BEWARE OF HIV/AIDS!

by Saustin Sampson Mfune

PRO-ACTIVE KIDS ADVENTURE IN LEARNING ABOUT THE IMMUNE SYSTEM, HIV, AND AIDS!
Forward...

The HIV and AIDS pandemic is a major public health problem and has claimed the lives of over 32 million people by the time of publishing of this useful book. Close to 40 million are living with HIV and AIDS, two thirds in Africa. Social and economic circumstances, ignorance and myths continue to fuel the crisis.

I applaud the excellent and innovative work of my friend and colleague, Dr. Saustin Mfune for producing this engaging and informative educational comic. Himself, a son of the soil of Africa, he has harnessed his rich musical, cultural and narrative talents to bring the messages of prevention, hope, and healing. My prayer and desire is that this timely and captivating work will both save and enhance the quality of life of the most vulnerable - our children!

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BEWARE OF HIV/AIDS!

PRO-ACTIVE KIDS ADVENTURE IN LEARNING ABOUT THE IMMUNE SYSTEM, HIV, AND AIDS

by Saustin Sampson Mfune
art by Jason Jourdan
Pro-Active Kids, since we’ve been discussing HIV and AIDS, I thought we would invite Uncle Saustin and Paida to speak to the group on Thursday. Does anyone know how to reach them?

They’re staying in a hotel near my house. I’ll stop by after school and ask them about Thursday.

Thanks, Bill. Please ask them to call me.

Miss Pam, what else should we know about AIDS?

We know we can’t get HIV by shaking hands with one who has the virus, or by sneezing or using the same toilet as a HIV infected person.

Miss Pam, haven’t you heard that HIV is dead and gone?
HIV dead and gone?
I'm afraid you're misinformed.

But what about Natasha's story?

You want to tell my story?
But you didn't want me in the Pro-Active Kids group because I had AIDS!
Where were you when I walked that lonely road?

I Had Been Smiling My Friends
I had been smiling my friends. Yet I was hiding my silent cries. Great fear had gripped my life. I had no friends by my side. Oh, what a life; I felt as good as dead. ‘Cause of this virus that causes AIDS. I had been smiling my friends. Yet I was hiding my silent cries.

Five years, my friends, have gone by. Now I can feel that I will not die. There are drugs I take every day. Now I feel strong all the way. Suddenly Crankshaft walks into my life. He wants to tell you my story line. But where were you my dear friend. When I was walking that lonely road?

Yet you all knew that AIDS is not passed by touching. You all knew that AIDS is not passed by sneezing. But how you treated me, friends. Where were you when I had reached my end? Where were you when I needed you, friends?
I'm sorry, Natasha. I didn’t know enough about HIV or your difficult journey. You beat AIDS, and today is your birthday! Isn’t it wonderful you’re still here to celebrate your 9th birthday?

You’re right, Crankshaft. We are so happy Natasha is still alive!

Happy birthday, Natasha!

Wow! From skin and bones to a smashing beauty. No one would guess you had AIDS before.

Thanks, Pro-Active Kids. As you all can see, I no longer have the virus.
You are welcome to join the Pro-Active Kids group.

We love you, Natasha.

Really? Thank you, everyone.

Please forgive us for the way we treated you.

That's very kind of you, Pro-Active Kids. Bill, don't forget to ask Uncle Saustin and Paida to call me.

Will do, Miss Pam!

See you all on Thursday!
Hi! The Pro-Active Kids and I are learning about HIV and AIDS. Miss Pam would like you both to come to speak with us on Thursday.

Bill! What a pleasant surprise!

Hello, Bill!

We would be happy to speak to your group.

We'll call Miss Pam.

We'll see you on Thursday. Bye.

Thanks! I can't wait to tell everyone!

Paidà, I guess our time to rest is over, eh?

Guess so.
PAIDA
I have a sneaky feeling that our time to rest is over.

I have a sneaky feeling that our time to rest is over.

I have a sneaky feeling that our time to rest is over.

Our time to rest is over ‘cause that boy Bill has been here.

UNCLE SAUSTIN
I also have a feeling that our time to rest is over.

I also have a feeling that our time to rest is over.

I also have a feeling that our time to rest is over.

Our time to rest is over ‘cause that boy Bill has been here.

