

HIV/AIDS

THE KNOW CURRICULUM

WHAT IS HIV?

WHAT IS AIDS?

CLASSROOM EXPECTATIONS

- IN THIS CLASS:
- DON'T BE AFRAID TO ASK QUESTIONS
- BE RESPECTFUL TO YOUR PEERS
- NO PERSONAL STORIES
- USE APPROPRIATE MEDICAL WORDS

HIV and Me: Marissa's story



Hit play if video doesn't start

<https://www.youtube.com/watch?v=S2J7bH1JQ40&t=3s>

HUMAN IMMUNODEFICIENCY VIRUS (HIV)

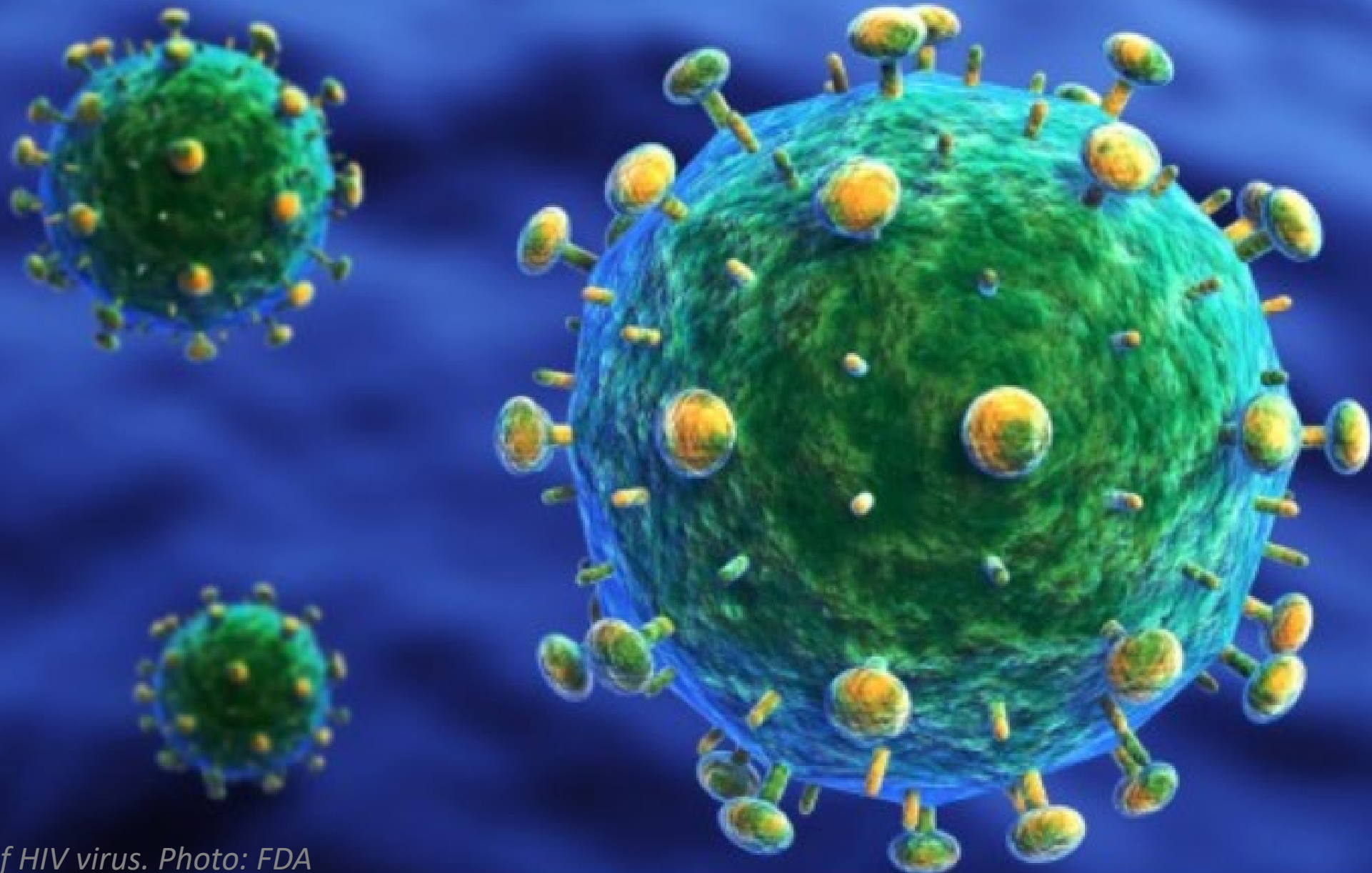
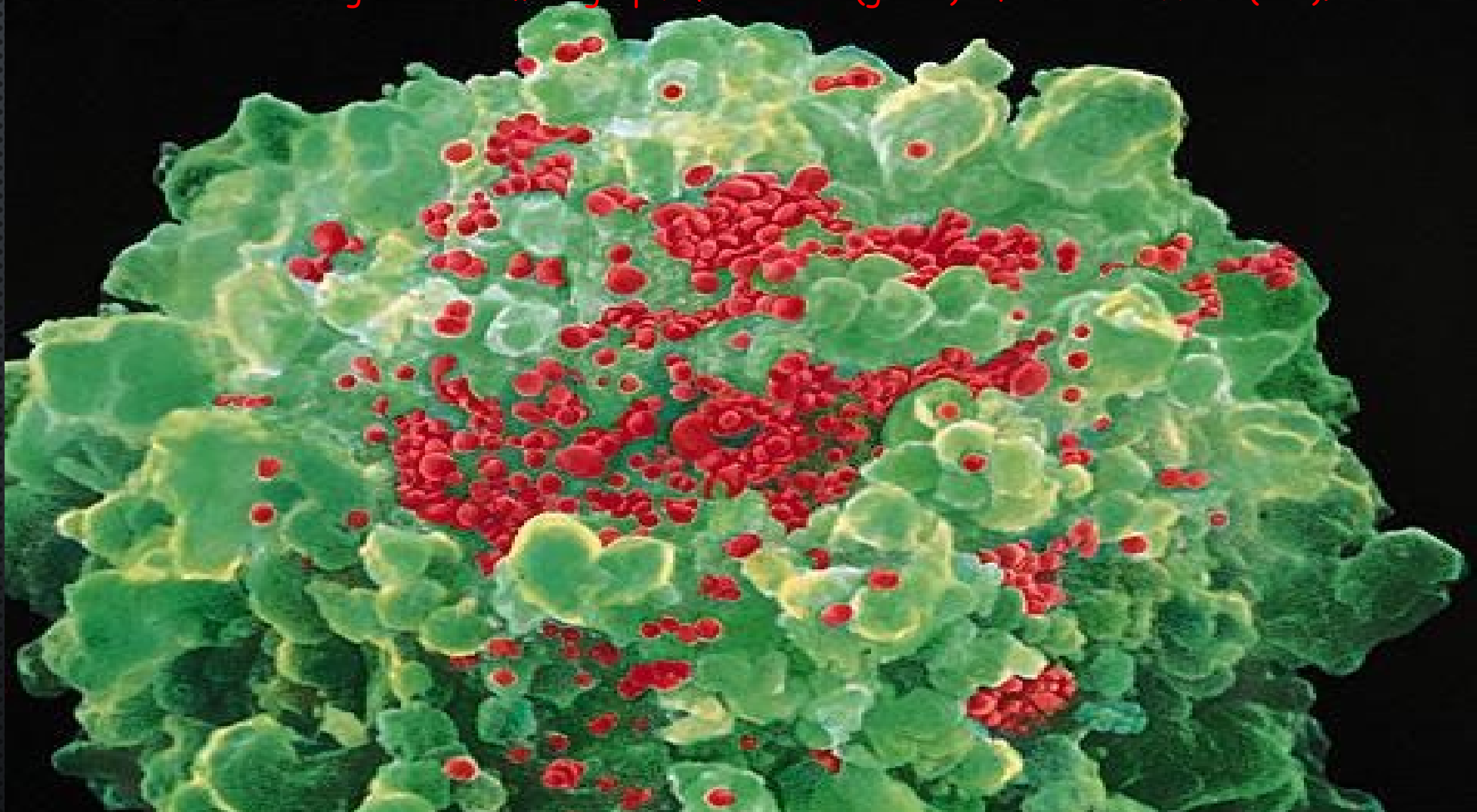


