

UNIT

1

**Basic Knowledge
on HIV/AIDS/STD**

Unit 1: Basic Knowledge on HIV/AIDS/STD

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HIV/AIDS/STD

Basic questions and answers

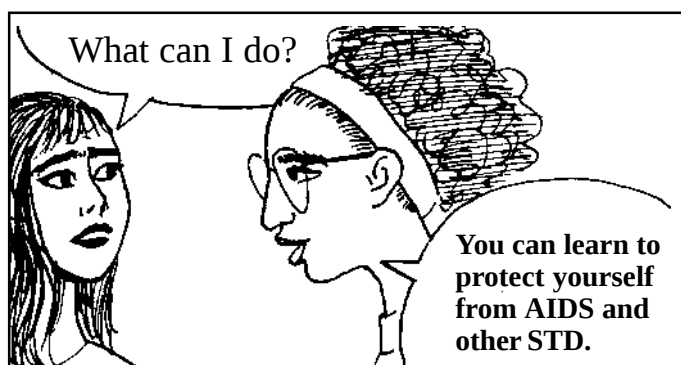
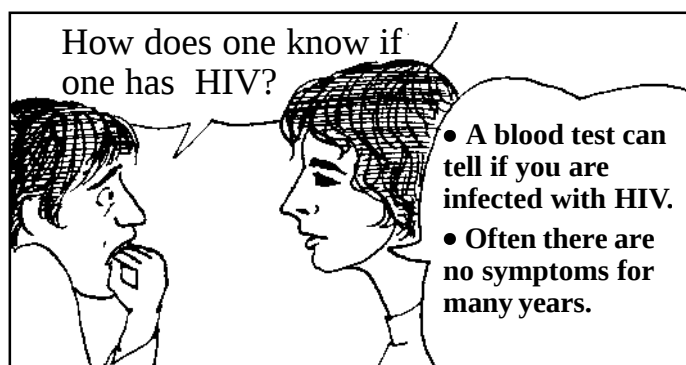
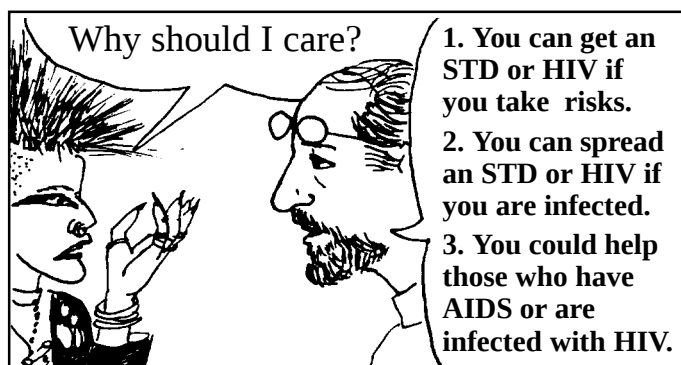
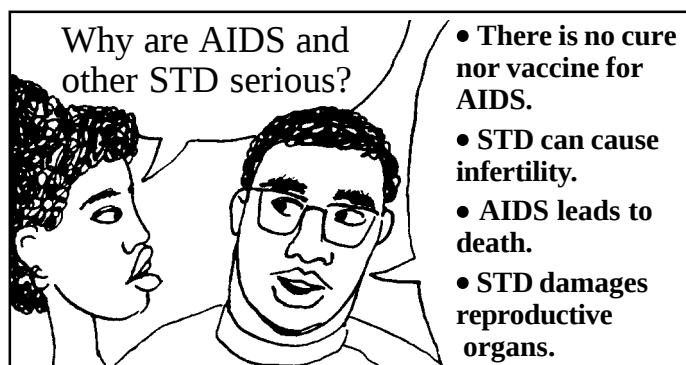
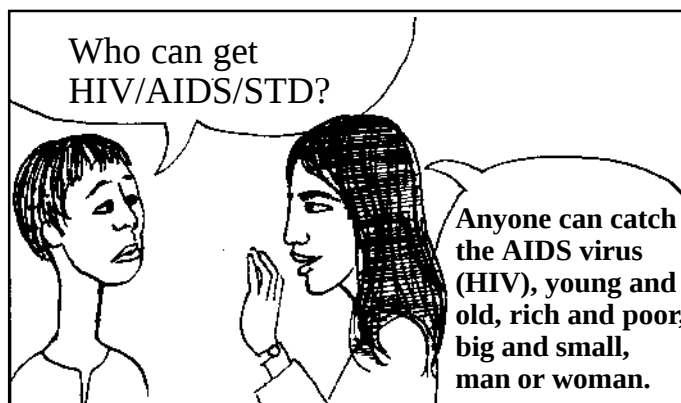
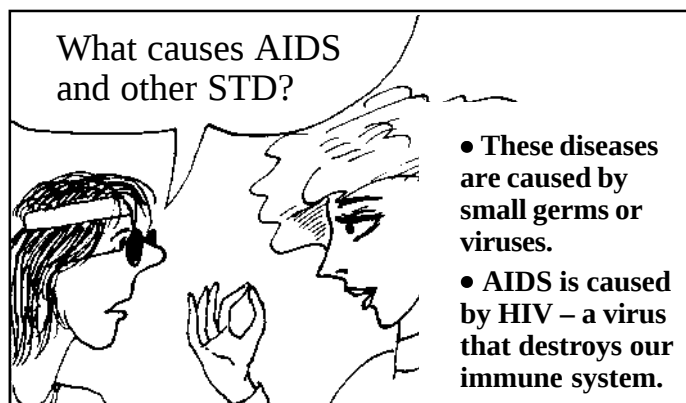
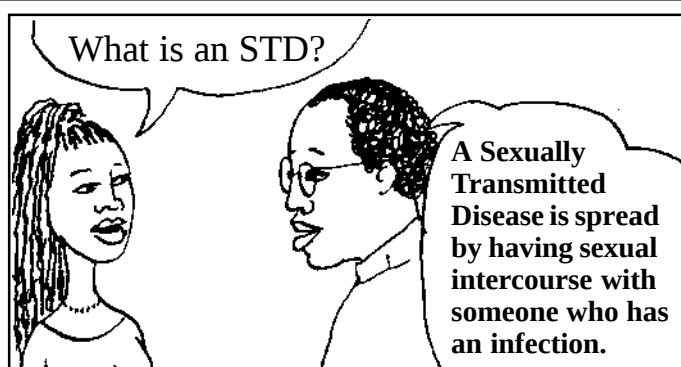
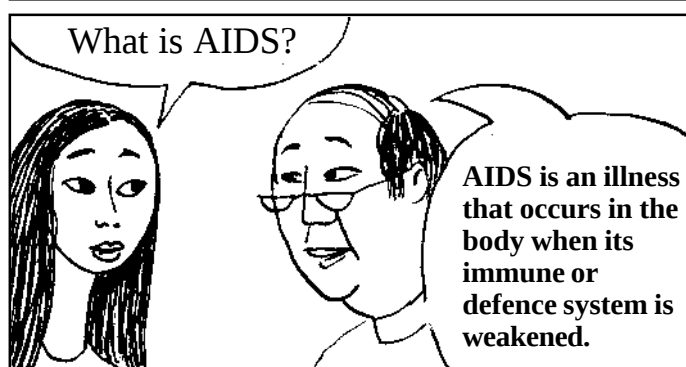
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Why?

