Preparation

* Question Box
* Question Slips
* Condoms
* Paper slips for game
* Big sheets of paper
* Markers

**SOS HIV/AIDS Talk Lesson Plan**

1. Preparation—**(write the following on the left side of the board before class)**
   1. Topic: HIV/AIDS
   2. Objectives:
   3. “Word Bank” in a box
2. Introduction
   1. Gwen, volunteer at MKMF, volunteer at SOS Kindergarten
   2. Do you know what today is?
   3. Today is World AIDS Day, and it has been celebrated every December 1st since 1988
   4. This means that all around the world people are working together to fight against HIV, spread awareness, show support for people with HIV, and remember those who have died
   5. About 33.3 million people in the world have HIV currently and over 25 million people have died as a result of AIDS
   6. In Kenya there are about 1,500,000 people living with HIV/AIDS which is 6.3% of the population
      1. Of those 1,500,000 people, 180,000 of them are children and 1,200,000 children have become orphans as a result of AIDS
   7. **Give each person a slip of paper and instruct them to write down something that they have heard about HIV or AIDS from friends or at school, tell them that they don’t have to agree with what they heard**
      1. Read each statement out loud and write their answers in two columns without commenting
      2. True goes on the left and False goes on the right, but don’t label the columns
      3. Ask the class what each column has in common, tell them the answer if they don’t get it
      4. Tell them I will explain the reasons why during the class
3. HIV is a virus, or a germ, that leads to AIDS
   1. HIV
      1. Tests can be taken to find out if someone has HIV or not, a positive test means that someone has HIV **(write “HIV+=has HIV in the Word Bank)** a negative test means that someone does not have HIV **(write “HIV-=does not have HIV” in the Word Bank)**
      2. HIV attacks the immune system which protects our bodies from germs and diseases, think of your immune system as an army inside of your body that finds germs and fights them off **(write “immune system=body’s army or defense system against germs” in Word Bank)**
      3. Since people with HIV can have weaker immune systems, their bodies have a harder time fighting off these germs, so they get sick more easily
      4. The immune system gets weaker and weaker until it can’t fight off other diseases and eventually the HIV+ person can die
      5. No cure or vaccine (shot) to prevent getting it, but if you know how HIV is spread, you can do things to prevent getting it which I will explain later
      6. This means that someone who has HIV has it for the rest of their life, they won’t outgrow it and it won’t go away like a cold, they will always have it
      7. As soon as someone gets HIV they can pass HIV to other people
   2. AIDS
      1. A later stage, and the most serious stage, of HIV **(write “AIDS=later, more serious stage of HIV” in Word Bank)**
      2. If someone has AIDS, they still have HIV and are considered HIV+
      3. Someone might have AIDS after they have had HIV for many years, sometimes for up to 10 or even 20 years if they take medicine to treat the symptoms of their HIV, by treating these symptoms, AIDS can start later in someone’s life, keeping them healthy longer
      4. If someone with HIV becomes sick with many other illnesses or diseases that can’t be treated with medicine, that person has AIDS
      5. Sometimes people with HIV don’t have any symptoms and if they don’t get tested, they can have AIDS before they even realize that they had HIV
