

# *Stand Up* *Against* *Child Trafficking*

**PROTECT YOURSELF FROM SEXUAL  
EXPLOITATION, STDs, HIV/AIDS.**

A manual for promoting the sexual and reproductive health rights of victims of child trafficking in Cameroon.

# Foreword.

Victims of child trafficking and exploitation have often missed out from main stream HIV/AIDS education programs targeting young people in Cameroon. Coming from a background of deprivation and trapped in long hours of work, they often do not participate in other campaigns on sexual and reproductive health.

Considering the high rate of sexual exploitation to which most of them are subjected, these modern day slaves are at high risk of contracting STDs, HIV/AIDS and unwanted pregnancy!!

GLOWA has been active in counter child trafficking in the North West Region of Cameroon since 2006 and has offered professional rehabilitation to a good number of identified victims through an ongoing scheme.

This illustrated manual has been produced as part of this rehabilitation program that seeks to meet the professional, health, educational, psychosocial and information needs of victims of human trafficking. It is part of a process that pays great attention to the low educational level of most victims. It can be used by any person who wants to promote the sexual and reproductive health rights of the marginalized. It wants to inspire and engage all children trapped in sexual exploitation and/or long hours of exploitative work in their own protection from STDs, HIV and AIDS

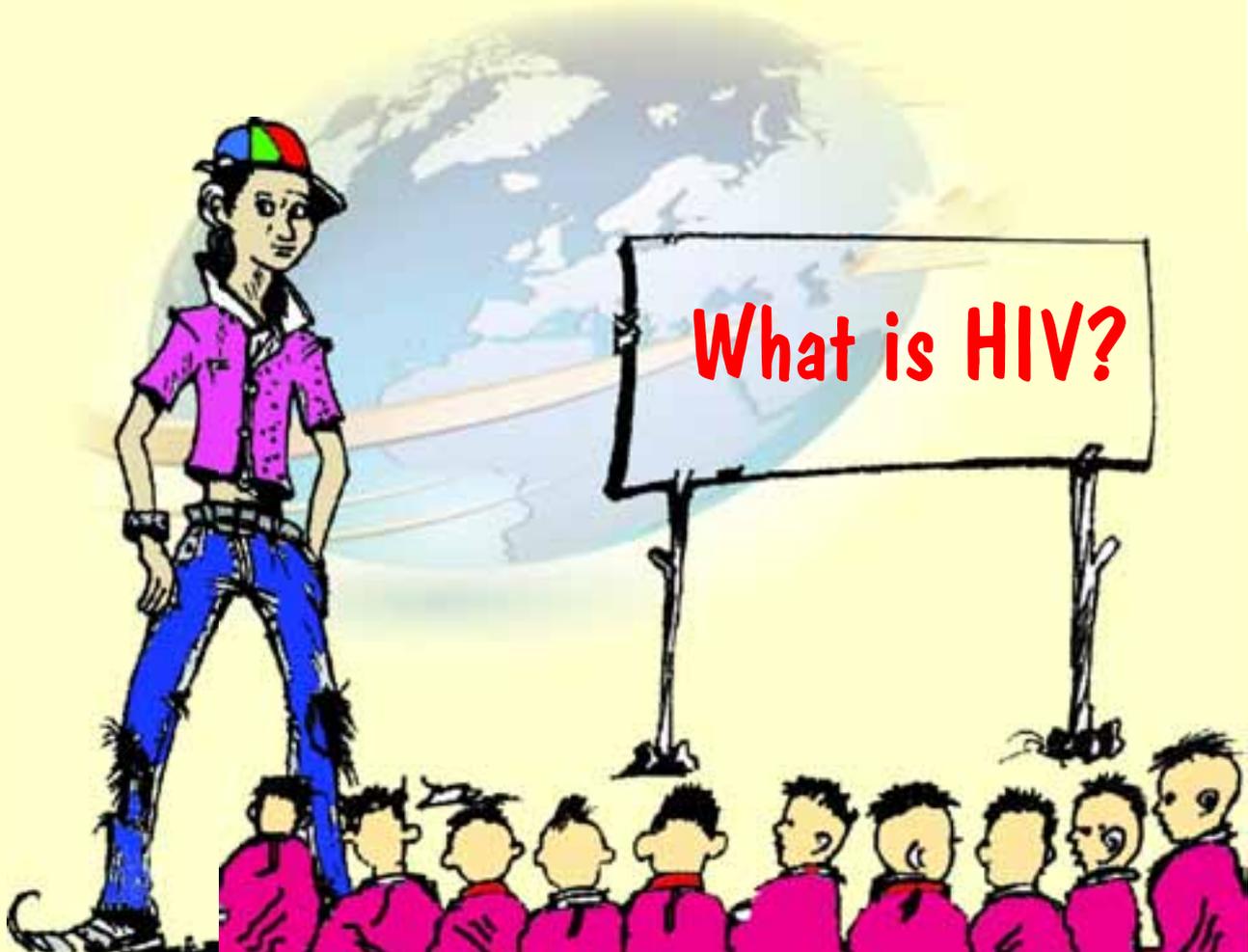
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# Definition of HIV:

