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Learn About African Action on AIDS (AAA)

AAA is a tax exempt non-profit organization registered in the USA and operating under section 501(c) 3 of the IRS code. It is also registered in Cameroon (auth. No00174/A/MINAT/DAP/SD LP/SAC). It has special consultative status with the United Nations ECOSOC and the UN Department of Information.

AAA's work is based on 3 programmes:

"JUST KNOW" Campaign emphasizes MA YEM, MA BO":

- Knowledge of one's body
- Knowledge that leads to behavior change
- Knowledge that helps to visualize a future without AIDS

"Health before Wealth" Concept promotes:

- Testing for HIV
- Clean hands (hand washing stations)
- Clean water (drinking stations)
- Dignified toilets
- Fighting against Malaria (treated mosquito bed nets)
- Vaccination
- Anti worms medicin

"Women's economic autonomy"through our Scholarship Programme. This scholarship enables each teenage orphan girl to complete at least a secondary, general or technical education that will lead to financial and economic autonomy, greatly reducing the risk of being infected with HIV through sexual abuse and violence.

Our duty, as an organization committed to prevent HIV/AIDS is to ensure that the immune system is so strong that the person infected can still fight the disease. Usually, we focus mostly on prevention of physical diseases like: diarrhea, tuberculosis, hepatitis, etc... **Positive psychology on the other hand teaches us** that when an individual is constantly bombarded with bad news, humiliations, lack of consideration, lack of respect and self esteem, their immune system equally weakens. They become mentally incapable to fight as their immune system collapses.

African Youth live in an Ocean of bad news.... globally and locally. Their continent/country/family are generally referred to only in terms of LACKS. LACK of Water, Electricity, Education and Personal will to succeed!!! To move away from that negative old trend and to stimulate an energizing positive social emotion that can create hope, we decided to start the new academic year and the Female African Nations CUP in Cameroon (November 2016) with the inspiring story of YEGO from KENYA.

"...My father was very strict. He hated the amount of time I was out doing sport. My parents were from a very humble background. They had maize and sugar farm, and like most African parents they believed that studying was the way

their children could get a better life.. ..At just 17, Yego broke the national junior record of 71m, impressive for an athlete who did not have a coach and lacked much of the basic equipment for this event. With no conventional throwing spikes, Yego was throwing wearing normal shoes....In 2009; Yego went to the local cyber café and began to search for javelin videos. It was a way of trying to make the best of my situation and working with what I had said Yego. A year later Yego competed at the 2010 Commonwealth Games in New Delhi, his first international competition. Yego's persistence was rewarded. He struck gold in Mozambique...was invited by IAAF to train in Finland where he got his first coach. In 2012 Yego became the Kenya's first javelin competitor at the Olympics, qualifying for London with a throw of 81.81m. But Yego was still to come with a monstrous personal best of 92.72m at the world championship in Beijing. The feat spurred rumors that Qatar government was willing to offer him \$9.5 million to switch nationalities – stories that Yego swiftly denied.... We have great talent in these events too but they're too often marginalized in Kenya. I saw that as a challenge and it motivated me to succeed....But my story has shown that it's possible to be largely self-taught and succeed. As the world changes, may be more and more people will be inspired to follow similar paths! For more information please visit: https://sports.vice.com/en_us/article/how-kenyan-javelin-thrower-julius-yego-mastered-his-sport-by-watching-youtube-videos.



After reading this story, few young people indicated how they had learned special skills on internet: How to cook our beloved ERU; How to plate hair; How to put on a tie; How to fly a drone; How to learn about HIV prevention! Well done people!

Ruth Bamela Engo, AAA President

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