



Ministry of Health

# Safe Male Circumcision Discussion Set



## FACILITATOR'S GUIDE

This guide will help you use the **Safe Male Circumcision (SMC) Discussion Set** to provide basic information on the benefits of safe male circumcision. As the facilitator, please read through the entire guide before leading a discussion for the first time.

# Using the SMC Discussion Set

People learn best when they are participating in discussions, debates, role-plays and games. As VHTs, we cannot just tell people information. They will forget. We must plan activities that are fun and interactive so that they remember the information.

The **Safe Male Circumcision Discussion Set** helps you teach people about SMC in an interactive way. It has pictures to show the group and questions to discuss together. This guide is written in English, but you may need to talk to the group in a local language. Read the guide and think about how you will translate the ideas into the local language.

# PART 1. TRAINING CHECKLIST

Make sure you can answer YES to each question before beginning the session:

- Did you gather background information about the group you are going to train?
- Did you review this guide and the charts?
- Do you understand what to discuss for each chart?
- Do you have enough seats and space for the entire group?
- Do you have all the materials you need for the discussion?

## Outline of a training session:

1. Welcome and introductions (10 minutes)
2. Review of the session objectives (5 minutes)
3. Icebreaker (10 minutes)
4. Large group presentation and discussion of the charts (5 minutes per chart)
5. Break into small groups and answer the following (15 minutes):
  - “What are three things I learned today?”
  - “What is one action I will take as a result of this training?”
  - “What questions do I still have about the topic?”
6. Share small group discussions in the large group (15 minutes)
7. Conclusion (10 minutes)

## **PART 2. OBJECTIVES FOR THE TRAINING**

At the end of this session, participants will understand:

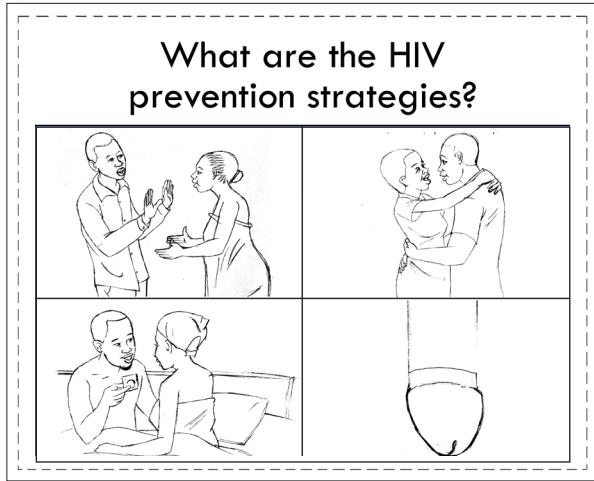
- How SMC helps prevent HIV among men.
- What sexual behaviors reduce the risk of HIV.
- How the SMC procedure is performed.
- What health benefits SMC provides.
- How to fully heal after SMC.
- Where to get SMC services.

## PART 3. THE DISCUSSION SESSION



### CHART 1: Safe Male Circumcision for HIV Prevention

- You can get SMC anywhere you see the SMC logo.
- You can also talk with a counselor about SMC anywhere you see the SMC logo.

