



Students Together Against Negative Decisions

HIV/AIDS

Activity Purpose: Learn the basics about HIV/AIDS and correct common misconceptions.

Youth will:

- Identify personal strengths and weaknesses in HIV/AIDS knowledge
- Discuss common risk factors for HIV/AIDS
- Learn about the importance of HIV testing

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome & Introductions	<ul style="list-style-type: none">• Welcome Students• Review last lesson• Question Box• Words of Wisdom (WoW)	<ul style="list-style-type: none">• Mini-Lecture• Q&A• Cultural Teaching	5 minutes
2 Introduce Topic: Teens & HIV/AIDS	<ul style="list-style-type: none">• Discuss student's knowledge of HIV/AIDS• Walking Quiz	<ul style="list-style-type: none">• Group Discussion• Walking Quiz	15 minutes
3 The Z Virus	<ul style="list-style-type: none">• Play Z Virus as a class• Read and Discuss: "Risk Factors for HIV"	<ul style="list-style-type: none">• Interactive Game• Group Discussion	15 minutes
4 Weaving Our Knowledge	<ul style="list-style-type: none">• What I learned about HIV?• How can I prevent HIV?	<ul style="list-style-type: none">• Reflection Activity	10 minutes
5 Closing	<ul style="list-style-type: none">• Q&A• Preview next session• WoW	<ul style="list-style-type: none">• Q&A• Mini-Lecture• Cultural Teaching	5 minutes

Materials:

- Question Box (QB)
- Laptop, LCD projector, screen to show video
- Index cards for Z virus
- Markers and Poster Paper

Handouts:

- Facilitator Resource 15.0: HIV/AIDS True/False signs to hang on the wall
- Student Handout 15.0: Rug handout for “Weaving Our Future”

Preparation:

- Optional: You can invite an HIV expert from your local health clinic or health advocacy organization, or an HIV+ guest speaker to share with the class.
- Print Handouts
- Display Words of Wisdom (WoW)
- Display the TRUE/FALSE signs on opposite sides of the room.
- Prepare index cards for Z Virus activity before session
- Set up laptop, computer with Internet connection, and screen for videos:
 - **Pull up HIV True or False video (3 min):**
https://www.youtube.com/watch?v=YxfOu_aTzH8

Facilitator Note: Invite an HIV+ Speaker to Class

Many local AIDS Service Organizations (ASOs) have speaker's bureaus or know of HIV+ people who are willing to speak about their personal experience.

- You can find local chapters on The Body: www.thebody.com

Other organizations that may be of assistance identifying an HIV+ speaker are:

- National Native HIV Network: www.nnhn.org
- Commitment to Action for 7th-Generation Awareness & Education: HIV/AIDS Prevention Project (CA7AE: HAPP): www.happ.colostate.edu
- National Native American AIDS Prevention Center (NNAAPC): www.nnaapc.net
- Indian Health Service HIV/AIDS Program: www.ihs.gov/medicalprograms/hiv aids
- National Minority AIDS Council (NMAC): www.nmac.org/programs/the-center/youth-hiv-navigation-resource-for-hiv-navigators

1. Welcome & Introductions



5 minutes,
Large Group

- Review Session 14: Sexually Transmitted Infections
- Answer any questions in the Question Box
- Introduce today's session: HIV
 - In the last several sessions, we have been talking about STIs; HIV is another STI, but we often single it out and treat it differently because of the seriousness of the infection and some of its unique characteristics.
 - Health experts recommend that HIV be screened for and treated just like any other infection – in fact, experts recommend that every person in the U.S. between the ages of 13 and 64 be screened for HIV at least once in their life, and more often if they practice behaviors that put them at risk for HIV.
- Read today's WOW.



When we show our respect for other living things, they respond with respect for us."

