




HIV/AIDS

6th Grade Sexual Health Education



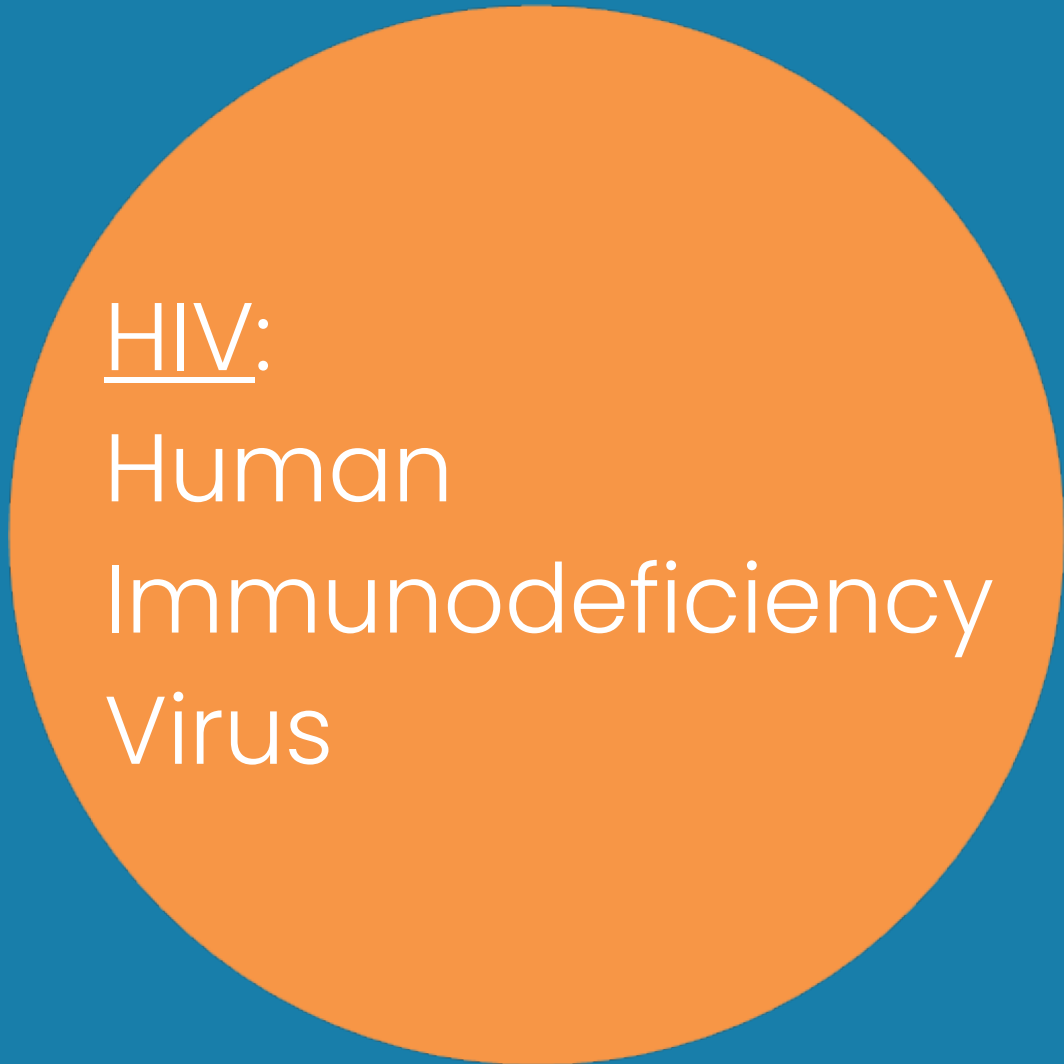
Learning Objectives

1. Define HIV/AIDS
2. Understand that HIV/AIDS a serious illness
3. Recognize how people get or give HIV, and how they do not
4. Identify ways that people prevent HIV

What is HIV?

HIV is a virus that attacks the immune system.

The immune system protects your body from harmful substances, germs and cell changes that could make you ill. It keeps you healthy!



HIV:
Human
Immunodeficiency
Virus

How do people get HIV?

HIV is a Sexually Transmitted Disease (STD) which are illnesses passed from one person to another through intimate contact or sexual activity.

- HIV does NOT develop on its own in a person's body.
- HIV is a communicable illness; it passes from person to person.
- HIV doesn't spread like the flu; HIV doesn't go through the air.
- HIV does not spread easily.

