



Grade 6: HIV/AIDS

Overview

Students learn about the difference between HIV and AIDS, risk and protective factors for HIV, and that it is safe to be friends with someone who has HIV. Students watch a video and participate in a small group activity to review the fluids that transmit HIV and some true/false statements.

Timing

40 minutes

Objectives

By the end of this lesson, students will:

- Define HIV/AIDS
- Understand that HIV/AIDS a serious illness
- Recognize how people get or give HIV, and how they do not
- Identify ways that people prevent HIV

Standards

Washington State Sexual Health Standards

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
 - Define abstinence and explain why it is the most effective method to prevent pregnancy and sexually transmitted infections (STDs), including HIV. H1.Se4.6a
 - Explain how STDs are transmitted. H1.Se4.6b
 - Identify examples of protective factors and risk behaviors. H1.Se4.6c
 - Understand which sexual health care services are available to youth. H1.Se6.6a

Materials Needed

- Computer/projector/speakers to display PowerPoint, including video streaming
- Handout: HIV/AIDS Activity
- Paper for student exit ticket (or assignment if preferred)

Teacher Preparation

- Print one handout for each small/table group

Agenda

Introduction – 5 minutes

Slide 1

- Welcome students, introduce topic, review ground rules

Slide 2

- Teacher Script: *Today we are going to learn about a virus called HIV and the illness it causes called AIDS. We are going to talk about how people do and do not transmit HIV and how to prevent yourself from getting it.*

Slide 3

- Teacher Script: *HIV is an acronym, and it stands for Human Immunodeficiency Virus. This means that HIV is a virus that attacks the immune system. Can anyone tell me about the immune system? What is it and how does it help us?*
- Click to animate slide and reveal definition.
- Teacher Script: *The immune system protects your body from things that could make you sick. Its job is to keep us healthy. Because HIV attacks the immune system, it can make a person sick or even die.*

Discussion - 15 minutes

Slide 4

- Teacher Script: *HIV is an STD which means it can be transmitted through sexual activity. It does not develop on its own, a person needs to get it from another person that has it. HIV doesn't spread easily like the flu or Coronavirus; it doesn't go through the air from coughing or sneezing. It is actually not very easy to spread it.*

Slide 5

- Teacher Script: *There are 5 fluids that transmit HIV – blood, semen, vaginal fluid, rectal fluid, and breast milk. We used to think there were only 4 fluids that could transmit the virus, but scientists discovered that HIV can be found in rectal fluid (which is mucus that lines the rectum). Because this is a relatively recent scientific discovery, some of the HIV print materials or videos may not include this 5th fluid.*
- Click to animate slide and reveal question.
- Teacher Script: *Now that we know which fluids transmit HIV, which activities do you think would most commonly transmit HIV from one person to another?*
- Click to animate slide and reveal answer.
- Teacher Script: *Having unprotected sex and sharing needles are the two most common ways that HIV is transmitted from one person to another. Unprotected sex is sex without the use of a condom. Unprotected sex typically involves the exchange of semen, vaginal fluid, rectal fluid, or blood between partners. A third less common way is from a mother to her child during pregnancy, childbirth, or breastfeeding.*

Slide 6

- Teacher Script: *HIV does not usually cause symptoms for a few years, so the only way for a person to know they have it is to get tested. Do you know where a person could get an HIV test?*
- Click to animate slide and reveal answer.
- Teacher Script: *Tests are available at a doctor's office, a clinic like Planned Parenthood or Public Health, and at School Based Health Centers that are at many middle schools and all high schools.*

Slide 7-9

- Review slides.

Slide 10

- Play 2.5-minute video

Activity - 15 minutes

Slide 11

- Break students into small groups
- Provide each group a handout, give them 5 minutes to complete it.
- Ask students to verbally share their answers for the body fluid questions, discuss any incorrect answers.
- Click to animate and reveal answers.
- Repeat process with the true/false questions.

Closing – 5 minutes

Slide 12-13

- Review slides.

Slide 14

- Teacher Script: *Remember, there are lots of things we can do with other people that do not have any risk of HIV transmission. You can go swimming, use the public bathroom, share food, hang out and watch tv, even kiss. It is safe to be around people with HIV and they deserve to be treated with respect, just like everyone else.*

Slide 15

- Ask students to write responses to prompts in the slide
- Note: If preferred, this could be assigned as homework instead of an exit ticket by using attached assignment document

Slide 16

- Credits

Vocabulary

Key words in this lesson:

- Transmit – to pass something from one person to another
- Immune System – A complex network of cells, tissues, organs, and the substances they make that helps the body fight infections and other diseases. The immune system includes white blood cells, and organs and tissues of the lymph system.
- PrEP - medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use

Additional Resources

Websites:

- CDC - <https://www.cdc.gov/hiv>
- HIV.gov - <https://www.hiv.gov/>

Handouts and Assignment – on following pages

- Handout: HIV/AIDS Activity
- Assignment: HIV/AIDS (optional alternative to exit ticket)



Names:

Period:

Handout: HIV/AIDS Activity
6th Grade Sexual Health Education

1. Indicate whether the following fluids can transmit HIV by writing “yes” or “no” next to each fluid.

Blood

Breast Milk

Rectal Fluid

Saliva (spit)

Semen

Sweat

Tears (crying)

Urine

Vaginal Fluid

2. Indicate whether the following statements are true or false by writing “T” or “N” next to each statement.

HIV is a virus

HIV causes AIDS

HIV is easy to get

HIV can be cured

You can't get HIV from someone who doesn't have it

HIV can't be shared by coughing

Old people can't get HIV

