle.

Diarrhoea

The Diarrhoea DVD raises awareness of the seriousness of the illness, which results in many children's deaths each year. The viewer is taught the dangers of germs and how vitally important toilet hygiene and washing hands with soap and water is in preventing the spread of germs. Diarrhoea is particularly dangerous for children as they lose water quicker than adults and without proper care diarrhoea can lead to other illnesses such as malnutrition. The DVD is a useful guide for parents to help prevent their child from getting diarrhoea and how to treat them if they do. The viewer is taught the importance in keeping their child's fluid levels up by extra breastfeeding if they are young enough, or providing them with lots of clean drinking water. The DVD focuses on how to make a simple rehydration mixture, which can be fed to a child. The viewer is taught the quantities of the mixture and how much and for how

long the mixture should be given depending on the child's age. The lesson advises the viewer to take their child to a health clinic if symptoms persist or get worse.

[Having an HIV Test](#)

The Having an HIV Test DVD is one of several on the subject of HIV/AIDS in the Thare Machi Education collection. HIV is a very serious incurable disease; this DVD teaches the importance of getting tested to prevent the spread of it. HIV tests are very simple and require only a blood or a saliva sample. The viewer is taught how easily HIV can be passed on, especially during the first few stages of the illness, before it has been detected. The DVD advises the viewer to get tested at their local health clinic, as well as what to do if they find out they are HIV positive. If a person is HIV positive, they are taught how to take necessary precautions to stop the spread of HIV, as well as the importance of getting the medical help they need.

[Healthy Eating](#)

This DVD teaches which foods are good for your health to enable the viewer to keep themselves and their family healthy. The lesson emphasises the importance of a mixed diet, as many people are reliant on maize or rice as their only food. The lesson covers the different food groups and how each one can provide the body with nutrients in order to keep it strong and protected as well as give a person energy. The viewer is also advised which foods to avoid, such as sweets and fizzy drinks, to help them maintain a healthy weight. The DVD teaches that small changes to a person's diet can make a difference and help protect them and their families from illness.

[High Blood Pressure](#)

This DVD raises awareness of the dangers of high blood pressure and how it can cause strokes and heart attacks. The viewer is taught how blood pressure is measured and the average measurement for a healthy adult. The viewer is encouraged to find out if they have high blood pressure and taught how important it is to take immediate action to lower it. The lesson teaches how to lower blood pressure by exercising and eating healthily and it gives advice on the best ways to do this. If necessary medicines can also help lower blood pressure, as without treatment high blood pressure can cause damage to other areas of the body.

[HIV/AIDS](#)

The HIV/AIDS DVD is our general overview lesson on this important subject. It informs the viewer of the seriousness of the HIV virus and the ways in which it is spread. Although it is incurable, it is important to stop the spread of HIV through education and prevention. The viewer is shown ways of doing this, such as the use of contraception and the sterilising of razors and syringes. The DVD helps to break down some of the common misconceptions about HIV and AIDS, in particular how it can and cannot be passed on. One of the points the viewer is taught is the importance of informing their children about HIV and AIDS. Children are just as much at risk as adults, especially unborn babies, who can contract the virus from their mothers. Education and information are vital in stopping the spread of this very serious disease.

[HIV/AIDS: A Guide For Children](#)

The HIV/AIDS: A Guide For Children DVD explains to children that having HIV needn't change their lives completely. They can still hug and kiss their family and friends, go to school, and play and have fun with their friends as normal. The DVD

dispels commonly held myths about how HIV can and cannot be transmitted. It teaches that you cannot catch HIV by sharing cups, spoons, clothes, toys or living in the same house, but stresses the importance of covering cuts and wounds and not touching syringes, needles or razor blades. The DVD emphasises that those with HIV/AIDS are not bad people, though others may not understand this and be cruel or unkind. The importance of antiretroviral medicine, blood tests and health clinics is stressed. Talking about HIV/AIDS with others particularly after bereavement is suggested, as is the caring for a relative with AIDS. The whole lesson demonstrates audiovisually that a child with HIV may sometimes feel ill, but the child can still have fun and play with friends. The DVD tries to make the child feel as normal as possible.

