

Watch it Spread Activity

Facilitator Note:

To prepare for this activity you will need to pre-mark the bottom of the cups. Two cups are labelled with a “X”, 20% of the cups are labelled with a “C”, 20% of the cups are labelled with a “CB” and the remaining cups are labelled “NC”, “O”, or “N”.

(Example: If you have 10 participants – 2 X’s, 2 C’s, 2 CB’s and the remaining 4 cups can have 1 NC, 1 O and 2 N’s)

Pour a little bit of water in all the cups (about half full) except the ones with the “X” on it. In those two cups pour the clear vinegar.

- For this Activity you will need clear plastic cups, water, clear vinegar, baking soda, a teaspoon and a marker.
- Explain that this lesson is designed to teach participants that exchanging bodily fluids can put individuals at risk for HIV. Ask participants to imagine they are mingling at a party and that they will have a chance to talk with 3 different people on topics you suggest (i.e., music, movies, TV).
- Ask each participant to select a cup with liquid in it, and tell them NOT TO DRINK the contents.
- Ask them to stand, mingle with each other and discuss the topic given. They need to talk with at least 3 people. Every time they speak to a new person they have to exchange the liquids in their cups. (Pour liquids of one cup into the other cup, mix and then separate again into original cups).
- Give the participants about 5 minutes to mingle and exchange fluids with at least 3 people. *They should make a point of remembering the 3 people.
- When the 5 minutes is up, ask them to return to their seats.
- Once everyone has returned to their seats, the facilitators will go around and pour a half teaspoon of baking soda in every cup.

- The fluid in the cups of certain participants will fizz up. Those participants need to stand up. For the purposes of this activity these people have come into contact with the bodily fluids of someone who has HIV.
- Ask the people with the “X” on the bottom of their cups to step forward. Tell those participants that for the purpose of this activity, they represent persons living with HIV.
- Next, tell the participants that, for the purpose of this exercise, the conversation they had during the exercise represents behaviors that may leave someone vulnerable to HIV. Ask the participants standing who they exchanged fluids with. Those students pointed out need to also step forward.
 - Discuss how the participants who are standing, those who have stepped forward and those who are sitting are feeling. (Are they surprised, angry, happy, relieved...). Note how quickly people can be put at a risk of infection.
- Now ask those people with a “C” at the bottom of their cup to sit down. These are individuals who used a condom if they had intercourse or other sexual contact.
 - Point out how only a small percentage of the population uses condoms EVERY TIME
- Next, indicate that standing people with an “O” can sit down. They engaged in a relationship at the party but did not have sexual contact where bodily fluids were exchanged. They used “Outercourse” instead (intimate sexual stimulation without vaginal, anal or oral penetration).
- Tell the people standing with an “NC” and “CB” to remain standing. They either used “no condom” or their “condom broke” while engaging in intercourse or other sexual contact.
- Standing people with an “N” have used needles for injection drug use and have shared these needles with others, which has put them at risk.
 - Discuss how one can reduce the risk by using new needles each time they inject.
- Have all participants sit down and debrief the following questions:
 1. *“How did you feel about the activity in general?”*
 2. *“What are the ways you can become infected with HIV?”*