

HIV and AIDS

4th and 5th Grade Sexual Health Lesson

What questions will this lesson answer?

1. What is HIV/AIDS?
2. Why is HIV/AIDS a serious illness?
3. Why do we learn about HIV/AIDS?
4. How do people get or give HIV?
5. How do people prevent HIV?
6. What are ways you can't get HIV?

What is HIV/AIDS?

- HIV is a virus that attacks cells in the immune system, the body system that keeps us healthy.
- When HIV attacks many of these cells, called T cells, a doctor diagnoses that person with the disease called AIDS

Why is HIV/AIDS a serious illness?

- When a person has HIV it's easier for them to get sick and even die from infections their body could normally fight off.
- There's no cure for HIV but people with HIV can live for a long time with the help of medicine.

Why do we learn about HIV/AIDS?

- We learn about HIV/AIDS so that you don't have to feel afraid of it.
- People can prevent getting or giving HIV.
- People living with HIV/AIDS have been treated disrespectfully and should be treated respectfully.

How is HIV spread?

- 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.

In what ways is HIV spread?

- The only way HIV is passed is when infected body fluids enter another person's body through cuts, sores or contact with their genitals.
- Most body fluids don't spread HIV.
- The only body fluids that spread HIV are:
 - Blood infected with HIV
 - Vaginal fluid infected with HIV
 - Semen infected with HIV
 - Breast milk infected with HIV

Activity 1

- How might it feel to live with HIV?
- What ways might a person's life be different after getting HIV and what ways might it be the same?

How do people prevent HIV?

- Not allowing infected blood, semen, vaginal fluid or breast milk to enter a body.
- An example of how people protect themselves is by wearing gloves when touching blood or other body fluids.

Ways you cannot get HIV

You can't get HIV from a person with HIV even if you:

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

Activity 2

- List at least three other safe things you could do with friends at school or people in your home or community that cannot spread HIV.