

## Grade 7 Lesson 1

# HIV and Other STDs

### Overview

The purpose of this lesson is to review basic information about HIV and other STDs. It also aims to reinforce the belief that people can protect themselves from HIV and other STDs.

**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 other STDs
- \* Identify how HIV and other STDs are transmitted
- \* Identify how HIV and other STDs can be prevented

Agenda

Time: 50 minutes

With DVD:

1. Introduction and ground rules (10 min)
2. HIV Overview DVD (20 min)
3. HIV and STD sentence stems (20 min)

Without DVD:

1. Introduction and ground rules (10 min)
2. HIV Lecture (10 min), alternative to DVD
3. HIV and STD sentence stems (30 min)

Materials:

- \* Understanding HIV and AIDS DVD
- \* DVD and projector
- \* Basic HIV/AIDS Facts Visual
- \* 3 sheets of newsprint per class
- \* 3 sticky notes per student
- \* HIV/AIDS Family Newsletter, 1 per student

To order DVD:

“Understanding HIV and AIDS”

Human Relations Media

<http://www.hrmvideo.com/catalog/understanding-hiv-and-aids>

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 started 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.

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Activity 2

HIV Overview DVD

Time: 20 minutes

Materials: DVD, DVD player, projector

Show the DVD: "Understanding HIV and AIDS" by Human Relations Media. If you do not have the DVD, use HIV Overview Lecture as an alternative.

Activity 2 alternative

HIV Overview Lecture

Time: 10 minutes

Materials: Basic HIV/AIDS Facts Visual

If you don't have the DVD, give HIV Overview Lecture while showing the Basic HIV/AIDS Facts visual. Go over the following information slowly, checking for comprehension as you go.

- \* *"Let's begin today with an overview. It's important for everyone to learn about HIV and other STDs: people who are having sex and people who aren't, gay and lesbian people and straight people, guys and girls, because STDs are so common and it's important for everyone to know how to keep themselves healthy."*
- \* *"HIV is the germ that causes AIDS. Many people with the HIV germ will eventually get very sick, especially if they don't have the help of medicine and a doctor. When they are very sick, it is called AIDS."*
- \* *"HIV stands for Human Immunodeficiency Virus. This means it is a virus that humans can get, and that it hurts your immune system. The immune system is what keeps our body healthy."*
- \* *"AIDS stands for Acquired Immune Deficiency Syndrome. That means that after a person has had HIV for a while, sometimes a very long time, their immune system won't work well and they can get very sick."*

**7/8 KNOW**

*HIV/STD Prevention Curriculum, rev. 2014  
Office of Superintendent of Public Instruction*

Activity 2 alternative

HIV Overview Lecture cont.

- \* *"HIV is a very serious illness that can cause death. There is no cure for HIV. However, people who have HIV can live for a very long time with the help of a doctor."*
- \* *"HIV is a type of STD, which stands for Sexually Transmitted Disease. An STD is an illness that people get from having sex with someone who already has it. There are many types of STDs besides HIV."*
- \* *"People usually get HIV from having sex or sharing needles for drugs with someone who has HIV. People your age don't usually get HIV because they usually aren't doing those things."*
- \* *"The other way people can get HIV is from their mother when they are being born or are a small baby. If a woman has HIV when she is pregnant, sometimes the baby is born with HIV. If a woman HIV when she is nursing her baby, sometimes the baby can get HIV from breast milk."*
- \* *"If a person has HIV, the HIV virus is in their blood, semen, vaginal fluids and breast milk. (Semen is the fluid with sperm in it that comes out of the penis. Vaginal fluids are the wetness in a woman's vagina.) That's why people can get HIV from sex, sharing needles, or sometimes from a mom to a baby."*
- \* *"HIV is NOT in other body fluids. It is not in tears, sweat, spit, pee, or any other fluid. A person cannot get HIV from being around someone with it. They can't get it from hugging or kissing. They can't get it from a mosquito bite or from a toilet seat."*
- \* *"People can prevent getting HIV and other STDs by not having sex and by not sharing needles. They can also prevent HIV and other STDs by using a condom if they do have sex. A condom is a stretchy piece of rubber that fits over the penis like a glove and prevents germs passing between each person."*
- \* *We are talking about HIV now, even though kids your age almost never get HIV, so you can learn what you need to know when you are older to keep yourself healthy."*