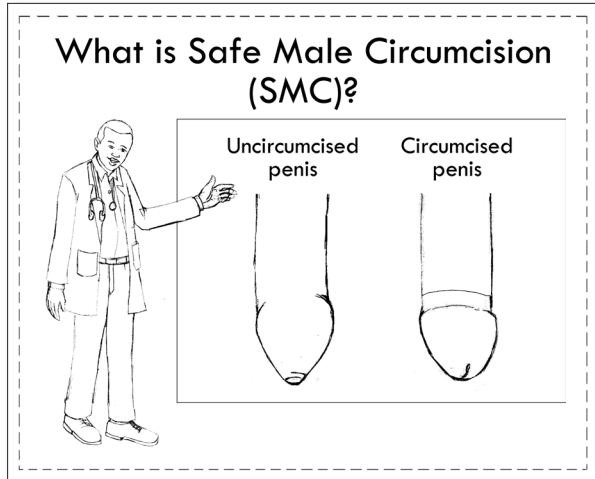


## **CHART 2: What are the HIV prevention strategies?**

- How can a person prevent HIV?
  - Abstain from sex to prevent getting HIV.
  - Be faithful to one partner to lower your risk.
  - Use condoms correctly every time you have sex to lower your risk.
- What are other ways to prevent HIV?
  - Go for HIV counseling and testing with your partner.
  - Seek treatment for any STIs.
  - Pregnant women must get tested for HIV to learn how to protect their babies from HIV.
  - Visit a health center within 3 days if you have been raped. You can receive emergency drugs called PEP.
  - Safe male circumcision (SMC) partially protects men from HIV. For full protection, you must also use condoms and stick to one partner or abstain.

### **Follow-up Questions**

1. How can you lower your risk of HIV infection?
2. How can a *man* lower his risk of HIV infection?
3. Why should you get tested for HIV with your partner?



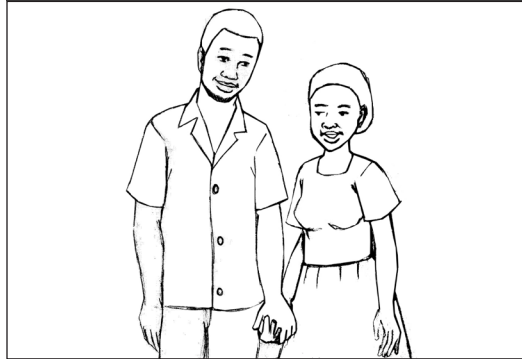
### **CHART 3: What is Safe Male Circumcision (SMC)?**

- Safe Male Circumcision (SMC) is the removal of the foreskin on the penis.
- SMC is done for medical reasons, not for cultural or religious reasons. SMC is done by a doctor or nurse.
- SMC takes place with proper medical tools, usually in a health facility or a mobile clinic.
- A health worker examines the man before SMC and makes sure that it is safe to do the procedure.
- A health worker gives an injection so there is no pain during the circumcision.
- The whole process takes about 30 minutes.

#### **Follow-up Questions**

1. What is the difference between SMC and other types of circumcision?
2. How does the health worker perform the procedure?
3. Where can you go to get SMC?

## What are benefits of SMC?



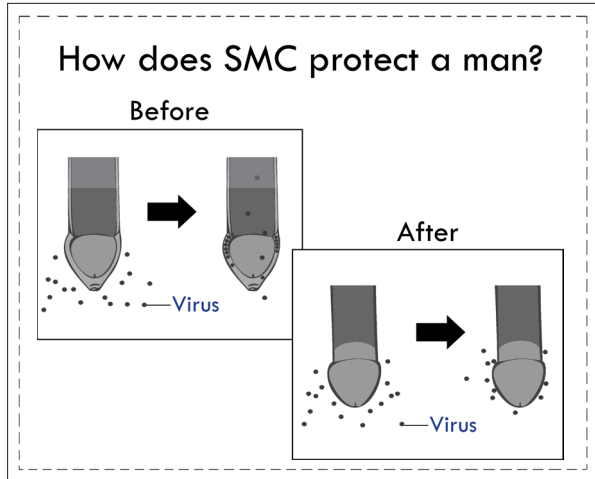
### **CHART 4: What are benefits of SMC?**

- What are the benefits of SMC for men?
  - SMC reduces the risk of HIV infection.
  - SMC can reduce the risk of penile cancer.
  - SMC can reduce a man's risk of getting STIs like syphilis and gonorrhea.
  - It is easier to keep a circumcised penis clean.
- What are the benefits of SMC for women?
  - SMC does NOT directly protect women against HIV. But if a woman's partner reduces his risk of HIV, the woman is less likely to get HIV or other STIs from him.
  - SMC may reduce the risks of getting some STIs, including chlamydia, syphilis, genital herpes and cervical cancer.