Illustration of HIV virus. Photo: FDA

ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS)

colored scanning electron micrograph of a T4 cell (green) infected with HIV (red).



CONTAGIOUS DISEASES



- COMMON COLD/FLU
- CHICKEN POX
- PERTUSSIS (WHOOPIING COUGH)
- PNEUMONIA
- MEASLES/MUMPS/RUBELLA
- HEPATITIS A/B/C, ETC.
- HIV/AIDS

NON-CONTAGIOUS DISEASES

EXAMPLES OF NON-INFECTIOUS DISEASES

Allergies/Asthma

Cancer

Diabetes

Epilepsy/Seizures

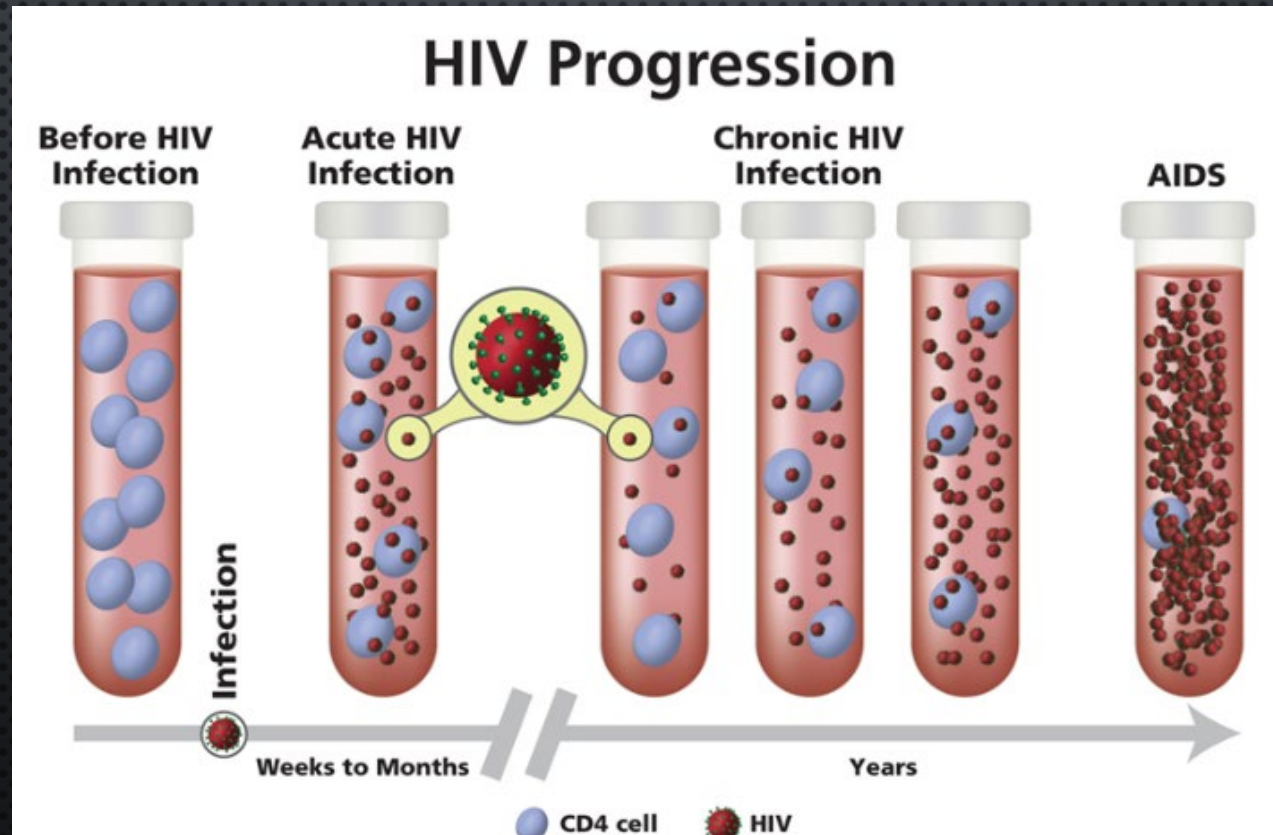
Heart/Lung/Kidney Diseases

*pollen, dust,
mold, and cats*



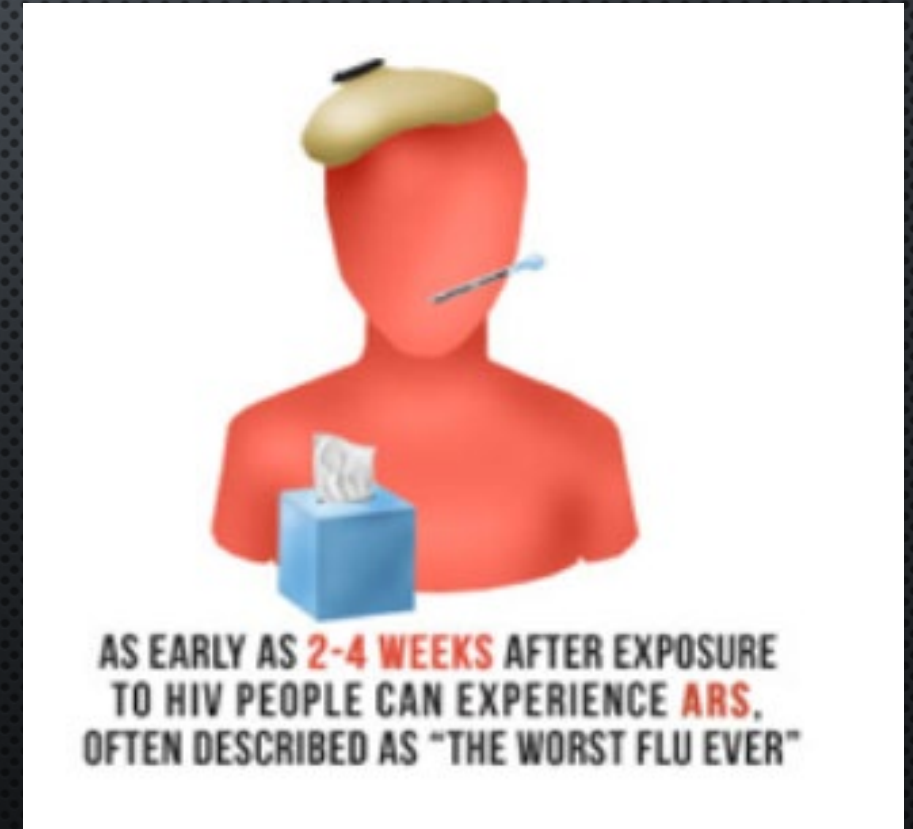
