FEDERAL WAY PUBLIC SCHOOLS

Each Scholar: A voice. A dream. A **BRIGHT** future.

High School HIV/AIDS Advisory Lesson Materials

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High School Advisory HIV/AIDS Lesson Instructional Materials

Resources:

- The following materials come from OSPI as the approved resources to support instruction on HIV/AIDS
  - https://mods.org/wise-bodies/
  - https://www.cdc.gov/hiv/prevention/index.html

Standard(s):

- H2.WS.HSa: Analyze prevention, lifestyle factors, and treatment of communicable and noncommunicable diseases.
- H2.W2.HSb: Assess personal risk factors and predict future health status.
- H7.Se6.HS: Understand importance of personal and social responsibility for sexual decisions
- H3.Se4.HS: Identify local youth-friendly sexual health services

Learning Target:

- I will learn by listening to videos and writing down information about how HIV/AIDS is transmitted and how it can be prevented.

Success Criteria:

- *I can use information from the video to write down and verbally respond to how HIV is transmitted, prevented, and what I can do to protect myself from the transmission of HIV.*

Lesson Time Frame: 30 minutes

Key Vocabulary:

- HIV, AIDS, Prevention, Transmission, Abstinence

Materials:

Video 1: How HIV is transmitted: https://youtu.be/hD7aIv1TxBY

Video 2: How to prevent HIV: https://youtu.be/f6umofGzPpc

Student worksheet

Name: _____ Date:_____

HIV/AIDS Awareness and Prevention

Pre-Viewing Questions

1. What do you already know about HIV/AIDS?

2. How do you think viruses spread through communities?

3. What questions do you have about HIV prevention?

Video 1: "Wise Bodies" Program - Viewing Guide

Part A: Dating and Disclosure

1. What are the three key prevention methods mentioned for dating someone who is HIV positive?
   a) _____

   b) _____

   c) _____

2. What does PrEP stand for? _____

Part B: How HIV is Transmitted

3. List the THREE main ways HIV can be transmitted:
   a. a) _____
   b. b) _____
   c. c) _____
4. True or False: HIV can be transmitted through saliva. _____
5. Which age group is LEAST likely to know their HIV status? _____

Part C: Risk Assessment Scenarios

For each scenario, write whether it's RISKY or SAFE and explain why:

6. **Kissing someone who is HIV positive:**
   a. Risk level: _____
   b. Why? _____
7. **Going to the gym with an HIV positive friend:**
   c. Risk level: _____
   d. Why? _____

8. **Getting a stick-and-poke tattoo at a party:**
   e. Risk level: _____
   f. Why? _____
9. **Having sex without a condom:**

g. Risk level: _____
h. Why? _____

Video 2: CDC Prevention Methods

Prevention Strategies Checklist: Watch the video and check off each prevention method mentioned:

□ Use condoms every time you have sex
□ Never share needles or drug injection equipment
□ Take PrEP (Pre-Exposure Prophylaxis) medicine
□ Get tested and treated for other STDs
□ Choose lower-risk sexual activities
□ Use clean needles if injecting drugs
□ Clean used needles with bleach and water
□ Encourage HIV positive partners to take their medicine

Key Facts

10. When taken as prescribed, how effective is PrEP? _____
11. Why should you get tested for other STDs? _____
12. What can oral sex transmit? _____
13. How can HIV medicine help prevent transmission? _____

Post-Viewing Discussion Questions

Personal Reflection

14. **Communication:** How important is honest communication about health status in relationships? What makes these conversations difficult?
15. **Decision Making:** The videos show several scenarios where people must make quick decisions about risk. What strategies can help people make safer choices "in the moment"?

Application

16. **Resource Awareness:** Where could someone in your community go to:
    a. Get tested for HIV? _____
    b. Get information about PrEP? _____
    c. Access free condoms? _____
17. **Peer Education:** How could you share accurate information about HIV prevention with friends or family members?

Action Steps: After watching these videos, list three specific actions you could take to:
Protect yourself:

1.
2.
3.

Help your community:

1.
2.
3.

Answer Key: HIV/AIDS Awareness and Prevention Video Worksheet

Pre-Viewing Questions

Note: These are open-ended questions. Accept reasonable responses that demonstrate prior knowledge or curiosity about the topic.

