

HIV and AIDS: Prejudice and Discrimination

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand the history of HIV and AIDS, and the recent advances in HIV treatment and prevention

To explain what the stigma is surrounding HIV and AIDS and why it exists

To explore how the cycle of prejudice and discrimination towards HIV and AIDS sufferers can be broken

NEW VOCABULARY

HIV, AIDS, PrEP, PEP, Antiviral, Infection, Immune System, CD4



STARTER ACTIVITY

How can a ribbon make a difference?
What causes do you support?
How do you show your support?
What causes does your school support?



3 Minutes

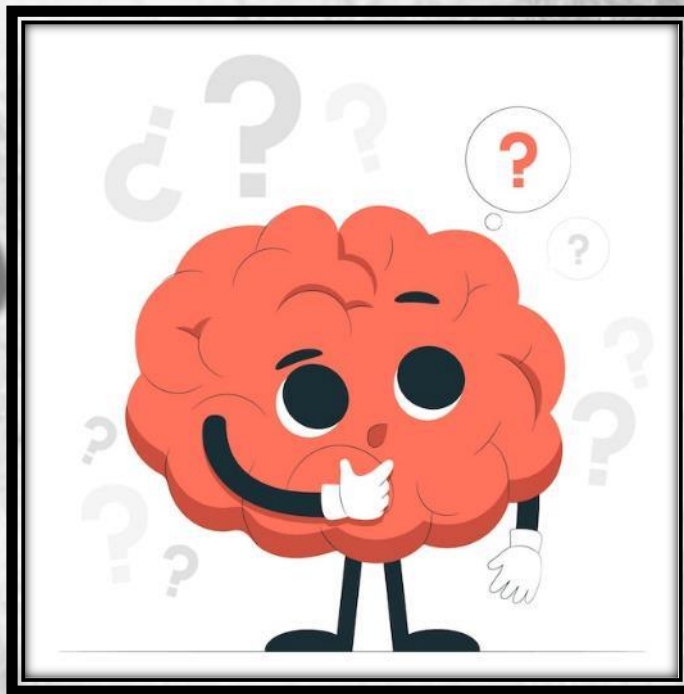
HIV and AIDS, Prejudice and Discrimination

Task

From your homework chose one of your facts and one myth to read to the class or partner.

They will decide which is the truth and which is a myth.

**FAKE
NEWS**



**THE
TRUTH**

EXTENSION

Why do myths surround HIV and AIDS exist?

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

There are **no stupid questions**
It's OK to get things wrong

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



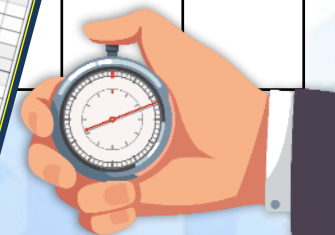
HIV and AIDS, Prejudice and Discrimination

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I know the history of HIV and AIDS										
I understand the prejudice and discrimination HIV and AIDS sufferers face										
I understand the medical advances in HIV treatment and methods of prevention										



2 Minutes

Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)



I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic



**Sarah: Teacher from the UK
and happily married**



**Rebecca: 31 and single from
Scotland**



**Suzie: A transsexual tattoo
artist from Kenya**

Who do you think has HIV?



**Ryan: Divorced three times
and no children**



**Akan: 21 year old gay man
from Turkey**



**Aisha: Single 27 year old
Asian woman**

You cannot tell if someone has HIV by the way they look!!!

Did you know?

Since 2012, pre-exposure prophylaxis (PrEP) preventive drug treatment plans are available for those who are at high risk of HIV infection.



