

Lesson Topic: Understanding HIV and AIDS (STIs)**Objectives:**

- Define HIV as a virus that is transmitted through bodily fluids that weakens your immune system.
- Identify the difference between communicable and non-communicable diseases.
- Identify at least two ways in which HIV can be transmitted.
- Identify at least two ways in which HIV is not transmitted.
- Identify at least one way to prevent HIV transmission.
- Identify at least one treatment for HIV.

Activities:

Video: Understanding HIV/AIDS: Learn the Facts, Fight the Stigma, Stay Safe (22:46)

<https://youtu.be/ZixbZVnvt4E>

Facts About HIV

Lesson Prep: Make copies of the Facts About HIV activity (at end of lesson)

Lesson Intro:

- SHARE is important for everyone in the class.
- The goal is for every one of you to feel that these classes relate to you and your life.
- This curriculum and resulting class discussions are intended to be respectful and inclusive of many perspectives and allow all students to see themselves and understand their own health and sexuality.
- The purpose of SHARE is to assist you in making informed choices and avoid behaviors that put you at risk.
- All questions are welcome. If you don't feel comfortable asking in class, I've provided paper for anonymous questions or you may talk with me later.

Slide 1:



Slide 2:

STEP 1: Begin the activity by asking if anyone knows what communicable and/or noncommunicable diseases are.

COMMUNICABLE AND NONCOMMUNICABLE DISEASES

- **Communicable:** it is **contagious** and can be spread from person to person.

- **Noncommunicable:** cannot be spread from person to person.

Explain that communicable diseases are diseases that one person can give to another; or get from someone else.

- Ask students to give examples of communicable diseases (some responses may include: Covid-19, the common cold, stomach virus, the flu).
- Say, “Communicable diseases are caused by tiny organisms or germs that are contagious.”
- Then say, “Non-communicable diseases are those that cannot be spread from one person to another.”
- Ask for examples of non-communicable diseases, or infections (some responses may include: appendicitis, an infected finger, asthma, cancer).

Step 2: Tell students you are going to name some different medical problems people may have and they should tell you whether they are communicable or not. Ask:

Slide 3:

IS THIS A COMMUNICABLE DISEASE?

- Can you get a sore throat from someone?
- Can you get allergies from someone?
- Can you get a broken arm from someone?
- Can you get lice from someone?
- Can you get cavities from someone?

- Can you get a sore throat from someone? (YES)
- Can you get allergies from someone? (NO)
- Can you get a broken arm from someone? (NO)
- Can you get lice from someone? (YES)
- Can you get cavities from someone? (NO)

Ask for questions they may have about a certain illness and if it’s communicable. Respond and explain why (if it’s non-communicable, either it is caused by a germ that is not contagious or it is not caused by a germ at all). If unsure, let students know you will find out and get back to them with the correct info.

Teacher info:

- Noncommunicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behaviors factors.

- The main types of NCDs are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes. (World Health Organization - <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>)

Step 3: Tell students that today you want to talk about a particular communicable infection called HIV. Ask students what they've heard of HIV.

- 'HIV' stands for 'Human Immunodeficiency Virus.'

Slide 4:

HIV HUMAN IMMUNODEFICIENCY VIRUS

- **Human:** it's a people disease
- **Immunodeficiency:**
 - **immuno:** refers to the immune system
 - **deficiency:** refers to when something is lacking/missing
- **HIV is a virus:** that attacks the immune system and makes it weak so it's harder for the body to fight off other infections.
- **HIV is the virus that can lead to AIDS**

Let's break it down a bit.

- 'Human' means it is a people disease.
- You can't get it from a pet or give it to a pet.
- 'Immunodeficiency' is really two words put together.
 - 'Immuno' refers to the immune system, or the system that enables us to fight diseases.
 - A 'deficiency' refers to when something is lacking – so basically, HIV is a virus – a microscopic organism – that attacks our immune system and makes it weak so it's harder for the body to fight off other infections.
- HIV is the virus that causes AIDS.

Step 4: Tell students that the way we **usually** keep people from getting a virus is by giving them a vaccine, which is an injection or a shot that they can get to protect them from getting sick from a particular infection for many years.

- Say “Just like a lot of people get a flu vaccine, a lot of children get a vaccine for the chicken pox and for the measles.”
- Explain that there is **not a vaccine for HIV**. But there are ways to prevent contracting the disease.