HIV TIME LINE

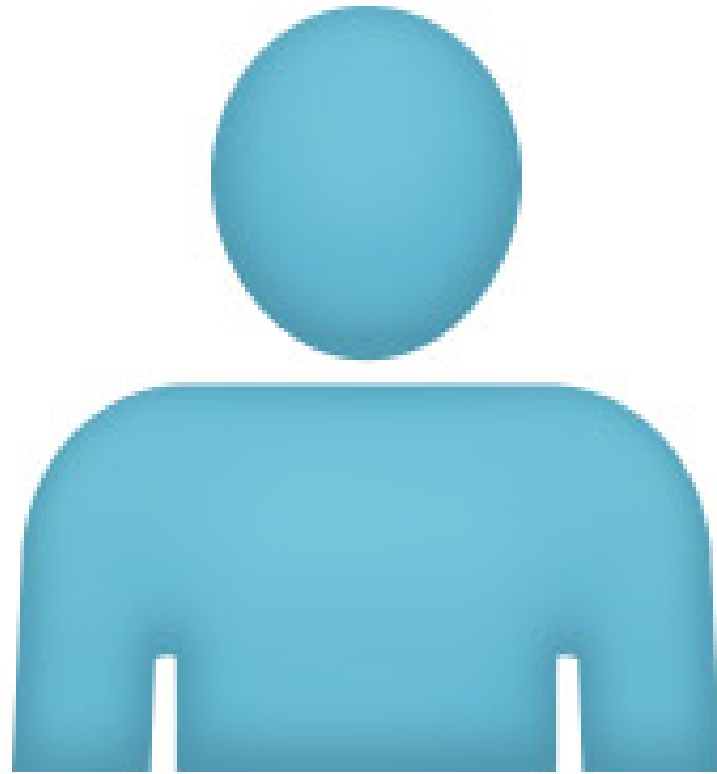
- RISKY BEHAVIOR THAT EXPOSES SOMEONE TO THE HIV VIRUS.
- FLU LIKE SYMPTOMS FOR 24-48 HOURS.
- 85% OF PEOPLE THAT HAVE BEEN INFECTED WILL SHOW A POSITIVE BLOOD TEST IN 3-6 WEEKS.
97% ARE POSITIVE AFTER 3 MONTHS



INITIAL EXPOSURE SYMPTOMS

- SYMPTOMS MAY INCLUDE:
- FEVER (THIS IS THE MOST COMMON SYMPTOM)
- SWOLLEN GLANDS
- SORE THROAT
- RASH
- FATIGUE
- MUSCLE AND JOINT ACHES AND PAINS
- HEADACHE





MANY HIV+ PEOPLE DO NOT HAVE SYMPTOMS. THEY DON'T LOOK OR FEEL SICK. OFTEN PEOPLE ONLY BEGIN TO FEEL SICK WHEN THEY PROGRESS TOWARD AIDS.