Stereotype

Prejudice

Discrimination

Quick Quiz: HIV

WAYS THE HIV VIRUS CAN SPREAD

A



B



C



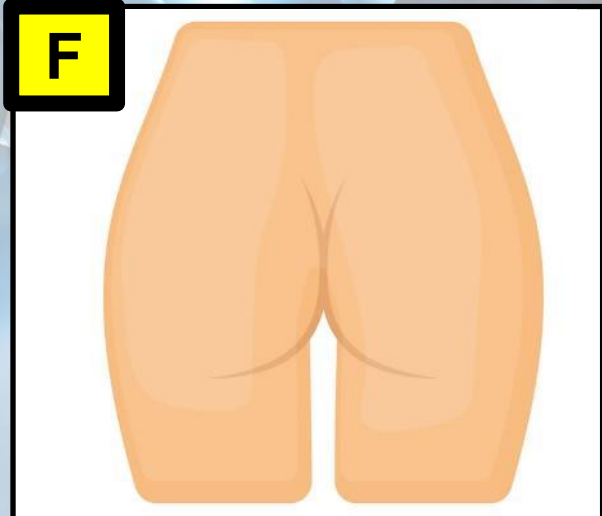
D



E



F



Quick Quiz: HIV

WAYS THE HIV VIRUS CAN SPREAD

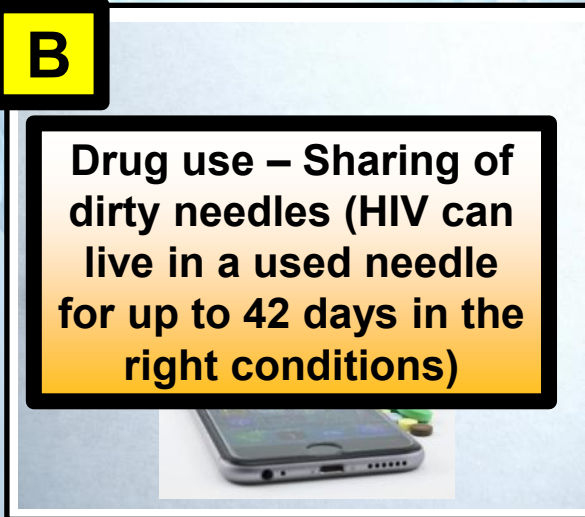
A

Vaginal sex - Without a condom



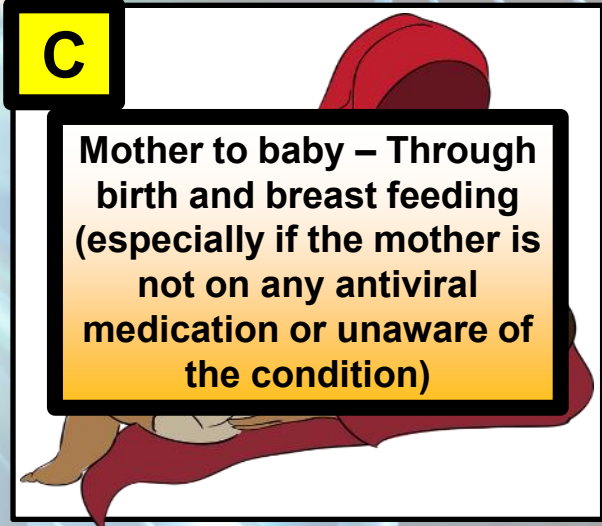
B

Drug use – Sharing of dirty needles (HIV can live in a used needle for up to 42 days in the right conditions)



C

Mother to baby – Through birth and breast feeding (especially if the mother is not on any antiviral medication or unaware of the condition)



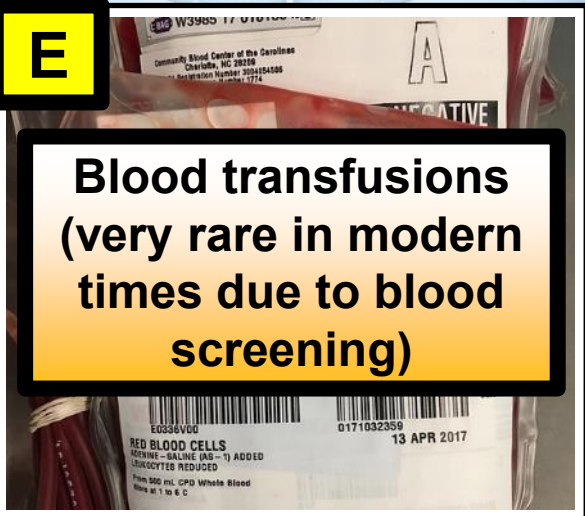
D

Non-sterilised (dirty) needle being used for a tattoo



E

Blood transfusions (very rare in modern times due to blood screening)



F

Anal sex - Without a condom



BRIEF HISTORY OF HIV & AIDS

The chimpanzee virus mutated into the HIV virus. First known case was a man in 1959 in Democratic Republic of the Congo



Originally believed to have developed from a chimpanzee virus in West Africa. Spread to humans through those that hunted them.

1982 - The Centers for Disease Control and Prevention (CDC) use the term "AIDS" (acquired immune deficiency syndrome) to describe the illness.

The first cases of AIDS are reported in Europe and Africa.



1981 - First cases of AIDS are identified in the USA. Originally called GRID5 (Gay Related Immune Deficiency) it was thought only homosexual men could get it.

1984 - The U.S. Department of Health and Human Services announces that AIDS cannot be spread through casual contact, such as touching or sharing food.

1985 - The U.S. Food and Drug Administration (FDA) approves the first commercial blood test for HIV.

1988 - The First 'World AIDS Day' takes place.



1996 Onwards: New treatments (ART Therapy) become available to help extend the lives of those living with HIV and prevent the HIV turning into full blown AIDS



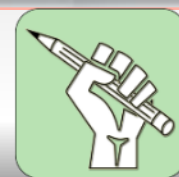
2019 - The global number of people living with HIV reaches 38 million, according to the World Health Organization (WHO). The United Nations announces it's goal of ending the HIV epidemic (reducing new infections by 90%) by 2030.