### Basic HIV / AIDS Facts

- HIV is the virus that causes AIDS.
- HIV stands for Human Immunodeficiency Virus.
- AIDS stands for Acquired Immune Deficiency Syndrome.
- HIV is a very serious illness that can cause death.
- People usually get HIV from having sex or sharing needles for drugs with someone else who has HIV.
- If a woman has HIV when she is pregnant sometimes the baby is born with HIV.
- If a person has HIV, the HIV virus is in their blood, semen, vaginal fluids and breast milk.
- A person can't get HIV from hugging or kissing or playing with someone who has it. They can't get it from a mosquito bite or from a toilet seat.
- Kids your age almost never get HIV, but it's important to know how to keep yourself healthy as you get older.

Activity 3

HIV and STD Sentence Stems

Time: 20 minutes (30 minutes, if you do HIV lecture instead of DVD)

Materials:

- \* 3 sticky notes per student
- \* 3 pieces of newsprint per class
- \* HIV/AIDS Family Newsletter, 1 per student

1. Explain that this activity will give students a chance to learn more about the information covered in the video. It will focus on both HIV and other types of STDs.
2. Post 3 pieces of newsprint around the room with one of the following sentence stems on each one.
  - \* A person can tell if they have HIV or other STDs by...
  - \* A person can get HIV or other STDs by...
  - \* A person can protect themselves from HIV and other STDs by...
3. Give each student at least 3 sticky notes. Have them finish each one of the sentences on a separate sticky note and post it on the newsprint. You can also give them the option of writing a question on their sticky note. Tell them it is okay to guess.
4. Bring the 3 completed newsprints to the front of the room.
5. Debrief the newsprints one at a time by reading the responses, acknowledging how much the students already know about HIV and other STDs, and clarifying any misconceptions. Be sure to focus on the following key concepts.

Key concepts for “A person can tell if they have HIV or other STDs by...”

- \* The only way to know if you have HIV or other STDs is to get tested.
- \* 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.

Activity 3

HIV and STD Sentence Stems cont.

Key concepts for "A person can get HIV or other STDs by..."

- \* HIV is a type of STD.
- \* An STD is an illness that people get from having sex with someone who already has it.
- \* Some STDs, including HIV, are spread by sharing needles.
- \* Some STDs, including HIV, are spread from mother to baby, through pregnancy, childbirth or breastfeeding.
- \* The most common way to get an STD is by having unprotected sex with someone who already has an STD.
- \* People cannot get HIV or other STDs from casual contact like holding hands, sharing drinks, or kissing.

Teacher Note: If it comes up on the newsprint, dispel the myth that only gay people are at risk for HIV. You might say: *"Straight men and women, gay men, and lesbians 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."*

Key concepts for "A person can protect themselves from HIV and other STDs by..."

- \* You can prevent getting HIV and other STDs.
  - \* People can prevent getting HIV and other STDs by not having sex.
  - \* People can prevent getting HIV and other STDs by using a condom if they do have sex.
  - \* People can prevent getting HIV and other STDs by not sharing needles.
6. Conclude the lesson by restating the main points and encouraging students to share the family newsletter at home.

*"We covered a lot of material about HIV and other STDs today. The movie and sticky note activity both showed that people can prevent getting HIV and other STDs by not having sex. Considering that most high school students don't have sex, abstinence is an important way that teens protect themselves from HIV and other STDs. Tomorrow we're going to look more closely at the skills involved in being successful with abstinence."*