- Arapaho

2. Teens & HIV/AIDS



15 minutes, Group
Discussion

- **Ask:** On a scale from 1-10, how much do you think you know about HIV/AIDS? On the same scale, how confident are you that you could talk to a peer about HIV/AIDS and provide them with accurate information?
- **Play HIV True or False video** for students to watch before group activity. (3 min)
https://www.youtube.com/watch?v=YxfOu_aTzH8
- **Class Walking Quiz:** Have students stand up. Refer to the HIV/AIDS True/False signs hanging on the walls.
 - Read each question out loud and ask students to answer each question by moving to either the True or False sign. Once students have moved to their answer, repeat the question again and tell them the correct answer to the question. Share the brief information provided under each question with the students.
- Reconvene large group and answer any questions students may have.

Facilitator Resource 15.0

HIV/AIDS Walking Quiz

1. Most people who have HIV look sick.	TRUE	FALSE
2. HIV can be transmitted by sharing drug needles.	TRUE	FALSE
3. A person can get HIV from one sexual contact.	TRUE	FALSE
4. Condoms can reduce the transmission of HIV if used every time a person has sex.	TRUE	FALSE
5. Semen, blood and breast milk can carry HIV.	TRUE	FALSE
6. A person can transmit HIV/AIDS ONLY through anal sex.	TRUE	FALSE
7. Many people in the U.S. who have HIV don't know they have it.	TRUE	FALSE
8. There are no HIV-infected people on American Indian/Alaska Native reservations/villages/pueblos.	TRUE	FALSE
9. Teenagers can't get HIV/AIDS.	TRUE	FALSE
10. HIV causes AIDS.	TRUE	FALSE
11. There is a cure for HIV.	TRUE	FALSE

Facilitator Resource:

HIV/AIDS Answers and Explanations (share out loud)

1. Most people who have HIV look sick. FALSE

People can live for years with HIV and not necessarily feel or look sick.¹ The only way to know for sure is to be tested for HIV.

2. HIV can be transmitted by sharing drug needles. TRUE

It is possible to transmit HIV through sharing of drug needles. Sharing of needles also can put a person at risk of getting Hepatitis C.

3. A person can get HIV from one sexual contact. TRUE

The chance of catching HIV from a single sexual encounter with an infected partner is low.² A single sexual contact with an infected partner does not always lead to infection, because HIV infection occurs only if biological conditions are suitable. Repeated exposures increase the odds for infection.³ However, each type of sexual contact has its own level of risk.⁴

4. Condoms can reduce the transmission of HIV if used every time a person has sex. TRUE

Latex condoms, when used consistently and correctly, are highly effective in preventing sexual transmission of HIV. However, condom use cannot provide absolute protection against HIV. The surest way to avoid transmission of HIV is to abstain from sexual intercourse or to be in a long-term mutually monogamous relationship with a partner who has been tested and you know is uninfected.⁵

5. Semen, blood and breast milk can carry HIV. TRUE

HIV transmission can occur when blood, semen, pre-seminal fluid, vaginal fluid, or breast milk from an infected person enters the body of an uninfected person.⁶

6. A person can transmit HIV/AIDS ONLY through anal sex. FALSE

HIV/AIDS can be transmitted through oral, anal and vaginal sex. Unprotected sex (without a condom/dental dam) is considered to be risky.⁷

¹ <http://www.thebody.com/Forums/AIDS/SafeSex/Archive/Symptoms/Q42552.html>

² <http://www.poline.org/docs/172045>

³ <http://www.thebody.com/content/art14042.html>

⁴ http://www.aidsmeds.com/articles/Transmission_9964.shtml

⁵ <http://www.cdc.gov/hiv/resources/qa/condom.htm>

⁶ <http://www.cdc.gov/hiv/resources/qa/qa16.htm>

⁷ <http://www.cdc.gov/hiv/resources/qa/qa22.htm>

7. Many people in the U.S. who have HIV don't even know they have it. TRUE

About 25% of people living with HIV in the U.S. (252,000-312,000 persons) are unaware of their infection and therefore unable to benefit from clinical care to reduce morbidity (sickness) and mortality (death). A number of these persons are likely to have transmitted HIV unknowingly.⁸

8. There are no HIV-infected people on American Indian/Alaska Native reservations/villages/pueblos. FALSE

HIV/AIDS exists in both urban and rural Native American populations; however, many of those with HIV are not aware of their status.⁹ The only way to know for sure is to be tested for HIV.

