



New York Health Central

Grade 6

C. Grant Grimshaw School

HIV/AIDS Instructional Packet

**Please review this definition prior to starting the lesson**

**What does the word *abstain* or *abstinence* mean?**

**Note to teacher:**

**Review the definition of the word *abstain*/*abstinence* with the class.**

**Abstain:** to deliberately choose to not do something.

**Abstinence:** to do without something, to hold yourself back from doing something or to exercise control over yourself.

For example: An individual who is concerned about getting lung cancer may choose to abstain from smoking cigarettes.

**Key Point:**

Preface the following statement by giving the class an example of what a risky behavior is.

**Example:** Riding your bike too fast around a corner or riding your skateboard in busy traffic is practicing risky behavior.

Remember that **abstinence** from sexual contact and drug abuse is the only guaranteed way to keep from getting HIV/AIDS.

2. Inform the students:

Today our lesson will be about another communicable disease. It is caused by a germ called HIV. HIV is the germ that causes people to become sick and may eventually cause AIDS.

**Activity A**

**Administer a pre-test about HIV infection and AIDS.**

1. Distribute the Student Worksheet, HIV Infection and AIDS, to each student.
2. Tell the students:

I would like you to complete this worksheet by marking whether each item is a fact or a myth. Write your answers under the heading, "Pre-test". After we see a video about AIDS, we will take this test again and mark our answers under the heading, "Post-test", and compare what we know.

3. Ask the students to keep their completed worksheets for later use.

**Teacher's Note:** There exists much confusion about the difference between AIDS and HIV infection. HIV is Human Immunodeficiency Virus, the virus that causes AIDS. However, just because a person is infected with HIV does not mean he or she has AIDS. A person who is infected with HIV usually has no symptoms of apparent illness for a period of time before the virus damages the immune system enough to cause illness. A diagnosis of AIDS is made once severe white blood cell depletion occurs and characteristic illnesses are present. The average time between infection with HIV and development of AIDS is currently eleven years. An excellent resource for further information is the CDC AIDS Hotline: 1-800-342-AIDS (2537).

**Activity B**

**Discuss ways HIV is and is not transmitted.**

1. Introduce video by saying:



## **Lesson 4: HIV/AIDS**

### **Objectives:**

- Students will identify the germ that causes AIDS.
- Students will list ways HIV is not transmitted.
- Students will identify the main ways HIV is transmitted.
- Students will identify strategies for keeping themselves safe.
- Students will understand that abstaining from risky behaviors will keep them from getting HIV/AIDS.

### **Preparation:**

- **Send HIV Family Notification Letter home prior to introducing this material.**
- Make enough copies of Student Worksheets: Promises to Myself and Others and HIV Infection and AIDS for each student.
- Make enough copies of the Family Resource Sheet for each student.

### **Materials:**

- VCR and monitor
- HIV Family Notification Letter
- Family Resource Sheet: Communicable Diseases
- Student Worksheet: Promise to Myself
- Certificate of completion
- Video: HIV and AIDS: Staying Safe (15 min.)
- Student Worksheet: HIV Infection and AIDS
- Teacher Key: HIV Infection and AIDS

### **Procedure:**

Connect this lesson of HIV Infection with the previous lesson Ways to Prevent the Spread of Communicable Diseases.

#### 1. Review with the students:

We have been learning about communicable diseases and how the germs that cause them are spread from person to person. If you can remember three ways to prevent the spread of germs, hold up three fingers.

Call on students to share their ideas. Include the following:

- Wash your hands often.
- Cover your nose and mouth when you cough or sneeze.
- Use tissues; then throw them away.
- Abstain from sharing food and drinks that have already been partially eaten or drunk.
- Abstain from sharing personal items (e.g., towels, toothbrushes, comb, hat, etc.)
- Abstain from touching anyone's blood or other body fluids.
- Only use needles that a doctor prescribes.
- Never share needles of any kind for any purpose.

## HIV Infection and AIDS

Read each statement and decide whether you think it is a fact or a myth. Mark "F" if you think it is a fact. Mark "M" if you think it is a myth.

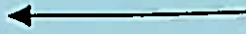
- |  |             |
|--|-------------|
| 1. HIV infection is easy to avoid.   | <u>Fact</u> |
| <i>A person can only be infected with HIV by engaging in behaviors that allow the germ into the body. If one avoids blood to blood contact and abstains from sexual contact they won't get infected.</i>   |             |
| 2. People who take care of themselves and take their medicine can be cured of AIDS.  | <u>Myth</u> |
| <i>People who have HIV may stay healthier longer if they eat well, get plenty of rest, get good medical care, and take medication. However, there is no cure for HIV infection.</i>                        |             |
| 3. Only people who inject drugs need to know about AIDS.   | <u>Myth</u> |
| <i>Everyone should know about AIDS and HIV so they can avoid the behaviors that spread the virus and so that they can tell others about it.</i>  |             |
| 4. It is safe to go to school or play with someone who has AIDS.   | <u>Fact</u> |
| <i>It is safe to be in school with a person or associate with a person with AIDS, since HIV is transmitted by blood-to-blood contact, not by casual contact.</i>   |             |
| 5. When a person has AIDS, he or she is always sick or in the hospital.  | <u>Myth</u> |
| <i>A person with AIDS has periods of health interspersed with periods of illness, depending on what germs he or she has been exposed to.</i>   |             |
| 6. Once people know the facts about AIDS, they usually react with fear and panic.  | <u>Myth</u> |
| <i>People who don't know the facts about AIDS tend to believe that they can get HIV very easily. Once they know how HIV is and isn't spread, they are less fearful and know how to protect themselves.</i> |             |



B

A

For Post-test,  
fold line A to  
meet line B



<b>HIV Infection and AIDS</b>	<b>Pre-test</b>	<b>Post-test</b>
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Read each statement and decide whether you think it is a fact or a myth.  
Mark "F" if you think it is a fact. Mark "M" if you think it is a myth.

1. HIV infection is easy to avoid		
2. People who take care of themselves and take their medicine will be cured of AIDS.		
3. Only people who inject drugs need to know about AIDS.		
4. It is safe to go to school or play with someone who has AIDS.		
5. When a person has AIDS, he or she is always sick or in the hospital.		
6. Once people know the facts about AIDS, they usually react with fear and panic.		
7. The main ways people get HIV is from injecting drugs or from sexual contact with someone who is infected.		
8. HIV attacks the cells of the skin, and then the person gets better.		
9. HIV and AIDS is hard to get if a person isn't sharing needles or having sexual contact.		
10. It is possible for a person to carry the HIV, and not have AIDS.		
11. Scientists are studying the virus that causes AIDS so that they can find a cure or treatment.		
12. People who have AIDS want to be left alone.		

# New York Healthy Times

## Home/School Family Resource Sheet

- AIDS is a disease that is caused by a virus called Human Immunodeficiency Virus (HIV).
- HIV is different from most germs, because it only gets into the body through blood-to-blood contact.
- HIV damages the immune system when it gets into the body through blood-to-blood contact.
- AIDS cannot be caught by:
  - touching or hugging someone who has AIDS or is HIV infected
  - sharing pencils or toys
  - playing with or talking to someone who has AIDS or is HIV infected, or
  - coughing and sneezing without covering your mouth.
- 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 sick in general, in a caring way.
- Scientists and doctors are working to find a cure for AIDS; effective treatment for HIV infected people, and a vaccine to prevent the spread of the disease.
- Abstaining from risky behaviors is the only way to keep from getting HIV/AIDS.

We believe this information will help your child understand some beginning facts about AIDS. Your child will know how to protect himself/herself from infection and ways to show kindness to people who have AIDS or are HIV infected.

### Talk with your child

As your child approaches his or her teen years, you may want to discuss the two main ways HIV infection is transmitted; sharing needles and through sexual contact. 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 contact is the other major way HIV spreads. We encourage you to communicate your family values and beliefs about sexual contact and drug use to your child. Abstinence from sexual contact and drug abuse is the only guaranteed way to prevent the spread of HIV.

