

# Learning about HIV

## *A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum*

*Fostering respect and responsibility through age-appropriate sexuality education.*

### NSES ALIGNMENT:

Students will be able to:

**SH.5.CC.1** – Define HIV and identify some age-appropriate methods of transmission, as well as ways to prevent transmission.

### TARGET GRADE:

Grade 6 – Lesson 7

**TIME:** 50 Minutes

### MATERIALS NEEDED:

- Lesson PowerPoint
- Teacher’s Resource: “STDs and HIV – CDC Fact Sheet”
- “Facts about HIV” Answer Key
- “Facts about HIV” worksheet (one per student)
- **Homework:** “HIV and AIDS” (one per student)
- **Optional Homework Handout:** “WebMD: HIV/AIDS and Teens FAQ” (for students who do not have Internet access)

### ADVANCE PREPARATION FOR LESSON:

It is helpful for students to have a basic understanding of the human immune system, how it works, and the concept of germs. The teacher should also review the Teacher’s Resource “STDs and HIV – CDC Fact Sheet” included with this lesson to make sure to be up to date on information about HIV and AIDS. Finally, the teacher should also be prepared not to discuss explicit sexual situations but to refer a student with such a question to ask an adult family member.

### LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Define HIV as a virus that is transmitted through bodily fluids that weakens your immune system. [Knowledge]
2. Identify at least two ways in which HIV can be transmitted. [Knowledge]
3. Identify at least two ways in which HIV is not transmitted. [Knowledge]
4. Identify at least one way to prevent HIV transmission. [Knowledge]
5. Identify at least one treatment for HIV. [Knowledge]

### PROCEDURE:

**STEP 1:** Begin the activity by introducing the difference between communicable and non-communicable disease. Explain that communicable diseases are diseases that one person can give to another or can get from someone else. Ask students to raise their hands and give examples of communicable diseases (some responses may include: the common cold, stomach virus, the flu). Say, “**Communicable diseases are caused by tiny organisms, or ‘germs,’ that are contagious. Not all infections, however, 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.) (3 minutes)

**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:

- Can you get a sore throat from someone? (YES)
- Can you get allergies from someone? (NO)

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

Ask students if they have any questions about whether a certain illness is communicable (contagious). Respond to students' questions by giving the correct answer and then explaining why (if it is non-communicable, either it is caused by a germ that is not contagious or it is not caused by a germ at all.) If you are unsure, tell the student you are unsure and that you will find out and let them know. (3 minutes)

**STEP 3:** Tell students that today you want to talk about a particular communicable infection called HIV. Ask students what have they heard about HIV. As you write “human immunodeficiency” on the board, say, **“‘HIV’ stands for ‘Human Immunodeficiency Virus.’ That’s a big name, so 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.”** (5 minutes)

**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 get that protects them from getting 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. Tell students, **“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 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.”** (3 minutes)

**STEP 5:** Say, **“Luckily, HIV is hard to get. It is not an easy infection to transmit like a cold or the flu. 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 be passed through blood, semen or vaginal fluids. In addition, it can be passed through breastmilk if someone is breastfeeding an infant.”**

Say, **“It is very important to remember that HIV can only be passed from a person who is living with HIV. If two people are not infected then neither one can give it to the other.”** (6 minutes)

**STEP 6:** Distribute the “Facts about HIV” worksheet. Have students work in pairs to complete the worksheet. Allow 8 minutes for students to do this. 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 “Facts about HIV” Answer Key and Teacher’s Resource for explanations.) (16 minutes)

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**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 that 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.) (3 minutes)

**STEP 8:** Conclude the lesson by saying, “HIV is a serious infection and it is communicable, but it is also very difficult to catch. As long as we know how HIV is and is not transmitted, we can protect ourselves and be good friends or 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 for HIV at local health clinic.” (1 minute)

Distribute and explain the homework to students, asking if anyone would prefer the optional non-Internet version.

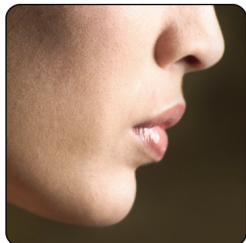
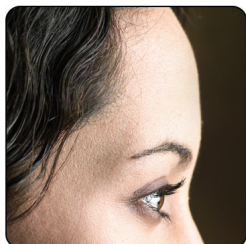
## RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

The “Facts about HIV” worksheet is designed to assess Learning Objectives 1, 2, 3, and 5. Learning Objective 4 can be assessed by student responses to ways they can safely interact with people living with HIV.

## HOMEWORK:

Ask students to complete the “HIV and AIDS” homework sheet. The answers can be found on the website listed on the assignment. If a student does not have access to the Internet at home, please give them the optional homework handouts to help answer the homework questions.

# STDs and HIV – CDC Fact Sheet



***People who have STDs are more likely to get HIV, when compared to people who do not have STDs.***



## Are some STDs associated with HIV?

Yes. In the United States, people who get syphilis, gonorrhea, and herpes often also have HIV, or are more likely to get HIV in the future.