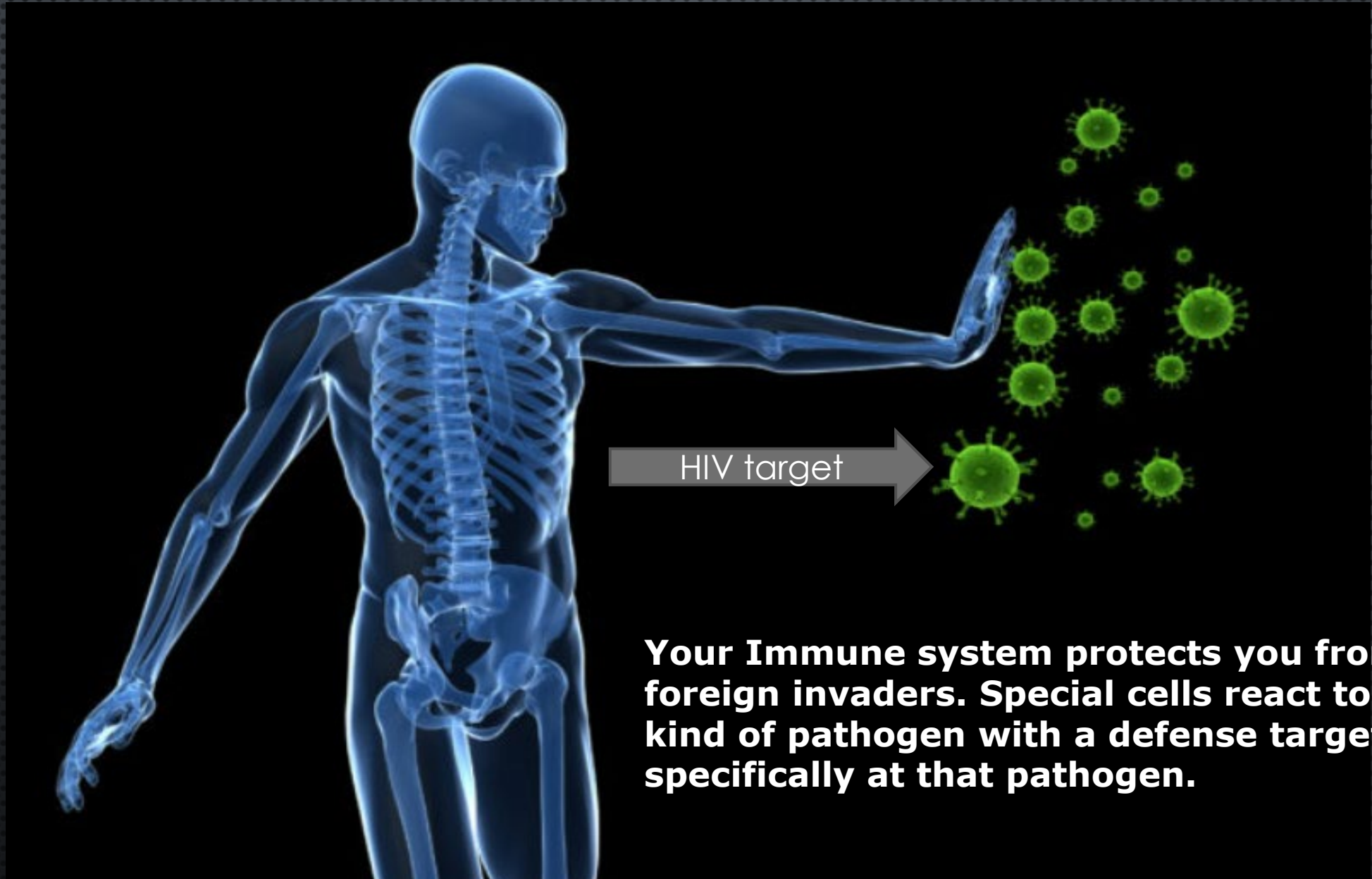
**IF YOU THINK YOU MAY HAVE BEEN EXPOSED TO HIV
— REGARDLESS OF WHETHER YOU HAVE
EXPERIENCED ANY SYMPTOMS — IT IS IMPORTANT
TO GET TESTED AS SOON AS POSSIBLE.**

10-20 years – Asymptomatic (HIV +)

Most people who have HIV infection do not look or feel sick, but can transmit the virus to other people. It can take up to 20 years to develop AIDS symptoms



