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Knowing Your Risk for HIV/AIDS



40 mins.

OBJECTIVE(S)

- Knowledge: To know the means of transmission for HIV.
- Attitudes: To accurately perceive their own risk for HIV.

TEACHING METHOD

- Brainstorming, Quiz, Group discussion

MATERIALS

- 1 quiz sheet per participant
- pencils / writing utensils

LESSON PLAN

1. Introduce the lesson:

“We are going to have a series of lessons on getting tested for HIV, the virus that causes AIDS. Did you realise that most people who have HIV do not actually know it because they have never been tested? Many people, especially young people, don’t realise they are at risk for HIV. Even if someone looks and feels healthy, they can be infected with HIV. Taking an HIV test is the only way to know if they have been infected. Today we will explore the ways HIV can be contracted, so that we can consider whether we may be at risk and may wish to seek counselling and testing.”

2. Ask participants to volunteer answers to this question: “What are the ways people can be infected with HIV?” Make sure these answers are mentioned and clearly understood (for example, write correct answers on the board):

- from their mother during pregnancy, birth or breastfeeding, if she is HIV positive
- from sexual intercourse (anal or vaginal) without a condom (even if you are married, even if it was only one time, even if it was against your will, and even if you are taking birth-control pills)
- from oral sex if there are open sores on the skin in and around the genitalia or mouth (for example, if one person has a sexually transmitted infection [STI])
- from using unclean needles, syringes or other instruments that pierce the skin. (for example, sharing needles to inject drugs; being tattooed with unsterilised equipment; or receiving unsafe blood)

3. Remind participants they cannot get HIV from:

- a toilet seat
- kissing or hugging
- masturbation

- sharing food or drinks
- somebody coughing or sneezing
- a swimming pool
- mosquitoes or other insects
- a toothbrush

4. Pass out copies of “The HIV/AIDS Quick Quiz” to the participants, and ask them to complete it with a partner. Explain that it is not an exam, but, a short quiz to clarify what we have discussed about HIV risk. Encourage students to mark “I DON’T KNOW” instead of guessing when unsure of the answer. Allow them 10 to 15 minutes to complete the test by indicating TRUE or FALSE or I DON’T KNOW for each statement.
5. Review the answers with the whole group. For each question, ask for a volunteer to answer. Ask the other participants if they agree. Make sure everyone agrees on the correct answers. Discuss and give additional information if necessary. Go over the points on which there was no agreement.

Correct answer to the HIV/AIDS quiz

- | | | |
|----------|-----------|-----------|
| 1. False | 8. True | 15. True |
| 2. True | 9. False | 16. False |
| 3. True | 10. True | 17. True |
| 4. True | 11. True | 18. True |
| 5. True | 12. True | 19. False |
| 6. True | 13. True | 20. False |
| 7. False | 14. False | |

6. Ask the participants to apply what we have learned to their own life...
 - “Think about the ways HIV is contracted. Now estimate your personal risk of HIV/AIDS infection at this time in your life. Have you have been exposed in any of the ways we discussed? How often have you engaged in behaviours that may put you at risk? Your answer is private, so you do not need to write your answer and you don’t need to tell anyone else.”
 - “If there is a chance you may have contracted HIV, or if your risk increases in the future, you may wish to consider counselling and testing. We will explore more about Voluntary Counselling and Testing (VCT) in the next lessons.”

The HIV/AIDS quick quiz

1. Only homosexual men, injecting drug users and prostitutes can be infected with HIV.
2. An HIV-infected pregnant woman can pass the virus to her unborn baby.
3. The AIDS virus attacks the body's defence system and makes a person vulnerable to other infections.
4. You can become infected with HIV even if you are fit and healthy.
5. You can become infected with HIV when you have unprotected anal sex.
6. HIV can be transmitted through oral sex.
7. If you are seronegative it means that you are immune to HIV.
8. A baby can become infected with HIV through breastfeeding.
9. You can get HIV/AIDS from toilet seats.
10. You can become infected with HIV when you have unprotected intercourse one time only with an HIV-infected person.
11. When you have an STI and practise unprotected sex, you are at greater risk of HIV infection.
12. Married people can become infected with HIV.
13. You can be infected with HIV and not be aware of it.
14. You can be infected with HIV from sharing drinking glasses.
15. Only an HIV test can determine if you are infected.
16. HIV can be spread through coughing or sneezing.
17. Condom use reduces the risk of HIV infection.
18. Women who use the birth-control pill can become infected with HIV.
19. You can get HIV infection from giving blood with sterile syringes.
20. The HIV virus can survive outside of the body.

TRUE

FALSE

I don't know

SOURCE

- Action with Youth. HIV/AIDS and STD: A training manual for young people. Second Edition. International Federation of Red Cross and Red Crescent Societies, 2000. <http://www.ifrc.org>
- “Guidelines for Counselling Children who are Infected with HIV or Affected by HIV and AIDS”, *HIV Counselling Series* No 7, Southern African AIDS Training Programme, Zimbabwe, & CIDA, January 2003.
- Horizons Program, Kenya Project Partners, Uganda Project Partners. *HIV Voluntary Counseling and Testing among Youth: Results from an Exploratory Study in Nairobi, Kenya, and Kampala and Masaka, Uganda*. Washington, DC: Population Council 2001.

Teacher/Facilitator reflection

- How effective do you think the lesson was in terms of:
 - Participation of all students?
 - The pitch or level of the lesson matching the students’ abilities/interests?
 - Achieving the learning objectives?
- How comfortable were you with the content and methods?
- How did you adapt the lesson for your students & local situation?
- Other reflections: