

HIV and AIDS

LEARNING OUTCOMES

Knowledge, Skills
& Actions



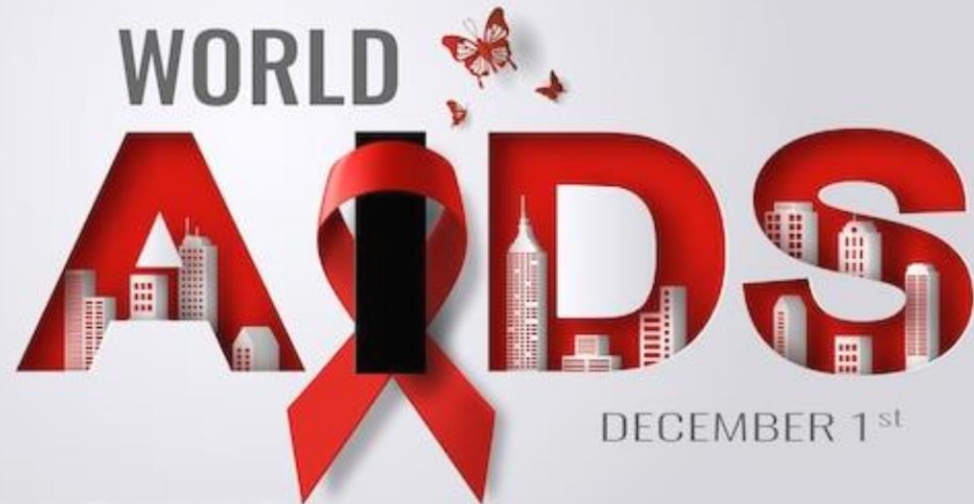
To define the terms HIV and AIDS, and understand the difference

To explore the different ways HIV can be transmitted, and how to reduce the risk of transmission

To evaluate the importance of supporting World AIDS Day

NEW VOCABULARY

HIV, AIDS,, Anti-Viral, Immunodeficiency, Immune System, CD4, White Blood Cells



STARTER ACTIVITY

When have you heard the term HIV or AIDS?
Why do we have a World AIDS Day?
What does HIV stand for?



3 Minutes

Use the quiz the you created as a homework from the last lesson

Quick Quiz: Contraception



Swap your contraception quiz with a partner and try to answers all of their questions.

If you don't know any of the answers you can ask them for a hint.

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

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

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

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



HIV and AIDS

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 what HIV and AIDS are, and can explain the difference										
I understand the main ways that HIV is transmitted from person to person										
I can explain the importance of World AIDS Day										



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



2 Minutes


I'm not
confident at all
on this topic

A little
confident

Confident

Very
confident

I am super
confident on
this topic

A photograph of a bedroom at night. A bed with white linens and pillows is in the foreground. A bedside table with a lit lamp is to the left. A large thought bubble with a black outline is in the upper right, containing the text 'One mistake, and your life can change forever.' Two smaller circles lead from the bubble towards the bed.

**One mistake, and
your life can change
forever.**

***What does this mean?
Do you agree?
Can you think of any examples?***

WHAT DOES HIV DO?

- When a person has HIV (Human Immunodeficiency Virus), they have a weakened immune system.
- HIV attacks the body's natural defences by infecting the CD4 white blood cells.
- As the cells become infected and destroyed, the body becomes less able to defend itself against infections and diseases.
- The virus can allow serious illnesses to take hold such as pneumonia, other infections, cancers and damage to the brain.
- If it is not successfully treated with medication, (which is now available on the NHS) it can progress to AIDS.



Did you know?

The virus stays in the body for life. There are drugs and techniques to help prolong life. However, there is no known cure or vaccine. It can lead to death.

Did you know?

According to UNAIDS, there were approximately 38 million people living with HIV worldwide in 2020. An estimated 1.5 million people were newly infected.

What is the difference between HIV and AIDS?

HIV

HIV is a virus that attacks white blood cells (CD4) in the body's immune system.

If Untreated

AIDS

AIDS is severe damage to the immune system from untreated **HIV**, leading to life-threatening infections and cancers.

Anti-viral medication can prevent **AIDS** from developing.

If Untreated

AIDS is the final stage of **HIV** and cannot be treated.