### **Follow-up Questions**

1. What are the benefits of SMC for men?
2. What are the benefits of SMC for women?



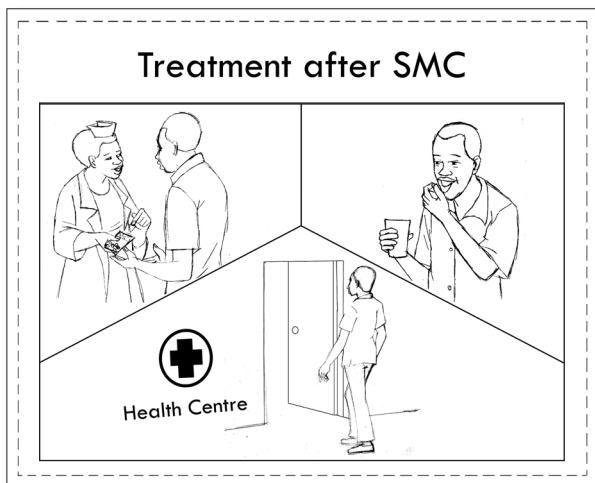


## CHART 5: How does SMC protect a man?

- How does SMC protect men from HIV?
  - Scientists say that HIV often hides under the foreskin of the penis.
  - After a man is circumcised, the head of his penis stays dry and the skin becomes thicker. This helps protect the penis from HIV and other STIs.
- Does SMC fully protect against HIV?
  - SMC reduces the risk of getting HIV. It does not completely protect against HIV.
  - A circumcised man can still get HIV if he has unprotected sex with someone who has HIV.
  - To fully protect against HIV, a circumcised man must stick to one partner and use a condom or abstain. He should also test for HIV with his partner.

### Follow-up Questions

1. How does SMC reduce a man's risk of HIV infection?
2. How can you fully protect yourself from HIV?
3. Why do you have to use condoms after SMC?



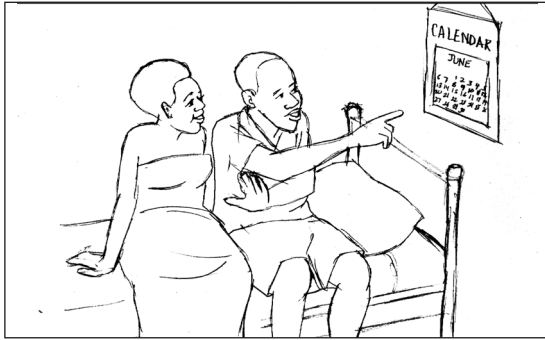
## CHART 6: Treatment after SMC

- Is SMC painful?
  - After SMC, you are given painkillers to reduce pain. If you have very bad pain, see a health worker.
  - Usually there are no problems after SMC. Go to the health center immediately if the wound bleeds, you have pain when passing urine or the medicine does not help.
- How will you heal after SMC?
  - After circumcision, the doctor puts bandages on the penis for 2 days.
  - After SMC, go back to the health facility to clean the wound and get new bandages. Health workers will check your condition and tell you when to return.
  - Most men can wear their trousers and work normally immediately after SMC. Some men need 3 days to put on trousers comfortably and return to work.
  - It takes 6 weeks to completely heal.