[How to Take Your HIV Medicine](#)

The How to Take Your HIV Medicine DVD describes how the HIV virus attacks the body's defences, and discusses when antiretroviral medication (ARV) needs to be started. The DVD emphasises that although medicines kill the virus, they do not completely cure HIV, and lifelong treatment is essential. The importance of CD4 blood tests is stressed, and the role of the health worker in the clinic is re-inforced as the best source of information. The viewer is taught that the medicine must be taken regularly and even missing one day may allow resistance to the ARVs to develop. The DVD informs the viewer that three different medicines will need to be taken which may be in a combined tablet. The possibility of drug interactions and adverse effects with antiretrovirals is raised. The lesson finishes with a video of a healthy-looking person with HIV and it is emphasised that she has taken the medicine every single day, achieved a low CD4 count and must take the medicine for the rest of her life.

[Human Trafficking](#)

This DVD raises awareness of human trafficking and teaches the viewer how to protect themselves against it. Human trafficking is illegal and causes many people to be forced away from their homes, to work long hours in poor conditions. Anyone can be a victim of human trafficking, especially children who are most vulnerable. The lesson teaches how traffickers acquire their victims often through false advertisements or by kidnapping or bribery. Human traffickers work by controlling their victims, making them dependent upon them. They take them away from their homes and families, often making them break the law or force them to take drugs or work in prostitution. The lesson teaches the viewer to be wary of anyone who offers them a new life. They are taught to protect themselves by asking questions and staying alert and gaining as much information as possible. The DVD advises the viewer to raise awareness of human trafficking and what to do if they or someone they know becomes a victim of it. Where possible a helpline number is given at the end of the lesson, so that victims in some areas have a point of contact if they have concerns about human trafficking.

[Immunisation](#)

This DVD teaches mothers how vitally important it is to immunise their children. Getting their children immunised at a young age can prevent life threatening diseases such as measles and polio. Mothers are taught that alongside breastfeeding, immunisation is crucial in protecting their children and keeping them healthy. The DVD shows how immunisations are given, as well as what side effects to expect and what to do if a child becomes ill after being immunised. The lesson

teaches how all children must be immunised and it is important that, if an immunisation is given as a series of injections, they must complete the whole series.

[Living With HIV](#)

This DVD is one of several on the subject of HIV/AIDS in the Thare Machi Education collection. It teaches how HIV is spread, how to prevent it and how to cope if you have the disease. HIV is most commonly spread through unprotected sex and the DVD emphasises the importance of using contraception even if both partners have HIV. The disease can also be spread from a mother to her baby and through contact with HIV infected blood. The viewer is advised to visit their local health centre and get tested if they have any concerns. The lesson teaches how to cope with HIV by confiding in someone and also by ensuring the person with HIV stays healthy through eating good food and drinking clean water. Although HIV is incurable, a sufferer can take medicine to help fight off other illnesses which might attack their weakened immune system. One of the main lessons the viewer learns is that it is still possible to lead a normal life and earn a living even if they have HIV. Discussing and raising awareness of HIV is a vital way of ending discrimination and common misconceptions about the disease.

[Looking After Your Teeth](#)

This DVD teaches the importance of looking after your teeth to avoid getting infections or diseases. The viewer is taught how to keep their teeth and gums healthy by avoiding sweets and fizzy drinks and by eating lots of fruit and vegetables. It is also important for them to brush their teeth daily and teach their children to do so as well. The lesson shows the viewer how to make their own toothbrush and dental floss if these items are not available. The DVD advises the viewer to seek immediate medical help if they are in pain or have any problems with their teeth.

[Making Compost](#)

This DVD teaches the viewer how to make compost to provide a natural fertiliser to help their crops grow better. Compost can be easily and inexpensively made using natural resources. The DVD teaches how to make it using a mixture of natural materials including leaves and animal manure. The lesson teaches where to build a compost pile and the conditions to keep it in to create the best possible compost. Compost is an invaluable part of growing good crops and the DVD provides straightforward instructions on how to make it.

[Planting Trees is Good!](#)

This lesson teaches why trees are useful and how to plant trees to ensure a community does not run out of trees in the future. It is important to learn about trees as they are a cheap way of providing food and shade for animals. They are also useful in agriculture as their roots can help prevent flooding and they can improve soil conditions. The DVD teaches the viewer the different parts of a tree and how they function. The lesson emphasises the importance of planting new trees when old trees are cut down to provide wood for building and cooking. The viewer is taught how to collect and prepare the seeds for planting. They are also advised when and where to plant the seeds and how to prepare the soil to create the best conditions for the seeds to grow in. The viewer is taught to monitor their trees and protect them from other plants and animals to ensure they grow.