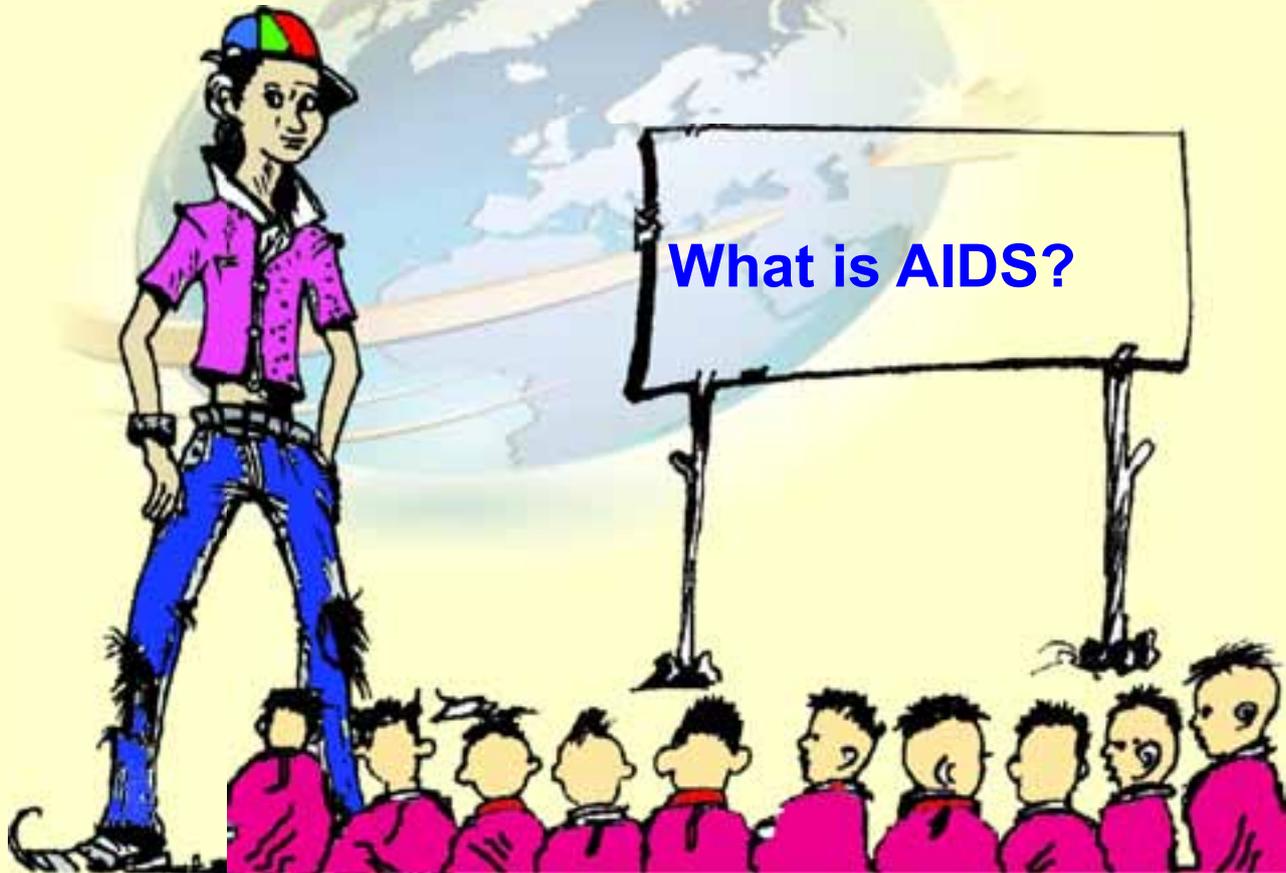


**H- Human:** This disease only affects humans

**I - Immunodeficiency:** It attacks and weakens the immune system  
*(It kills the body soldiers)*

**V - Virus:** It must have host to survive, therefore it is passed directly from human to human through very specific modes of Transmission.