Everyone should know basic facts about HIV/AIDS/STD (Human Immunodeficiency Virus, Acquired Immunodeficiency Syndrome, Sexually Transmitted Disease(s)).

How?

Your teacher will give you instructions on how to do this activity.





Looking into AIDS

Why?

You have learned something about HIV/AIDS/STD in the first part of this lesson. This is a test to find out how much you know.

How?

1. Answer true or false to each of the statements below by placing a circle around T or F.
2. When your teacher has given your class the correct answers, place a (1) in the box to the left of each statement if you got the answer correct and a (0) if you got it wrong.
3. Add up your score and place it in the box at the end of the test.
4. Then look up your score in "What does your score mean" and read your rating.

What do you know about AIDS?

A short fun test about HIV/AIDS/STD

- | | | | | |
|----|---|---|--------------------------|---|
| 1 | F | T | ☐ | HIV is caused by AIDS. |
| 2 | F | T | ☐ | AIDS damages the body's defence system. |
| 3 | F | T | ☐ | There is no cure for AIDS. |
| 4 | F | T | ☐ | People with AIDS often die from serious diseases. |
| 5 | F | T | ☐ | STD means Standard Time in Daylight. |
| 6 | F | T | ☐ | A person can have HIV or an STD and have no symptoms (not know it). |
| 7 | F | T | ☐ | There is no way you can protect yourself from AIDS and STD. |
| 8 | F | T | ☐ | An example of an STD is gonorrhoea. |
| 9 | F | T | ☐ | It is difficult for women to get AIDS. |
| 10 | F | T | ☐ | If you are strong and healthy you can't get HIV/AIDS/STD. |



Total

What does your score mean

10

Genius!
Expert!
You can
teach the
class!

8 - 9

Good! You
are on the
way to
being an
AIDS
expert!

5 - 7

Well done,
but you
may want
to look at
the
information
again!

3 - 4

Review the
information.
You don't
want to catch
AIDS or STD!

1 - 2

Lucky for
you that
this is just
a test!
You'll do
better next
time!

HIV, AIDS, STD

What do they mean?

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Why?

This activity will help you understand the meaning of certain words, like STD, AIDS and HIV. Knowing these words will help you understand how you can protect yourself from HIV/STD.

How?

1. Read the story A.
2. From box B pick what you think are the right words for STD, AIDS, HIV and gonorrhoea, and match the correct definition with each box in C.
3. Your teacher will tell you more about each of these words.
4. Finish the sentences in "Teacher asks".

Story A

Maria wasn't feeling well. She had been losing weight and always seemed out of breath when going up stairs.



Her neck was swollen and she had a dry cough.



She decided to go to the doctor to see what was wrong. The doctor examined her and did some tests and asked her to come back in two weeks time. When she came back the doctor said to her, "Maria, the tests that I did show that you have an illness called **AIDS** which is caused by a very small germ (virus) called **HIV**. You may have been more likely to get infected with HIV because you also have another **STD** called **gonorrhoea**."



Maria wanted to know what all these words meant and how serious they were. Can you help her?

B

A virus that weakens the defence system, allowing other diseases to enter the body.

Illnesses that occur when the body's defence system is weakened.

A type of STD that may damage reproductive organs.

Diseases that are spread by sexual contact.

C

AIDS:

HIV:

STD:

Gonorrhoea:



Teacher asks

Finish the sentences with your own thoughts and/or feelings.

- a) When I think of AIDS I feel: _____
- b) HIV/AIDS is serious because: _____
- c) STD are serious because: _____
- d) People become infected with HIV because: _____



Tear off and place in the **Dear teacher** question box.

One question that I would like to ask about HIV, AIDS or STD is:

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How a person gets HIV*

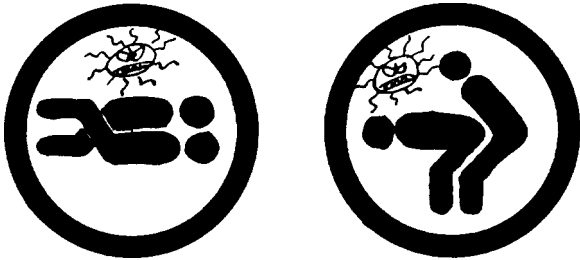
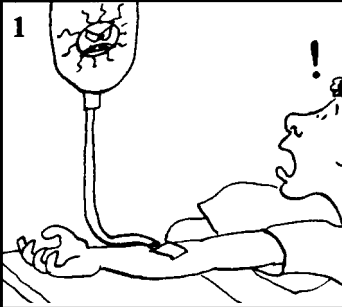
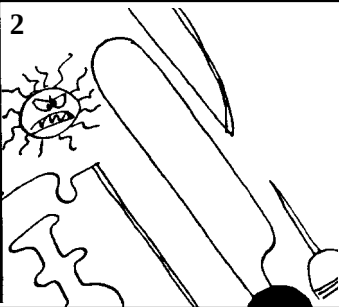
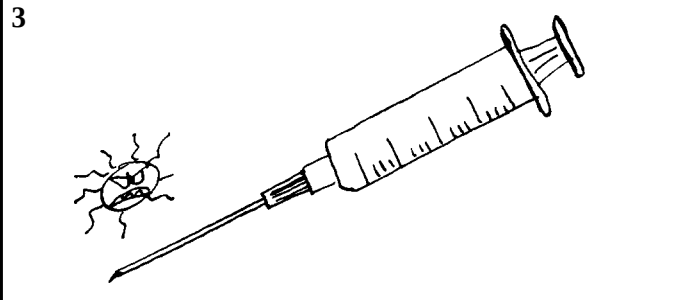
 *(the virus that causes AIDS)

Why?

It is most important to know how HIV is spread. This information can help you protect yourself.

How?

1. With your teacher read the three methods of transmission of HIV.
2. Ask any questions you might have about how HIV is spread.

Sexual intercourse		• Most people get HIV by having unprotected sexual intercourse with an infected person. • Unprotected sexual intercourse means having vaginal or anal sex without a condom. • HIV may also be transmitted through oral sex.
Infected blood	1 2 3	1. One can get HIV through a blood transfusion with infected blood. 2. One can get HIV by using instruments used on someone with HIV for ear-piercing, tattoos or circumcision, which have not been properly cleaned. 3. One can get HIV by using needles or syringes used by someone else for injections, which have not been properly cleaned.
Infected mother to her unborn or newborn child		• Babies born to mothers with HIV may become infected in the womb before birth, during birth, and sometimes through breast milk.

It is not easy to get AIDS. Unlike many common diseases, HIV cannot get to us through air, food or water. The virus cannot live outside our body for long. We can only catch HIV if the body fluids of an infected person enter our body. The body fluids with a high concentration of HIV are: blood, semen and vaginal secretions.

You can't get AIDS by...