4. HIV Transmission—how is HIV passed between people?
   1. Anyone can get HIV, it doesn’t matter if they’re young or old, a boy or a girl, rich or poor, etc.
   2. HIV is passed through infected blood, semen, vaginal fluids, and breastmilk which are all bodily fluids, or liquids that come from the body
   3. There are three main ways that HIV is passed from one person to another **(write each one on the board as I go along)**:
      1. **SEX—**The number one way that HIV is passed between people is by having unprotected sex, or sex without a condom, with someone who is HIV+
         1. Sex occurs when a man puts his penis inside of the vagina, anus, or mouth of another person
         2. During sex both men and women can get HIV, or get STIs (sexually transmitted infections) which are diseases or infections that you get by having sex **(write “STIs=sexually transmitted infections (diseases passed during sex)” in Word Bank)**
         3. Also during sex, a woman can become pregnant and if she has HIV or STIs, her baby will be at a risk for getting HIV and STIs, and so it is important to be careful when having sex
         4. Two people who love each other very much might have sex
         5. But, just because you love someone, it doesn’t mean you have to have sex, there are many other ways to show someone you love them like hugging and holding hands
         6. It is important not to have sex until you are ready and you feel completely comfortable
         7. You should never let someone push you or pressure you into having sex because it is a very big and personal decision
         8. If you have any doubts at all, you should not have sex, it is much better to wait until you are completely ready and comfortable or until you are married
      2. **BLOOD TO BLOOD—**HIV can be passed from an HIV+ person’s blood to another person’s blood through an opening in the body, like a cut, or by sharing needles with someone who has HIV
      3. **MOTHER TO CHILD—**From a mother to her child while an HIV+ woman is pregnant, giving birth, or breastfeeding
   4. HIV **cannot** be passed **(draw each one and then cross it out as I go along)**:
      1. By kissing, hugging, touching, or shaking hands with someone who is HIV+ or by living with them
      2. By mosquito bites or other bug bites
      3. By someone with HIV sneezing or coughing near you or on you
      4. Through tears, spit, or sweat
      5. By sharing cups, plates, forks, knives or spoons
      6. Using public bathrooms
      7. In swimming pools
      8. By pets
5. Prevention
   1. **Ask the class how HIV could be prevented for each of the three methods of transmission, point to sex, then blood to blood, and then mother to child**
   2. **Write “ABC” on the board vertically and label each letter as I explain it**
      1. The best way to avoid getting HIV by having sex is to not have sex
         1. Abstinence **(write it on the board)** means not having sex and it is the only way to avoid HIV 100%
         2. Having sex with a condom is not 100% effective because condoms can sometimes break or come off during sex if they are used improperly
         3. However, if they are used correctly, condoms provide 10,000 times more protection against HIV infection than not using condoms
      2. That is why if someone has sex, it is important for them to be protected and use Condoms **(write it on the board)**
         1. In addition to preventing HIV infection, condoms can prevent unwanted pregnancies and STIs
            1. If someone has an STI it is much easier for them to get HIV
            2. Just like HIV, sometimes people with STIs will not have any signs or symptoms so a person will not know if they have an STI unless they are tested for them
            3. Some STIs can be cured, which means that if someone takes medicine they will go away, but some can’t be cured, so once someone has one, they will have it for the rest of their life
         2. Always use a condom even if you don’t think the person you are having sex with has HIV or an STI
            1. If the person you are going to have sex with refuses to use a condom, you should tell them that you will not have sex with them without one
         3. This is what a condom looks like**—hold up example**
   3. Don’t share needles
      1. When you go to the doctor to get a shot, make sure the doctor is using a new, clean needle
      2. People who use injectable hard drugs sometimes share needles and after one person uses it, some of their blood can be left in the needle. If someone else then uses that same needle, the other person’s blood will get into their body. If the first person has HIV then the second person can get it by using the same needle.
