

## HIV

- Knowledge** After working through this lesson, participants will be able to:
- Attitude**
- Practice**
1. Describe why HIV is such a tragedy in the world today.
  2. List four ways that HIV is spread.
  3. Describe ways that HIV is not spread.
  4. Give advice on ways to prevent HIV.
  5. Use the picture book, HIV.

**Overview** This series of lessons is based on the *Health Education Program for Developing Communities*, 2009, which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health teaching booklets on the individual topics. These lessons are based on information and standards from the World Health Organization. The lessons can be used with adults or with older children and teens. Note: This lesson talks about sensitive issues. Teach the lesson in a way that is appropriate for your culture.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
  - Handouts:
    - *HIV*
    - *How is HIV Spread?*
  - *HIV* picture book.

### **LESSON**

60-90 minutes

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#### **Drawing:** (5 minutes)

Show the picture, *HIV*.

What is happening here?

1. There are two parents and two children.
2. The parents become sick with AIDS-related illnesses and die.
3. The children are left as orphans. They look sad and their clothes are dirty.

Ask SHO Questions:

*What did you **S**ee?*

*What was **H**appening?*

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#### **The Tragedy of HIV** (10 minutes)

*Instructions:* Look at the drawing again. Work as a large group.

##### **A.** What do the numbers mean?

1. Up to 3 million people die each year from AIDS-related causes.
2. Over 45 million others are now infected with HIV.
3. 14 million children are orphaned as a result of AIDS.

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- B.** Can you think of other reasons why HIV is such a tragedy?
1. HIV is now an epidemic around the world.
  2. HIV can be treated but cannot be cured.
  3. None of the medicines will cure HIV.
  4. HIV, the virus that causes AIDS, often spreads to other people.
  5. After a silent period, HIV causes wasting and chronic infections.
  6. Most people infected with HIV will eventually die of AIDS-related causes.
  7. Young adults often die of AIDS-related causes.
  8. Many young children lose their parents and are left as orphans.
  9. None of these deaths are necessary. HIV can be prevented.

### **How does HIV Spread?** (15 minutes)

- A.** HIV is caused by a virus that spreads from person to person. Divide into small groups and give each group a sheet, How is HIV spread? What are ways that HIV spreads between people? Can you think of other ways?
1. HIV is spread by having sex with a person who is carrying the virus.
  2. HIV is spread by sharing needles.
  3. HIV can be spread by blood transfusions from infected donors.
  4. HIV can be spread by tattoos or any type of surgery that cuts the skin, if the instruments are not sterilized.
  5. HIV can spread from mother-to-child, through childbirth or by breastfeeding, if the mother is infected with HIV.
  6. Most often HIV is spread by unsafe sex.
- B.** How does HIV NOT spread? HIV does NOT spread bt:
1. Shaking hands with someone living with HIV.
  2. Hugging someone
  3. Flies or mosquitoes
  4. Cooking
  5. Eating with someone with HIV
  6. Coughing or sneezing
  7. Being friends with a person living with HIV

### **Preventing HIV** (20 minutes)

*Instructions:* Return to the small groups. Give each group one question about preventing HIV. Report back.

- A.** What is “safe sex”? How can you be sure not to get HIV from your partner?
1. Remember your ABCs.
  2. Abstinence until marriage.
  3. Being faithful to one partner.
  4. Condoms give some protection.
  5. But condoms can break and do not give 100% protection.
  6. Only have sex within marriage.
  7. Do not have sex with anyone who has had other partners.
  8. Do not have sex with prostitutes or with people who use drugs.
  9. Your partner may look healthy, but still be carrying HIV.
  10. HIV is not cured by having sex with a virgin.
- B.** HIV can be spread from mother to child during pregnancy, childbirth, or through breastfeeding. What is your advice for a pregnant woman?

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1. She should be tested for HIV during her pregnancy.
  2. In many countries, mothers can take medicines to prevent their babies from getting HIV.
  3. If an HIV-positive mother decides to breastfeed, she should give ONLY breast milk and no other foods until the baby is six months old.
- C. What is other advice to prevent the spread of HIV?**
1. Do not share needles.
  2. If you want a tattoo or body piercing, the instruments must be sterilized thoroughly in a steam sterilizer.
  3. Blood must be tested for HIV before a transfusion is given.
  4. Do not share razors.
  5. Use only new syringes and needles for injections.

### **Good News/ Bad News** (10 minutes)

*Instructions:* Work as a large group.

- A.** How would you summarize all this?  
What is the bad news about HIV?
1. HIV is spreading in the world today.
  2. HIV causes serious health problems.
  3. AIDS-related illnesses kill many young adults.
  4. Many children are left as orphans as a result of AIDS.
- B.** Is there any good news about HIV?
1. HIV cannot be cured, but it can be treated.
  2. We can take steps to prevent HIV.
  3. We can be friends with people living with HIV without risk of catching the virus.
  4. HIV infection can be treated with medicines.