PAIDA AND UNCLE SAUSTIN
We have a sneaky feeling that our time to rest is over.

We have a sneaky feeling that our time to rest is over. We have a sneaky feeling that our time to rest is over.

Our time to rest is over ‘cause that boy Bill has been here.

(2x)
Good morning,
Pro-Active Kids; today, we welcome Uncle Saustin and Paida.

We missed you!

Thanks, Skysha. We missed you all too.

This is Natasha, the newest member of the Pro-Active Kids.

Nice meeting you, Natasha.

Thank you.

And TNB is here too. Say hi to the Pro-Active Kids.

Hi guys. Good to see you again.

We're glad to see you too!
Pro-Active Kids, you know most of the basics about HIV and AIDS, but you can always learn something new.

So here we go. Meet some of the cells which make your immune system.

What is the immune system?

Shasha, stop asking too many questions.

No problem, Shasha. I’m sure TNB can answer your question.

The immune system is like an army that defends her country from her enemies. An immune system protects you from bad guys who want to make you sick.
These are the Bad Guys. They are the diseases that make you sick. The immune system assembles a team of Good Guys to fight them.

Unfortunately, the Bad Guys are very persistent.

What about the Good Guys? Who are they?

They're right here!

This one is a B-Cell. B-cells make antibodies.

You mean the ants we see moving around with their little bodies come from B-cells?

Ha! Ha! Ha!

Not the ants that crawl around on the ground! These B-cells, or the B-Lymphocytes, make soldiers who fight disease. These soldiers are antibodies. They battle the bad guys.
Now meet this guy. This is Poly, short for his long name, poly-morpho-nuclear leucocyte.

If only I were as strong as Poly! That would be the end of Shasha, the Bully!

Remember Erika, Poly doesn’t work alone. Antibodies help him. When it comes to Shasha, the Bully, you’ll need help from us!

You guys are getting the hang of this lesson. I’m glad to hear you’re already applying this information.
This guy is called a Macrophage. He attacks bacteria. Do you see the bad guys in his hands?

The immune system works together. Macrophage can’t do it alone. An alert from his team members gets him charged up for action!

Special cells send the alerts and more.

There are three types of these special cells called T-cells. They grow in the Thymus gland.

What are their names?

These T-cells sound cool!

The first up are the Th-cells.

Who is he speaking to?

Do you want to answer that TNB?
This is a helper cell. His other name is CD4.

TNB, the question is to whom is he speaking to?

He summons his team members to go and take out the bad guys when they invade you.

Now he looks like he’s speed skating!

Th-cells move with lightning speed to inform the others that bad guys have attacked your body.

Do you see what’s going on in our bodies, Pro-Active Kids?

Don’t mess with the immune system, Bad Guys!
You said it, Natasha! We also have Ts-cells - suppressor cells.

A cop? That's funny.

Hee! Hee! She's a cop, alright! Ts-cells tell the team members to rest after the invading viruses are killed off.

These cells also remember every weapon they've made to eliminate viruses. If a bad guy comes by again, they kill him even faster.

There is a downside. Some people are born with one of the good guys missing. Those with HIV are also missing one of these good guys.

How does this virus do that?

Wow!

Before I answer that question, let me show you HIV. I call him HIV Monster.
Is that the monster who tortured me all these years?

That's the virus.

Pro-Active Kids, don't get caught by this monster. I would never want to see any of you hurt in this way.

To answer Skysha's question, when HIV enters your body, it goes for the Th-cells, also called CD4, and clings to them. Remember, these are the cells that send messages to other cells to begin working.

So, what happens?

Do you remember the Tc-cells?

When the Tc-cells see the Th-cells are in trouble, they start killing HIV.

That's good, right?

It's not as good as it appears. In the process of trying to kill HIV, they also kill the Th-cells.

That's right. These functional cells send messages to other cells to begin fighting the bad guys.
I see what’s happening. The Th-cells are being destroyed...

...so now your CD4 count goes down, allowing all sorts of diseases to invade you.

You got it right, guys.

Now, I get it. That’s why I used to be very sickly.

Now Uncle Saustin and all of you, I am just dying to say something!

Okay, TNB. What’s on your mind?

Yes.