Slides 5-6:

PREVENTING HIV

- Practicing abstinence:
- WCSD Definition of Abstinence
 - *Sexual abstinence is defined as refraining from all forms of sexual activity and genital contact such as vaginal, oral and anal sex.*
 - *An abstinent person is someone who has either never had sex or someone who has had sex but who has decided not to continue having sex for a period of time.*
 - *Abstinence is the only 100% effective way to prevent sexually transmitted HIV, other sexually transmitted diseases or infections and pregnancy.*
 - SEX – when a person’s genitals touch another person’s genitals, mouth or anus.
 - Pregnancy most commonly results from vaginal sex.

- Even with practicing abstinence, if you’re HIV positive, you will remain HIV positive.

PREVENTING HIV CONT'D

- Never sharing needles.
- Using condoms the **right way every time** if you are having sex.
- There are also HIV prevention medicines:
 - [pre-exposure prophylaxis](#) (PrEP)
 - [post-exposure prophylaxis](#) (PEP).

If you have HIV, there are many actions you can take to prevent transmitting HIV to others.

- Today, more tools than ever are available to prevent HIV. You can use strategies such as abstinence (not having sex), never sharing needles, and using condoms the right way every time if you are having sex. You may also be able to take advantage of HIV prevention medicines such as [pre-exposure prophylaxis](#) (PrEP) and [post-exposure prophylaxis](#) (PEP). If you have HIV, there are many actions you can take to prevent transmitting HIV to others. (<https://www.cdc.gov/hiv/basics/prevention.html>)
- Tell students that there are some effective treatments, called antiretroviral therapy, that can reduce the likelihood of transmitting HIV to others, slow the way HIV grows in a person's body and prolong the life of someone living with HIV.
- There are also treatments for the illnesses that HIV can cause. But once someone is living with HIV, there currently is no way to rid the body completely of HIV, although with treatment, people living with HIV can have a normal life expectancy.
- Since there is no vaccine to prevent HIV and there is no way to rid the body of HIV once someone has it, it is very important to know how HIV is transmitted—so we can know how to avoid getting it or manage the virus if we were born with it."

Step 5: Say: “Luckily, HIV is hard to get. It is not an easy infection to transmit like a cold or the flu.

Slide 7:

HIV TRANSMISSION

- **HIV can be passed through blood, semen or vaginal fluids.**
 - In addition, it can be passed through **breastmilk** if someone is breastfeeding an infant.
- HIV is in some bodily fluids, like blood, and not in others, like sweat, tears, saliva or urine.
- HIV can only be transmitted through one of the infected body fluids.
- HIV can only be passed from a person who is HIV positive.
 - If two people are not infected, then neither one can give it to the other.