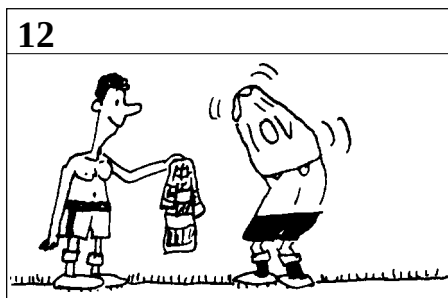
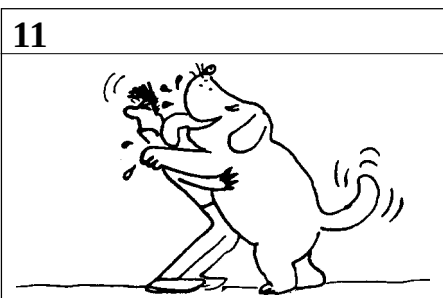
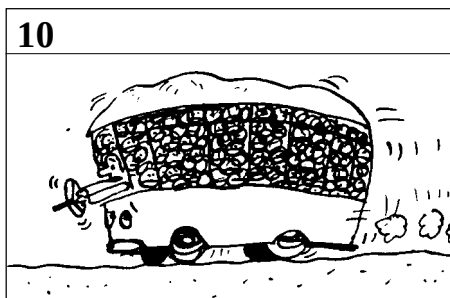
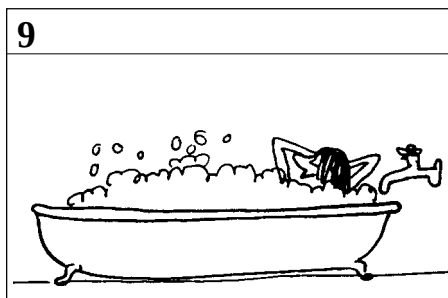
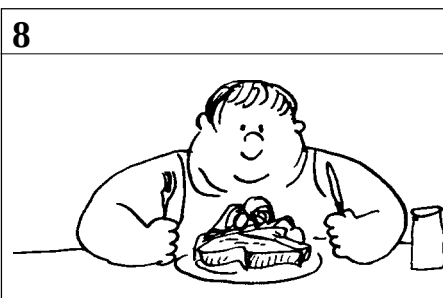
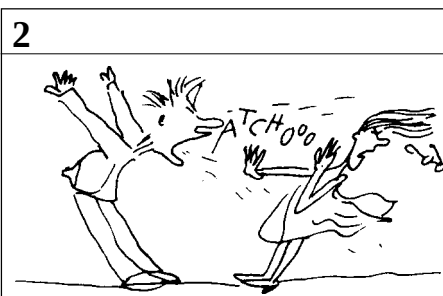
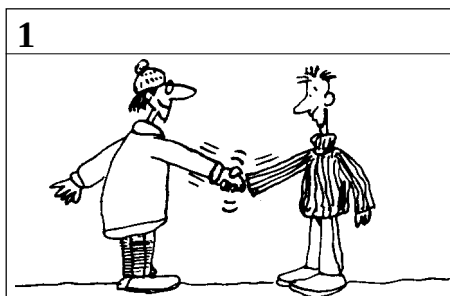
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Why?

By knowing how HIV is *not* spread you can reduce your fear of AIDS. You will also be better able to provide care and comfort, without fear, to someone living with AIDS.

How?

For each picture, write down what the people are doing. You will learn that HIV is not spread through any of these activities.



HIV does not spread through everyday contact with people who are infected with HIV. So we don't need to worry about things we do daily!



What do you believe?

A true-false test on HIV/AIDS/STD	1 ☐ T ☐ F The AIDS virus, HIV, can be spread by shaking hands.	2 ☐ T ☐ F The AIDS virus, HIV, can be passed on to another person during sex.
3 ☐ T ☐ F Pregnant women can pass the AIDS virus on to their unborn child.	4 ☐ T ☐ F A person can get HIV by donating blood.	5 ☐ T ☐ F It is possible to get HIV from a toilet seat.
6 ☐ T ☐ F HIV is spread by kissing.	7 ☐ T ☐ F The AIDS virus, HIV, is carried in the blood.	8 ☐ T ☐ F Drug users can pass on HIV to other drug users if they share needles.
9 ☐ T ☐ F Only men can become infected by the AIDS virus, HIV.	10 ☐ T ☐ F You should avoid touching a person with AIDS.	11 ☐ T ☐ F It is risky to use the same water fountain as a person who has AIDS.
12 ☐ T ☐ F If you are strong and healthy you can't get HIV.	13 ☐ T ☐ F You can tell by looking at someone whether that person has the AIDS virus.	14 ☐ T ☐ F You are safe from HIV if you cut your skin with a knife used by someone else who cut themselves.
15 ☐ T ☐ F You are safe from HIV if you use the same condom more than once.	16 ☐ T ☐ F The risk of getting HIV/STD increases if you have many sexual partners.	17 ☐ T ☐ F It is OK to share bedclothes and dishes with someone who has HIV/AIDS.
18 ☐ T ☐ F It is OK to share razors with someone who has AIDS.	19 ☐ T ☐ F Young people are not at risk from HIV, the AIDS virus.	20 ☐ T ☐ F During menstruation the risk of getting HIV through unprotected sex is higher.

What would you do?

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Why?

You now know how the AIDS virus, HIV, is spread and how it is not spread. It is also important to know whether certain situations/activities pose high, low or no risk.

How?

1. Read each story by yourself or with your teacher.
2. Answer the questions after each story.
3. Place an "X" on the line to show the risk of getting HIV for Natombie (story 1), you (story 2) and Maria (story 3).



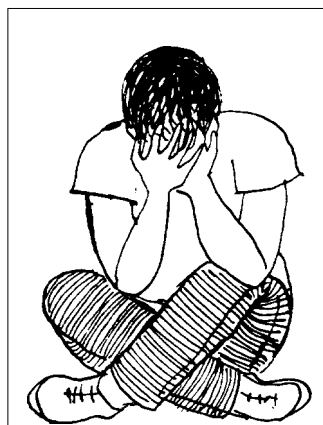
Story 1

Natombie works at a fruit stand after school. He has heard that Jalondi who works there too, has AIDS. Natombie's mother has also heard this and wants him to quit his job.

- a) What could Natombie tell his mother about the spread of HIV?
- b) Does he need to quit his job? Why or why not?
- c) What risk does Natombie have of being infected with HIV, if he works with Jalondi?

1 2 3

high
risk



Story 2

Haiwa is 15 years old and has the AIDS virus, HIV. He does not look sick but he does get tired quickly. He wants to continue going to school but wonders if he should tell anyone.

- a) Do you think he should continue going to school? Why or why not?
- b) Should he tell anyone? Who? Why?
- c) How would you react if he told you?
- d) What risk would you have of getting HIV if Haiwa sat next to you at school?

low
risk



Story 3

Your best friend Maria asks you what it is like to have sex. You know she goes with Roberto and you also know that Roberto has had sex with other girls.

- a) What should you tell Maria? Why?
- b) What risk would Maria have of getting HIV if she had sex with Roberto?

no
risk



What is your risk?

Why?

Since there is no vaccine or cure for HIV/AIDS, it is important for you to know how you can get HIV. This will help you to know which things are risky and should be avoided, and which things are not.

How?

