

High School

General Education

**KNOW
HIV/STD
Prevention
Curriculum**

**HIGH SCHOOL
General Education
Lesson Plans 1-2**

Overview

* This lesson provides a reintroduction to HIV with a focus on the distinction between HIV and AIDS through group discussion and viewing of the video *HealthBEATS HIV*. *

SEE ADDITIONAL
ATTACHMENTS FOR
THIS RESOURCE

Objectives

The student will:

1. Identify the difference between HIV infection and AIDS.
2. Recognize misconceptions teens often have about HIV and AIDS.
3. Understand the importance of getting tested if she/he puts themselves at risk of acquiring HIV.

Activities

1. Small group discussion
2. Video
3. Video follow-up*

*Reading Connection—GLE 2.1.7

This follow-up activity provides an opportunity for students to practice summarization skills.

Ready . . .**Advance Preparation**

Obtain a copy of the video *HealthBEATS HIV*.
(Available by loan from OSPI at 360/725-6363.)
Make copies of Handouts # 1 and # 2.

Set . . .

Write the following sentence on the blackboard, or overhead, for group discussion.

Discuss in your group what you think the difference is between HIV and AIDS.

Go . . .

1. Divide the class into groups of three to five students each. Have students discuss what they think the difference is between HIV and AIDS. Have each group complete Handout # 1, *What's the Difference?* Allow three-to-four minutes of discussion. Spend another three-to-four minutes allowing groups to share their answers.
2. Show the video *HealthBEATS HIV*.
3. Video follow-up:
Have students complete the video summary worksheet (Handout # 2).
4. Have the class return into small groups and compare their answers on their video summary worksheet.
5. As a whole class discuss the most important ideas portrayed in the video.