As Uncle Sausten and Paida have told you, some children are born with one of the good guys missing. Some get the virus from their mothers, others from infected blood, and some from unsterile needles. However, most people infected with this virus can have control over it.

Why don’t they control it then?
What about the medication Natasha takes. Isn’t it supposed to kill HIV?

I think it does, or else Natasha wouldn’t be alive now.

Well, Natasha takes a combination of drugs every day. These drugs do not kill the deadly virus, but they do weaken it.

You’re trying to tell us the virus is still inside Natasha?

Yes. But if she consistently takes her medicine, she will live a healthy life.

Well, Natasha takes a combination of drugs every day. These drugs do not kill the deadly virus, but they do weaken it.

You’re trying to tell us the virus is still inside Natasha?

Natasha also needs to watch her diet. You were only five when you had AIDS. Do you know how you got the virus?

It was from my parents. They died two years ago, and now I live with my Uncle.

You’ve had a difficult journey. Please continue taking your medication faithfully.

Thanks, I will.

Uncle Saustin, I hear that this virus was created in a lab somewhere in the world to destroy a particular group of people. Is that true?

Sounds like a good question for TNB. TNB?
That is not true at all. There is no credible research that supports the claim raised by Skysha. Somebody somewhere started this false rumor, and it has spread like wildfire. Pro-Active Kids, this is a big lie!

Thanks, TNB. Remember, Natasha did nothing to be infected. She happened to be born in a family where her parents were HIV positive.

Pro-Active Kids, you’re growing up, and your sex hormones are developing. Be careful of the choices you make. Keep your bodies pure till marriage.

We’ll do our best.

I do!

Do you all remember the song we learned that talks of HIV and AIDS? Who knows the words?

Let all children know
We are made in a special way. We are made with an army inside.
This army has a special name. It is called our immunity.
One thing we need to know. Some diseases make this army go slow.
Diseases like HIV, will destroy our immunity.

CHORUS
Let all children, let all children know
For the army found inside us, can be wiped out by HIV
Let all children know about our immunity.
This song summarizes all we have discussed today.

How true. I want to thank Paida and Uncle Saustin for this great lesson.

TNB, I wasn't finished. You interrupted...

This is not fair! Why are you not thanking me?!

Sorry 😞

Thank you, TNB.

THANK YOU.

Since we have good weather today, let’s have our closing prayer outside.

I’m tired. I think I’ll run around the building once to get my energy up!

Great idea!

Be safe; we’re coming shortly. I have something to finish with Uncle Saustin, Paida, and of course, TNB.

Thank you.

I’m tired.

I think I’ll run around the building once to get my energy up!
Hi, Shasha.

Hello, Pro-Active Kids.

I heard your conversation and thought you would want the real truth.

Don't go over there, Shasha!!!

It's HIV!!!

He seems innocent. I'm sure he's telling the truth. He looks cool; I'm going.

HIV: So, your name is Shasha. He looks like a Shasha. Come, come closer Shasha.

PAK: No! Don't go there Shasha!

HIV: Now, now, don't be scared boy. Show me you're a big boy. Show them you're a brave boy. Hey! Stop wasting time boy.

PAK: Chorus: No, no don't listen to him Shasha. You have no idea what you're dealing with! No, no don't listen to him Shasha. We're your friends and we care for you.

HIV: I thought you were a brave son? Yeah! What's going on son? Come, come closer dear one, and we will have tons of fun. Now your friends will hold you back son, so, I suggest you get some new ones. Friends that know what fun's about. You have nothing to worry about.

PAK: Chorus: No, no don't listen to him Shasha. You have no idea what you're dealing with! No, no don't listen to him Shasha. We're your friends and we care for you.

HIV: We don't care about rules man. We do what we want man. We're rulers of our destiny. Yes! We're in control man.

Shasha: Oh! This guy is acting funny, giving me butterflies in my tummy.

Outside...
So your name is Shasha. Come on, dear one. Come closer...

PAK: Shasha please we beg you keep your distance. Hey! We're your friends, man!

PAK: Chorus: No, no don't listen to him Shasha. You have no idea what you're dealing with! No, no don't listen to him Shasha. We're your friends and we care for you.

HIV: Just a few more steps and we will have him where we want him. Foolish boy! He doesn't know that there's no cure for our disease. Very typical of human beings, quick to act but slow to think.

