

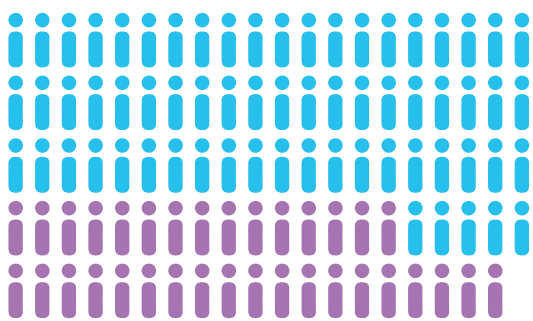


Getting to know the Khuluma participants

Khuluma was specifically set up to address the mental health and wellbeing needs of HIV positive adolescents.

Who are the Khuluma participants?

65 Males **34** Females



14-16 Years Old

17-20 Years Old



11-13 Years Old

Where are the Khuluma participants from?

Participants were recruited from two hospital-based clinics in Pretoria (Steve Biko Academic Hospital & Kalafong Hospital) and one in Cape Town (at Groote Schuur Hospital). These are all state-run hospitals. 15 participants from Cape Town and Pretoria, have been recruited as peer-mentors who will assist in running future groups.



62 participants from Kalafong Hospital



11 participants from Steve Biko Hospital



26 participants from Groote Schuur Hospital



Khuluma participants' backgrounds



40% of the adolescents indicated they had only recently discovered their HIV status (in the past 4 years)

75% of the adolescents were estimated to be infected perinatally



Over 80% of the participants were cared for by extended family or lived in a care home

60% of the adolescents had lost their father

FATHER
1973-2012

MOTHER
1975-2019

45% of the adolescents had lost their mother

45% indicated that the resources in their homes were 'just enough for basic needs' and one fifth did not have enough to meet their basic needs



About the Khuluma Groups

Participants were divided into groups of 10-15 people, based on their age, they were able to communicate amongst themselves and with a facilitator about a range of topics including HIV, stigma, relationships, general health and careers. Guest speakers were also invited to lead discussions on particular topics.

40,000 unique messages were sent

a maximum of **15 people** per support group

6 SMS's on average a day, per participant

groups run for a period of **3 months** each day, after school hours

