

HIV & AIDS



5.4

F.L.A.S.H. Lesson 16:
HIV & AIDS Year 1, Day 2

Purpose



- To understand how HIV is transmitted
- To understand how HIV causes AIDS
- To identify Risky and Safe Behaviors



Lesson #16

AIDS: FACTS FOR ELEMENTARY AGED STUDENTS

AIDS is caused by HIV, a virus that enters the blood stream.

Acquired: A person must do something very specific to get the virus into their body. (See "The Risky Behaviors.")

Immune: The virus attacks the white blood cells in the immune system.

Deficiency: The white blood cells become too few or too weak to fight infection.

Syndrome: The virus can cause certain symptoms or illnesses in a person.

Three ways people get HIV, the virus that causes AIDS



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1. Blood-to-blood contact.

- This happens when people share needles to shoot up (inject) drugs. Some blood always stays in the needle.

2. Sexual intercourse.

- The AIDS virus can live in semen and vaginal fluids. It can get into a person's body if they have sex with an infected person.

3. Mother to baby.

- The virus can pass from the woman's blood to the unborn baby during pregnancy. After the baby is born, the virus can pass during breastfeeding.



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Risky vs. Safe Behaviors

- **The Risky Behaviors**

- Using drugs
- Sexual intercourse

- **The Safe Behaviors**

- Hugging
- Shaking hands
- Playing with pets
- Sharing food and dishes
- Sports
- Sitting next to someone at school
- Dancing
- Using public toilets

You will have some important decisions to make as you get older.



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- Make choices that keep you healthy
 - Never use drugs
 - Wait until you are older to have sexual intercourse

Things to remember



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- You cannot tell by looking if a person has HIV.
- There is no cure or vaccine for HIV.
- You cannot get HIV from casual, daily contact.
- HIV is preventable.

Review Questions



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- How does the body normally protect us from illness?
 - The first defense is the skin.
 - Once germs get into the body, we fight them with white blood cells.
 - The leaders of the immune system are white cells called “T-cells”. They recognize the germs and direct other cells to fight them off.

Review Questions



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- How is HIV different from most germs?
 - THE HIV can disguise itself by hiding inside a T-cell. Inside, it multiplies, making more and more new viruses.
 - It cripples the T-cell's ability to identify invading germs. If it can't identify them, it can't direct the other white blood cells to reject them.

Review Questions



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- How do people get the HIV, the virus that causes AIDS, inside their bodies?
 - By "shooting up" drugs with IV needles, needles that have been used by someone who has HIV
 - By having sexual intercourse with someone who is infected with the virus.

Review Questions



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- Why don't kids your age need to worry about getting HIV?
 - It's caused by adult behaviors
 - It isn't easy to catch, like a cold
 - Unless they have sex or shoot drugs, children can only get it from their mothers before they are born or from breast feeding.

Review Questions



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- What are activities that we all do daily that we know we don't have to worry about contracting HIV from?
 - Shaking hands
 - Hugging
 - Sharing books, pens, drinking fountains,
 - Playing sports
 - Dancing
 - Eating in cafeterias or restaurants
 - Swimming in pools or lakes
 - Being bitten by mosquitos
 - Riding on busses or elevators