PAK: Shasha please don't forget you're a Pro-Active Kid!

Last Chorus – PAK and HIV Monster
No, no, don't listen to him Shasha
You have no idea what you're dealing with!

(you have no idea what you'll be mi-missing.)

No, no don't listen to him Shasha
We're your friends and we care for you.

(I'm your friend, and I care for you.)

No, no, don't listen to him, Shasha!
What's going on?!

Look over there!

That's HIV Monster!

He almost got Shasha!

Phew!! It almost got me.

We warned you the virus is still dangerous.

HA! HA! HA! HA!
Looks like I still have those human beings
Thought that they had stopped me,
but it seems they were deluded,
had false hope they tried to stop me
ARVs at first were lucky
Knocked me down but not completely
Now I'm back, better than before
Hahaha, they cannot stop me
I will render them defenseless
And make sure that they are senseless
ARVs will never find me
Hahaha, they cannot stop me.

They cannot stop me
They cannot stop me
Can't even see me
How would they stop me

I'm gonna get them
I'm gonna get them
When they least expect it
I'm gonna get them

This time I've had got these human beings
They can not stop me
I'll make sure that I attack their immunity
They will not stop me

I will render them defenseless
And make sure that they are senseless
ARVs will never find me hahaha
They can not stop me.
Jesus you are my creator
Lord You made me in your image
And You bought me with your blood
When you died on Calvary
So my body is not mine
All of it belongs to you
It is the Temple of your Spirit
Your Spirit lives in me

Purity, chastity
Is my humble act of worship
Give me strength to say “No.”
To those things I do that hurt you
Help me honor this temple
By saying “No” to sex like Joseph
Help me keep this promise, Lord
Lord, Father God, I pray.

H-I-V is still a problem
How it works remains a mystery
Thanks for all these A-R-V’s

You can be sick and still look fine
That’s why we need to guard this temple
Not just from AIDS but from all harm
And since prevention’s better than cure
Lord I offer unto you...

Purity, chastity
Is my humble act of worship
Give me strength to say “No.”
To those things I do that hurt you
Help me honor this temple
By saying “No” to sex like Joseph
Help me keep this promise, Lord
Lord, Father God, I pray.

Help me honor this temple
By saying no to sex like Joseph
Help me keep this promise, Lord.

Father God I pray.

The End.
MUSIC & LYRICS
written by:
Saustin Mfune
& Dumisani Mfune

Music:
Kids choir: Arie Born Kids Choir
Natasha: Emery Allen
Uncle Saustin: Layke Jones and Clayton Nunes
Paida: Heather Bays
Daniel Birai: HIV Monster

Recorded at Aire Born Group, Indiana, by Mike Wilson
Additional recording, editing and mixing at CNMS, Colorado, by Clayton Nunes
Mastered at CNMS by Clayton Nunes
I Have Been Smiling My Friends

Saustin Mfune

Am Am G Am F# Am F Am E Am E7 E5
Piano

Am E E7sus Am F C E7 B Am

I had been smiling my friends. Yet I was

Am E Am F C E7 B Am

I hid my silent cries. Great fear had gripped my life.

F E7 Am Am F C C#
I Have Been Smiling My Friends

I had no friend by my side. Oh, what a life; I felt as good as dead. 'Cause of this virus that causes AIDS, I had been smiling my friends.

Yet I was hiding my silent cries.
Five years my friends have gone by

Now I can feel that

E7sus   E7   Am   F   C   E7   Am   Dm   F

I will not die.

There are drugs I take every day.

Now I feel

E7sus   E7   Am   F   C   C#   G   D

strong all the way.

Suddenly Crankshaft walks into my life.

D7   Gsus   G   Gsus   G   A   B   C   Em7   F   G   Am
I Have Been Smiling My Friends

He wants to tell you my story line. But where were you my dear friend.

F maj7  E7sus  E7  Am  Am  F  C

When I was walking that lonely road? Yet you all

E7  B  Am  Dm  F  E7sus  E7  Am  G

knew that AIDS is not passed by touching. You all knew that it is

C  C  F  G  Am  Am  G
not passed by sneezing. But how you treated me friends.

Where were you when I had reached my end? Where were you when I needed you friends?
Happy Birthday Natasha

Today is Natasha's birthday. We are excited to rejoice with you. Today is Natasha's birthday.