How do people get HIV?

Fluids that transmit HIV:

Blood

Semen

Vaginal
Fluid

Rectal
Fluid

Breast
Milk

Activities that most commonly transmit HIV:

Unprotected
Sex

Sharing
Needles

Pregnancy,
Childbirth,
Breastfeeding

How does someone know if they have HIV?

The only way to know if you have HIV is to get tested.

A person can get a test from their regular doctor, school-based health center, or a community health clinic.



How does someone treat HIV?

There is no vaccination for HIV.

There is no cure for HIV.

A person can treat HIV by taking medicine prescribed by their doctor that lowers the level of virus in their body. Most people who take this medicine can stay healthy and live a very long time without becoming sick.



What is AIDS?

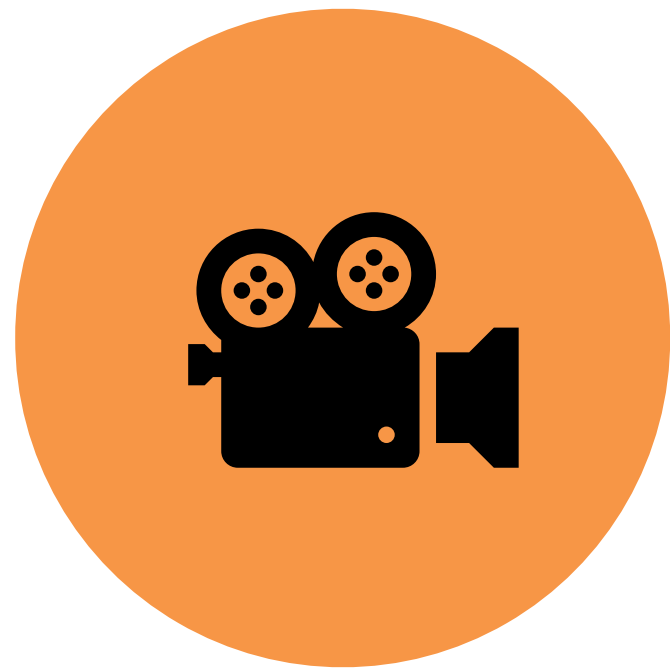
If HIV attacks too many of the cells in the immune system, called T cells, a doctor diagnoses that person with the disease called AIDS.

When this happens, it's easier for them to get sick and even die from infections their body could normally fight off. Getting sick because of low T cells is also a reason that a doctor would diagnose the person with AIDS.

AIDS:

Acquired
Immuno
Deficiency
Syndrome

Video time!



As you watch, be on the lookout to learn how people get HIV and how a person can protect themselves.

Video – HIV: How to Protect Yourself and Others



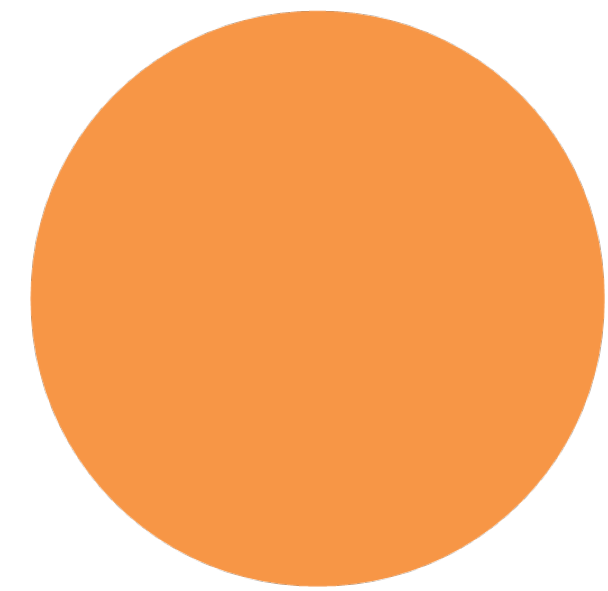
Video link: <https://www.youtube.com/watch?v=xK-VPgmn-18>

Group Activity

Yes/No	Fluid
	Blood
	Breastmilk
	Rectal Fluid
	Saliva (spit)
	Semen
	Sweat
	Tears (crying)
	Urine
	Vaginal Fluid