You can have **HIV** and never develop **AIDS**.

Previously

Everyone who has **AIDS** has previously had **HIV**.

With effective treatment, nearly a full life expectancy.

Life expectancy once **AIDS** has fully developed is up to 3 years.



Quick Quiz: HIV & AIDS

TRUE OR FALSE

A

You can catch AIDS from kissing someone with tongues.

B

People with HIV suffer a lot of discrimination and stigma.

C

Only gay people can catch HIV.

D

HIV used to be called Gay Related Illness Disease (GRIDS for short).

E

There is a cure for AIDS.

F

Some countries ban tourists who have HIV / AIDS from visiting their country.

G

You can catch HIV from a toilet seat.

H

You can catch HIV from a swimming pool.

Quick Quiz: HIV & AIDS

TRUE OR FALSE

A You can catch AIDS from kissing someone with tongues.

FALSE / MYTH

B People with HIV suffer a lot of discrimination and stigma.

TRUE

C Only gay people can catch HIV.

FALSE / MYTH

D HIV used to be called Gay Related Illness Disease (GRIDS for short).

TRUE

E There is a cure for AIDS.

FALSE – Working towards one

F Some countries ban tourists who have HIV / AIDS from visiting their country. **TRUE**

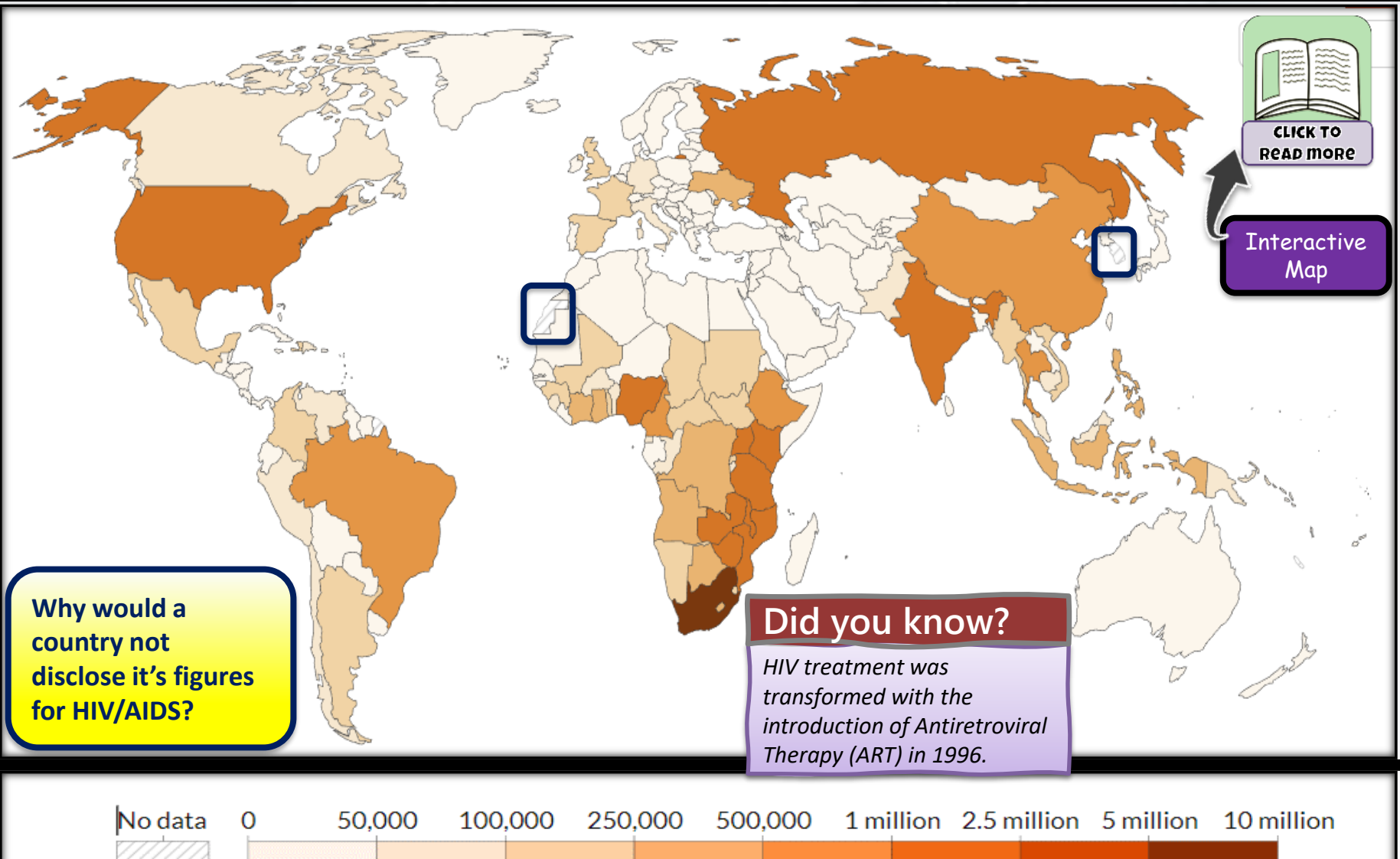
G You can catch HIV from a toilet seat.