## Why does having an STD put me more at risk for getting HIV?

If you get an STD you are more likely to get HIV than someone who is STD-free. This is because the same behaviors and circumstances that may put you at risk for getting an STD can also put you at greater risk for getting HIV. In addition, having a sore or break in the skin from an STD may allow HIV to more easily enter your body.

## What activities can put me at risk for both STDs and HIV?

- Having anal, vaginal, or oral sex without a condom;
- Having multiple sex partners;
- Having anonymous sex partners;
- Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk-taking.

## What can I do to prevent getting STDs and HIV?

The only way to avoid STDs is to not have vaginal, anal, or oral sex. If you are sexually active, you can do the following things to lower your chances of getting STDs and HIV:

- Choose less risky sexual behaviors.
- Use condoms consistently and correctly.
- Reduce the number of people with whom you have sex.
- Limit or eliminate drug and alcohol use before and during sex.
- Have an honest and open talk with your healthcare provider and ask whether you should be tested for STDs and HIV.
- Talk to your healthcare provider and find out if pre-exposure prophylaxis, or PrEP, is a good option for you to prevent HIV infection.

### **If I already have HIV, and then I get an STD, does that put my sex partner(s) at an increased risk for getting HIV?**

It can. If you already have HIV, and then get another STD, it can put your HIV-negative partners at greater risk of getting HIV from you.

Your sex partners are less likely to get HIV from you if you

- Use antiretroviral therapy (ART). ART reduces the amount of virus (viral load) in your blood and body fluids. ART can keep you healthy for many years, and greatly reduce your chance of transmitting HIV to sex partners, if taken consistently.
- Choose less risky sexual behaviors.
- Use condoms consistently and correctly.

The risk of getting HIV may also be reduced if your partner takes pre-exposure prophylaxis, or PrEP, after discussing this option with his or her healthcare provider and determining whether it is appropriate.

### **Will treating STDs prevent me from getting HIV?**

No. It's not enough.

If you get treated for an STD, this will help to prevent its complications, and prevent spreading STDs to your sex partners. Treatment for an STD other than HIV does not prevent the spread of HIV.

If you are diagnosed with an STD, talk to your doctor about ways to protect yourself and your partner(s) from getting reinfected with the same STD, or getting HIV.

### **Where can I get more information?**

Sexually Transmitted Diseases  
[www.cdc.gov/std/](http://www.cdc.gov/std/)

HIV/AIDS and STDs  
[www.cdc.gov/std/hiv/](http://www.cdc.gov/std/hiv/)

PrEP  
(pre-exposure prophylaxis)  
[www.cdc.gov/hiv/basics/prep.html](http://www.cdc.gov/hiv/basics/prep.html)

CDC-INFO Contact Center  
1-800-CDC-INFO  
(1-800-232-4636)  
TTY: (888) 232-6348  
<https://wwwn.cdc.gov/dcs/ContactUs/Form>

CDC National Prevention Information Network (NPIN)  
[npin.cdc.gov/disease/stds](http://npin.cdc.gov/disease/stds)  
P.O. Box 6003  
Rockville, MD 20849-6003  
E-mail: [npin-info@cdc.gov](mailto:npin-info@cdc.gov)

American Sexual Health Association (ASHA)  
[www.ashasexualhealth.org/stdsstis/](http://www.ashasexualhealth.org/stdsstis/)  
P. O. Box 13827  
Research Triangle Park, NC 27709-3827  
1-800-783-9877

## FACTS ABOUT HIV

### Answer Key

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 currently an antiretroviral medication called “PrEP” that 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 by sneezing or coughing.)
4. HIV is a communicable (contagious) disease.  
(TRUE: But it is not an easy infection to transmit since it is only transmitted by the exchange of the following fluids: blood, semen, vaginal fluids, or breast milk.)
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 other infections and illnesses.)
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 other infections or illnesses. It can take many years for a person with HIV to develop AIDS, and if they take antiretroviral medication people living with HIV often live normal healthy lives and never 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 with HIV. If two people are not infected with HIV, then neither one can transmit it to the other.)
9. Someone who shares a needle with someone who is living with HIV can contract HIV.  
(TRUE: Sharing needles with someone living with HIV for drug use, tattooing, or piercing is one of the easiest ways to contract HIV. Stopping injection drug use can lower the chances of getting HIV as can using new, sterile needles instead of sharing needles. The only certain way to prevent HIV and other STIs is abstinence from sexual activity and injection drug use and to avoid sharing needles for any other reason.)
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.)



## FACTS ABOUT HIV (TRUE OR FALSE)

Name \_\_\_\_\_ Date \_\_\_\_\_

**Instructions:** 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 shares a needle with someone living with HIV can contract HIV.
- \_\_\_\_\_ 10. If someone with HIV is bleeding, they can transmit HIV to someone else.

## ***HIV AND AIDS***

### **Homework (Lesson 6-7)**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### **Instructions:**

- There are some unique aspects of HIV and AIDS that are different from other STIs.
- Answer the questions by going to <http://teens.webmd.com/hiv-aids-and-teens-faq>.

