

# **HIV/AIDS Curriculum Grade 5**

**Puyallup School District  
Adapted from KNOW Curriculum  
2004**

# Grade 5 Contents

This is intended to be a one or two day curriculum.

## Lessons:

### Activity 1 – Review of Basic Facts

Review of basic facts

Discussion

Make and use transparencies

as transparencies or posters

blackline masters included

### Activity 2 – Immune System and Risk Factors

Pretest and review

Video: HIV and AIDS: Staying Safe

a. United Learning, 1997

b. (15 minutes)

c. Video may be shown during Activity 1

### Optional: Activity 3 – Enrichment/Extension

Parent Newsletter

## Additional Teacher Resources:

Introduction

The AIDS Omnibus Act

The AIDS Omnibus Act requires:

Suggested Letter to Parents/Legal Guardian

Suggested Request Form to Excuse Student

Guidelines for Answering Difficult Questions

Dealing with Value-based Questions

Glossary

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Activity 1 – “Review of **Basic Facts**”

- a. Discuss “Review of **Basic Facts**”
- b. Use transparencies as transparencies or posters to expand discussion

# Review of BASIC FACTS



Present teacher-directed discussion about basic facts pertaining to HIV, including:

## What is a “communicable: disease”

- Communicable disease – A disease that can be transmitted from one person to another.
- Examples – colds, chicken pox, and athletes foot

## AIDS is an abbreviation for...(Transparency 1)

## HIV is an abbreviation for... (Transparency 2)

## How HIV is spread... (Transparency 3)

- Through direct exposure to blood, semen, or vaginal secretions that are infected with HIV.
- From person-to-person through sexual intercourse with an infected person.
- Through the sharing of injection drug needles and syringes used for “shooting” drugs.
- Sharing needles used for tattooing and ear/body piercing.
- “Blood brother/blood sister” mixing of blood.
- Some pregnant women infected with HIV pass the virus on to their fetus during pregnancy or during birth.
- Occasionally, during breast-feeding.

## Can someone get HIV from...(Transparencies 4 and 5)

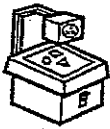
- Review each possible transmission method with students.
- Sharing needles is the only risky behavior. Tattooing is not a risk if performed by professional using sterile tools.

## HIV Epidemic–Like an Iceberg? (Transparency 6)

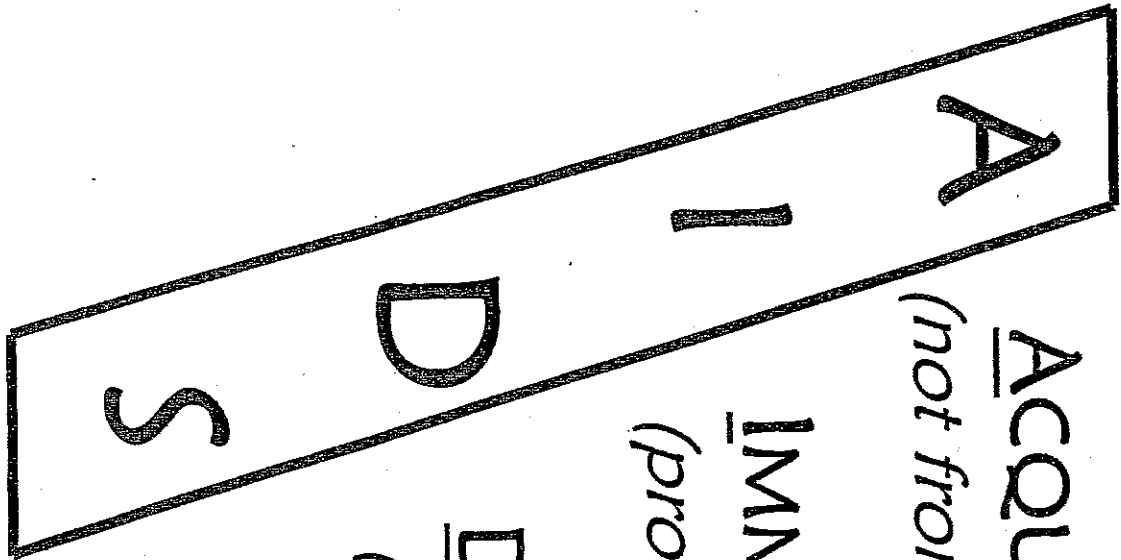
## To protect yourself from HIV infection: Don’t Share... (Transparency 7)

## Helping Others and Protecting Yourself (Transparency 8)

Note: Tell students that to eliminate their risk for HIV, they should abstain from sexual intercourse and the use of injection needles or syringes or any drugs that are not medically prescribed and used with the supervision of a parent or guardian.