True/False	Statements
	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

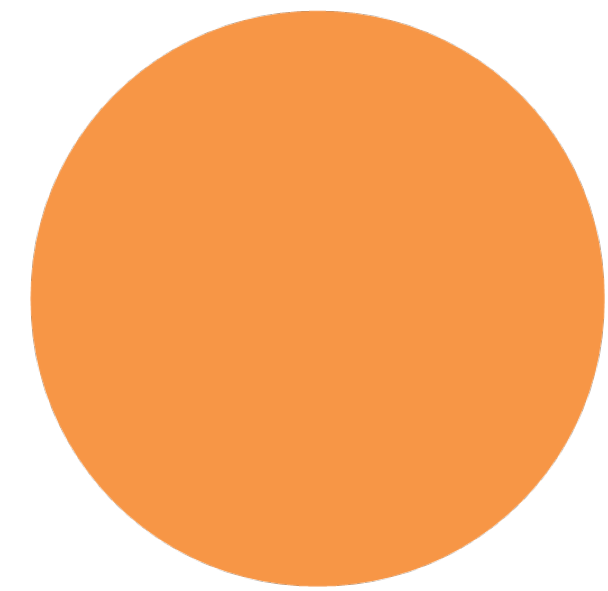
How can a person protect themselves?



1. Don't have sex.

This is called abstinence, and it is the most effective way to prevent sexually transmitted diseases, including HIV.

How can a person protect themselves?



A person can protect themselves by not allowing infected blood, semen, vaginal fluid, rectal fluid, or breast milk to enter their body.

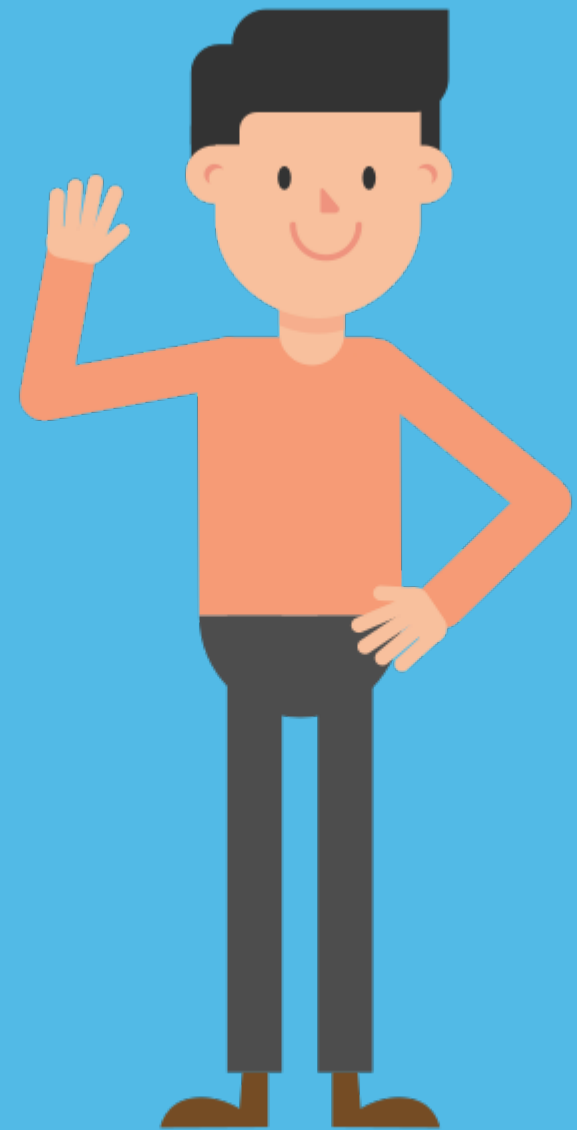
1. Don't have sex (abstinence)
2. If having sex, use a condom. A condom is a latex cover put on a penis and used during sex.
3. Do not share needles
4. Wear latex gloves when touching blood or other body fluids

How can a person protect themselves?

A person can't get HIV from someone with HIV even if they:

- Share things like pencils, food, yoga mats, toilets
- Touch like shake hands, hug, or kiss
- Swim in the same pool
- Use the same toilet after them
- Are bit by a mosquito after them
- Get coughed or sneezed on by them

It is absolutely safe to go to school or be friends with someone who has HIV.





Exit Ticket

- **Explain the difference between HIV and AIDS.**
- **Name 3 ways a person can protect themselves from getting/giving HIV.**
- **How should a person treat someone who is living with HIV?**



Credits:

- Content created by Seattle Public Schools
- Videos by Amaze.org, created by Advocates for Youth

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