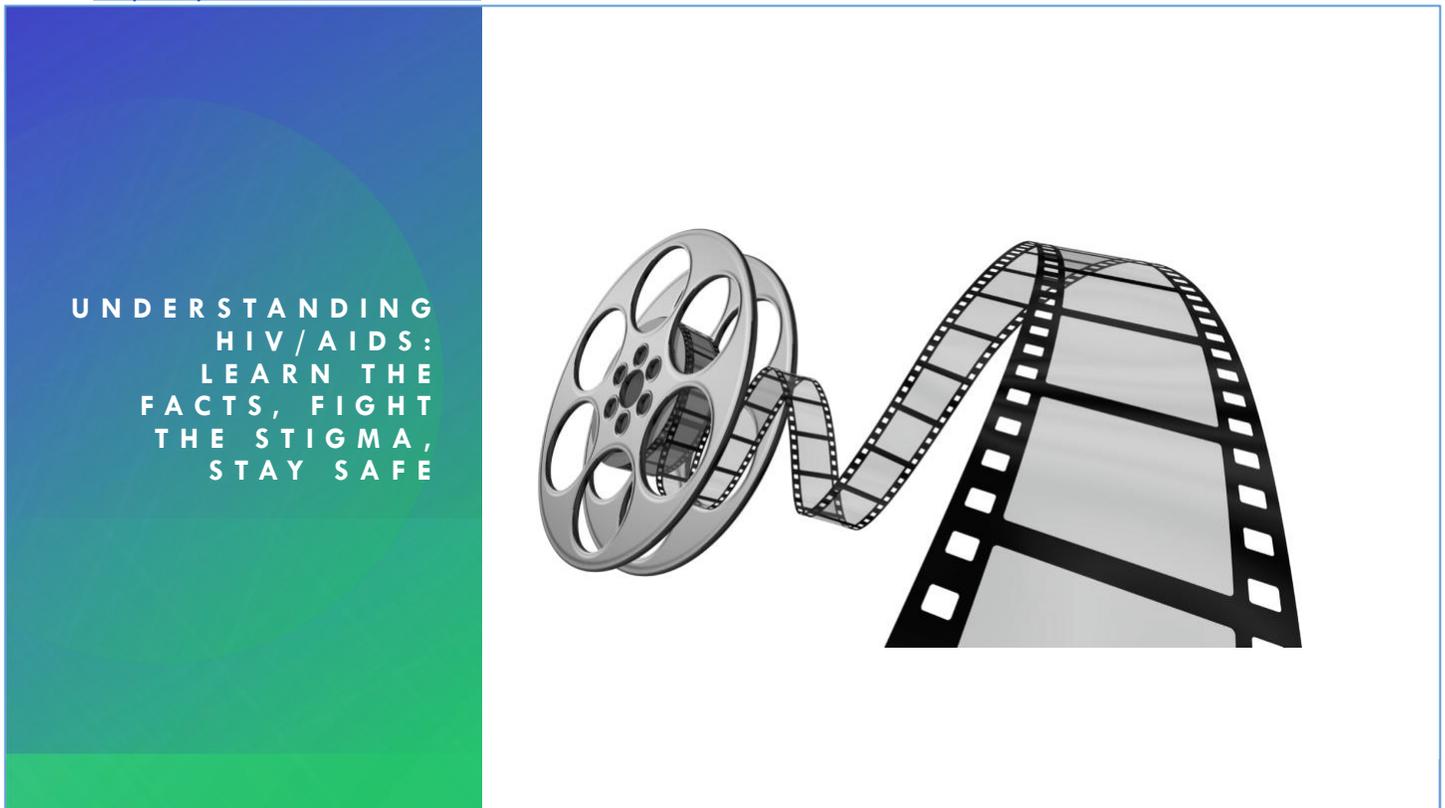
- HIV can be passed through blood, semen or vaginal fluids.
 - In addition, it can be passed through breastmilk if someone is breastfeeding an infant.
- HIV is in some bodily fluids, like blood, and not in others, like sweat, tears, saliva or urine.
- HIV can only be transmitted through one of the infected body fluids.

Say, “It is very important to remember that HIV can only be passed from a person who is HIV positive.”

- If two people are not infected, then neither one can give it to the other.
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*HIV positive refers to a person who **is** infected with the human immunodeficiency virus (**HIV**)

Slide 8:

Video: <https://youtu.be/ZixbZVnvt4E>

Step 6: Pass out “Facts about HIV.” (located at end of this packet)

- Have students work in pairs to complete the worksheet.
- Once all have been completed, review the questions with the class.
- All answers are TRUE. For each question, provide the answer as well as an explanation for why it is true (See teacher’s guide with explanations-located at end of this packet).

Step 7: Tell students, “Now that you know that HIV is not easy to transmit, can anyone give

an example of some things you can do with a friend or a family member who is infected with

HIV that are perfectly safe, meaning they can’t transmit HIV?”

- Provide the first few examples so students understand what you are asking.
 - Say, “For example, you can hug someone with HIV, you can give someone a kiss on the cheek, you can share food with them.
 - Who wants to give us another example?” (Possible responses can include a wide range of behaviors including sitting on a toilet someone with HIV has sat on, swimming in a pool together, sitting next to an HIV-positive person, going to school with someone who has HIV, etc.).

Slide 9:

REMEMBER ...

HIV IS A SERIOUS COMMUNICABLE DISEASE

WHILE IT IS DIFFICULT TO CATCH COMPARED TO OTHER COMMUNICABLE DISEASES, IT'S EASY TO PREVENT.

AS LONG AS WE KNOW HOW HIV IS TRANSMITTED, WE CAN PROTECT OURSELVES AND BE GOOD FRIENDS AND FAMILY MEMBERS TO PEOPLE WE KNOW WITH HIV OR AIDS.