Video 1: "Wise Bodies" Program - Viewing Guide

Part A: Dating and Disclosure

1. **What scenario is presented at the beginning of the video?**
   - A dating scenario where someone discloses they are HIV positive
2. **What are the three key prevention methods mentioned for dating someone who is HIV positive?**
   - a) Use condoms/protection
   - b) Take PrEP (Pre-Exposure Prophylaxis)
   - c) Partner takes their HIV medication (to maintain undetectable viral load)
3. **What does PrEP stand for?**
   - Pre-Exposure Prophylaxis

Part B: How HIV is Transmitted

4. **List the THREE main ways HIV can be transmitted:**
   - a) Sexual contact (unprotected sex)
   - b) Blood-to-blood contact (sharing needles, contaminated blood)
   - c) Mother to child (during pregnancy, birth, or breastfeeding)
5. **True or False: HIV can be transmitted through saliva.**
   - False
6. **Which age group is LEAST likely to know their HIV status?**
   - Young people/teenagers/adolescents (ages 13-24)

Part D: Risk Assessment Scenarios

9. **Kissing someone who is HIV positive:**
   - Risk level: SAFE
   - Why? HIV is not transmitted through saliva/kissing
10. **Going to the gym with an HIV positive friend:**
    - Risk level: SAFE
    - Why? HIV is not transmitted through casual contact or sweat
11. **Getting a stick-and-poke tattoo at a party:**
    - Risk level: RISKY
    - Why? Involves needles and potential blood contact; equipment may not be sterile
12. **Having sex without a condom:**
    - Risk level: RISKY
    - Why? Unprotected sexual contact is a primary mode of HIV transmission

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Video 2: CDC Prevention Methods - Viewing Guide

Prevention Strategies Checklist

All items should be checked as they are all mentioned in the video:

- ☑ Use condoms every time you have sex
- ☑ Never share needles or drug injection equipment
- ☑ Take PrEP (Pre-Exposure Prophylaxis) medicine
- ☑ Get tested and treated for other STDs
- ☑ Choose lower-risk sexual activities
- ☑ Use clean needles if injecting drugs
- ☑ Clean used needles with bleach and water
- ☑ Encourage HIV positive partners to take their medicine

Key Facts

14. **When taken as prescribed, how effective is PrEP?**
    - More than 90% effective at preventing HIV
15. **Why should you get tested for other STDs?**
    - Having other STDs increases your risk of getting HIV
16. **What can oral sex transmit?**
    - HIV and other STDs (though risk is lower than other sexual activities)
17. **How can HIV medicine help prevent transmission?**
    - When HIV positive people take their medicine as prescribed, it can make their viral load undetectable, which means they cannot transmit HIV to others

Post-Viewing Discussion Questions

Personal Reflection

4. **Communication:**
    - **Sample Answer:** Very important for safety and trust. Conversations are difficult due to stigma, fear of rejection, privacy concerns, and lack of knowledge about how to discuss these topics.
5. **Decision Making:**
    - **Sample Answer:** Strategies include planning ahead, having protection available, knowing the facts, practicing saying no, avoiding situations with impaired judgment, and having trusted friends for support.

Application

6. **Resource Awareness:**
    - Get tested for HIV: Local health departments, Planned Parenthood, community health centers, doctor's offices
    - Get information about PrEP: Healthcare providers, HIV clinics, CDC website
    - Access free condoms: Health departments, community centers, some schools, HIV organizations
7. **Peer Education:**
    - **Sample Answer:** Share accurate information from reliable sources, correct myths when heard, encourage testing, model safe behaviors, and create supportive environments for discussion.