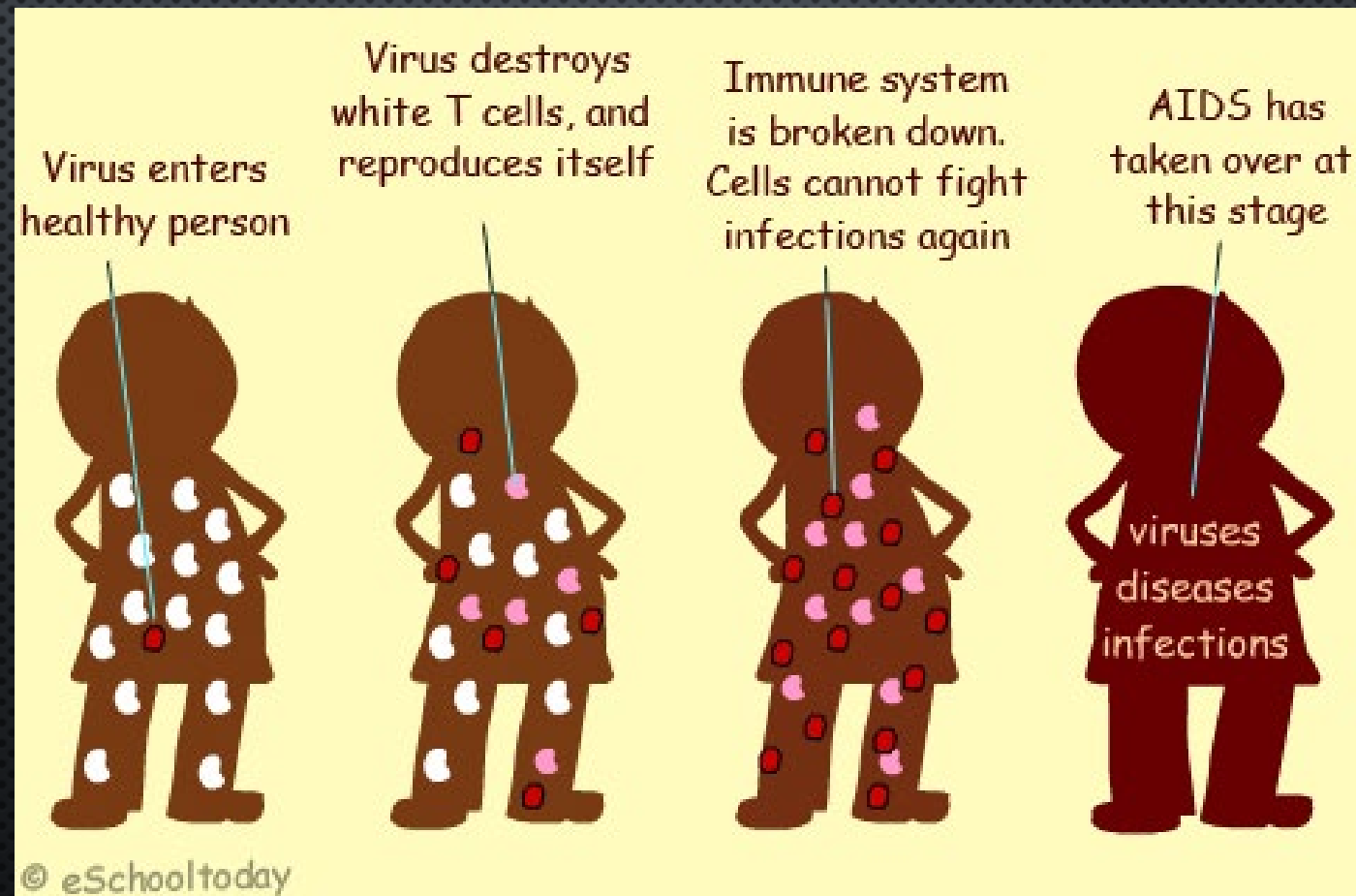
YOUR IMMUNE SYSTEM



HIV target

Your Immune system protects you from foreign invaders. Special cells react to each kind of pathogen with a defense targeted specifically at that pathogen.

WHAT HIV DOES TO THE IMMUNE SYSTEM









MEDICATION REGIMEN

HIV Medication Chart

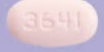






Combination Antiretrovirals

Atripla (EFV/TDF/FTC) 	Biktarvy (BIC/TAF/FTC) 	Combivir[†] (ZDV/3TC) 	Complera (RPV/TDF/FTC) 	Delstrigo (DOR/TDF/3TC) 
Descovy (TAF/FTC) 	Dovato (DTG/3TC) 	Epzicom[†] (ABC/3TC) 	Genvoya (EVG/COBI/TAF/FTC) 	Juluca (DTG/RPV) 
Odefsey (RPV/TAF/FTC) 	Stribild (EVG/COBI/TDF/FTC) 	Symtuza (DRV/COBI/TAF/FTC) 	Triumeq (DTG/ABC/3TC) 	Truvada (TDF/FTC) 

Nucleoside/Nucleotide Reverse Transcriptase Inhibitors (NRTI)

Emtriva[*] (emtricitabine, FTC) 	Epivir[†] (lamivudine, 3TC) 	Retrovir[†] (zidovudine, ZDV) 
Viread[†] (tenofovir DF, TDF) 	Ziagen[†] (abacavir, ABC) 	Vemlidy (tenofovir alafenamide, TAF) FDA approved for <u>HBV only</u> 




Protease Inhibitors (PI)

Evotaz (ATV/COBI) 	Kaletra[*] (lopinavir/ritonavir, LPV/RTV) 	Lexiva[*] (fosamprenavir, FPV) 	Prezcobix (DRV/COBI) 
Prezista[*] (darunavir, DRV) 	Reyataz[†] (atazanavir, ATV) 	Viracept[*] (nelfinavir, NFV) 	



Non-Nucleoside Reverse Transcriptase Inhibitors (NNRTI)

Edurant (rilpivirine, RPV) 	Intelence (etravirine, ETR) 	Pifeltro (doravirine, DOR) 
Sustiva[†] (efavirenz, EFV) 	Viramune[†] (nevirapine, NVP) 	

Entry Inhibitors

Fuzeon (enfuvirtide, T-20) Fusion Inhibitor 	Selzentry (maraviroc, MVC) CCR5 Antagonist 	Trogarzo (ibalizumab, IBA) Post-Attachment Inhibitor 
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Integrase Inhibitors (INSTI)

Isentress^{*▲} (raltegravir, RAL) 	Isentress HD (raltegravir, RAL) 	Tivicay (dolutegravir, DTG) 
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Boosting Agents

Norvir[†] (ritonavir, RTV) 	Tybost (cobicistat, COBI) 
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All pills shown in relative size/scale. Medication brand names appear in bold. Generic names and commonly used abbreviations appear in parentheses.

* Also available in liquid or powder form. † Generic formulation available. ▲ Chewable form available.

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These little piles are examples of a daily HIV medication - some several times a day.