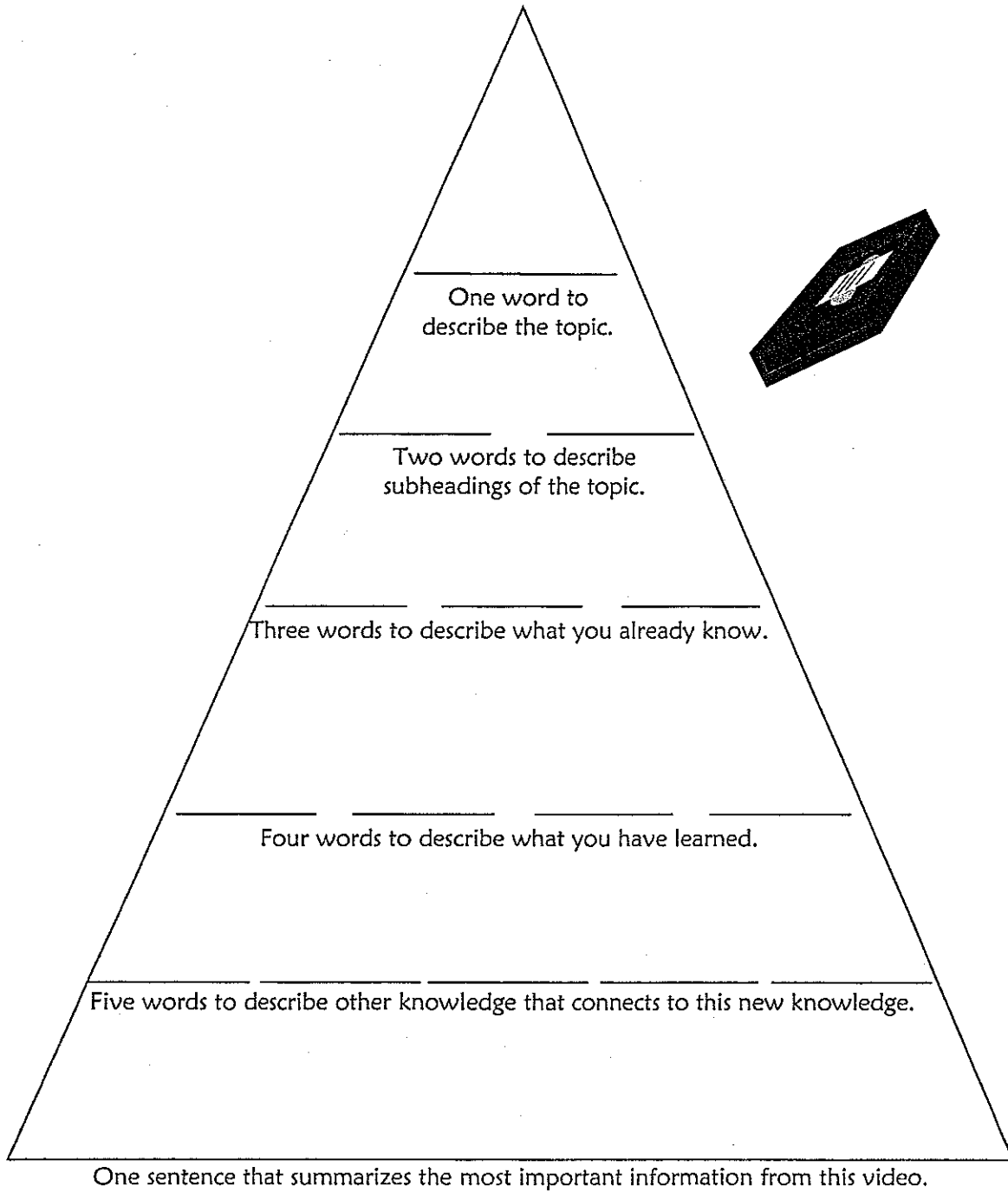
High School

General Education
Lesson 1—Video-HIV/STDs

What is the Difference?

HIV

AIDS



Overview

This lesson give students an opportunity to investigate resources (personal support, information, treatment) that are available in schools and communities for the prevention, diagnosis, and treatment of HIV and STDs. It also provides practice for using resources and being a resource to their peers.

Objectives**The student will:**

1. Name resources within his/her school and community that provide prevention and treatment information for HIV, STDs, and other health issues.
2. Practice obtaining information from a school or community resource.
3. Practice being a resource to a peer.

Activities

1. Resource Research
2. Providing Support

Ready . . .

Advance Preparation

1. Collect information and pamphlets from local agencies and other community resources.
2. Bring in several phone books from the local area.
3. Make six copies of Handout # 1, *Resource Research Form*, for each small group.

Vocabulary (See Glossary.)

Set . . .

Materials

Handouts

- # 1 Resource Research Form
- # 2 ABCDs of HIV/AIDS

Go...

Activities

Activity 1—Resource Research

Separate students into three groups. (Have duplicate groups for larger classes.)

1. Personal
2. School
3. Community

- Ask them to brainstorm who comes to mind when asked to list resources that can help them with problems.
- Have students from each group work in pairs to interview at least one person on their list, in order to complete the resource research form.

Activity 2—Providing Support

Format the data into a pamphlet or wallet-sized card. This could be a project for each group.

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Lesson 2—Getting and Giving Help

Resource Research Form

Resource name _____

Phone number _____

Location _____

Hours available _____

Cost of services _____

How to get appointment _____

They counsel about:

HIV/AIDS _____

Drugs _____

STDs _____

Pregnancy _____

Emotional concerns _____

Other useful information _____



Protect Yourself and Others

- Pregnant women who are infected with HIV can pass the HIV to the fetus during pregnancy, delivery, or through breast-feeding. Treatment can be provided during pregnancy that prevents passing of HIV to a baby in most cases. HIV testing is recommended for all pregnant women to prevent infection of her baby.
- People who are HIV infected may not look or feel sick. They may even test negative on an HIV antibody test for weeks or months after becoming infected, but can still pass the disease. If a person has engaged in risky behaviors, they are at risk.

Remember

- Abstinence is 100 percent safe. Proper use of latex condoms and limiting sex partners significantly reduces—but does not eliminate—your risk of HIV infection.



- People also use injection equipment for legal reasons, such as insulin, vitamins, and prescription medicines. Remember to never share needles or other injection equipment.

QUESTIONS?

Call the
Washington State
AIDS HOTLINE for
confidential answers
at 1-800-272-AIDS (2437).

ABCDs of HIV/AIDS

ABCDs of HIV/AIDS

A

AIDS is a life threatening disease, but a hard disease to catch.

- A blood-borne virus, HIV, present in significant amounts of blood, semen, and vaginal secretions of infected people, must get into a person's blood.

B

It is specific **behaviors** that put people at risk for contracting HIV.

- Unprotected sexual intercourse with an HIV-infected person.
- Sharing needles, syringes, or body piercing items.



KNOW

C

There are **choices** available that people can make to protect themselves from HIV infection:

- **Abstinence** from sexual intercourse and from injection drug use are 100 percent safe and effective.
- **Fidelity** in which two people are mutually monogamous, who are not HIV infected and who never share needles are not at risk for HIV infection. A relationship such as within the context of marriage.
- **Condoms** when people consistently (always) and properly use latex condoms every time they have sexual intercourse, the risk is significantly lessened, but not eliminated.

D

People **do not** get infected with HIV by:

- Casual contact in school, at parties, sharing food, in swimming pools, stores, or the work place.
- Hugging, shaking hands, or simply being near a person who is infected with the virus.
- An insect bite.
- Contact with a toilet seat.



Reminders:

- Injection drug use (sharing needles) and unprotected sexual intercourse increase the chances of acquiring other sexually transmitted diseases (STDs), which in themselves can cause sterility, death, and increase your susceptibility to HIV infections.
- Being under the influence of drugs or alcohol can impair your judgment and increase the possibility of risky behaviors, such as IV drug use or unprotected sex.