Action Steps

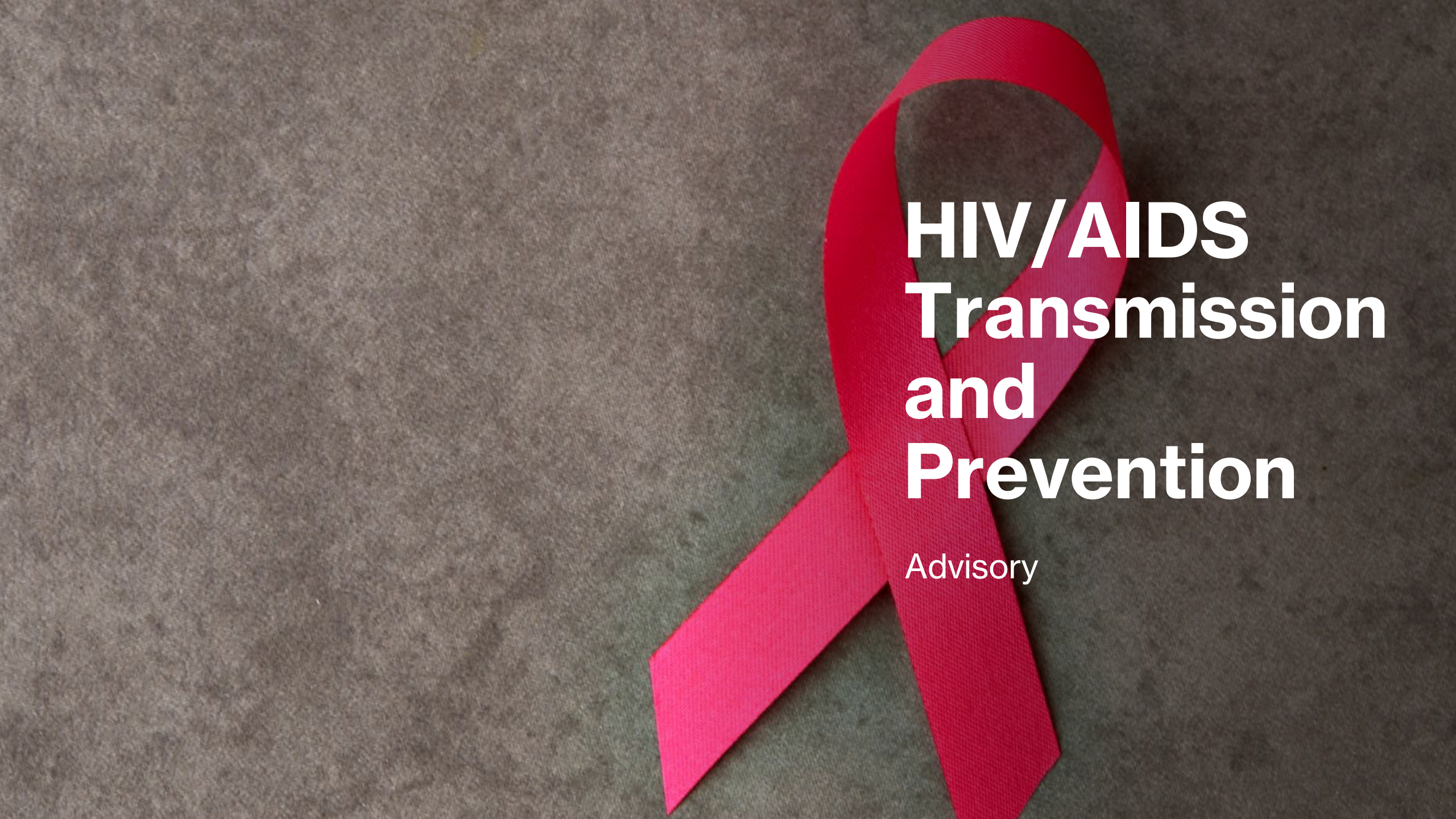
Protect Yourself (Sample Answers):

1. Use condoms consistently and correctly
2. Get tested regularly for HIV and other STDs
3. Consider PrEP if at high risk
4. Avoid sharing needles
5. Communicate openly with partners about health status

6. Abstain from risky behaviors, including sexual intercourse and needle drug use.

Help Your Community (Sample Answers):

1. Share accurate information and correct myths
2. Support HIV education programs
3. Volunteer with local HIV organizations
4. Advocate for accessible testing and treatment
5. Reduce stigma through respectful language and attitudes



HIV/AIDS Transmission and Prevention

Advisory

HIV/AIDS Transmission and Prevention

- **Learning Target:**
  - I will learn by listening to videos and writing down information about how HIV/AIDS is transmitted and how it can be prevented.
- **Success Criteria**:
  - I can use information from the video to write down and verbally respond to how HIV is transmitted, prevented, and what I can do to protect myself from the transmission of HIV.

Norms

- 1. The right to be treated with respect
- 2. The right to protect the privacy of oneself and one's family and friends.
- *3. The right to ask any questions, including ones about sexual health and HIV/AIDS, without being judged.*
- 4. The right to receive accurate answers.
- 5. The right to one's beliefs, including the beliefs of one's family, culture, and faith
- 6. The right to live free of discrimination, harassment, intimidation, and bullying

HIV Transmission

- Video 1: Wise Bodies – How HIV is Transmitted
  - As you watch the video, fill out Parts A – C
  - Be prepared to share out different ways HIV can be transmitted.
    - This means how it is spread from person to person, or in a community.
    - The most effective way is abstaining from behaviors that put you or others at risk, including sexual intercourse and/or drug use.

HIV Prevention

- Video 2: CDC – How HIV is Prevented
  - As you watch the video, fill out back of the worksheet
  - Be prepared to share out different ways HIV can be prevented.
    - This means how to stop its spread from person to person, or in a community.
    - The most effective way is abstaining from behaviors that put you or others at risk, including sexual intercourse and/or drug use.

Treating HIV

- Can be treated, but not cured.
- Manage with regular treatment and appointments with a healthcare provider.
- Prevention is the best way to ensure that HIV is not transmitted within the community or to others.

Closing

- **HIV is preventable when you have accurate information and make informed choices**.
- **You have many prevention options available**
  - Abstinence
  - Using protection – condoms
  - Getting tested
  - Taking preventative medications
- **Having accurate information gives you power over your health choices and treat others with respect and compassion**

Additional Resources

CDC HIV Prevention: cdc.gov/hiv

AIDS Healthcare Foundation: aidshealth.org

Local Clinics:

HealthPoint TAF@Saghalie Campus Health Center

Thomas Jefferson Health CenterOperated by HEALTHPOINT

Remember: Knowledge is power when it comes to prevention. Stay informed, communicate openly, and make safe choices.