FALSE / MYTH

H You can catch HIV from a swimming pool.

FALSE / MYTH

Number of people living with HIV across the world



Source: IHME, Global Burden of Disease (2019)

OurWorldInData.org/hiv-aids • CC BY

ACTIVITY

HIV Card Sort

HIV and AIDS Education Card Sort

 Shaking Hands 	 Hugging 	 Eating in a cafe 
 Touching a HIV infected person 	 Kissing 	 Unclean Needles 
 Visiting the doctor or the dentist 	 Sharing a Toilet Seat 	 Sharing a Drink 

HIV and AIDS Education Card Sort

 Travel North Africa and the Middle East 	 Sharing a Bathroom 	 Sharing a Place of Work 	 Coughing and Sneezing 
 Sharing Used Drug Needles 	 Engaging in Sex Acts that Tear the Skin 	 Unsterilized Tattooing and Ear Piercing 	 Sharing Food Items 
 Visiting the GUM Clinic 	 Donating Parts of your Body 	 Having a Baby 	 Mixing Blood 
 Donating Sperm 	 Adopting a Child 	 Being Friends with Someone who has HIV 	

SAFE



UNSAFE



Task

Get into teams & sort the cards.

Or

As a class, each take 1-2 cards and explain why you think the actions are safe or unsafe.

Did you know?

According to statistics, young people are at a higher risk of HIV infection. In 2020, 1 in 4 new HIV infections occurred amongst adolescents and young adults aged 15-24 years.

Did you know?

Despite significant progress in HIV prevention and treatment, stigma and discrimination continue to be major barriers to accessing HIV services. This is particularly for marginalized communities such as men who have sex with men, sex workers, and people who inject drugs.

For someone **WITHOUT** HIV - How many of the below are UNSAFE to do?

Which could put you at risk of catching HIV? - Click to reveal answers (Each team has one life).

Shaking hands

Hugging

Touching
someone with
HIV

Kissing

Unclean needles
that pierce skin

Eating in a cafe

Visiting the
doctor or
dentist

Sharing a toilet
seat

Sharing a drink

Travel to North
Africa & Middle
East

Sharing sex
toys

Sharing mugs,
pots, and pans

Drugs - sharing
used needles

Having a full
body massage

Having
unprotected sex

Visiting the
GUM Clinic

Sharing bed
linen

Donating blood

Sharing a
bathroom

Sharing a place
of work

Coughing and
sneezing

Engaging in sex
acts which tear
the skin

Unsterilized
tattooing and
ear piercing

Sharing food
items

Donating parts
of your body

Having a baby

Mixing blood in
a blood brother
relationship

Donating sperm

Life
Team 1

Life
Team 2

Life
Team 3

Life
Team 4

Life
Team 5

Life
Team 6

Life
Team 7

Life
Team 8



HIV and AIDS Animation



Medical Animation: HIV and AIDS

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



7 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

For someone **WITH** HIV - How many of the below are UNSAFE to do?

Which could cause the spreading of HIV? - Click to reveal answers (Each team has one life).