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
- CDC's AIDS Hotline 1-800-342-2437
- Sexuality Information and Education Council of the US – [www.siecus.org](http://www.siecus.org)



7. The main ways people get HIV is from injecting drugs or from sexual contact with someone who is infected. Fact

*Most of the people who have HIV infection got infected by sharing needles or by having sexual contact with an infected person. It is also possible for an infected pregnant woman to pass it to her baby. Since 1985, the blood supply used for blood transfusions is tested, and the clotting factor is heat treated. Consequently, the chance of transmitting HIV by blood transfusion is very low.*

8. HIV attacks the cells of the skin, and then the person gets better. Myth

*HIV attacks the person's immune system. It keeps them from being able to fight germs, so the person gets ill repeatedly until he or she may no longer be able to fight off germs or recover from illnesses.*

9. HIV and AIDS is hard to get if a person isn't sharing needles or is not having sexual contact with others. Fact

*Since HIV is not spread by casual contact, a person will not get it easily. If a person is sharing needles or is involved in sexual contact with someone who is infected, he or she may become infected.*

10. It is possible for a person to carry HIV and not have AIDS. Fact

*People who become infected with HIV usually carry the virus for a period of time before they become sick. The average length of time from infection with HIV until diagnosis with AIDS is eleven years. However, a person who is infected with HIV can still spread the virus to others, even if he or she doesn't look sick or isn't sick yet.*

11. Scientists are studying the virus that causes AIDS so that they can find a cure or a treatment. Fact

*Much effort is being put into finding a cure for AIDS, effective treatments to prolong the life of the infected person, and vaccines to prevent this disease.*

12. People who have AIDS want to be left alone. Myth

*People who have AIDS or HIV infection often feel lonely and left out. They want to be treated just like anyone else. Ask the person with HIV if he/she wants to be left alone or included in activities.*



# New York Healthy Times

## Home/School Family Resource Sheet

### Communicable Disease

Several decades ago, the number one killer was communicable disease. Communicable diseases are diseases that can be spread from one person to another, or "caught" from someone else.

The germs that cause these diseases are spread in one of several ways, depending on the disease:

- When a healthy person has direct contact with a sick person
- When a healthy person shares food, drinks, utensils, or objects from a sick person
- When a healthy person puts something in his/her mouth that a sick person has touched after using the bathroom without washing his/her hands
- When the blood or body fluids of a sick person get into the blood of a health person

Your child has been learning the importance of preventing the spread of disease by washing his/her hands often and by not sharing objects that may carry germs.

### Immunizations



Since the discovery of immunizations, many of the most serious communicable diseases are preventable. In fact, smallpox has been completely stopped and we no longer immunize for it.

Immunizations work by triggering the body to make antibodies against the germ that causes a disease. An antibody is a chemical in the blood that fights germs, so they can't make a person sick. Each immunization works against a certain disease, but some immunizations are combined, so the person only has to get one shot. Immunizations are also called vaccinations.

Show your child his or her shot record and compare it to this schedule. If you have any questions, contact your child's physician, your health clinic or your local health department.

#### Recommended Immunization Schedule

Vaccine	Birth	2 months	4 months	6 months	6-18 months	12-15 months	12-18 months	4-6 years	14-16 years
DPT		X	X	X			X	X	
OPC		X	X		X			X	
Hib		X	X	X		X			
Hep B	X	X			X				
MMR						X		X	
Td booster									X
Varicella							X		
Pneumococcal						X			

\*Children born to hepatitis B+ mothers may need extra vaccine or a different schedule. Please call your doctor or local county health dep

Dear Parent/Guardian:

We would like to congratulate your child for completing the sixth grade HIV/AIDS curriculum. Enclosed you will find a page entitled "Promises to Myself and Others". We would encourage your child to share these promises with you as a way to open the door for discussions on the two main ways HIV infection is transmitted: sharing needles and through sexual contact. You do not need to return this page to school.