**1. What does HIV cause?**

**2. HIV weakens which system in the human body?**

**3. That means it's harder for people with HIV to fight off certain \_\_\_\_\_.**

**4. Which three body fluids do NOT transmit HIV?**

**5. Can you get HIV from someone sneezing on you?**

**6. You can't tell whether someone has HIV just by looking at them. How can people know for sure whether they have HIV?**

**7. If someone doesn't know where to go get tested, what number can they call that's both free and confidential (no one will know they called)?**





# HIV/AIDS and Teens FAQ

Do you know someone who has AIDS? Or maybe you've heard about a celebrity who has it? Here are some quick facts:

- AIDS is caused by a virus called HIV.
- If you've got AIDS, your body finds it harder and harder to fight off infections.
- The most common way to get AIDS is by having sex with someone who has it. But there are other ways, too.

## What happens when you get AIDS?

When you get infected with HIV, your body's immune system gets weaker. The immune system is what makes your body able to fight off infection and disease.

It takes time for this to happen. But when it does, it can lead to AIDS and be fatal.

When a person has AIDS, the immune system is so weak it can't fight off viruses or bacteria. And it can't prevent certain kinds of cancer the way a healthy immune system can.

While people can die quickly once they develop AIDS, HIV infections can be treated. It's possible with the right treatment to live a long, healthy life.

## How do people get HIV?

People get HIV by contact with body fluids that come from someone who has it. For example, you can get AIDS in these ways:

- Oral, vaginal, or anal sex without using a condom.
- Injecting drugs with a needle that has also been used by someone infected with HIV.
- Using the same needle as someone with HIV when you get a tattoo.

## Do only gay people get an HIV infection?

No, you don't have to be gay to get an HIV infection. You can get AIDS from having sex -- without a condom -- with someone of the opposite sex.

## How can I avoid getting HIV?

The best way to avoid getting HIV is to not have sex. If you do have sex, you can protect yourself with these steps:

- Always use a condom when having sex.

- Only have sex with one person who you know is not infected.
- Do not use alcohol or drugs. That way you can make smart choices based on clear thinking.

Activities like hugging, kissing, and rubbing against one another don't spread HIV as long as there are no open sores being touched. Also, you can't give yourself HIV by masturbating.

**Can I get HIV from getting a tattoo?**

Yes, if the person who gives you the tattoo uses the same needle that was used on someone who has HIV.

That's because any activity that can result in blood getting passed from one person to another carries a risk of HIV infection.

**Can I get HIV from someone sneezing on me or from touching someone's used tissue?**

No. HIV is not passed on in sweat, saliva, or tears.

Some other things to know about catching AIDS:

- The body fluids that contain the highest concentration of HIV are blood, semen, vaginal fluid, breast milk, and other fluids that contain blood.
- You can't catch it from casual contact like you can a cold or the flu.
- Holding hands or touching someone's skin won't cause you to get the virus.
- Sharing a drinking glass with someone does not spread the virus.
- Open mouth (French) kissing is very low risk for getting the virus unless there are open sores in the mouth or there is blood present.

**How do you know if someone has HIV?**

The only way to know for sure whether you or someone else has HIV or AIDS is by testing. A person may be positive for HIV but take more than 10 years to develop symptoms.

**If I've had sex that put me at risk, how soon should I get tested?**

Most experts recommend waiting to be tested until three months after having sex that put you at risk. That's because it may take that long to develop antibodies that can be found by testing. There are, though, some newer tests that may provide results sooner. Discuss your timing for having tests with your doctor.

It's important to avoid risky behaviors during that three-month period. If you think you are infected, see a doctor right away. He or she can help guide you in the testing.

**Where do I go to be tested?**

The best thing to do is talk to your health care provider. He or she will:

- Determine whether or not you should be tested.

- Explain the testing procedure.
- Describe your options for testing.
- Help you locate the nearest testing site.

You can also find out where the nearest testing site is by calling 1-800-CDC-INFO (232-4636). You can call 24 hours a day. The call is confidential. No one will know you called.

**Do I have to tell my parents if I want to get tested?**

That depends on where you go to be tested. Some clinics want your parents' permission before they offer you a test.

Most clinics are confidential. No one else will be told about your test results. You can call a clinic before going there to find out what its policy is on keeping your test confidential.

It's a good idea, though, to talk with an adult you trust about your concerns. A trusted adult can help you sort through your options. The adult can also help you think about your behavior and what to do about behavior that puts you at risk.

**If I decide to get a test, does the person I had sex with need to get tested, too?**

The test will tell you only about yourself. Your sexual partner could still have HIV, even if your test is negative.

**What happens if my test is positive?**

The earlier you get treatment, the better chance you have of being able to stay well. If your test is positive, talk with your health care provider about your treatment options and what you need to do to live a long, healthy life.

**Take-Away Tips About AIDS**

- Never have sex without using a condom.
- Do not use illegal drugs or get tattoos with unclean needles.
- If you think you may be infected with AIDS, see a doctor right away. You can also call 1-800-CDC-INFO (232-4636).