# Definition of AIDS



**A - Acquired:** AIDS is developed, not something you can be born with

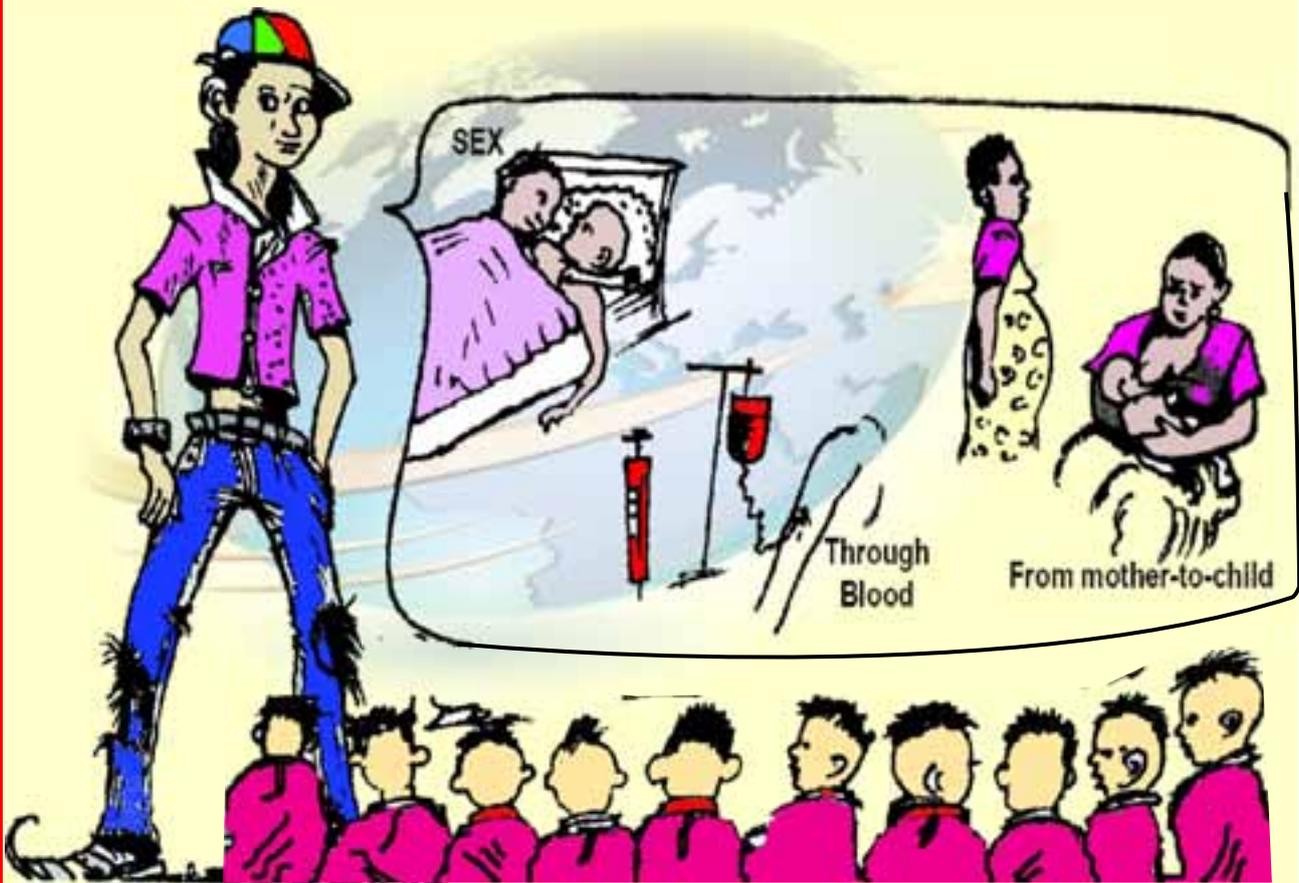
**I - Immune:** Immune system

**D - Deficiency:** It attacks and weakens the immune system

**S - Syndrome:** A syndrome is a collection of symptoms caused by the disease.

An HIV+person is defined as having AIDS when their CD4+count (testing the strength of their blood to fight against infection) drops below a certain number.

# How is HIV Transmitted?



*There are three modes of HIV transmission:*

\* **Sexual Transmission:** This can occur through any type of sexual contact.

\* **Sanguine:** (i.e. Blood transfusion, intravenous drug use, sharing of needles of any kind)

\* **Mother to Child**

\* During the process of birth

\* Through maternal milk.

# How can I protect myself against HIV?



## **Sanguine Transmission:**

Do not use intravenous drugs

Ensure that the needles used for injections are sterile and used only once.

## **Sexual Transmission:**

There are three ways to protect yourself: Abstinence, the use of condoms, and absolute fidelity with your partner(s) after you both have been tested for HIV.

If you cannot be sure that your partner(s) is faithful, make sure that you use condoms to protect yourself from HIV and other sexually transmissible infections, including unwanted pregnancies.

## **Mother to child Transmission**

If you are HIV+ and pregnant you can help keep your baby safe by taking a medicine before birth and by feeding your child with artificial breast milk through a feeding bottle. Otherwise the child has a high chance of becoming infected with HIV.