9. Teenagers can't get HIV/AIDS. FALSE

Teens who are sexually active and do not practice safe sex (like using condoms during all sexual acts) can be at high risk for transmission of HIV/AIDS. The only sure way to prevent all STIs/HIV transmission is to practice abstinence.

10. HIV causes AIDS. TRUE

When HIV enters your body, it infects specific cells in your immune system. These cells are called CD4 cells or helper T cells. They are important parts of your immune system and help your body fight infection and disease. When your CD4 cells are not working well, you are more likely to get sick.

11. There is a cure for HIV. FALSE

There is no cure for HIV. However, there are treatments available to help slow the diseases' progress and prolong a person's life.

PrEP is a medication that can be prescribed by a health care provider to prevent HIV. This medication is prescribed to people at higher risk of HIV transmission. As always, use of condoms and dental dams can help reduce the risk of getting an STI or HIV.

Getting tested for HIV is the only way to know your status.

⁸ <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm>

⁹ <http://www.ihs.gov/MedicalPrograms/HIV/AIDS/index.cfm>

**Facilitator
Resource 15.0**

Print and post signs
for the Walking
Quiz Activity

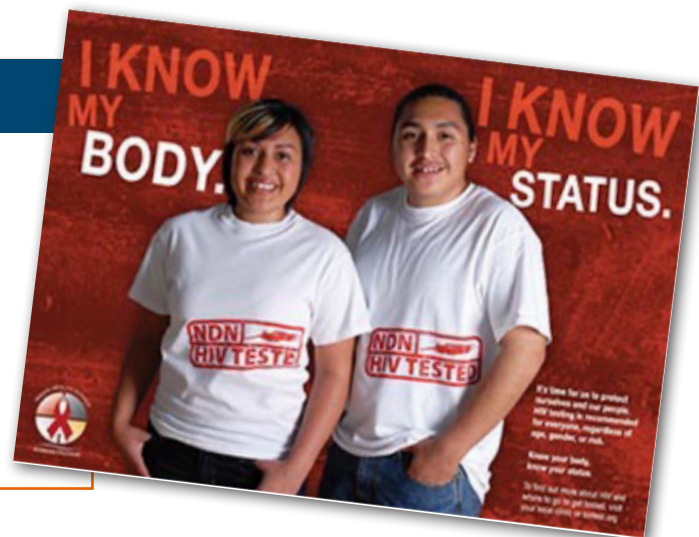
TRUE FALSE

Facilitator's Note

You can request Sexual
Health Posters from
We R Native:

Native. Tested. Proud

<http://www.npaihb.org/hiv>



3. The Z Virus



15 minutes, Interactive Game

Objective:

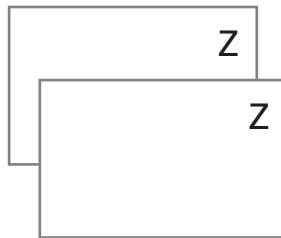
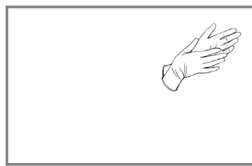
- You cannot tell by looking at someone whether it is safe to have sex or share needles. Most people with an STI have no symptoms or outward signs of illness and may not know they are infected. This activity demonstrates how quickly STIs (including HIV), can pass from person to person.

Materials:

- Index cards
- Pens or pencils

Directions:

- Before distributing the index cards, on the back of two cards draw a very small glove. On the back of two cards, draw a small letter "Z." On the rest of the cards put a small happy face. (If there are more than 15 people in the group, add another glove and another "Z" card.)