WHAT ARE THE WAYS YOU CAN GET THE HIV VIRUS?

- Sharing blood or body fluids
- What are some examples of body fluids



Semen

Vaginal Fluids

Breast milk

Blood

HOW HIV IS TRANSMITTED ?

HIV CAN BE TRANSMITTED THROUGH...



Sexual Contact



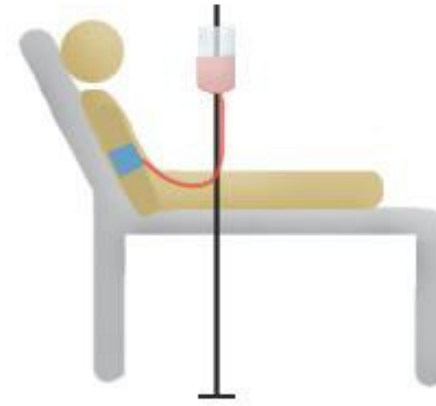
Pregnancy, Childbirth & Breast Feeding



Injection Drug Use



Occupational Exposure



**and rarely,
Blood Transfusion/Organ Transplant**

HOW HIV/AIDS IS **NOT** TRANSMITTED

HIV / AIDS is not transmitted



Touching



Through Food



With A Kiss



Insects Bites



In The Pool

BE AWARE... CONTAMINATED NEEDLES
USED IN PIERCINGS/TATTOOS CAN SPREAD HIV



HOW TO PREVENT GETTING HIV

- ABSTINENCE = SAYING NO TO SEX
- SAYING NO TO ANY KINDS OF STREET DRUGS INCLUDING STREET DRUGS WITH NEEDLES
- PRACTICING HOW TO SAY NO
IN SITUATIONS LIKE THESE



WASHINGTON STATE STATISTICS



13,810 People are Living with HIV
in Washington:

1 in 10 Don't Know It

ABSTINENCE AND REFUSAL SKILLS

- A Refusal Skill is when you clearly communicate that you do NOT want something. Saying “NO” is a refusal skill, and there are many ways to do so. It’s not easy to tell someone “NO”, especially when they are pressuring you.

Refusal Skills

- :: Say NO in a strong, firm voice
- :: Say NO repeatedly (broken record)
- :: Use strong confident body language that says NO
- :: Make your decision known—explain why
- :: Suggest an alternative
- :: Leave the situation

WILL THE RESULTS OF MY CHOICE BE

- safe?
- okay with parents?
- okay with friends?
- legal?
- healthy?
- respectful to myself and others?
- affect others
positively/negatively

SCENARIO 1

ANNIE IS AT HER BEST FRIEND JESSICA SLUMBER PARTY. AT THE SLUMBER PARTY, THE GIRLS DECIDE TO GO ON YOUTUBE AND WATCH SOME VIDEOS AFTER JESSICA'S MOM GOES TO BED. ANNIE IS NOT ALLOWED TO WATCH YOUTUBE AT HER HOME WITHOUT ADULT SUPERVISION AND FEELS REALLY UNCOMFORTABLE.

JESSICA : NOW THAT MY MOM'S ASLEEP, WE SHOULD WATCH SOME VIDEOS ON YOUTUBE.
THERE IS NEW MUSIC VIDEO THAT I'VE BEEN DYING TO WATCH.

A: THAT SOUNDS LIKE FUN, BUT I'M NOT ALLOWED TO WATCH YOUTUBE WITHOUT A PARENT AROUND.

J: OH COME ON ANNIE. YOUR PARENTS WILL NEVER FIND OUT.

ANNIE: MAYBE NOT, BUT I DON'T REALLY WANT TO BREAK THE RULE. MAYBE WE CAN WATCH TOMORROW MORNING WHEN YOUR MOM IS UP?

JESSICA: ANNIE, DON'T BE A BABY.

ANNIE: I REALLY DON'T WANT TO GET IN TROUBLE WITH MY PARENTS.

JESSICA: I'VE BEEN WANTING TO WATCH THESE FOR AGES. IT'LL BE FUN.

ANNIE: IF YOU WANT TO WATCH BY YOURSELF THAT'S FINE, BUT I'M NOT GOING TO DO IT.

JESSICA : OK. I'M SORRY. AND I SHOULDN'T HAVE CALLED YOU A NAME. YOU'RE RIGHT.
WE'LL DO SOMETHING ELSE INSTEAD.

SCENARIO 2

PEDRO AND LEXIE ARE IN THE SAME 5TH GRADE CLASS TOGETHER AND LIVE DOWN THE STREET FROM EACH OTHER. THEY OFTEN RIDE BIKES TOGETHER AFTER SCHOOL. ONE DAY, THEY ARE HANGING OUT RIDING BIKES AND LEXIE TURNS UP ONTO A NEIGHBOR'S DRIVEWAY WHERE THEY ARE OUT OF SIGHT FROM THEIR HOMES. LEXIE TRIES TO KISS PEDRO. PEDRO LIKES LEXIE AND ENJOYS HANGING OUT WITH HER, BUT HE DOESN'T WANT TO KISS HER OR ANY OTHER GIRL. PEDRO HAS TO TELL LEXIE THAT HE DOESN'T WANT TO KISS HER AND THAT HE JUST WANTS TO RIDE BIKES.