# How do I know when someone is HIV+?



You will not know unless they have been tested by medical professionals. People living with HIV can often appear very healthy.  
You may also know if the person discloses his/her status to you.

However, their immune systems are weakened and they are susceptible to sicknesses that, though normally might not be very serious, may be fatal if their bodies do not have the ability to fight back.

Just because a person looks healthy does not mean that s/he cannot transmit HIV.

Just because a person looks sick does not mean that s/he is HIV+.



## I fear that I have been exposed to HIV. What can I do?



If you can, take a trusted friend or relative with you. They can help support you no matter what the result of the test.

If you have any concerns, please contact GLOWA or any of the organisations listed in the resources page at the back of this manual. They will help you find a testing center, help you find someone to go with, and will help you find appropriate help.

# If I have been diagnosed with HIV-What do I do?



\* First of all, accept your status and accept yourself.

\* Remember that you are not alone and that there are people who can help you.

\* Living with HIV can be managed with the appropriate care-visit a doctor immediately to see what types of care you need.

\* Following your doctor's advice can keep you healthy and allow you to live a long life, even though you are positive.

\* Find a support group where you can meet with other people living with HIV, among them you will find the support and acceptance you need to grow stronger and you will also find solutions for dealing with stigma and discrimination against HIV.

# Why is it important to accept my HIV Status and make positive changes to my lifestyle?



- \* Denying your HIV status can be dangerous to your health and to the health of your sexual partner(s) and if you are a pregnant woman, to your child.
- \* Often when people deny their status, they allow the virus to become stronger and they shorten their own lives.
- \* Taking medicine to lower the amount of the virus in your blood can help to ensure that virus is not transmitted to your child; it will also keep you healthy and will help to prevent *opportunistic* infections.
- \* Practicing safe sex can save the life of your partner(s) and ensure that they do not become HIV+ as well!! Use a condom to ensure that you do not transmit the virus.
- \* It is also important that you follow the lifestyle recommendations of your doctor: exercise regularly, eat a healthy diet, and do not consume drugs or alcohol. This will help to keep you healthy.

# List of Resources

The following is a list of some resources within the city of Bamenda that can be accessed by those in need.

## COPAAP

Located at Mezam Polyclinic  
P. O. Box 450 Bamenda  
Tel: +237 7777 2827  
Email: [copaapcam@copaapcam.org](mailto:copaapcam@copaapcam.org)

## Women in Action Against Gender Based Violence (WACameroon)

Opposite Ntarikon Market  
P. O. Box 17 Bamenda Mankon  
Tel: +237 7777 8305  
Email: [woact2000@yahoo.com](mailto:woact2000@yahoo.com)

## Cameroon Baptist Convention (CBC) Health Board

Mbingo Annex Hospital, Nkwen  
P. O. Box 1 Bamenda

## Justice and Peace Commission of the Archdiocese of Bamenda

Entrance to Bishops House, Cathedral  
Tel: +237 3302 7937 / 7767 7007

## Presbyterian Hospital

Acha Annex Church Center Bamenda  
Tel: 3636 3049

## RISCIG

Azeri Old Church Junction Bamenda  
Tel: +237 7576 3810  
Email: [divinefavour@yahoo.com](mailto:divinefavour@yahoo.com)

## Integrated Development Foundation (IDF)

Apt 401 NWCA Building Commercial Avenue Bamenda

## Association Camerounaise de Marketing Sociale (ACMS)

North West Regional Office Bamenda  
Located at Ben Kwenti Building  
Bamenda Food Market

## Contact GLOWA

Behind St Agnes, Sonac Street  
P. O. Box 13 Bamenda Mankon  
Tel: +237 3311 4609 (Office); +237 9957 1072; 702 44662 (Mobile)  
Email: [glowa21@gmail.com](mailto:glowa21@gmail.com)  
Web Site: <http://www.glowacameroon.org>

# About GLOWA

GLOWA is dedicated to combating human trafficking and the damages it creates in communities in Cameroon through awareness creation, rehabilitation, and advocacy. We believe that every child has the right to grow in an environment where s/he feels free, valued, and given the opportunity to maximize potentials without succumbing to domestic and sexual servitude. We aspire to build child-friendly and abuse-sensitive communities where children are empowered as claim holders and promoters of their basic human rights. We are committed to upholding these rights as a way of preparing future generations of Cameroonians to become productive citizens of society.

## Contact GLOWA

Behind St Agnes, Sonac Street  
P. O. Box 13 Bamenda Mankon  
Tel: +237 3311 4609 (Office);  
+237 9957 1072; 702 44662 (Mobile)  
Email: [glowa21@gmail.com](mailto:glowa21@gmail.com)  
Web Site: <http://www.glowacameroon.org>

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