- Shuffle the cards and hand out one to each student; don't acknowledge that the cards have symbols on the back. Instruct the students to go around the room and greet three people with a high five. Each person they greet should sign their card. Once they have three signatures they should return to their seats.
- After everyone is seated, tell the group about a new deadly disease that has no cure called the "Z Virus." Explain that the only way to get the virus is giving a high five and the only way to be protected from getting the virus – other than not giving high fives – is wearing a latex glove.
- Tell the group there were several people in the room who have the virus. Tell everyone to turn over their cards; whoever has a "Z" is "infected" and should stand up. Ask that person to read the names of the people they gave a high-five to; those three people should also stand up.
- Each person who stands up should identify the people they exchanged a high-five with, and each of these people should stand up as well. Soon, almost the entire group will be standing. Have the participants look at their cards again; whoever has a glove on the back of their card was protected during the game and can take a seat.
- Explain to the group that there is really no "Z Virus"; this activity was done to demonstrate how quickly a person can transmit a virus to another.

Discussion:

Lead a discussion about the activity. **Ask 3-5 questions below:**

- If you knew you could get the Z virus from a high-five, how would you have dealt with the activity differently?
- Could you tell by looking at a person whether or not they had the Z virus card?
- How is the Z virus like other illnesses? (STIs and/or HIV should come up)
- What behaviors put you at risk for STDs/HIV/AIDS?
- How could a person protect themselves from STDs/HIV/AIDS?
- What might refusing to give a high-five represent? (choosing not to have sex or abstinence)
- What might the glove cards represent? (latex condom)
- What might asking to see someone's card before giving a high-five represent? (having you and your partner tested for STDs/HIV before having sex)

Ask: What are some things that can increase a person's risk of HIV?

- **STDs:** Having an STI can increase the chances of getting or spreading HIV. Native Americans have high rates of STIs compared to non-Natives.
- **Drug & Alcohol Misuse:** People who use misuse drugs or alcohol are more likely to do risky sexual behaviors – like not using a condom – when they are high or drunk.
- **Low Rates of HIV Testing:** Many of us who live in small, rural communities may not have easy access to HIV testing. Many Natives don't want to be tested in their own communities, because they know people who work in the clinic.

Share: Wrap up the discussion by pointing out:

- Much like COVID-19 transmission during the pandemic, STIs can be transmitted very quickly and easily.
- You cannot tell if someone has an STD or HIV without being tested.
- Having casual sexual contact with one person is like having contact with all that person's partners.
- There are simple steps we can take to ensure we take care of our sexual health, like getting tested for STIs and HIV.

4. Weaving Our Knowledge



10 minutes, Reflection
Activity

- Give each student a Rug.
- Ask students to think about 1-2 things they learned about this lesson and write it in the first section of the rug. Examples: I learned people can have HIV and not have any symptoms. HIV can be found in people who live in Native reservations/pueblos.
- Ask the students to think of 1-2 ways they will protect themselves/others from getting STD/HIV and write it in the second section of the rug. Examples: I will use condoms, I will get tested for HIV/STIs if I'm sexually active, and I will choose to be abstinent.
- Ask the students to remember their role as a peer advocate and think of 1-2 facts about HIV/AIDS they will share with their peers. Write their answer in the 3rd section of the rug. Examples: There is no cure for HIV, HIV causes AIDs, HIV can be present in semen, blood and breast milk.
- Reconvene the large group and lead a discussion. If time permits, ask a few students to volunteer to share their answers with the group.
- If students are willing to share them, gather the rugs and display them in the room.

**Student
Handout 15.0:**
Weaving
Our Future

Instructions

- In Section 1: List or draw 1-2 things you learned about in this lesson.
- In Section 2: List or draw 1-2 ways you will protect yourself and others from getting STDs/HIV.
- In Section 3: List or draw 1-2 facts about HIV/AIDS that you will share with a friend or family member.

The form consists of a large rectangular area with a decorative border. The border features a repeating pattern of triangles in red, pink, and white. The interior of the rectangle is divided into three horizontal sections by thick black lines. Each section is a white rectangle intended for writing or drawing.



5. Closing

5 minutes,
Large Group

- Answer any questions in the Question Box
- Repeat the Words of Wisdom.



When we show our respect for other living things, they respond with respect for us."

- Arapaho

- Preview the Next Session: Taking Care of the Whole Person
- Adjourn

**Native
STAND**

Students Together Against Negative Decisions