

Grade 8 Lesson 1

Review of HIV and Other STDs

Overview

The purpose of this lesson is to review basic information about HIV and how it is transmitted. The game show format with classroom competition is intended to meet the learning needs of students who have already had several lessons on HIV since 5th grade, as well as those who are learning about HIV and other STDs for the first time.

NOTE: Teachers need to be prepared to respond to unexpected questions from students regarding sexual health, even though they are not part of the planned presentation. See introductory section on tips for answering different types of questions.

Laws & Standards

The 7/8 KNOW Curriculum, 2014 edition, complies with the AIDS Omnibus Act and partially fulfills the Healthy Youth Act (2008). It aligns with the WA State Health and Fitness Standards (2008), the WA State Guidelines for Sexual Health Information and Disease Prevention (2005), the National Sexuality Education Standards (2011), and current research on the prevention of HIV and other STDs. Please see the introduction for more details, including information on how to fully comply with the Healthy Youth Act.

Objectives

The students will:

- * Understand basic facts about HIV and STDs
- * Identify how HIV and STDs are transmitted
- * Identify how HIV and STDs can be prevented

Agenda

Time: 50 minutes

1. Introduction and ground rules (10 min)
2. Game Show - HIV and Other STDs (35 min)
3. Conclusion and Family Homework (5 min)

Materials:

- * Bell or other noisemaker (optional)
- * Family Homework, 1 per student

Activity 1

Introduction and Ground Rules

Time: 10 minutes

1. Introduce the topic of HIV and other STDs.

“Today we’re going to learn about HIV and other sexually transmitted diseases. Some of you have been learning about HIV in past classes or at home, and for some of you, this will be a new topic. HIV is a very serious illness that can cause death. However, many people live a long time with HIV with the help of a doctor. We are going to learn a lot about HIV and other STDs, like how people get this illness, and most importantly, how people can protect themselves. This is an important subject, and I know we’re all going to learn a lot in this unit.”

2. Share ground rules with the class. Write them down as you cover each one.

“Even though we already have rules for classroom behavior, I’m going to go over class rules especially for this topic. I want to help everyone feel comfortable asking questions and participating in the lessons. I’m going to start by giving you my ideas, and then I’ll ask if you have any others to add.”

- Ask questions. (Tell the class you will do your best to answer all questions or find the answer, if you don’t know it.)
- No put-downs.
- It is okay to disagree.
- Listen and be respectful of others’ opinions.
- Protect people’s privacy. For example, questions about friends and family members should not include their names or identities. Instead, say “Someone I know…” or “Someone I heard of…”

3. Ask the class if they have any ground rules to add. Add them to the list.
4. Ask for a raise of hands to show agreement with the ground rules.

Activity 2

Game Show

Time: 35 minutes

Materials: Bell or other noisemaker (optional)

- * Divide the class into 4 teams. Try to mix ability levels.
- * Teacher acts as game moderator.
- * Have teams arranged so they will be able to quietly discuss the answer to each question among themselves.
- * Determine the order in which teams will answer the questions (1st, 2nd, 3rd, 4th). Have teams select classroom-appropriate sexual health names (e.g. HIV Fighters).
- * Using the questions and answers on pages XYZ, read a question to the first team. They have 60 seconds to discuss and answer the question. They can only give one answer.
- * During this time, all other teams should also quietly discuss the question.
- * If the first team answers correctly, they get 10 points. If they answer incorrectly, they get no points, and the other teams will get a chance to answer. If another team answers correctly, they get 10 points.
- * Teams that answer correctly can try to answer the BONUS POINT QUESTION for 10 additional points. If you have a bell or other noisemaker, use it to indicate a BONUS POINT QUESTION.
- * Follow the team order for answering questions.
 - If the 1st team answers incorrectly, the 2nd can try it, followed by the 3rd, then 4th.
 - If the 2nd team answers incorrectly, the 3rd team can try it, followed by the 4th, then 1st.
 - If the 3rd team answers incorrectly, the 4th team can try it, followed by the 1st, then 2nd.
 - If the 4th team answers incorrectly, the 1st team can try it, followed by the 2nd, then 3rd.

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Game Show

- * Repeat this process, with each team taking turns trying to answer the question first.
- * With each question, acknowledge how much the students already know, clarify misinformation, and cover the main points listed under each answer.
- * Continue the game until time is up. Congratulate the winning team.

Activity 3

Conclusion and Family Homework

Time: 5 minutes

Materials: Family Homework, 1 per student

1. Assign Family Homework.
 - * Students have two options for getting credit.
 - * Option 1: Discuss the family questions with a trusted adult. The trusted adult can be a parent, guardian, another family member, their religious leader, etc. You will not be asking them what they talked about. They get credit by turning in the signed confirmation slip.
 - * Option 2: If anyone decides not to do the family homework, for whatever reason, there are individual questions that they can answer on paper and turn in for the same credit.
2. Conclude the lesson with key concepts.

“As you all noticed, teens CAN prevent getting HIV and other STDs. Most teens prevent HIV and other STDs by not having sex. And those who do have sex, prevent it by successfully using condoms. We’ll be talking more about these two topics over the next few days.”