**“AIDS” IS AN ABBREVIATION FOR**



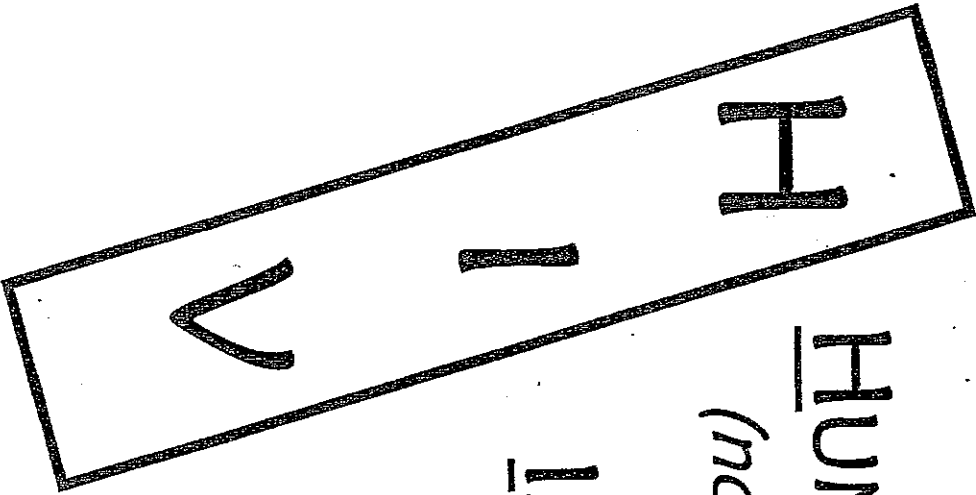
**A** A **ACQUIRED**  
*(not from parents' genes)*

**I** I **IMMUNE**  
*(protected from)*

**D** D **DEFICIENCY**  
*(not enough)*

**S** S **SYNDROME**  
*(many illnesses)*

“HIV” IS AN ABBREVIATION FOR



HUMAN

*(not in other animals)*

IMMUNODEFICIENCY

*(immune system weakness)*

VIRUS

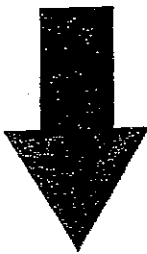
*(a kind of germ)*

# HOW HIV IS SPREAD

HIV-infected fluids\*



A way into the bloodstream\*\*

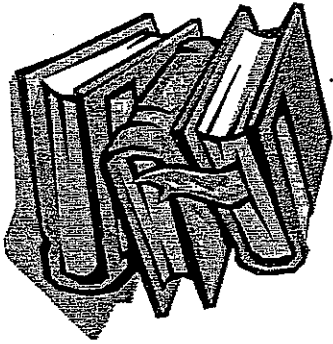


(MAY lead to . . .)

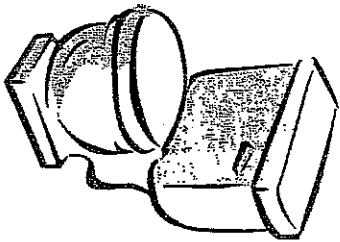
## NEW HIV INFECTION

- \*blood, vaginal fluids, semen, breast milk
- \*\*a cut, sore, irritated skin/mucous membrane

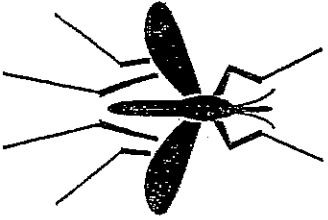
CAN SOMEONE GET HIV FROM ...