Shaking hands

Hugging

Touching
someone with
HIV

Kissing

Unclean needles
that pierce skin

Eating in a cafe

Visiting the
doctor or
dentist

Sharing a toilet
seat

Sharing a drink

Travel North
Africa & Middle
East

Sharing sex
toys

Sharing mugs,
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Drugs - sharing
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Sharing food
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Donating parts
of your body

Having a baby

Mixing blood in
a blood brother
relationship

Donating sperm

Life
Team 1

Life
Team 2

Life
Team 3

Life
Team 4

Life
Team 5

Life
Team 6

Life
Team 7

Life
Team 8



BBC: That Moment When



I Learnt To Live With HIV: That Moment When

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?

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

THINKING

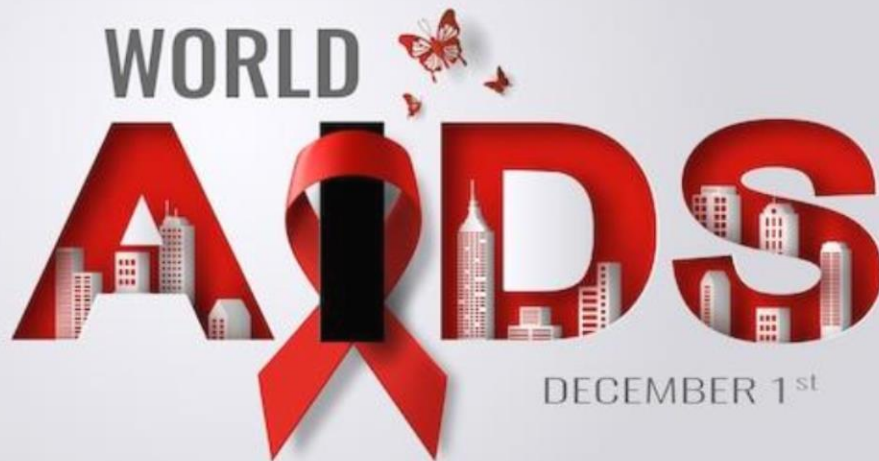


What is wrong? Is it safe? Can it be done?

JUDGEMENT

World AIDS Day

World AIDS Day is annually on the 1st December. It's the time of the year where the world stands together in the fight against HIV, where we show support for people living with HIV, and remember people who have lost their battle with this deadly infection.



"The hope is to bring awareness to the virus that approximately 35 million people around the globe are living with, as well as to end stigma, end HIV transmission and end the isolation of living with HIV/AIDS"

Dr Stacey Rizza

Task

What can our school do to help support this cause?

World AIDS Day: Hope to end stigma, transmission and isolation

1.5 Minutes





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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(Discussion or complete sheet)



3 Minutes

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HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

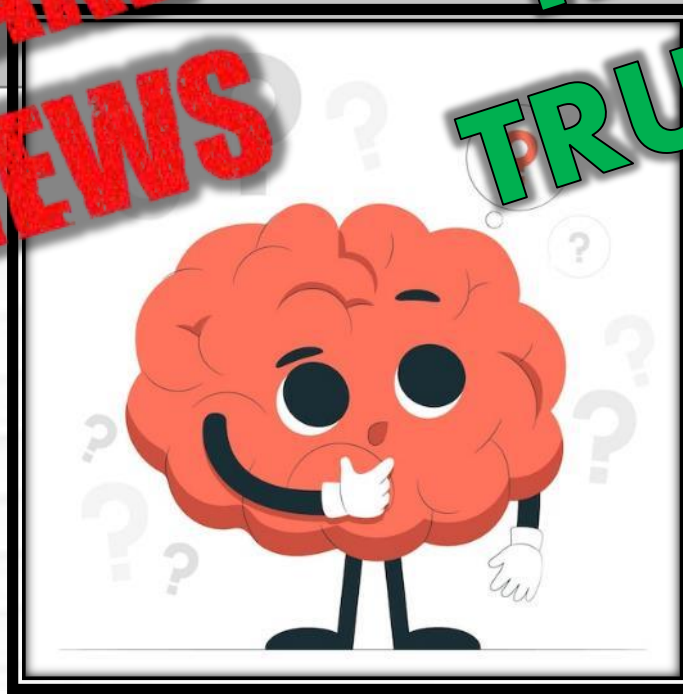
Hand / Google
Classroom



Homework Explained

Come up with three facts and three myths surrounding HIV and AIDS

FAKE NEWS ? **THE TRUTH** ?





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