Happy birthday to you. Pro-Ac-tive Kids are here for you.

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Happy Birthday Natasha

We're wishing you a blessed happy day. Today is Natasha's birthday. Happy birthday to you.

Happy birthday to you. Happy birthday to you.
Happy Birthday Natasha

May you live many, many more years. Happy birthday to you.

E7  A  Bb  F  Cm7  F7  Bb  Bb  Bb7  Eb  Cm7

Happy birthday to you. May you live many, many more years.
Happy Birthday Natasha

Bb F F7 Gm C9 F6 Bb F F7 Bb

Happy birthday to you... Happy birthday to you... Happy birthday to you!

Bb Bb

Birthday to you... Natasha happy birthday!
I Have a Sneaky Feeling

Saustin Mfune

Paida

Piano

I have a sneaky feeling that our time to rest is over. I have a sneaky feeling that our time to rest is over. Our

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I Have a Sneaky Feeling

Uncle Sanustin

time to rest is over cause that boy Bill has been here I

Gb D/A# A#7 D# A7

have a sneaky feeling that our time to rest is over. I have a sneaky feeling that our

D A7 D

time to rest is over. I have a sneaky feeling that our time to rest is over. Our

A7 D A7 G D/F#
I Have a Sneaky Feeling

time to rest is o-ver cause that boy Bill has been here. We have a sneaky feeling that our

G    D/A    A7    D    A#7    Eb    Eb/D    Eb/C    Eb/Bb

Bb7    Eb    Eb    Eb/D    Eb/C    Eb/Bb    Bb7    Eb

have a sneaky feeling that our time to rest is o-ver. Our time to rest is o-ver cause that

Eb    Bb7/F    Eb/G    Ab    Eb/G    Ab    Eb/G
I Have a Sneaky Feeling

boy Bill has been here
Our time to rest is over cause that boy Bill has been here

A♭ B♭ B♭7 E♭ A♭ E♭ G A♭ B♭ B♭7 E♭ E♭
Let All Children Know

The HIV Song

Saustin Sampson Mfuwe

We are made in a special way. We are made with an army inside.

Written and © by Saustin Sampson Mfuwe in 2006 and © 2015 by General Conference of Seventh-day Adventists Children's Ministries Department
Let All Children Know

Dm7

Army has a special name,
It is called our immunity.

G

C

One thing we need to know,
Some diseases make this army go slow.

Am

Dm7

Diseases, like HIV,
Let All Children Know

Gm7 Cm7 C7

will destroy our immunity. Let all children.

F C

Let all children. Let all children know,

C

Let all children know. Let all children know.
Let All Children Know

F

Let all children. Let all children know, that they

D13 D7 G C C7

need health and strength. For the army found inside us can be

Ooh
Let All Children Know

wiped out by HIV

Let all children know.

Ooh

Let all children know.

about our immu-

Let all children.
Let All Children Know

our immunity. Let all children know.

Let all children know.

about our immunity.
Let All Children Know

Let all children know about our imm...
The Shasha Song
By Sautain Mfune and Dumisani Mfune

1. HIV: So, your name is Shasha. He looks like a Shasha. Come, come closer Shasha.

PAK: No! Don’t go there Shasha!

HIV: Now, now, don’t be scared boy. Show me you’re a big boy. Show them you’re a brave boy. Hey! Stop wasting time boy.

PAK: Chorus:

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No no don’t listen to him Shasha. You have no idea what you’re dealing with.

No no don’t listen to him Shasha. We are friends and we care for you.

2. HIV: I thought you were a brave son. Yeah! What’s going on son?
   Come, come closer dear one, and we will have tons of fun.
   Now your friends will hold you back son,
   So, I suggest you get some new ones.
   Friends that know what fun’s about.
   You have nothing to worry about.

Chorus

3. HIV: We don’t care about rules man. We do what we want man.
   We’re rulers of our destiny. Yes! We’re in control man.

Shasha: Oh! This guy is acting funny, giving me butterflies in my tummy.

PAK: Shasha please we beg you keep your distance. Hey! We’re your friends man!

Chorus

4. HIV Just a few more steps and we will have him where we want him.
   Foolish boy! He doesn’t know that there’s no cure for our disease.
   Very typical of human beings, quick to act but slow to think.