      3. Drugs are harmful to our bodies and it is best to avoid them altogether.
      4. People who use drugs or drink alcohol have a harder time making good choices and they are more likely to have sex or to have sex without a condom which can lead to HIV, STIs, and unwanted pregnancies
   4. Mother to child prevention
      1. By receiving treatment, which we will talk more about later, the chance of a mother passing HIV to her child is much lower
      2. Also, a mother can prevent passing HIV to her child by feeding the baby formula milk instead of breastfeeding, but this is a personal decision to be made by the mother and it is best for her to talk to a doctor for advice when she is deciding
6. HIV Activity
   1. **Make paper slips**
      1. Two with a “y” in the corner (HIV)
      2. Three with a “c” in the corner (condom)
      3. Three with “Don’t follow any of my directions until I tell everyone to return to their seats”
      4. The remainder with “follow all of my directions”
   2. This is just a game, it is not real, I am just using it as an example
   3. Give each person a paper, tell them to keep what it says secret and to follow the instructions on their paper
   4. Stand up, walk around the room, and shake hands with three people and ask each person to sign your paper
   5. Sit back down
   6. If you had a “y” on your paper, please stand up
   7. If you shook hands with either of them, please stand up
   8. Ask people who shook hands with the standing people to stand up, tell them to remain standing until I tell them to sit, keep going until only the three people told not to follow instructions are still sitting
   9. I want you to pretend that the person with the “y” on their paper had HIV and that instead of shaking hands, they had unprotected sex, without a condom
   10. All of the people who shook hands with person “y” now also have HIV and so do the people who shook hands with them
   11. Ask people who are sitting why and explain that they had chosen not to have sex so they were protected from HIV
   12. If you have a “c” on your paper you can sit back down. People with “c”’s used condoms so they did not get HIV
   13. Remember, this was just a game and remember that you cannot get HIV by shaking someone’s hand
   14. Discussion:
       1. How did you feel if you had a “y” on your paper? How did you feel knowing that the people who shook your hand got HIV?
       2. How did you feel at the beginning of the game if you were told not to follow the instructions? How did you feel at the end when you found out that you hadn’t had sex?
          1. How did everyone who followed directions feel when they saw them sitting?
       3. Did anyone have a paper that said not to follow instructions, but did anyway? Why? Did they feel pressured to participate?
       4. How did you feel if you had a “c” on your paper?
       5. How did you feel if you shook hands with someone with a “y” and then found out that they had HIV?
       6. Was there any way of knowing when the game started what the letters on peoples’ papers meant? Is there any way of knowing if someone has HIV just by looking at them?
   15. In this kind of situation, it would have been best to either not have sex or to use a condom during sex
7. Testing
   1. It is impossible to tell if someone has HIV just by looking at them because many people with HIV can look and feel healthy
   2. Sometimes it takes many years after someone gets HIV for symptoms or signs to even show up
   3. The only way to know if someone has HIV is if they get tested for HIV
   4. After you or your partner are tested, it is important for both of you to Be Faithful **(write it on the board)** becauseas soon as either of you have sex with someone new (especially without a condom), both of you risk being infected with HIV and need to get tested again because the unfaithful partner could have spread HIV or STIs to their partner
   5. In Kenya there is something called VCT (Voluntary Counseling and Testing)
      1. It is a process where people can learn whether or not they are infected with HIV
      2. People who are tested for HIV also receive counseling to help them learn how to take care of themselves if they are positive or prevent getting HIV if they are negative
      3. The test is reliable, accurate, safe, painless, and FREE! So there is no reason not to get tested
      4. Benefits:
         1. You may feel better knowing if you do or don’t have HIV, even if the result is positive, because you will no longer have to worry, you will know for sure
            1. Remember that even if you are HIV-, you can still get HIV, it is important for everyone to take precautions and be careful even if they are HIV+, HIV-, or if they don’t know
         2. It helps HIV+ people protect others from HIV infection
         3. If the test is taken soon after infection and the result is positive, treatment can begin early
8. Treatment
   1. A cure means that the germ that causes a disease has been killed completely in someone’s body **(write “cure=germs have been killed and disease is gone” in Word Bank)**
   2. There is no cure for HIV, but there are ways to treat the symptoms of it and make someone feel better with medicine **(write “treatment=medicine to make symptoms better, but disease is still there” in Word Bank)**
   3. The combination of medicines used to treat HIV is called ART (anti-retroviral therapy)
      1. This medicine slows down HIV from spreading in the body and helps to strengthen the immune system
      2. If we didn’t have immune systems to fight off germs, we would be sick all of the time
      3. The medicine works by reducing the amount of HIV in someone’s blood
      4. Someone with HIV who is receiving treatment is much less likely to pass HIV to someone else than someone who is not being treated, but they still need to be careful and remember that all of the ways that HIV can be passed from person to person
   4. People with HIV can also stay healthy longer by eating healthy foods, practicing good personal hygiene, staying active, and going to the doctor as soon as there are signs of an illness or infection
9. BREAK
10. Stigma
    1. Stigma of HIV is the discrimination of someone who has HIV because of misunderstanding or misbeliefs about HIV and AIDS that people may have in a community
