



Vocabulary words

- Immune System
- HIV
- AIDS
- Anonymous testing
- Confidential testing

F O R Y O U R H E A L T H

Let us Learn about HIV/AIDS

Millions of people around the world die from AIDS every year. No matter where we come from, or where we go, HIV/AIDS can be around the corner. It is up to us to protect ourselves from this disease. So, let us do something about it. Let us learn basic things. What is HIV/AIDS? How can you get it? How do you protect yourself from it? How do you know if you have it? Let us start with...

What is HIV/AIDS?

Many people confuse HIV with AIDS. They think they mean the same thing. However, they are not the same. **HIV** is a virus that causes AIDS. **AIDS** is the final stage of an HIV infection.

HIV stands for **H**uman **I**mmunodeficiency **V**irus. When the HIV virus enters the body, the person starts losing the ability to fight off infections. Why? Because the virus attacks the immune system of the person. As the virus grows inside the body, it makes the immune system weaker.

AIDS stands for **A**cquired **I**mmune **D**eficiency **S**yndrome. AIDS happens when a person with HIV gets very sick. He/she gets many different illnesses at the same time. They are difficult to treat.

Once people have HIV/AIDS, they will have it for the rest of their lives.

How do people get HIV?

The HIV virus lives in body fluids. Body fluids are blood, semen, vaginal and anal fluids, and breast milk.. These liquids can carry the HIV virus from one person to another. How could this happen? Here are the ways you get HIV:

- Having unprotected vaginal, oral, or anal sex with a person who has HIV. (unprotected = without using a condom)
- Using a needle infected with HIV to inject drugs, vitamins, or to get a tattoo.
- Passing the virus through breast milk, from mother to the baby.

The HIV virus CANNOT be passed from one person to another in these ways:

- If a person with the virus coughs or sneezes near you.
- If a person with the virus hugs you or holds your hand.
- If a person with the virus shares the same toilet with you.
- If a person with the virus shares the same silverware with you.

How can I protect myself from getting HIV?

The best way to protect yourself is by practicing safe sex. Here are some ideas:

- **Have sex with only one person.** Make sure that person has sex with you only.
- **Limit your sex partners.** The fewer sex partners you have, the less risk you have of becoming infected with HIV.
- **Limit use of alcohol or other drugs.** People who use drugs or drink alcohol are more likely to have sex without a condom.
- **Do not share needles or other equipment.** Every time someone shares a needle, they are at risk of being infected with HIV.
- **Practice safe sex.** Use condoms every time you have sex.

How do I know if I have HIV?

You need to get an HIV test to know if you have the virus. To get the test done you **MUST** ask for the test. Doctors **DO NOT** do this test during a regular check-up. Clinics offer two types of tests: anonymous and confidential. Ask your doctor about being tested.

Vocabulary & Definitions Let us Learn about HIV/AIDS

Immune System:	Our body's defense system. It helps fight off diseases.
HIV:	The virus that causes AIDS. This virus attacks the immune system. It keeps the body from fighting off many different illnesses. The letters HIV stand for: <ul style="list-style-type: none"> ○ Human - the HIV virus only affects humans. ○ Immune-deficiency - the immune system of a person infected is weak. ○ Virus - the type of germ that causes AIDS.
AIDS:	The final stage of an HIV infection. When a person has AIDS, that means that the virus has weakened the immune system to the point at which the body has almost no defense. At this stage, the person may develop many other diseases and may die. The letters AIDS stand for: <ul style="list-style-type: none"> ○ Acquired - the virus only passes from one person to another ○ Immune - it affects the immune system. ○ Deficiency - the immune system is weak. ○ Syndrome - AIDS is more than one disease.
Anonymous testing:	When you get an HIV test, you DO NOT need to give any personal information. Your test results will be linked to a different name or number, but not your personal information.
Confidential testing:	When you get an HIV test, the clinic will request your contact information. The clinic will not share it with anyone, unless it is medically necessary.



Do you want to know where you can get HIV testing?