1. Read the section called "Risk levels"
2. In each of the boxes beside the activities put: NR = No Risk or LR = Low Risk or HR = High Risk

Risk Levels NR No risk of getting HIV/AIDS – there is no exchange of blood, male semen or female vaginal secretions LR Low risk of getting HIV/AIDS – there is a slight possibility of exchange of blood, semen or vaginal secretions HR High risk of getting HIV/AIDS – there is a strong possibility of exchange of blood, male semen or female vaginal secretions	5 ☐ Kissing (dry kissing)	11 ☐ Going to school with an HIV-infected person
	6 ☐ Having sex using the same condom more than once	12 ☐ Cutting the skin with a knife used by others
1 ☐ Using toilets in a public washroom.	7 ☐ Sharing needles for injection drug use	13 ☐ Being bitten by a mosquito
2 ☐ Touching or comforting someone living with AIDS	8 ☐ Swimming with an HIV-infected person	14 ☐ Giving blood
3 ☐ Having sex without a condom	9 ☐ Sharing needles for ear-piercing or tattooing	15 ☐ Having sex using a condom properly
4 ☐ Having oral sex (without semen in the mouth)	10 ☐ Abstaining from sexual intercourse	16 ☐ Eating food prepared by an HIV-infected person

What is your risk?

To avoid HIV/STD it is very important for you to find out your own personal risk. To do this, look at the risky activities above and consider if you have done any of them in the past. Think about where you would put an "X" on the line below to show what risk you have of getting HIV/AIDS/STD.

0

10

no risk

low risk

high risk

Do you think your risk of getting HIV will change as you get older? If yes, why and how?

Are you at risk? (part 1)



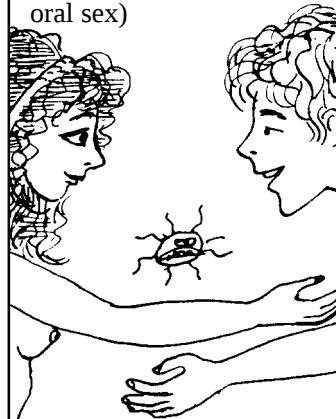
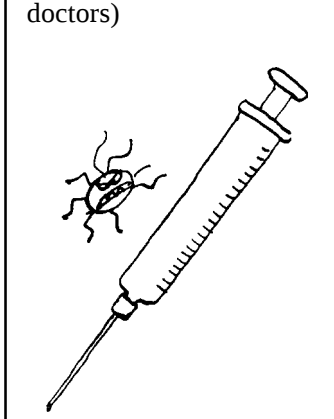
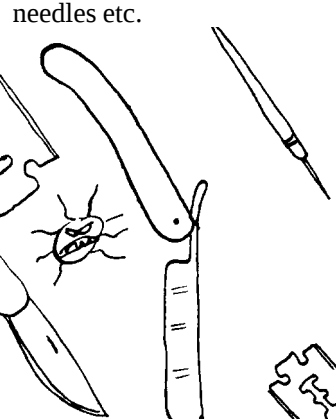
Why?

Since there is no vaccine or cure for HIV/AIDS it is important for you to know how you can get HIV. This will help you to know which things are risky and should be avoided and which are not.

How?

1. With your teacher, read and discuss "HIV can be spread by:". You should be very familiar with the methods of transmission indicated below;
2. Then go over the "Risk levels" with your teacher. Each small group will be given 6 behaviours/actions to rate as: No Risk, Low Risk, High Risk, No Agreement;
3. With the others in your group, come to an agreement on how to rate each of the behaviours/actions (you may have to take a vote to decide this). For example, your group may decide that shaking hands with someone who has HIV is no risk. Put NR beside that behaviour/action.

HIV can be spread by:

Sex	Blood	Mother	
Unprotected (no condom) sexual intercourse (by vaginal, anal and possibly oral sex) 	Shared injecting needles and syringes that are not clean (e.g. those used by “quack” doctors) 	Shared instruments that pierce, or may pierce, the skin – razor blades, knives, needles etc. 	Infected mother to baby. 

Risk levels

HR High risk There is a strong possibility of exchange of blood, male semen or female vaginal secretions, e.g. sexual intercourse.	LR Low risk There is a slight possibility of exchange of blood, male semen or female vaginal secretions e.g. sex with a condom.
NR No risk There is no exchange of blood, male semen or female vaginal secretions.	? No agreement Your group cannot reach agreement.

Notes

STD are spread mainly by unprotected sexual intercourse and unprotected oral-genital contact. HIV can also be transmitted through a blood transfusion with infected blood.



Are you at risk? (part 1)

Group 1	<table> <tbody> <tr> <td>☐ 1. Body to body rubbing with clothes on.</td> <td>☐ 4. Back rub - massage.</td> </tr> <tr> <td>☐ 2. Sharing a razor to shave legs or face.</td> <td>☐ 5. Riding on a bus with an HIV-infected person.</td> </tr> <tr> <td>☐ 3. Having sex with a condom - condom breaks.</td> <td>☐ 6. Cutting the skin with a knife used by others.</td> </tr> </tbody> </table>	☐ 1. Body to body rubbing with clothes on.	☐ 4. Back rub - massage.	☐ 2. Sharing a razor to shave legs or face.	☐ 5. Riding on a bus with an HIV-infected person.	☐ 3. Having sex with a condom - condom breaks.	☐ 6. Cutting the skin with a knife used by others.
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Group 2	<table> <tbody> <tr> <td>☐ 1. Using toilets in a public washroom.</td> <td>☐ 4. Dry kissing.</td> </tr> <tr> <td>☐ 2. Sharing needles for injection drug use.</td> <td>☐ 5. Having vaginal sex without a condom.</td> </tr> <tr> <td>☐ 3. Being bitten by a mosquito.</td> <td>☐ 6. Cleaning up spilled HIV-infected blood without wearing gloves.</td> </tr> </tbody> </table>	☐ 1. Using toilets in a public washroom.	☐ 4. Dry kissing.	☐ 2. Sharing needles for injection drug use.	☐ 5. Having vaginal sex without a condom.	☐ 3. Being bitten by a mosquito.	☐ 6. Cleaning up spilled HIV-infected blood without wearing gloves.
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Group 3	<table> <tbody> <tr> <td>☐ 1. Having anal sex without a condom.</td> <td>☐ 4. Shaking hands with an HIV-infected person.</td> </tr> <tr> <td>☐ 2. Abstaining from sexual intercourse.</td> <td>☐ 5. Having oral sex (without semen in the mouth).</td> </tr> <tr> <td>☐ 3. Sharing needles for ear-piercing.</td> <td>☐ 6. Swimming with an HIV-infected person.</td> </tr> </tbody> </table>	☐ 1. Having anal sex without a condom.	☐ 4. Shaking hands with an HIV-infected person.	☐ 2. Abstaining from sexual intercourse.	☐ 5. Having oral sex (without semen in the mouth).	☐ 3. Sharing needles for ear-piercing.	☐ 6. Swimming with an HIV-infected person.
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Are you at risk? (part 1)



☐ 1. Sharing needles for tattooing.	☐ 4. Eating food prepared by an HIV-infected person.	Group 4
☐ 2. Sharing clothes with someone who has HIV.	☐ 5. Having sex with a number of partners - no condom.	
☐ 3. Donating blood.	☐ 6. Going to school with an HIV-infected person.	

☐ 1. Using public drinking fountains.	☐ 4. Playing sports with an HIV-infected person.	Group 5
☐ 2. Giving mouth-to-mouth resuscitation if there are no sores in the mouth.	☐ 5. Sharing a needle cleaned with water.	
☐ 3. Having unprotected sex with an STD-infected person.	☐ 6. Being close to an HIV-infected person who coughs or sneezes.	

☐ 1. Being bitten by an HIV-infected person.	☐ 4. Sharing a towel with an HIV-infected person.	Group 6
☐ 2. Wet (deep) kissing.	☐ 5. Touching or comforting someone living with AIDS.	
☐ 3. Having sex using a condom properly.	☐ 6. Having sex using the same condom more than once.	



Teacher asks

Some young people become very afraid of HIV/AIDS.

- Why do you think they are so afraid?
- What could be done to prevent this fear of HIV/AIDS?



Are you at risk? (part 2)

Why?

Often young people will take more than one risk, which means there is a greater chance of them getting HIV/STD. For example, they may inject drugs with unsterilized needles and have sex without using a condom.

How?

1. Read what persons A, B, C, D do in the descriptions below.
2. For each person, list any behaviours that would put them at risk for HIV/AIDS.
3. Finally, rate the four people according to the risks they are taking by putting the person with the safest behaviour in box 1 and the person with the least safe behaviour in box 4.

Person A

He has a relationship which involves wet kissing, hugging and touching of the genitals (sex organs).



Unsafe behaviours: _____

Person B

She has had sexual intercourse for the first time without a condom with her boyfriend, whom she believes has never had sex. Her boyfriend has not told her that he has had sex with a number of different people without a condom and has shared unsterilized (dirty) injection needles in the past.



Unsafe behaviours: _____

Person C

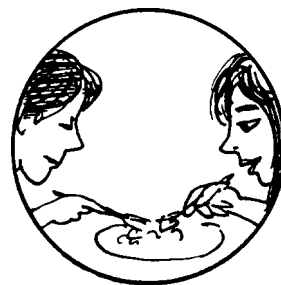
She has shared unsterilized needles for ear-piercing with her girlfriend and is having sex with a condom. Her partner has previously had sex without a condom.



Unsafe behaviours: _____

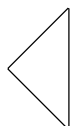
Person D

She often kisses her boyfriend (dry kissing) and lives with a brother who is HIV-positive. They share dishes and eat the same food and often hug each other.



Unsafe behaviours: _____

Person with
safest behaviour



1

2

3

4



Person with least
safe behaviour



Teacher asks

What would the person in box 4 have to do to reduce his/her chance of getting HIV/AIDS/STD?

Are you at risk? (part 3)



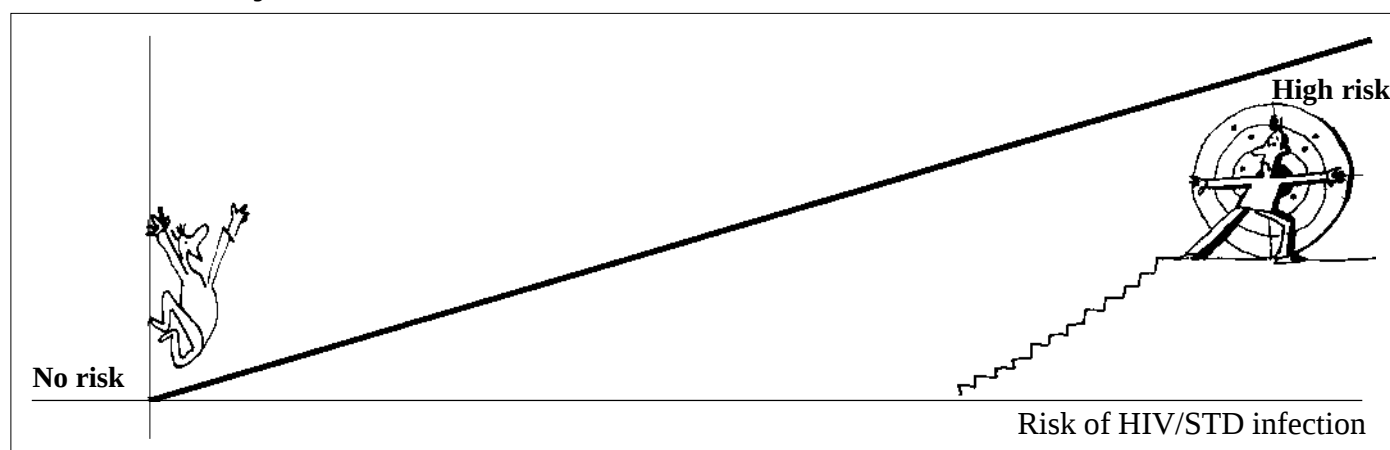
Why?

To avoid HIV/STD, it is very important for you to determine your own personal risk. To do this you need to know the number of risks you take and the risk level of each of those risk behaviours.

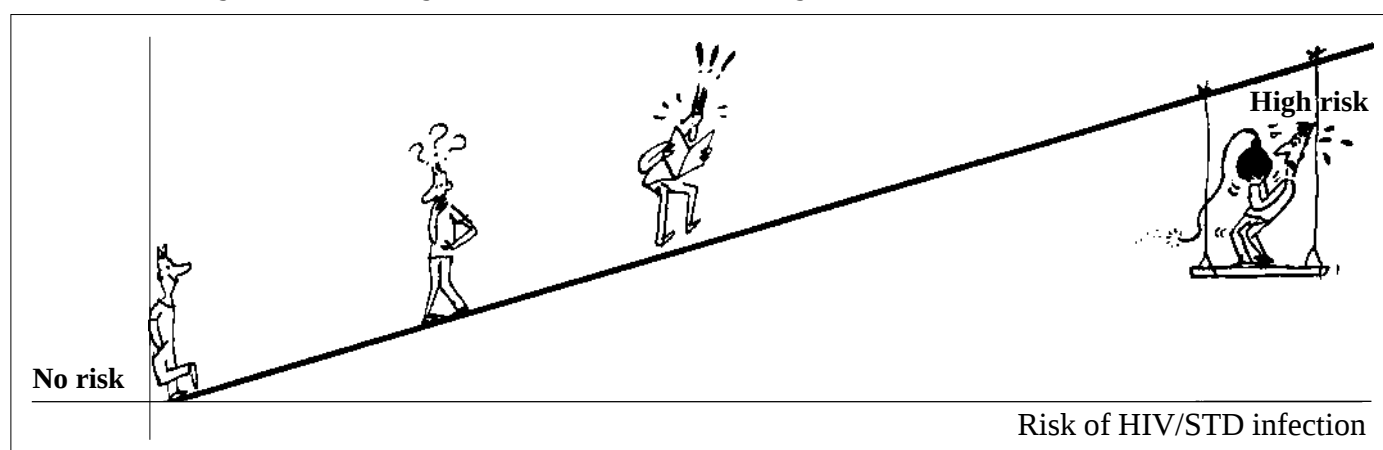
How?

1. On your own, estimate your personal risk of HIV/STD infection at this time in your life. Think about where you would put your "X" on the line below. Your answer is private. Do not write your answer on the line.
2. Where do you think your "X" will be 5 years from now?

On your own, estimate your personal risk of HIV/STD infection at this time in your life.



Where do you think your "X" will be 5 years from now?



Teacher asks

At what other times in your life would it be important to think about your personal risk of getting HIV/STD?



Protect yourself Against AIDS

Why?

We can protect ourselves from STD/HIV and AIDS. We can only do this by making safer choices in how we act. Only this will reduce the risk of coming in contact with the HIV virus.

How?

For each of the three ways of spreading HIV, write safer choices that would protect you from getting HIV.

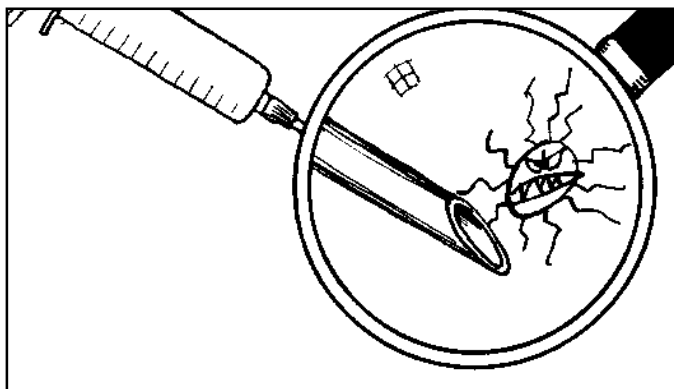
1. Sexual intercourse



Safer choices:

1. _____
2. _____
3. _____

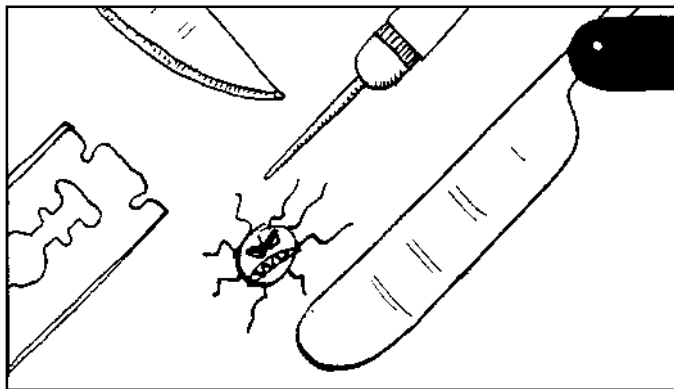
2. Unsterilized shared needles and syringes



Safer choices:

1. _____
2. _____
3. _____

3. Blood contact



Safer choices:

1. _____
2. _____
3. _____

Dear Doctor Sue



Why?

It is important for you to learn how to protect yourself from HIV.

Doctors and other health workers are a good source of information about protection from HIV/STD.

How?

1. Pretend you are a doctor and must answer each of the letters below.
2. Use the information from the "Doctor's bag" to help you answer the letters.

Doctor's bag

- | | | | |
|---|--|---|---|
| • Do not have sexual intercourse | • Go to a hospital or a doctor for an injection | comfort him/her | • Keep your immune system healthy (food, sleep, no drugs, no STD, exercise) |
| • Talk to someone who can give you good advice (e.g. nurse, doctor, clergy) | • Don't share needles, instruments or other things that might have blood on them | • Use a condom! | • Get a test for HIV/STD or pregnancy |
| • Be affectionate without sex | • Ask the person if he/she would like to talk to you – then listen and | • Fear can cause emotional problems; seek help as soon as possible! | • Go back to abstaining from sexual intercourse |
| | | • Have only one sexual partner | |

Dear Dr. Sue,

I am 14 years old and I have a problem and I don't know who else to turn to. I have been going with a boy for 6 months. Now he tells me we are ready for sex. I told him that I wasn't but now he says I don't love him. He said he will find another girl if we don't have sex. I do love him and I don't want to lose him. He says everyone's doing it.

I'm confused, Norah

Dear Norah,

Dr. Sue

Dear Dr. Sue,

I am writing to you because I'm worried about my brother. Abrine has left home and is sleeping in the streets with other kids. He doesn't get much sleep or food and he smokes when he can get cigarettes. He and three friends cut their hands with a knife and touched blood to show they were brothers. He thinks he might have an STD and might need treatment.

Worried, John

Dear John,

Dr. Sue

Dear Dr. Sue,

I hope you can help me. I am a girl 16 years old who has had sex with three different boys and I didn't use any protection. Today we learned at school about AIDS/STD and pregnancy. I think I might be pregnant and now I am very worried about having AIDS or an STD. What can I do?

Desperate, Allana

Dear Allana,

Dr. Sue

UNIT

1

STUDENT

ACTIVITY

12

Which is safer?

Why?

It is important for you to know ways that you can protect yourself from HIV/STD. It is also necessary to know that some ways of protecting yourself are better than others.

How?

1. Read and discuss with your teacher possible ways to protect yourself in “Protection against HIV/STD”.
2. Then, in the “Method” column of the table below, write the method that is most safe at the top. Then put the second most safe, etc., down to the least safe method.
3. In the “Problem” column, list any problems with the method that might cause a person to get HIV.

Protection against HIV/STD

Reduce the number of sexual partners

Know the other person’s sexual history

Show affection without having sexual intercourse (petting, kissing, touching)

Have only one sexual partner

Abstain from sexual intercourse

Use a condom every time you have sex

Get tested for HIV

SAFEST

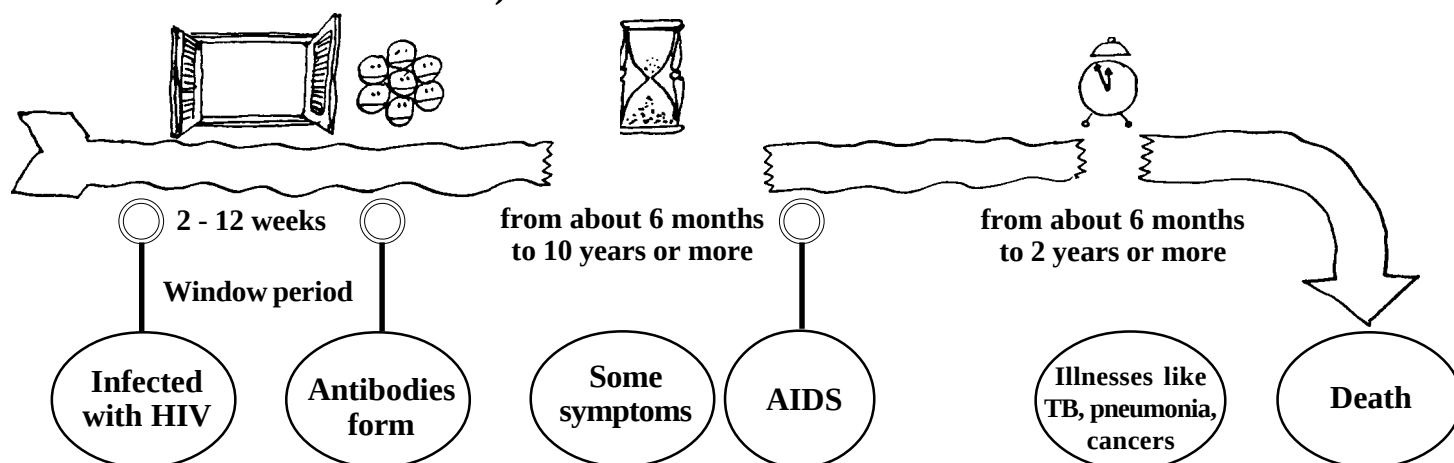
Method	Problem(s)

LEAST SAFE

What happens with HIV infection?

UNIT
1
STUDENT
ACTIVITY
13

This diagram shows the different stages of HIV/AIDS (the timing of stages may vary from individual to individual).

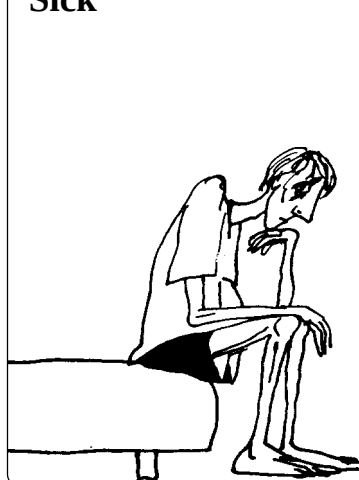


How the person looks

Healthy

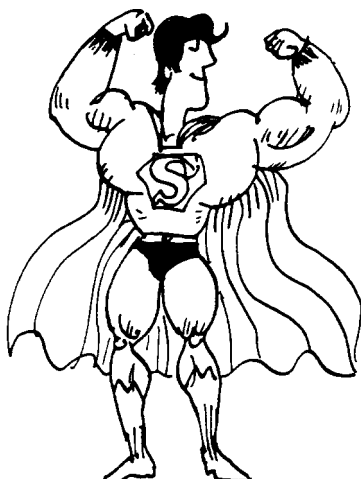


Sick



How the person feels

- Most feel very healthy
- Eat normally, can exercise and work
- No or only minor signs and symptoms
- May still be unaware they have HIV
- Can still fight germs
- Some may develop enlarged glands
- May cough and sweat a lot



Loses weight



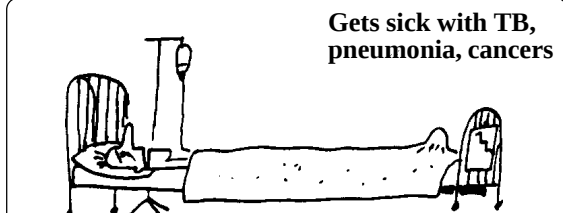
Tired, has cough, sweats



Has diarrhoea



Gets sick with TB, pneumonia, cancers





How do you know if you have HIV/AIDS?

Why?

It is important to know that a person who is infected with HIV:

- May have no signs or symptoms.
- May not have any serious illness for a long time.
- Can infect others during this time.
- Gradually gets sicker and sicker and eventually dies.

How?

Read each of the three stories below. Then use the chart on the previous page, "What happens with HIV infection", to help you answer the questions under each story.

Story A

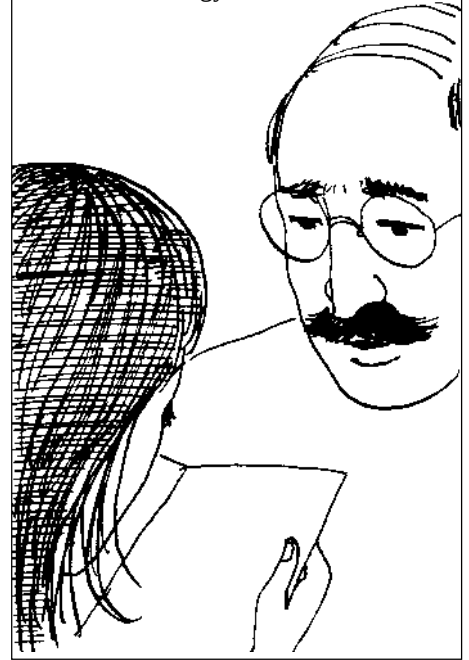
Carmencita is 17 and had sex only with Roberto who used unsterilized needles to inject cocaine. They did not use a condom.



Roberto died two months ago. His last words were, "I hope you don't get AIDS, Carmencita".



When Carmencita gave blood she was told she had HIV. She can't understand this because she feels fine – eats well, has lots of energy and has no illness.



1. How did Roberto become infected? _____
2. How did Carmencita become infected? _____
3. Why does Carmencita have no symptoms? _____
4. How long might it be before she gets AIDS? _____
5. What should Carmencita do now? _____

Story B

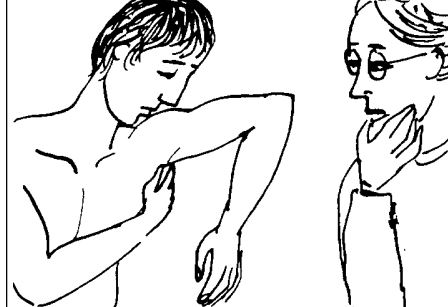
Jose is 19 years old. He has been having sex with a number of partners without using condoms.



Jose's mother took him to the doctor because he was short of breath, suffered from headaches, and was losing weight even though he was eating normally.



The worst part was waking at night drenched in sweat. He also had chills from a fever and swollen glands under his arms.

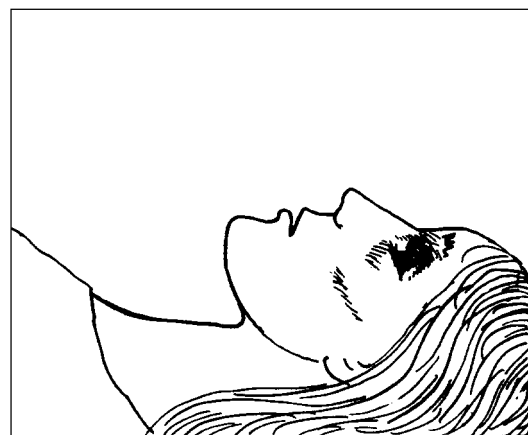


1. How did Jose become infected? _____
2. Why does he have these symptoms? _____
3. Can he spread HIV to others? How? _____
4. What is likely to happen next? _____

Story C



Georgia is 25 years old. About 2 years ago she had a number of symptoms – fatigue, sweating, fever, swollen glands – but she thought that she only had a bad cold or the flu. Now she can't breathe, has a bad cough and a very sore throat. She has stomach problems and has lost 10 kilos. She is so weak that she spends most of her time in bed.



1. Why would you suspect that Georgia has AIDS? _____
2. What should she do to find out if she is infected with HIV? _____
3. At about what age was it possible that Georgia got the HIV infection? _____
4. If she was infected at that age, how long has she been infectious (able to spread HIV)? _____
5. What symptoms does Georgia have? _____
6. What is likely to happen next? _____



Testing for HIV

Why?

Some young people may need to know about testing for HIV/AIDS.

How?

Your teacher will help you understand the information below and answer any questions you may wish to ask.

Marie is anxious that she may have HIV from having sex with three partners. She thinks one of her partners might have HIV. She finally got up enough nerve to go to the health centre in her community. She tells the doctor about her situation and asks these questions.

Dr. Matago has worked with people living with AIDS for 7 years. He helps with testing and talks to people who have been tested. He answers Marie's questions in a kind, understanding way.

What is the test for HIV?

It is called the "ELISA" test and shows whether there are antibodies (germ fighters) against HIV in your blood.

 A black and white line drawing of a young woman with long, curly hair (Marie) looking up at a man with glasses and a mustache (Dr. Matago). They are in profile, facing each other.

Why should I get tested?

Well, if you are not infected, it will be a relief to know that, and from now on you will want to protect yourself against HIV. If you are infected, there are a number of things you may need to think about: you will want to make sure that you don't infect others, you should not give blood, you may decide not to have a baby, and your partner will need to be informed.

 A black and white line drawing of Marie and Dr. Matago. Marie is looking at Dr. Matago, who is gesturing with his hand while speaking.

What is it like to be tested?

Some blood is taken and tested. You will probably have to return for the results.

 A black and white line drawing of Marie and Dr. Matago. Marie is looking down, and Dr. Matago is looking at her.

Is the test always right?

It is 99% accurate. To be absolutely sure, the test should be taken twice in three months (with no risks taken in between).

 A black and white line drawing of Marie and Dr. Matago. Marie is looking at Dr. Matago, who is gesturing with his hand.

Where can I get tested?

At a hospital, a health centre, STD clinic, or an AIDS Testing Centre.

 A black and white line drawing of Marie and Dr. Matago. Marie is looking at Dr. Matago, who is gesturing with his hand.

What if I have HIV?

You will be given advice and help. The test is confidential (no one will be told).

 A black and white line drawing of Marie and Dr. Matago. Marie is looking at Dr. Matago, who is holding a small object (possibly a test kit) in his hand.

Test: What you know

...about testing



Why?

It's important to remember information about HIV/AIDS and STD. This activity will help you review the information on testing for HIV.

How?

Read the statements in column "A" and try to find the words from column "B" to match the statement.

Column A		Column B	
The number of times you need to be tested in three months is...	The test is accurate to...	A Advice and help	B Come back later
It is important to take the test so that you can...	It is also important to take the test so that you will...	C Health centre or hospital	D ELISA
The test for HIV is called...	When no one else is told about the test, that means that it is...	E Antibodies	F Take precautions to not infect others if you test positive
If you have HIV, you will be given...	You can get tested at...	G Twice	H Confidential
The test for HIV looks for...	To get the results you probably have to...	I 99%	J Tell your partner(s) if you test positive



AIDS help

Who? Where?

Friends, teacher or counsellor, family, religious leader, medical centre, STD or health clinic, AIDS hot line

Why?

Each of us at times may need to talk to someone about important things in our lives.

How?

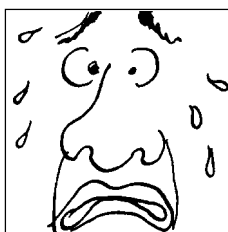
For each of the situations below, write who you would go to for support and where you would find that help in your community.



1. You have a close friend who is afraid that he/she might have the AIDS virus, HIV.

Help from:

Where or how?



2. After learning about HIV/AIDS in school, you are afraid that you might be infected.

Help from:

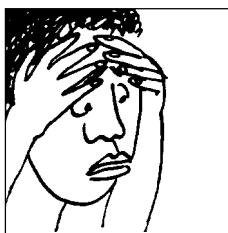
Where or how?



3. You are not feeling well. You have been feeling tired, have swollen glands and sweat a lot at night.

Help from:

Where or how?



4. Your mother has AIDS, lives alone with you and desperately needs help.

Help from:

Where or how?

You be the doctor



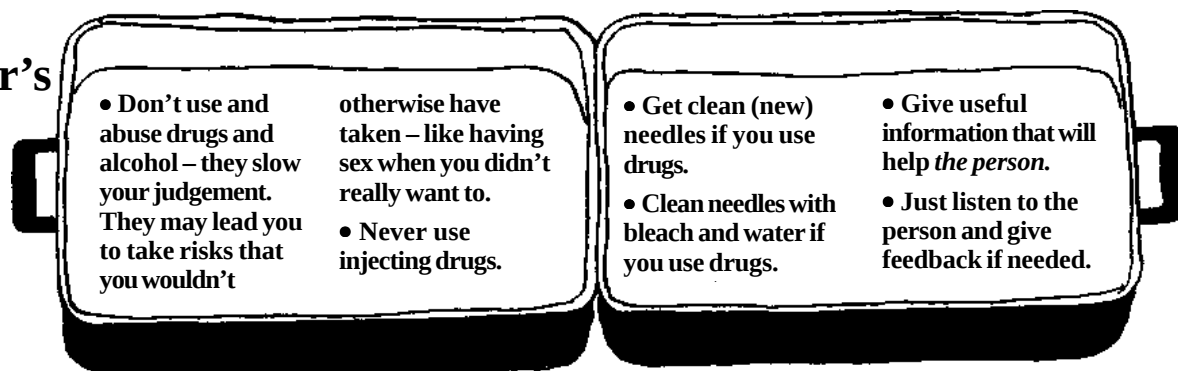
Why?

HIV can also be spread through needles used for injecting drugs. It is important to know how to protect yourself from getting HIV in this way.

How?

For each of the situations below provide the person with advice from the "Doctor's bag". Use different advice for each case.

Doctor's bag



1 Aloha is 16 and was invited to a marriage celebration. There was free alcohol. She had never had much alcohol before but it was hot so she had four or five drinks. She met a young man at the party and he seduced her into having sex. Afterwards, she felt guilty and ashamed that she had been used.

a) Advice _____

b) Why? _____

2 Jahoa is 17 and lives in the streets since he ran away from home. He has been using injecting drugs (cocaine) for a short time but has never shared needles with others. Today, however, he needs the drugs, but does not have any needles. The health centre is close by and he wonders if they can help him.

a) Advice _____

b) Why? _____

3 John joins a group of schoolmates in a back street. They are drinking alcohol and "shooting up" with injecting drugs. The needle comes to John and they are pressuring him to use it. He has never used injecting drugs and has heard that shared needles have small amounts of blood left in the needle. He has heard that the blood could contain HIV that could be spread.

a) Advice _____

b) Why? _____

4 Jillana has been using injecting needles for three years now and can't stop (she is addicted). She has some drugs but no needle. A friend lends her a needle but she hesitates because she has heard about dirty needles and AIDS.

a) Advice _____

b) Why? _____

Why?

How?

- Yes** **?** **No**
Agree Uncertain Disagree

[illegible]

1. I keep myself healthy (e.g. do not use drugs)
2. I know how HIV/STD are spread and how to protect myself
3. I would not have sex at this time in my life
4. I would never share needles for drug use
5. When I decide to have sex, I will use a condom
6. When I have sex, I will only have one partner
7. I would tell my partners if I had HIV or STD
8. I would not use unsterilized instruments to pierce my ears, tattoo or shave, etc.
9. I would think hard before having a baby if I or my partner had HIV
10. If I thought I had HIV, I would go to a health centre to ask about tests
11. If a schoolmate or neighbour had HIV or AIDS, I would be a friend to him/her
12. I would get help if I thought I had HIV/STD

=		Total score
---	--	--------------------

33 - 36 points Very responsible
30 - 33 points Responsible
27 - 29 points Somewhat responsible

26