    2. What are some examples of HIV stigma that you have seen in your community, meaning in school, in town, or at home?
    3. How did it make you feel to see or hear those things? How do you think the person being discriminated against felt?
11. Myths
    1. Explain “myth” as something that is a belief or story which is not true and “fact” as something which is true
       1. Ex. of Myth: Eating carrots will turn your skin orange
       2. Ex. of Fact: Jomo Kenyatta was the first president of Kenya
       3. Call up two groups of three to answer the following questions as either myths or facts—10 points for each correct answer
    2. Birth control pills or birth control shots prevent someone from getting HIV (MYTH)
       1. No, birth control only prevents a girl from getting pregnant, condoms are the only forms of birth control that also prevent HIV infection
    3. It is impossible to get HIV if you only have sex one time (MYTH)
       1. It is possible to get HIV every time you have sex if the person you are having sex with has HIV, but using condoms can greatly decrease the chance that you will get HIV
    4. As soon as someone gets HIV, they can feel a change in their body (MYTH)
       1. Many people will continue to look and feel healthy after they get HIV
    5. If someone is tested for HIV and is HIV+, they should tell their sexual partner (FACT)
       1. It is important to tell your sexual partner if you have HIV so that they can also get tested and to help prevent infecting your partner if they don’t have HIV
    6. People who have HIV got it because they committed a sin (MYTH)
       1. People who have HIV did not get it because they “deserve” it and it wasn’t because they committed a sin
    7. The number of new HIV infections around the world each year has decreased (FACT)
       1. Since 1997 the number of new HIV infections has decreased by 21%
    8. If you get HIV you’ll die soon (MYTH)
       1. There isn’t a cure, but treatment can allow people to live long healthy lives, but it is important to get tested and treated early because the longer someone has HIV, the more it can damage their body and the greater the chance is that someone will get AIDS and die
    9. If someone is tested for HIV and their test is negative, meaning they don’t have it, they can still get it if they have unprotected sex with an HIV+ person (FACT)
       1. Having a negative test result just means that that person doesn’t have HIV currently, but they can still get it
    10. There is still a high risk of getting HIV while using condoms because the pores, or holes, in the condom’s material are big enough for HIV to fit through (MYTH)
        1. HIV can’t pass through condoms, the only reason that condoms aren’t 100% effective at preventing HIV infection is because condoms can sometimes break or come off during sex if they aren’t used properly
    11. Having sex with a virgin, meaning someone who has never had sex before, cures an HIV+ man of HIV (MYTH)
        1. There is no cure for HIV and having sex with a virgin could result in the virgin getting HIV
    12. Condoms are dangerous to use because they can be coated with HIV (MYTH)
        1. Condoms are tested scientifically by the companies that make them and there are strict rules that they must follow. If this were true, many more people would have HIV than currently do.
    13. BONUS POINTS:
        1. What does HIV stand for?
           1. **HIV—Human Immunodeficiency Virus**
        2. What does AIDS stand for?
           1. **AIDS—Acquired** (Get from other people, doesn’t develop on its own)
           2. **Immunodeficiency** (Weakened immune system unable to fight infections)
           3. **Syndrome** (Specific group of symptoms or diseases which doctors define as AIDS)
12. Question Box
    1. Explain the purpose of the question box and allow each person to write down a question
    2. Spend the remainder of class answering questions
13. Teach Back
    1. Ask three people to stand up and each say one thing that they learned

If someone asks:

1. Origin of HIV
   1. No one knows for sure where HIV first came from, but most people believe that HIV was passed to humans through interaction with monkeys
   2. Some monkeys have a virus that is similar to HIV
   3. Hunters killing and eating monkey meat could have gotten blood from the monkeys into their bodies through cuts in their hands