### Follow-up Questions

1. What treatment will you receive after SMC?
2. What you should do if you have problems after SMC?

**Do not have sex for 6 weeks  
after SMC.**

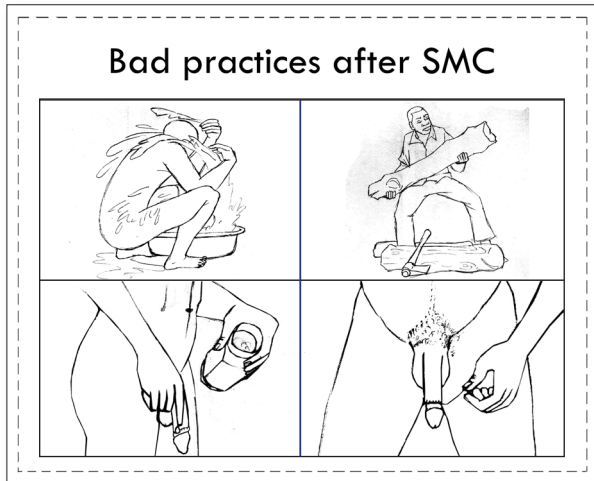


## **CHART 7: Do not have sex for 6 weeks after SMC**

- Why should you abstain for 6 weeks after SMC?
  - Abstain from sex for 6 weeks so the wound can completely heal. Visit a health worker before you have sex again.
  - If you have sex before 6 weeks, the wound may get infected. It will take longer to heal.
  - If you have unprotected sex before 6 weeks, you greatly increase your risk of getting HIV.

### **Follow-up Questions**

1. Why should you abstain from sex for 6 weeks after SMC?
2. Is abstaining from sex for 6 weeks worth the extra protection SMC gives you?



## CHART 8: Bad practices after SMC

- What should you not do immediately after SMC?
  - Do not get the bandages wet when bathing.
  - Avoid heavy work such as lifting or digging for 3 days after the operation.
  - Do not put any substances or medication on the wound. It may become infected.
  - Do not pull on the sutures. They will disappear on their own.

### Follow-up Questions

1. Why must you be careful after SMC?
2. Who can support you as you heal?

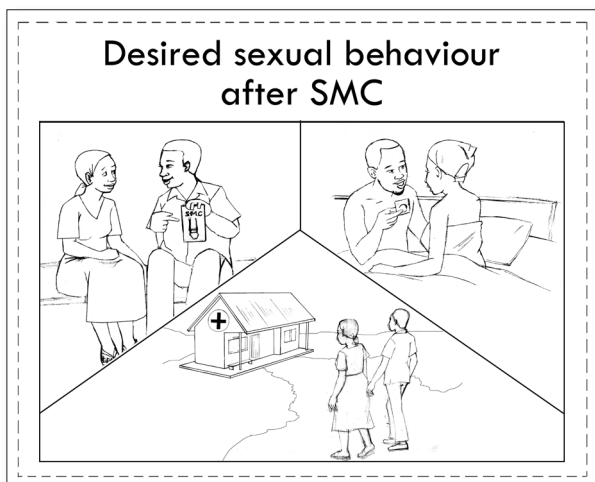


## CHART 9: Good practices after SMC

- What should you do to heal properly after SMC?
  - Keep the bandages dry. Use a clean piece of cloth, boiled water and soap to bathe.
  - Keep your penis clean and dry to avoid infection. After the bandages are removed, resume washing your penis. Clean the wound once a day with a clean piece of cloth, boiled water and soap.
  - Put on well-fitting underwear to avoid discomfort.

### Follow-up Questions

1. When can you resume cleaning the penis after SMC?
2. Why should you follow these good practices?



## CHART 10: Desired Sexual Behaviour after SMC

- What should you do before getting SMC?
  - You must talk to your partner before SMC. Wives and girlfriends should be counseled so they can support you during the process and afterward.
- How should you prevent HIV after SMC?
  - SMC is not immunization from HIV. When you resume having sex, you will need to use condoms and stick to one partner.
  - Abstain from sex to prevent getting HIV.
  - Be faithful to one partner to lower your risk.
  - Use condoms correctly every time you have sex to lower your risk.
  - Get HIV counseling and testing with your partner to make sure you are both HIV negative.
  - Use condoms, test for HIV, stick to one partner or abstain from sex. You are a role model for others.
  - Share your SMC experience with others so that they can make a decision about whether to go for SMC.

### Follow-up Questions

1. Why should you talk to your partner before getting SMC?
2. Why should you use ABC after SMC?





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