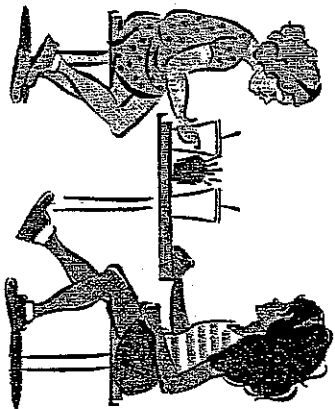
Sharing books?



Using a toilet?



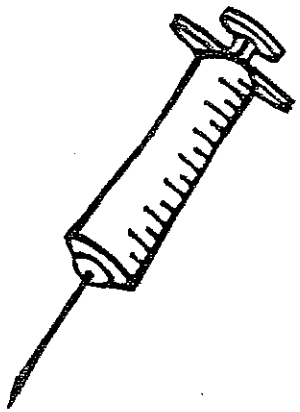
A mosquito bite?



Sharing food?



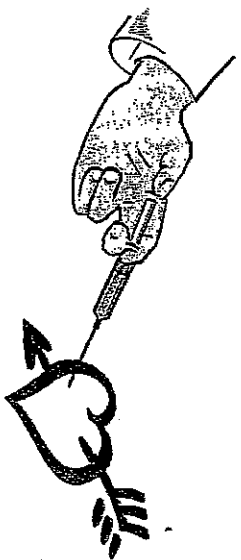
CAN SOMEONE GET HIV FROM...



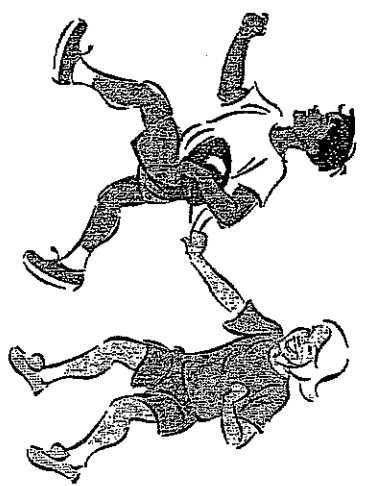
Sharing needles?



Kissing?



Tattoos?



Playing sports?

# HIV EPIDEMIC—LIKE AN ICEBERG

Usually only the tip of an iceberg shows above the water.



But there's a lot more ice underneath the water.

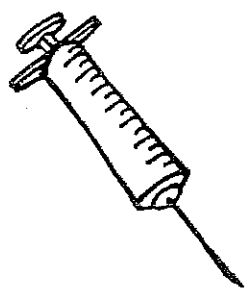
People with AIDS

HIV-Positive but not AIDS yet.

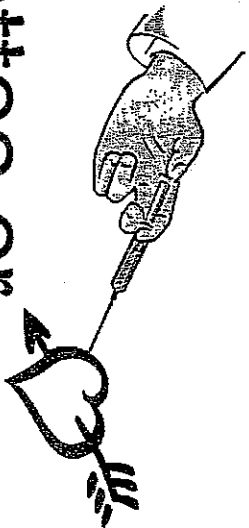
The HIV epidemic is a lot like that—many people are infected with HIV and can pass it on but don't show any symptoms of AIDS.

**TO PROTECT YOURSELF FROM HIV**

Don't share . . .

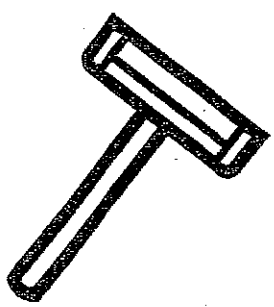


Needles



Tattoo or

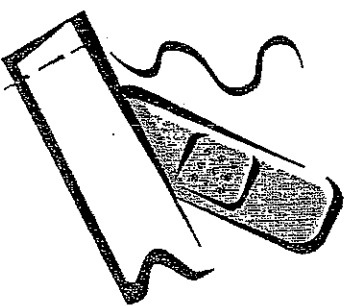
Piercing Instruments



Razors

## HELPING OTHERS AND PROTECTING YOURSELF

- Do not touch another person's blood with your unprotected skin. You might have small cuts or breaks in your skin.
- Help the injured person place a clean towel or other padding on the wound.
- Get help.