### **HIV Picture Book** (20 minutes)

- A.** Divide into pairs. Practice teaching each other the HIV picture book.
- B.** During the week, visit your friends and neighbors to teach them about HIV using the booklet.

### **Conclusion and Take-Away** (5 minutes)

Discuss together:

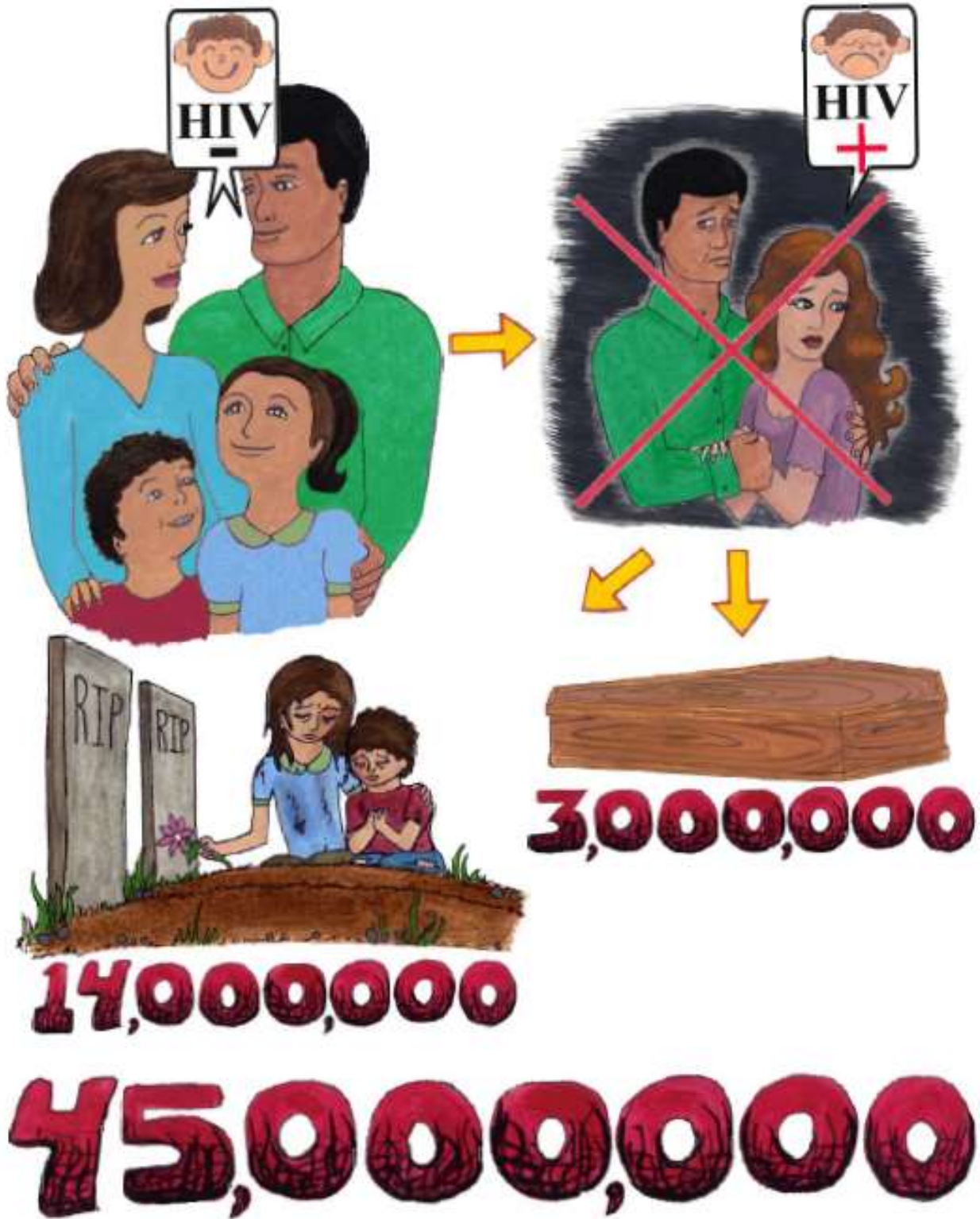
- A.** What did we discover about HIV?
- B.** Who can we share this with?
- C.** How can I protect myself and others from HIV?
- D.** Pray for families affected by HIV.

#### **References:**

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

Health Topics. World Health Organization. Available from: <http://www.who.int/topics/en/>

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## HOW IS HIV SPREAD?

Choose the ways that HIV spreads between people.

Are there other ways?

Which of these do NOT spread HIV?