THE ONLY WAY TO KNOW FOR SURE IF SOMEONE HAS HIV IS TO GET TESTED.

***SOMETIMES IT CAN TAKE MONTHS FOR A POSITIVE TEST RESULT AFTER AN EXPOSURE.**

Step 8: Conclude the lesson by saying,

“HIV is a serious communicable infection, it’s very difficult to catch, but easy to prevent. As long as we know how HIV is and is not transmitted, we can protect ourselves and be good friends and family members to people we know with HIV or AIDS. All people are at some risk of HIV and the only way to know for sure if someone has HIV is to get tested.”

*Sometimes it can take up to 6 months for a positive HIV test result after an exposure. It’s important to talk to your health care provider about getting tested.

Slide 10: If you have more questions...

WHO TO TALK TO...

Parent or Guardian	Trusted adult	Faith based leader	Teacher
School Counselor	School Nurse	Health Clinic	Health care provider

Slide 11: Local Resources-have students take a pic of the resources for future use.

**LOCAL
RESOURCES-**

**PLEASE TAKE
A PICTURE
FOR FUTURE
REFERENCE**

**Washoe County Health District-
Teen Health Mall/Clinic: 775-328-2470**

Northern Nevada HOPES: 775-786-4673

Crisis Call Center: text "listen" to 839863

Suicide Prevention Lifeline: 1-800-273-8255

**LGBTQ+ Friendly Services:
<https://www.nnhopes.org/patients/services/lgbtq/>**

FACTS ABOUT HIV
(TRUE OR FALSE)

Directions: Write TRUE next to those statements that are true, and FALSE next to those statements that are false.

- _____ 1. You cannot get HIV by being in the same room with a person who is living with HIV.
- _____ 2. So far, there is no vaccine to prevent HIV.
- _____ 3. HIV cannot be transmitted by sneezing.
- _____ 4. HIV is a communicable (contagious) disease.
- _____ 5. You cannot get HIV from sharing a drink.
- _____ 6. HIV affects the body's immune system.
- _____ 7. AIDS and HIV are two different things.
- _____ 8. If you come into contact with the blood of someone who is NOT living with HIV you cannot get HIV.
- _____ 9. Someone who uses the same needle as someone who is living with HIV to Use drugs, can contract HIV.
- _____ 10. If someone with HIV is bleeding, they can transmit HIV to someone else.

Answer Key-FACTS ABOUT HIV

(TRUE OR FALSE)

Directions: Write TRUE next to those statements that are true, and FALSE next to those statements that are false.

1. You cannot get HIV by being in the same room with a person who is living with HIV.

(True: HIV is not transmissible through the air)

2. So far, there is no vaccine to prevent HIV.

(True: Researchers are working on a vaccine and there will likely be one in the future.

There is an injection a person can take every day that can make it harder to contract HIV but it is not a vaccine)

3. HIV cannot be transmitted by sneezing.

(True: HIV is not transmissible through the air through sneezing or coughing)

4. HIV is a communicable (contagious) disease.

(True: But it is not an easy infection to transmit)

5. You cannot get HIV from sharing a drink.

(True: HIV is not found in saliva)

6. HIV affects the body's immune system.

(True: HIV attacks the immune system and makes it weaker, making it harder to fight infections)

7. AIDS and HIV are two different things.

(True: AIDS describes when a person with HIV gets sick because their immune

system can no longer fight off infections. It can take years, sometimes as much as 10 years for a person with HIV to develop AIDS).

8. If you come into contact with the blood of someone who is NOT living with HIV you cannot get HIV.

(True: HIV can only be transmitted from a person who already is infected. If two people are not infected, then neither one can transmit it to the other.)

9. Someone who uses the same needle as someone who is living with HIV to use drugs, can contract HIV.

(True: Sharing needles for drug use with someone living with HIV is one of the easiest ways to get HIV. Stopping injection drug use can lower the chances of getting HIV a lot as can using new, sterile needles instead of sharing needles. The only certain way to prevent HIV and other STDs is abstinence from sexual activity and drug use.)

10. If someone with HIV is bleeding, they can transmit HIV to someone else.

(True: HIV infection is transmissible from infected blood. The other person would need to have a cut on their own skin, however, in order for the virus to get into their body.)