

Supplemental Lesson

What Is HIV?

Overview

In this lesson, students learn some basic facts about HIV. After learning the definition of HIV, they read about the different ways HIV can be transmitted. The teacher clarifies that HIV can't be transmitted by everyday activities or day-to-day contact, and helps students examine ways to help prevent it.

Time: 30-45 minutes

Lesson Objectives

Students will be able to:

1. Define human immunodeficiency virus (HIV).
2. Identify methods of transmission and prevention of HIV.
3. Explain why it is safe to be a friend of someone who has HIV.

Healthy Behavior Outcomes

SH-2: Be sexually abstinent.

SH-3: Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.

National Health Education Standards

Standard 1:
Comprehending Concepts

Performance Indicator

1.5.1: Describe the relationship between healthy behaviors and personal health.

Materials & Preparation

Prepare

- Assign the **Learning About HIV** reading sheet (Master S1) and **What I Know About HIV** activity sheet (Master S2).
- Have **What Is HIV?** (Slide SA), **How Do People Get HIV?** (Slide SB) and **Keep Yourself from Getting HIV** (Slide SC) for presentation.

Teaching Steps

Show Slide SA

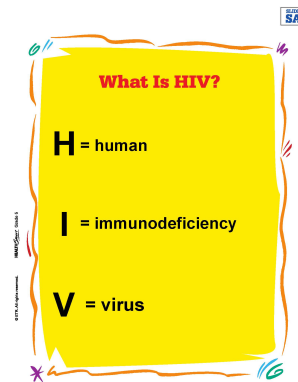
Show the **What Is HIV?** slide.

Survey

How many of you have heard about an infectious disease called HIV?

Does anyone know what HIV stands for?

Allow students to share their ideas. Be sure to take note of any misconceptions or stereotypes being shared so that you can address them in the lesson.



Explain

Advance the slide as you present the key points.

HIV stands for *human immunodeficiency virus*.

A *virus* is a type of germ that can cause people to become ill, and that can be passed from person to person.

The *immune* system is the body system that helps protect you from getting sick. The word *deficiency* means a lack of something or something that is incomplete or not working well.

So, HIV is a virus that infects and attacks the human immune system and makes it unable to work the way it should. If a person has HIV and doesn't get treated for it, their body can't fight off infections and other types of illnesses and they can become very sick and sometimes die earlier.

People with HIV can get health care and take medicines to help keep them healthy for a very long time, and to help prevent passing the virus to others.

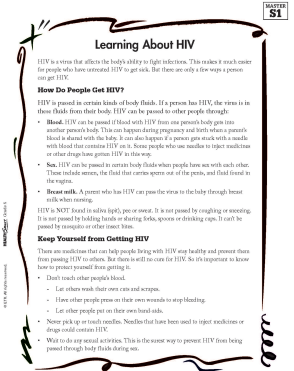
If you have taught Lesson 5 on chronic diseases, you can make the connection by sharing the following information.

HIV is an example of an infectious disease that can become a chronic condition. People with HIV can get treated with medicines to manage the virus and help keep it from affecting their immune system. They may have to take these medicines every day, but the medicines help them stay healthy.

Read

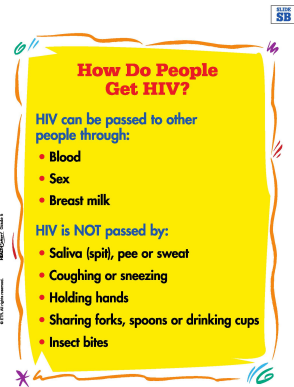
Let's learn more about how people get HIV.

Distribute the **Learning About HIV** reading sheet. Read or have student volunteers read the information in the first section aloud. Clarify any questions students may have about the information.



Show Slide SB

Use the **How Do People Get HIV?** slide to summarize the reading. Clarify any questions students may have about the information.



Summarize

It's important to know that HIV can only be passed in a few ways. You can't catch it in the same ways you catch a cold or the flu. So it's safe to be around and be friends with someone who has HIV.

Read

Now let's learn more about how you can protect yourself from HIV.

Direct students back to the **Learning About HIV** reading sheet. Read or have student volunteers read the information in the second section aloud.

Show Slide SC

Use the **Keep Yourself from Getting HIV** slide to summarize the reading. Clarify any questions students may have about the information.



Review

Let's see what you remember.

Review the information by reading each statement have having students stand or raise a hand in response.

- Stand up/raise your hand if you think HIV can be passed by coughing.
- Stand up/raise your hand if you think HIV can be passed by touching someone else's blood.
- Stand up/raise your hand if you think HIV can be passed by having sex.
- Stand up/raise your hand if you think HIV can be passed by needles.
- Stand up/raise your hand if you think HIV can be passed by a mosquito bite.
- Stand up/raise your hand if you think it's safe to be friends with someone who is living with HIV.

Clarify information if there are incorrect responses. Be sure to emphasize that it is people's behaviors that can put them at risk for HIV, not their sex assigned at birth, gender identity, ethnicity or sexual orientation.

Explain

People who are living with HIV can take medicines to help them stay healthy. There are also medicines that can help prevent a person from getting HIV. But at your age, the best ways to protect yourself from HIV are avoid touching other people's blood, stay away from needles, and wait to have sex.

Complete

Now you'll have a chance to show what you've learned about HIV.

*Distribute the **What I Know About HIV** activity sheet and allow time for students to complete it. Call on a few volunteers to share their answers to question 3.*

Close

HIV is a serious infection, but there are only a few ways people can get it. So it is safe to be friends with a person who is living with HIV. You can do the things we talked about today to keep yourself from getting HIV.

Name _____

What I Know About HIV

Directions: Think about what you learned about HIV, then answer the questions.

1. What body system does HIV affect?

2. How does HIV affect the body?

3. What are two ways that people can get HIV?

4. What are two ways you can keep yourself from getting HIV?

5. Imagine that someone in your class has a family member who is living with HIV. Your friend thinks this means it isn't safe to be around this classroom. What would you say to your friend to help them understand that this isn't true?

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Assessment Benchmarks

Students:

1. Defined human immunodeficiency virus (HIV) by:
 - Completing the **What I Know About HIV** activity sheet.
2. Identified methods of transmission and prevention of HIV by:
 - Completing the **What I Know About HIV** activity sheet.
3. Explained why it is safe to be a friend of someone who has HIV by:
 - Completing the **What I Know About HIV** activity sheet.