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Activity 2 – Immune System and Risk Factors

- a. Complete Pretest “How Much Do You KNOW?”, as a class or individually
- b. Discuss/review pretest
- c. Show video:
  - i. HIV and AIDS: Staying Safe
  - ii. United Learning, 1997
  - iii. 15 minutes
- d. Debrief video - worksheet

# How Much Do You Know?

Please circle T (True) or F (False) or U (Unsure) for the following.

- |   |   |   |  |
|---|---|---|--|
| T | F | U | 1. HIV is a communicable disease.                    |
| T | F | U | 2. HIV/AIDS can be cured.                            |
| T | F | U | 3. People with HIV infection die very soon.          |
| T | F | U | 4. People can make choices to avoid exposure to HIV. |
| T | F | U | 5. Hepatitis B is easier to get than HIV.            |
| T | F | U | 6. Kids don't have to worry about HIV infection.     |
| T | F | U | 7. You can tell if someone has HIV by how they look. |

Check below the ways that HIV can be spread from one person to another.

- |   |   |
|---|---|
| <input type="checkbox"/> Mosquito bites     | <input type="checkbox"/> Exposure to infected blood |
| <input type="checkbox"/> Sexual intercourse | <input type="checkbox"/> Dirty toilet seats         |
| <input type="checkbox"/> Sharing food       | <input type="checkbox"/> Sharing needles            |
| <input type="checkbox"/> Kissing someone    | <input type="checkbox"/> Playing sports             |

## What's Your Opinion?

(Circle A for Agree, D for Disagree, U for Unsure)

- |   |   |   |   |
|---|---|---|---|
| A | D | U | People with HIV/AIDS should be kept away from others. |
| A | D | U | People with HIV/AIDS should be treated with respect.  |
| A | D | U | No one deserves to be sick.                           |

Write your responses (on the back of this page) to the following:

*If I found a friend bleeding on the playground, I would . . .*

*Something I know about HIV/AIDS is . . .*

*A question I have about HIV/AIDS is . . .*

# How Much Do You Know?

Please circle T (True) or F (False) or U (Unsure) for the following.

- |     |     |   |  |
|-----|-----|---|--|
| (T) | F   | U | 1. HIV is a communicable disease.                    |
| T   | (F) | U | 2. HIV/AIDS can be cured.                            |
| T   | (F) | U | 3. People with HIV infection die very soon.          |
| (T) | F   | U | 4. People can make choices to avoid exposure to HIV. |
| (T) | F   | U | 5. Hepatitis B is easier to get than HIV.            |
| T   | (F) | U | 6. Kids don't have to worry about HIV infection.     |
| T   | (F) | U | 7. You can tell if someone has HIV by how they look. |

Check below the ways that HIV can be spread from one person to another:

- |  |  |
|--|--|
| <input type="checkbox"/> Mosquito bites                | <input checked="" type="checkbox"/> Exposure to infected blood |
| <input checked="" type="checkbox"/> Sexual intercourse | <input type="checkbox"/> Dirty toilet seats                    |
| <input type="checkbox"/> Sharing food                  | <input checked="" type="checkbox"/> Sharing needles            |
| <input type="checkbox"/> Kissing someone               | <input type="checkbox"/> Playing sports                        |

## What's Your Opinion?

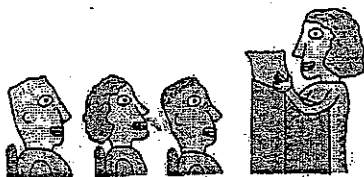
(Circle A for Agree, D for Disagree, U for Unsure)

- |   |   |   |   |
|---|---|---|---|
| A | D | U | People with HIV/AIDS should be kept away from others. |
| A | D | U | People with HIV/AIDS should be treated with respect.  |
| A | D | U | No one deserves to be sick.                           |

Write your responses (on the back of this page) to the following:

1. If I found a friend bleeding on the playground, I would ...
2. Something I know about HIV/AIDS is ...
3. A question I have about HIV/AIDS is ...

## Video: "HIV and AIDS: Staying Safe"



Debrief video by asking students (from the video Teacher Guide):

- ◇ What are some reasons that a person might not want to tell others that he or she has HIV or AIDS? (*Fear of rejection or taunting, fear of being excluded, etc.*)
- ◇ If you knew someone who has HIV, what could you do to help him or her feel more accepted and comfortable? (*Be friendly, be available to play, do not tease or make fun of him or her, stop others from doing that.*)
- ◇ What would it be like to have to take pills several times a day, up to 25 pills per day? How would this affect a person's life?
- ◇ What would it be like to be too sick to leave your house or play outside?