PAK: Shasha please do not forget that you are a Pro-Active Kid!

Last Chorus

No, no, don’t listen to him Shasha.
You have no idea what you’re dealing with
(You have no idea what you’ll be mi-missing.)
No, no, don’t listen to him Shasha.
We’re your friends, and we care for you.
(I’m your friend, and I care for you.)
They Cannot Stop Me

Dumisani Mfune

Piano

Looks like I still have those human beings

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They Cannot Stop Me

Thought that they had stopped me, but it seems
They were deceived, had false hope

They tried to stop me A-R-Vs at first were lucky
Knocked me down

but not completely Now I'm back, better than before Hahaha,
They Cannot Stop Me

How would they stop me__ I'm gon-na get___ them

G G/A D E♭ Eb7/G

I'm gon-na get___ them When they least ex-
pect___ it I'm gon-na get___ them

A♭ A♭/B♭ E♭ E♭ Eb7/G A♭ A♭/B♭ E♭

This time I've had got___ these hu-
man beans__ They can not stop___ me I'll make sure

E♭ Eb7/G A♭ E♭ Eb7/G A♭
They Cannot Stop Me

27. They will not stop me I will

\[E_b\] \[E_b7/G\] \[A_b\] \[E_b\] \[E_b7/G\] \[A_b\]

29. render them defenseless And make sure that they are senseless A-R-Vs

\[E_b\] \[E_b7/G\] \[A_b\] \[A_b/B_b\] \[E_b\]

31. They can not stop me

\[E_b\] \[E_b/G\] \[A_b\] \[A_b/B_b\] \[E_b\] \[E_b7/G\] \[A_b\] \[A_b/B_b\] \[E_b\] \[E_b7/G\]
They Cannot Stop Me

They can not stop me
Can’t e-ven find me
They can not stop me

Ab  Ab/Bb  Eb  Eb7/G  Ab  Ab/Bb  Eb  Eb7/G  Ab  Ab/Bb  Eb  Eb
Help Me Honor This Temple

Dumisani Mfune

you are my _ cre-a-tor_ Lord You made me in _ your i-mage_ And You

bought me with _ your blood_ When you died on Cal-va-ry_ So my

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Help Me Honor This Temple

body is not mine
All of it belongs to you
It is the

C Dm C F G C Eaug

Temple of your Spirit
Your Spirit lives in me
Purity,

Am Am(maj7) Am7 Dm7 Gsus

chastity
Is my humble act of worship
Give me

C Em7 C Em7 Dm7 C G G F G
Help Me Honor This Temple

To those things I do that hurt you

Help me honor this temple

By saying no to sex like Joseph

Help me keep this promise, Lord

Father God I pray.
Help Me Honor This Temple

H-I-V is still a problem
How it works remains a mystery
Thanks for all these Assets
You can be sick and still look fine
That's why we need to guard this temple
Help Me Honor This Temple

- ple__ Not just from AIDS but from all harm__ And since pre-

ven-tion's bet-ter than cure Lord I of-fer un-to you... Pu-ri-ty,

chas-ti-ty__ Is my hum-ble act of wor-ship Gi-ve me
Help Me Honor This Temple

strength to say no_ To those things I do_ that hurt_ you_

Help me ho - nor this tem - ple_ By say-ing no to sex like Jo - seph

Help me keep this pro - mise, Lord Fa - ther God I pray.
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https://www.youtube.com/watch?v=EqlyEYO1754
https://www.youtube.com/watch?v=Enq220Ur33w
https://teachmephysiology.com/immune-system/cells-immune-system/t-cells/
S austin Sampson Mfune who is currently serving as an Associate Director of Children’s Ministries at the General Conference of Seventh-day Adventists, hails from Malawi. Dr Mfune who obtained his doctor of ministry degree from Andrews University Theological Seminary, has served the church in various positions.

The book you are holding in your hand is Mfune’s first comic book dealing with a very much needed resource to help children and adults as well to fully comprehend HIV and AIDS.

Mfune is married to Gertrude and have two adult children who live in Malawi and two adopted children who are with them in the United States. And they praise the Lord for four grandchildren, Shaneequa, Skyla, Jayna and Jordan.