Lexie: Hey. I've never kissed a boy before and I think you're really cute. We should kiss.

Pedro: _____

Lexie: Oh come on Pedro, don't be such a wimp.

Pedro: _____

Lexie: I can't believe you don't want to kiss me. Come on.

Pedro: _____

Lexie: Ok. I'm sorry. And I shouldn't have called you a name. You're right. Let's go ride some more.

SCENARIO 3

JOSE, GEORGE AND JENNY ARE IN THE SAME FIFTH GRADE CLASS. JOSE AND GEORGE ARE HANGING OUT AFTER SCHOOL ONE DAY AND GEORGE THINKS IT WOULD BE FUNNY TO FORWARD OUT AN EMBARRASSING PICTURE OF JENNY TO SOME OF THE OTHER STUDENTS IN THEIR CLASS. JOSE DOESN'T WANT TO EMBARRASS JENNY OR HURT HER FEELINGS, AND ALSO DOESN'T WANT TO GET IN TROUBLE WITH HIS PARENTS.

GEORGE: YOU KNOW THAT GIRL JENNY FROM SCHOOL? SHE GETS ON MY NERVES. I TOOK A RIDICULOUS PICTURE OF HER TODAY AT RECESS. I TOLD HER THAT I DELETED IT, BUT I DIDN'T. LET'S SEND IT OUT TO OUR FRIENDS. THAT'LL BE REALLY FUNNY.

Jose: _____

George: I can't believe you don't want to send it out. Do you like her or something?

Jose: _____

George: Oh come on, Jose. It'll be funny. Just do it.

Jose: _____

George: Ok. I'm sorry. You're right.

SCENARIO 4

AMY IS ONLINE ONE DAY AFTER SCHOOL PLAYING VIDEO GAMES IN AN ONLINE GAMING SITE. SHE IS DOING REALLY WELL PLAYING AGAINST SOMEONE SHE DOESN'T KNOW. THAT PERSON STARTS INSTANT MESSAGING HER PRIVATELY. HE SAYS THAT HIS NAME IS DAVID. AT FIRST THE OTHER PERSON IS JUST PLAYING AROUND, SAYING WHAT A GOOD PLAYER SHE IS AND PRAISING HER SKILLS. AFTER A WHILE, HE STARTS TRYING TO GET MORE PERSONAL INFORMATION OUT OF HER AND ASKING TO HANG OUT SOMETIME. AMY FEELS REALLY UNCOMFORTABLE WITH THIS. AT THE END OF THIS, SHE WILL TELL HER DAD WHAT HAPPENED SINCE IT'S IMPORTANT TO LET AN ADULT KNOW.

'David': Wow, Amy, I have a lot of fun talking to you and playing video games together. It would be fun to meet and do this in person. I could pick you up one day after school. Want to meet?

Amy : _____

'David': Well, if you think this game is fun, I have way better. I have a huge TV and the latest version of this game at my place.

Amy : _____

'David': Oh come on, don't be so uptight. Just tell me where you live and I'll come pick you up.

Amy : _____

'David': Ok, fine.

Amy hangs up from instant message and goes and tells her dad about "David".

ACT ON YOUR CHOICE

- EVALUATE THE RESULTS OF YOUR CHOICE

QUESTIONS

- IF YOU ARE UNCOMFORTABLE ASKING QUESTION DURING THIS PRESENTATION. PLEASE FEEL FREE TO COME TALK TO THE SCHOOL NURSE AND/OR A TRUSTED ADULT.

TRUE OR FALSE

- 1. HIV IS A VIRUS.
- 2. HIV CAUSES AIDS.
- 3. HIV IS EASY TO GET.
- 4. HIV IS FOUND IN THE BLOOD, SEMEN, VAGINAL FLUIDS AND BREAST MILK OF SOMEONE WHO HAS HIV.
- 5. PEOPLE WHO HAVE HIV MAY NOT SHOW ANY SIGNS OF BEING SICK.
- 6. PEOPLE CAN LIVE A VERY LONG TIME WITH HIV WITH THE HELP OF A DOCTOR.
- 7. HIV INFECTION CAN BE CURED.
- 8. HIV INFECTION CAN BE PREVENTED.
- 9. HIV CAN BE TRANSMITTED IN SWEAT.
- 10. ABSTINENCE FROM SEXUAL INTERCOURSE AND NOT SHARING NEEDLES ARE TWO WAYS TO AVOID HIV.
- 11. IF SOMEONE GIVES HIV TO ANOTHER PERSON, THE FIRST PERSON DOESN'T HAVE IT ANYMORE.