Call the Call for Health line at
1-800-377-9968



Let us Learn about HIV/AIDS Practice Worksheet

Name: _____

Date: _____

➤ **Let us Read!**

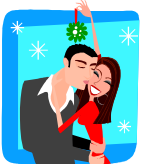
Pedro is a farmworker who has been away from his family and friends for 3 years. He travels a lot, and he never stays in one place for more than 4 months. This lifestyle has been hard on him. He gets very lonely and has made some bad decisions during these times. He has been drinking alcohol and using drugs with some friends. He has had sex with many women and sometimes he has not used condoms. He does not feel well, and he realizes he needs to go to the doctor to find out what is happening to him.

1. Do you think Pedro can get HIV? Why?

2. How can he find out if he has HIV?

3. What can you do to protect yourself from HIV?

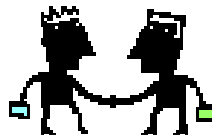
➤ **Which of these things can put you in danger of getting HIV? Circle only one.**



Hugging



Getting a tattoo



Holding hands



Sharing a toilet

➤ **True or False? (Listening Activity)**

Listen to your teacher's instructions carefully.

True or False?

Sentence	True	False
1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>

Lesson Plan

Let us Learn about HIV/AIDS

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils 	<ul style="list-style-type: none"> • “Let us Learn about HIV/AIDS” Lesson • “Listening Activity” Handout • Skills Practice Worksheet • Pre-post Workshop Survey 	<ul style="list-style-type: none"> • 1 Hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic Time: 5 minutes • Conduct the Pre-Test Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes 	<ol style="list-style-type: none"> 1. Have you heard about HIV/AIDS? What have you heard? 2. Who can get HIV? 3. How can a person get HIV? <ul style="list-style-type: none"> • Distribute Pre-Test, and ask students to turn it in when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions (use the “Let us Learn about HIV/AIDS” Lesson).
Instructions	<ul style="list-style-type: none"> • Read the lesson on “Let us Learn about HIV/AIDS” Time: 10 minutes • Identify the vocabulary words in the reading Time: 5 minutes • Review the <i>Skills Practice Worksheet</i> with the students, and ask them to complete it. Time: 25 minutes 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Instructor distributes Skills Practice Worksheet and reviews it with students. Instructor provides students with 10 minutes to answer the first two activities. • Once the students complete activity 1 and 2, the instructor reviews their answers. • For activity 3, use the Listening Activity Handout and follow the instructions specified.
Concept Check	<ul style="list-style-type: none"> • Conduct Post Test Time: 5 minutes 	<ul style="list-style-type: none"> • Students complete Post Test

Listening Activity
Let us Learn about HIV/AIDS

**Listening Activity
True or False?**

Purpose: To practice listening comprehension

Time: 10 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. Let them know that you are going to read 5 sentences out loud.
3. Let them know that after you finish reading each sentence, they need to answer whether the statement is true or false by checking the appropriate circle.
4. At the end, check the student's answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clarified.

True or False?

Sentences	True	False
1) The immune system helps us fight infections.	<input checked="" type="radio"/>	<input type="radio"/>
2) The HIV virus does not attack our immune system.	<input type="radio"/>	<input checked="" type="radio"/>
3) The HIV virus can live in the blood, semen and vaginal fluids.	<input checked="" type="radio"/>	<input type="radio"/>
4) If you use a condom correctly, you will not protect yourself from HIV.	<input type="radio"/>	<input checked="" type="radio"/>
5) The only way to know if you have HIV is by getting an HIV test.	<input checked="" type="radio"/>	<input type="radio"/>



Let Us Learn About HIV/AIDS

Post-Assessment

Date: _____

Name: _____

1. Do the words *HIV* and *AIDS* mean two different things?

2. Which of the following are ways you could get the HIV virus?

3. What is the best way to find out if you may have HIV?

4. *AIDS* is the final stage of an HIV infection.

5. Are you safe from the virus if a person with HIV sneezes near you?

Circle the correct answer.

Yes

No

- a. getting a tattoo
- b. having sex without a condom
- c. drinking breast milk
- d. all of the above

get a
blood test

ask your
doctor

True

False

Yes

No

Total Correct: _____

What do you need to do to protect yourself from HIV? (not scored)
