



**HEALTH ACTIVIST DIGITAL RESOURCE**

**BASIC USER GUIDE**

created by

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## OPENING SCREEN

Once a user opens the resource in a web browser the splash screen below will appear Illustration 1.

On the splash screen a short video clip will be playing Illustration 1A.



Illustration 1: Splash screen

The resource was programmed to be opened with the Mozilla Firefox web browser.

If the user does not have Mozilla Firefox on his/her computer he/she needs to click on the **INSTALL FIREFOX** button Illustration 1B.

At this point the screen below will appear and when it does the user needs to click on **Run** Illustration 2A.



Illustration 2: Installing Firefox

**Firefox** is a free and open source web browser from the Mozilla Corporation. Firefox is the second most widely used browser.

If the video on Illustration 1A does not play when a user opens the resource, it means that his/her computer does not have the necessary flash plug-ins installed. If this is the case the user must click on the **INSTALL FLASH** button Illustration 1C.

At this point the screen below will appear and when it does the user needs to click on **Run** Illustration 3A.



*Illustration 3: Installing flash plug-ins*

**Flash** is a multimedia platform used to add animation, video, and interactivity to web pages. **Flash** is frequently used for advertisements, games and flash animations for broadcast. Flash manipulates vector and raster graphics to provide animation of text, drawings, and still images. It supports bidirectional streaming of audio and video.

Attached to the Digital Resource will be a brief user guide, to access this guide the user should click on the **READ USER GUIDE** button Illustration 1D.

Once you are equipped with necessary tools and software you can continue to access the Digital Resource by clicking on the **ENTER** button Illustration 1E.

## THE HOME SCREEN

Once the user clicks on the Enter button the opening screen below will appear  
Illustration 4.

On the opening screen Illustration 4 arrow A indicates the position of the **Title Bar**.

On the left of the opening screen Illustration 4 arrow B is pointing towards the **Navigation Menu**.

**HEALTH ACTIVIST DIGITAL RESOURCE** ← A

← B

This TB and HIV/AIDS Resource DVD-ROM will supplement the resource book. It addresses issues with regards to TB and HIV/AIDS. The learner will be able to make informed decisions about personal, community and environmental health...

**Outline of contents**

Chapter	Lessons
1: Development of Self in Society: How to be confident	1 Free to be yourself 2 Your body changes 3 Your body image 4 Improve your confidence: Take action
2: Development of the Self in Society: How to relate to others	1 How to make relationships work 2 How to be assertive 3 Respect, health and safety in relationships

*Illustration 4: Opening screen*

## THE NAVIGATION BAR

On the **Navigation Bar** users will find different **chapters** Illustration 5A.

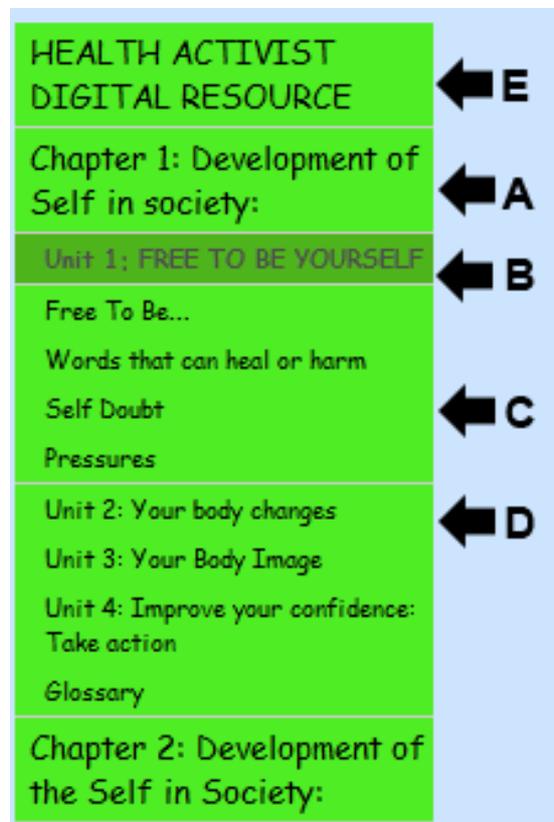
If a user clicks on a chapter, he/she will see that every chapter, is made up of different **units** Illustration 5B.

If a user clicks on a unit he/she will see that each unit consists of different **sections** Illustration 5C.

In the example below Illustration 5 chapter 1 was clicked on Illustration 5A, then unit 1 was clicked on Illustration 5B, hence all the sections relating to chapter 1 unit 1 is visible Illustration 5C.

If a user clicked on Unit 2 Illustration 5D, all the sections relating to unit 2 would be visible

To return to the opening screen users simply have to click on the **HEALTH ACTIVIST DIGITAL RESOURCE** tab Illustration 5E

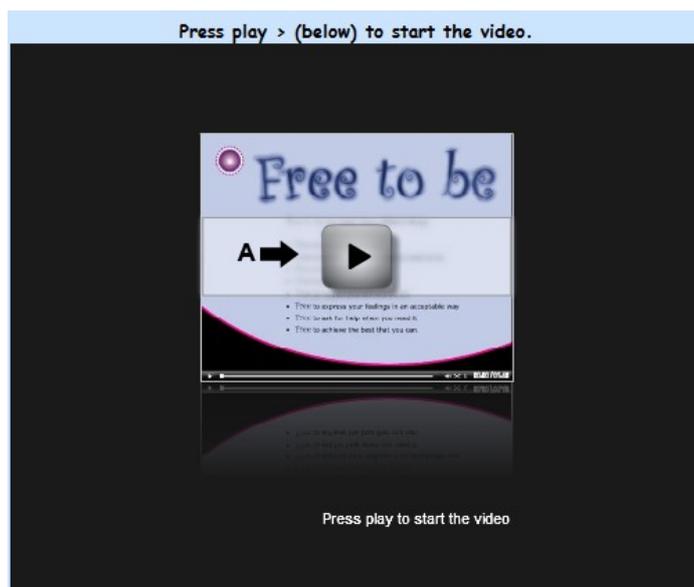


*Illustration 5: The navigation bar*

## HOW TO PLAY A VIDEO CLIP

In some of the sections in the resource there are short video clips Illustration 6.

To play these video clips users simply have to click on the PLAY button that appears in the middle of the screen, Illustration 6A and the video will start playing.



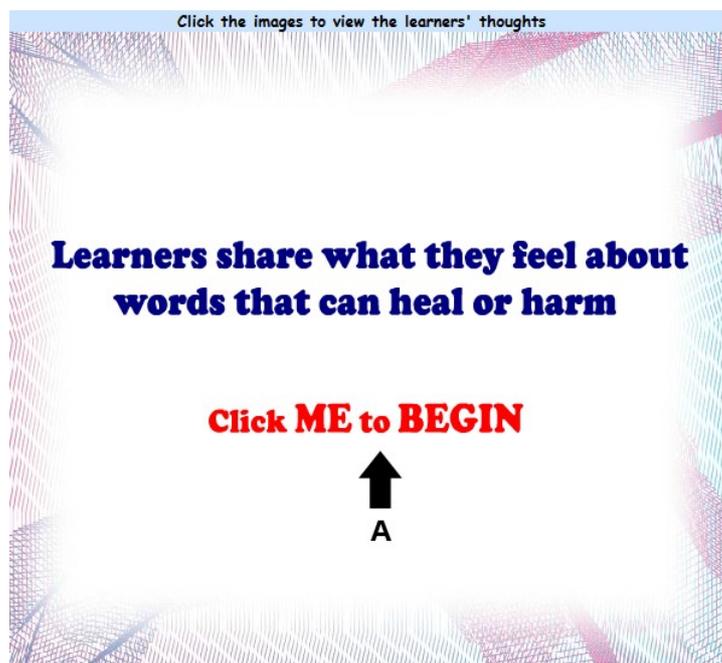
*Illustration 6: Video clips*

## HOW TO VIEW IMAGES

In some of the sections of the resource, there are images and stories that users can look at and read. To do this users simply have to click on the screen Illustration 7A

Once the user clicks on the screen the images will start appearing Illustration 8.

The user should continue clicking until the first screen Illustration 7 appears again.



*Illustration 7: How to view images*

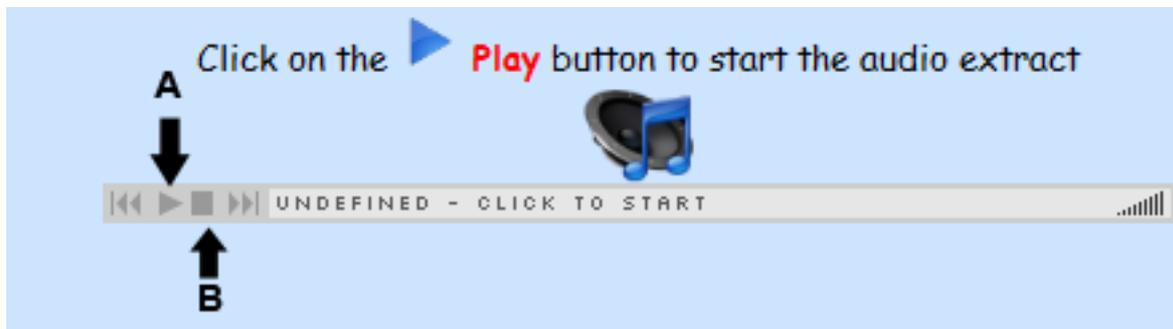


*Illustration 8: Images after user clicks on screen*

## HOW TO LISTEN TO AUDIO EXTRACTS

In some of the sections of the resource, there are audio extracts. These are voice recording about the subject matter that users can listen to.

Audio extract look like the image below Illustration 9. To listen to an audio extract users simply have to click on the **PLAY** button Illustration 9A. To stop the audio extract users simply click on the **STOP** button Illustration 9B.



*Illustration 9: Audio extracts*