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Game Show Questions and Answer Key

	Question	Answer	Teacher talking points (in italics) and teacher notes
1.	What does HIV stand for?	Human Immunodeficiency Virus	<i>"Immunodeficiency means the body has a hard time fighting off diseases and keeping itself healthy."</i>
2.	When someone has HIV for a long time and gets sick from it, what illness is it called?	AIDS or Acquired Immune Deficiency Syndrome	<i>"HIV is a very serious illness that can cause death."</i>
3.	Which of the following groups of people can get HIV: straight men and women, gay men and lesbian women, bisexual women and men?	All of them	<i>"Straight men and women, gay men and lesbians, and bisexual women and men can all get HIV. It doesn't matter what a person's sexual orientation is. If one person has sex without a condom with another person who has HIV, they can get HIV."</i>
4.	What does STD stand for?	Sexually transmitted disease	<i>"HIV is a type of STD, but there are also many other STDs."</i>
	BONUS POINT QUESTION: Name one STD besides HIV.	Continue awarding bonus points until the teams run out of correct answers. POSSIBLE BONUS POINT ANSWERS: Chlamydia, Gonorrhea Syphilis, Herpes, HPV Hepatitis B, Hepatitis C Crabs	Note: It is not necessary for people to know the names or symptoms for all STDs in order to protect themselves from STDs.

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Game Show Questions and Answer Key

	Question	Answer	Teacher talking points (in italics) and teacher notes
5.	What is the #1 most common way that STDs are spread?	Having sex with someone who has an STD without using a condom	Note: If they only answer "having sex," be sure to point out the other 2 important parts of the answer: <ul style="list-style-type: none"> • Without a condom • With someone who has an STD
6.	Name two other ways that STDs, including HIV, are spread.	Sharing needles Mother to baby (during pregnancy, childbirth or breastfeeding)	Note: If students answer with blood-brother/sister, or helping a friend who is bleeding, acknowledge that it is smart not to touch others' blood, but that there have been no cases of HIV spread this way. Reiterate the risks of sex without a condom and sharing needles.
7.	What are the 4 body fluids that someone can get HIV from?	Vaginal fluid, semen, blood, breast milk.	Same note as above.
8.	Can a person get HIV from a mosquito bite?	No	<i>"This may seem similar to sharing a needle, but it is not. No blood remains in the mosquito stinger, so no blood is shared between the people who are bit."</i>
9.	Name three body fluids that cannot spread HIV.	Tears, saliva and sweat	

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Game Show Questions and Answer Key

	Question	Answer	Teacher talking points (in italics) and teacher notes
10.	Is donating blood considered risky for getting HIV?	No	<i>"Donating blood was never a risk for getting HIV. In the past, getting someone else's donated blood was risky (e.g. for surgery), but now the blood supply is tested and is very safe."</i>
11.	Are STDs common among teens who have sex?	Yes, very common	<i>"It is very important for teens to protect themselves from HIV and other STDs."</i>
12.	What is the most effective way to prevent getting HIV or other STDs for people who have sex?	Use a condom every time they have sex.	<i>"A condom is a thin, stretchy piece of latex or polyurethane that fits over a penis like a glove."</i>
	BONUS POINT QUESTION: What else does a condom protect against besides HIV and other STDs?	BONUS POINT ANSWER: Pregnancy	
13.	What is the definition of the word abstinence?	Not having oral, anal or vaginal sex.	Note: If they only say "not having sex," prompt them to be more specific. <i>"The answer 'virginity' is incorrect. A person can abstain from sex at any point in their life, whether or not they have had sex already."</i>

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Game Show Questions and Answer Key

	Question	Answer	Teacher talking points (in italics) and teacher notes
14.	True or false. Most U.S. high school students are abstinent. That is, they do not have sex.	True	<i>"This is surprising to many teens. It often looks like more teens are having sex than they actually are."</i> (Sources: National Survey of Family Growth, Healthy Youth Survey)
	BONUS POINT QUESTION: Why do you think high school students are so successful being abstinent?	Give points to any plausible reason that does not put down abstinence or condoms.	
15.	True or false. Condoms are the most commonly used method of birth control among teens.	True	
	BONUS POINT QUESTION: True or false. Most teen men use a condom the first time they have sex.	BONUS POINT ANSWER: True	<i>"This is surprising to many teens. Teens are excellent condom users."</i> (Source: National Survey of Adolescent Males)
16.	Why are teens so successful using condoms?	Give points to any plausible reason that does not put down condoms or abstinence.	Note: Be sure to add any points that students leave out: <ul style="list-style-type: none"> • Condoms are easy to get. • Condoms are easy to use. • Condoms are cheap or free. • Many teens are thinking about their goals for the future (like graduation).

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Game Show Questions and Answer Key

	Question	Answer	Teacher talking points (in italics) and teacher notes
17.	What is the only way for a person to find out if they have HIV?	To get an HIV test	<i>"You can't tell if someone has HIV or other STDs by looking at them. There are many people who have HIV or other STDs but don't know they have them."</i>
18.	True or False. Most people who have HIV or another STD can tell from their symptoms.	False	<i>"Most people with HIV or other STDs have no symptoms at all. The only way to know for sure if someone has HIV or another STD is to get tested."</i>
	BONUS POINT QUESTION: How does a person know they need to be tested for STDs?	POSSIBLE BONUS POINT ANSWERS: <ul style="list-style-type: none"> • They had sex with someone without a condom. • They have symptoms, such as burning when they pee, bumps, sores, itching or discharge that seems unusual. 	
19.	Can a high school student request an HIV test without anyone else's permission?	Yes, if they are 14 or over	<i>"In WA, teens 14 and older can get a confidential HIV test without anyone else's permission. The clinic staff is not allowed to share this information, unless they have the clients' permission."</i>
20.	Where can a teen get an HIV test in this community?	See teacher note.	If you don't know your local testing sites, go to www.cdc.gov/hiv and enter your zip code.