We invite you to communicate your family values and beliefs about sexual contact and drug use to your child. Abstinence from sexual contact and drug abuse is the only guaranteed way to prevent the spread of HIV.

If you are not comfortable discussing this topic with your child, may we suggest contacting a counselor at Grimshaw, the school nurse, your family physician or your County Health Department.

Sincerely,

Dona McIntyre  
Principal

DMc/lp  
Enc.



# Congratulations

has successfully completed the NYS/AAS portion of the  
New York Health Central curriculum

Signed \_\_\_\_\_

Date \_\_\_\_\_

# PROMISES

## TO MYSELF AND OTHERS

I will:

- Protect my health and prevent the spread of HIV infection  
By not doing anything that would put someone else's blood in contact with my blood
- Protect the health of others by **abstaining** from any risky behavior that would expose others to my blood
- Treat HIV-positive people and people who have AIDS with respect and show them that I care
- Talk to my parents or another trusted adult if I have questions about HIV or AIDS

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



1. Fold your Teacher Key along the dotted lines as a sample to show the students.
2. Tell the students:

I would like you to complete your worksheet once more. Fold your worksheet along the dotted lines so that the column titled "Post-test" is the only one showing. This time mark your answers under that heading. When we have finished, we will compare what we know after seeing the video with what we thought we knew before.

3. Ask the students to compare their pre-test answers with their post-test answers. Tell the students:

*If you had the same answers on the pre-test as the post-test, make a zero with your fingers. If you had some different answers, hold up the number of fingers that represents the number of different answers you had.*

4. Go over the Student Worksheet by calling on students to tell whether each item is a fact or a myth. Supply the correct answers as needed.
5. Ask if there were any other questions from the video.

### Closure:

Ask students:

If your best friend wanted to seal your friendship by becoming your blood brother/sister, what would you tell them?

\* Distribute the Student Worksheet. Ask for volunteers to read the statements on the worksheet.

\* Summarize the lesson by stating:

These promises will help protect you from HIV infection, help other people learn about HIV and AIDS, and show caring for those individuals who are HIV positive or who have AIDS. If you are willing to make these promises to yourself and others, sign the worksheet and date it. Take the worksheet home to share with your family. They will be glad to know you are taking care of yourself and others.

\* Distribute the Family Resource Sheets for students to take home to their friends.

We are going to watch a video that tells about AIDS. As you watch the video, use the back of your worksheet to jot down any new ideas you have about HIV or AIDS. You may also write down questions you have after seeing the video.

**Teacher's Note:** Be sensitive to the fact that some of your students may have intimate personal knowledge about HIV. If you do, this lesson will obviously have a different impact on them and could be sensitive in nature to them.

2. Show the video, HIV/AIDS: Staying Safe
3. Discuss the information in the video by asking the students:
  - What are some ways the AIDS virus, HIV, is not spread? (It is not spread by being in the same room, hugging, kissing, sharing a bathroom, sharing dishes, sneezing, sharing a drinking fountain, casual contact, etc.)
  - What are the main ways HIV is spread? (It is spread by blood-to-blood contact, and through sexual contact).
  - What can you do to keep yourself from getting infected with HIV? (Abstain from any activity that would expose others to your blood. Never share needles. Abstain from having sexual contact).

**Teachers note:** Use the following guidelines for responding to students' questions or comments during the discussion of this video.

After watching the video, thank the students for their contribution and say that any activity in which body fluids that contain blood go from one person's body to another person's body can spread HIV. If students continue to ask questions about sexual topics, you can suggest, "Those are very good questions that you should ask your parents or another family member. Your parents probably would like to discuss this topic with you at home."

If a teacher sees a student exhibiting "risky behavior/s", they should contact the School Nurse, the ADA-PEP Counselor, or the Health Educator. The parents of the student may be notified.

### **Activity C**

**Administer a post-test about HIV infection and AIDS.**