What can we do to help those around the world that cannot afford the HIV antiviral medication?





HIV Stigma



HIV - living with the stigma

Task: Pick one or two coloured hats and answer all the related questions



5 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

HIV AND AIDS CYCLE OF DISCRIMINATION



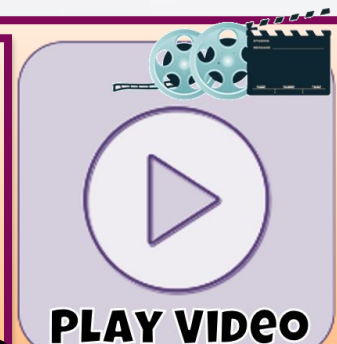
Task

1. Describe how each stage can contribute to the next
2. Where does the TV advert fit into the cycle?
3. What can be done to break this cycle?
4. How can education help at each stage?
5. How does celebrating and supporting World AIDS Day on 1st December every year help to break this cycle?

Television
Advert

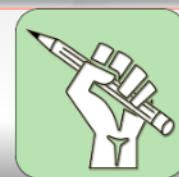
AIDS:
Monolith
(1987)

1 Minute





Other people are going to judge me



**HIV Stigma - I have judged..
other people are going to judge
me**

Task: Pick one or two coloured
hats and answer all the related
questions



9 Minutes



What facts do I
know? What else
do I need to know?
What do I want to
know?

INFORMATION



How do I feel
about this? What
don't I like about
this? What do I like
about this?

FEELINGS



Can something be
done? New ideas?
What are the
solutions/
suggestions?

CREATIVITY



What thinking is
needed?
Next steps?
Where are we
now?

THINKING



What is wrong?
Is it safe?
Can it be done?

JUDGEMENT

REDUCING EXPOSURE TO BODILY FLUIDS

Ensuring any health care workers or anyone else who may come into contact with bodily fluids use barrier methods to prevent the spread of infection

EDUCATION ON HIV AND AIDS

Be educated about the risks of HIV and be fully aware of how to protect against it. Celebrate World Aids Day

Pre-exposure Prophylaxis (PrEP)

A drug that can be taken by those who think they may be at high risk of catching HIV

ENCOURAGE MORE NEEDLE EXCHANGE PROGRAMS

Reduce the likelihood of drug users sharing needles

HIV Prevention

PRACTICE SAFE SEX WITH CONDOMS

HIV is commonly spread through unprotected sex

Did you know?

HIV is present in a number of different bodily fluids. However, only six have enough of the virus in them to actually transmit the virus: blood, semen (cum), pre-seminal fluid (pre-cum), rectal fluids, vaginal fluids, and breast milk.

Taking extra steps during pregnancy

In order to prevent the virus being passed from mother to child e.g. every pregnant woman having an HIV test, antiviral medication taken by mothers, caesarean sections and bottle feeding for HIV positive mothers

Post-exposure Prophylaxis (PEP)

Emergency treatment of drugs that is taken within 72 hours of exposure to HIV

Pick a scenario

1. Briefly describe the scenario
2. Explain the form of prejudice and why they are being discriminated
3. Explain how the victim would feel
4. How could this situation be fairly resolved

Scenario 1
(CLICK TO REVEAL)

Scenario 2
(CLICK TO REVEAL)

Scenario 3
(CLICK TO REVEAL)

Scenario 4
(CLICK TO REVEAL)

Scenario 5
(CLICK TO REVEAL)

Scenario 6
(CLICK TO REVEAL)

Scenario 7
(CLICK TO REVEAL)

Task

How can this school show support for World Aids Day?



What Do You Think?



"Governments from developed countries around the world should pay for those in the developing world to receive the lifesaving antiviral HIV medication"

Talking Points



I think that ...
I don't think... is right because...
My opinion is...
I would argue the same because...
I disagree with... because...
Building on what... said. I think...
An alternate way of looking at this is...
I sort of agree, however....
I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
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I know the history of HIV and AIDS										
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I understand the medical advances in HIV treatment and methods of prevention										



Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes



I'm not
confident at all
on this topic



A little
confident



Confident



Very
confident



I am super
confident on
this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Design a campaign poster to bring awareness to the prejudice and discrimination that HIV and AIDS sufferers face. Try to include information on what everyone can do to help fight against it.





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.nat.org.uk/> - National Aids Trust
- ☐ <https://www.tht.org.uk/> - Terrence Higgins Trust
- ☐ <https://london.ejaf.org/> - Elton John Aids Foundation
- ☐ a sexual health clinic (GUM clinic)
- ☐ Call the national sexual health helpline on 0300 123 7123 for details
- ☐ Brook centres - for under-25s
- ☐ GP surgeries

RELATIONSHIPS
& SEX EDUCATION



SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