[Safe Water](#)

This DVD teaches the importance of using safe water and how to obtain it. Unsafe water can be dangerous as it can cause illness and is particularly harmful to babies and young children. The lesson teaches the viewer to always get water from a clean, safe source such as a pipe or a pump, rather than an open pool. If they do not have access to a safe source the viewer is taught how to make their water safe by boiling it to kill off any germs. They are also shown a simple method of purifying water by letting it stand in a clear bottle or container in sunlight for a couple of days. The DVD teaches how to store water to ensure it stays safe and clean.

[Safer Sex For Teenagers](#)

This DVD teaches teenagers the importance of safe sex and how it can reduce the risk of HIV and sexually transmitted diseases. HIV and sexually transmitted diseases can be passed on through unsafe sex. The viewer is taught the importance of using contraception to prevent pregnancy and sexually transmitted diseases. The viewer is taught that not having sex is the best way to avoid sexually transmitted diseases. The lesson suggests that rather than having sex, teenagers can talk and kiss each other; sex is not the only way to be close with their partner. If a person does decide to have sex, the DVD teaches them to think it through carefully and ensure it is with someone they know and trust. At the end of the lesson oral and anal sex are briefly discussed. This is to address those in same sex relationships and because anal sex is particularly dangerous in terms of the risk of spreading sexually transmitted diseases. There is a modified version of this lesson available if specifically requested. This version is the same as the previous version, except that it omits references to oral and anal sex.

[Say No to Glue and Drugs](#)

This DVD teaches the dangers of glue and drugs and encourages the viewer to say no to them. The lesson teaches the viewer the long term effects drugs and glue have on the body that can lead to more serious illnesses and even death. Drugs and glue are particularly dangerous as they are addictive and can change a person's behaviour. They can make a person more at risk of having an accident or being vulnerable to abuse. Drugs and glue can also have an affect on a users family and their community, as well as ruining their education or career. Often there is no outside help available to people with this addiction, so the lesson teaches the viewer not to start taking drugs or sniffing glue. Instead it encourages the viewer to participate in other activities such as sport or music. If the viewer is addicted they are encouraged to seek help from their family and friends. They are taught to raise the awareness of the dangers of glue and drugs and help those around them to stay away from them as well.

[TB Can Be Cured](#)

TB kills one person every 15 seconds, even though it can almost always be cured with treatment and prevented if the right action is taken. The DVD informs the viewer of how TB is spread by germs in the air and the main symptoms of it. In the DVD the viewer learns the importance of getting medical help if they have any of the symptoms as well as what will happen at a health clinic and the type of treatment they will be given. The most important lesson is how the person must continue their treatment for the full 6-8 months as this will not only cure them of TB, but also prevent the spread of this highly contagious disease. The DVD teaches the importance of getting medical attention and continuing with treatment.

[TBA Skills - Pregnancy](#)

This DVD is aimed at traditional birth attendants and teaches them how they can help a mother through pregnancy to ensure a healthy birth. The DVD teaches about healthy eating which can help prevent disease and keep the pregnant mother's energy levels up. It is also important that pregnant women rest during the day and do not take on too much hard manual labour. The lesson teaches how to recognise signs of infections or illness and what actions to take to ensure the mother gets the medical help that is needed. Traditional birth attendants play an important role in the care of pregnant women so it is important they know how to care for them and advise them.

[When to Have a Baby](#)

This DVD teaches women how to reduce the risks involved in pregnancy and childbirth to ensure the mother and baby are both healthy. Although there will always be exceptions, the lesson advises women against having children before the age of 18 or after the age of 35. It also teaches the dangers of having more than four children and that they should wait at least two years between pregnancies to allow the body to fully recover. The DVD encourages them to go to their health clinic to get advice on family planning.

[You and Your New Baby](#)

This DVD aims to teach mothers about pregnancy, childbirth and how to look after their new baby. The viewer is advised to visit a health worker if they think they are pregnant and regularly visit a clinic right up until their baby is born. The lesson teaches pregnant women the importance of keeping themselves healthy, to ensure their baby stays healthy. Breastfeeding is essential for the first 4-6 months after childbirth, although other methods of feeding are also discussed later in cases where breastfeeding is not possible. It is important mothers provide their baby with several freshly prepared meals a day to help them grow bigger and stronger. The lesson also teaches how to care for a child if it becomes ill and how vital it is that a baby is immunised within the first year of its life.