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**Optional – Extension/Enrichment**

Activity 3 – Parent Newsletter

- a. Discuss the newsletter with the students
- b. Send the newsletter home to parents/guardians

## FAMILY NEWSLETTER

### Working Together to Keep Our Youth Healthy

**H** You have probably asked yourself, "What should my fifth grader know about HIV and AIDS?" Well, your child has probably heard something about AIDS in a news report or on a television program. He or she knows that HIV and AIDS exist, probably has many questions, and maybe received some wrong information.

**I** In words that fifth graders can understand, your child has learned information he or she needs to know about this communicable disease. This will help lessen any fears your child may have about HIV infections and AIDS.

In the fifth grade lessons, your child has learned:

- V**
- AIDS is a disease that is caused by a virus called Human Immunodeficiency Virus (HIV).
  - HIV is different from most germs because it gets into the body through blood-to-blood contact.
  - HIV damages the immune system—when it gets into the body—leading to other diseases and infections.
  - HIV cannot be caught by:
    - \* Touching someone who has AIDS or is HIV infected.
    - \* Sharing pencils or toys.
    - \* Hugging someone who has AIDS or is HIV infected.
    - \* Playing with someone who has AIDS or is HIV infected.
    - \* Talking to someone who has AIDS or is HIV infected.
    - \* Coughing and sneezing without covering the mouth.
- A**
- I**
- HIV is spread by sharing needles and by having sexual contact with a person who is infected with HIV.
  - Preventing the spread of HIV means avoiding contact with other people's blood.
  - Treat people who have AIDS or are HIV infected in a caring way. Play with them when they feel like it and show caring when they don't feel well.
  - Scientists and doctors are working to find a cure for AIDS and an effective treatment for HIV-infected people and a vaccine to prevent the spread of the disease.
- D**
- S**

We believe this information will help your child understand the facts about HIV and AIDS. Your child will know what a fifth grader can do to protect himself/herself from infection and ways to show kindness to people who have AIDS or are HIV infected.

*(Continued on next page.)*

## FAMILY NEWSLETTER (continued)

### Talking With Your Child

Your child may seek reassurance that he or she is not going to get AIDS. We have discussed the fact that not many children get AIDS, but some do. You may want to tell your child the following information to help him or her understand.

When children get HIV, it is usually from their infected mothers around the time of birth. The other way children have gotten HIV is from blood that was contaminated with the virus.

Since 1985, the blood supply in this country is very safe, so the chance of getting infected with HIV from blood transfusions or clotting factor (in the case of hemophilia) is very, very low.

As your child approaches his or her teenage years, you may want to discuss the two main ways HIV infection is transmitted: Sharing needles and sexual intercourse. We sometimes think that sharing needles only happens when someone is using illegal drugs. While some drugs are taken into the body by injecting them, the use of needles for body piercing or tattooing is also a potential way HIV can spread.

Sexual intercourse is the other major way HIV spreads. We encourage you to communicate your family values and beliefs about sexual intercourse to your child. Abstinence from sexual intercourse and drug abuse is the only guaranteed way to prevent the spread of HIV.

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### Answering Questions about HIV and AIDS

We have encouraged your child to ask you if he or she has more questions about HIV infection and AIDS. You can provide your child with information and reassurance about this disease, and at the same time, share your beliefs and values regarding the behaviors that spread HIV.

When your child comes to you with a question, you might find it helpful to keep the following points in mind as you answer him or her.

- \* Listen carefully to the question.
- \* Repeat the question back to make sure you understood what is being asked.
- \* Give a simple short answer that is appropriate for your child's age.
- \* Check to make sure your child understood the answer.
- \* Give your child a chance to ask more questions.

Remember that it is okay to take a "time out" to think about your answer, or to say, "I don't know but I'll try to help you find the answer."

There are many people who can help you get more information. Here are a few resources you might like to contact:

- \* Your local school.
- \* Your county health department.
- \* Your family physician.
- \* The Washington State AIDS Hotline  
800/272-AIDS (2437)

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