



Health Matters: HIV/AIDS & Substance Abuse Awareness



Certification

Graduates receive DTA Short Course Certificate



Duration

2 days (16 hours)

Course Description

This two-day short learning course focuses on raising awareness about HIV/AIDS and substance abuse, highlighting their impact on personal well-being, workplace performance, and community health. Participants will explore how lifestyle choices, stigma, and misinformation affect both conditions — and how responsible decision-making, compassion, and accurate knowledge can prevent transmission and abuse. Through group discussions, videos, case studies, and reflection exercises, participants will gain practical tools to protect themselves, support others, and promote a healthy, informed workplace culture.

Course Outcome

By the end of this course, participants will be able to:

- Understand the causes, transmission, and prevention of HIV and AIDS.
- Identify myths, misconceptions, and stigma surrounding HIV/AIDS.
- Recognize the signs, risks, and consequences of substance abuse.
- Understand the link between substance abuse and risky sexual behaviour.
- Promote safe practices, personal responsibility, and respect for others.
- Identify support systems and workplace policies that address both HIV and substance misuse.
- Encourage positive lifestyle choices that support physical and emotional well-being.

Topics Covered

- HIV/AIDS Awareness & Prevention
- Understanding HIV and AIDS
- Prevention and Protection
- Living Positively with HIV
- Substance Abuse Awareness & Healthy Choices
- Understanding Substance Abuse
- Substance Abuse in the Workplace
- The Connection Between Substance Abuse & HIV
- Building a Culture of Awareness and Support



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