

KNOW HIV 5th grade lesson outline

Learning objectives:

1. Know that AIDS is caused by the HIV virus
2. Demonstrate how the immune system works and how HIV affects it
3. Identify ways HIV is and is not transmitted
4. Identify behaviors that protect a person from HIV infection
5. Understand the concept of asymptomatic HIV infection
6. Understand the stigma often associated with HIV and recognize the importance of treating all people with respect

Assessments:

1. Pair share/group discussion after video
2. Following directions during immune system activity
3. What to do/not to activity cards

Agenda:

1. Introduction/agreements
2. HIV/AIDS ppt: the basics
3. Immune system activity
4. What to do/not do card sort
5. Anonymous questions
6. Healthy communication

Materials:

1. Video/screen/projector
2. Immune system activity labels (4 skin, 2 white blood cells, helper T cell, virus, bacteria, HIV)
3. Anonymous question box/scrap paper
4. What to do/not do cards and tape
5. KNOW family letter

Human Growth and Development: HIV

Lesson Outline

A. Introduction (5 minutes)

1. Hi everyone! My name is Erin Montgomery and I am a community health educator. I'm here to talk to you all about HIV today.
 - HIV is a virus that can make people sick. Today we'll talk about what it is, how it spreads, and how we can protect ourselves.
 - Raise your hand if you've heard about HIV or AIDS before. It looks like some of you have learned about HIV before and for some of you this might be brand new information and that's totally fine. Just remember that we are all learning together.
2. Group Agreements: let's review our G.A. for this class to help us all feel more comfortable
 - **Listen** – Listening to me and listening to each other. We only have an hour so let's all focus and make the most of our time together!
 - **Be respectful**- What does it look like to be respectful in class? We don't know who in this class knows someone who has been affected by HIV so we should be mindful of how our comments could impact those around us.
 - **Ask questions**- This is so important! It is really normal to be curious about this stuff. I encourage you to raise your hand and ask questions as we go, but if you want your question to be anonymous please write it down and I will answer it at the end of our lesson today. I promise if you have a question, there are other people in the class who are wondering the same thing, so you should be the brave one and ask the question!
 - Are there any rules you'd like to add to this list? Give me a thumbs up if you can agree to follow these rules!

B. HIV and AIDS: the basics (15 minutes)

- **What is HIV?** HIV stands for Human Immunodeficiency Virus. The word I want you to remember here is virus. A virus is something that can make us sick. The H stands for human, which means it only affects humans. Immunodeficiency means that HIV weakens our immune system so that it is not enough to fight off other bacteria and viruses that enter the body.
 - It might seem like we hear the word "virus" a lot these days. HIV is a virus that is very different from the coronavirus, or the flu, or a cold. HIV is a virus that is actually pretty hard to get. You can't get HIV from casual contact with another person.
 - I want you to know that not everyone gets HIV and people your age hardly ever get it. However, it is a very serious illness that can cause death. People who have HIV can live for a long time with help from a doctor.
 - **Why do you think we are learning about HIV today?** It's important to learn how to keep yourself healthy. You are in charge of your own bodies, and you deserve to know how to keep yourself safe! So even though people your age hardly ever get it, I want you all to know how to protect yourself when you get older.
- **How does it affect our immune system?** HIV affects our immune system, who can tell me what an immune system is? The immune system is a system in your body that helps us stay healthy by keeping germs out of our body and by fighting germs if they do get inside our body. HIV makes it harder for a person to fight off germs, so they are more likely to get sick. We are going to talk more about how HIV works inside the body later in this lesson. You might also hear the term AIDS when talking about HIV. AIDS

stands for Acquired Immune Deficiency Syndrome. Once a person has had HIV for a while, and if they get sick enough, they are considered to have AIDS. Currently, there is no cure for HIV, once a person has HIV, they will have it for the rest of their life. But there are medications and treatment that can help a person live a long, healthy life.

- **How is it transmitted? How does someone get HIV?** Many viruses (like the cold or the flu) can be spread by sneezing or coughing or touching someone else who has it. HIV is NOT that kind of virus. It CANNOT be spread through casual contact. HIV is actually hard to catch. There are 4 fluids that can transmit HIV: blood, semen (the fluid that comes out of the penis during ejaculation), vaginal fluid (the fluid that lives in the vagina), and breastmilk.
 - **Breastmilk:** In our country, it is very rare for a baby to get HIV during birth or through breastmilk because every time a pregnant person goes to the doctor to get care, they get an HIV test. If they test positive for HIV, there is medication they can take to make it a very small chance that their baby will get it. They can also take medication if they are breastfeeding or may choose not to breastfeed to also lower the risk of transmission. So, since it isn't passed through breastmilk very often, let's talk about how it can be transmitted through those other fluids.
 - **Blood:** Sometimes, people who are using illegal drugs take them with a needle. If they shared that needle with someone else who had HIV and their blood was on it, they could get HIV from that person. Now, what if someone goes to the doctor and gets a shot is that needle safe? YES! Doctors and hospitals are really careful and use brand new, sterile needles so there is no chance of spreading blood borne pathogens like HIV. What if someone got hurt and needed blood from a hospital, is that safe? YES! Remember, doctors and hospitals are very careful and when people donate blood they test it to make sure it is safe for other people who need it.
 - **The other fluids, semen and vaginal fluid can transmit HIV during unprotected sex.** One way a person can choose to keep themselves safe from HIV is to choose not to have sex. If someone does have sex, there are ways people can have safer sex to prevent HIV by using barriers (like condoms) to prevent sharing those bodily fluids. There is also medication someone with HIV can take to lower the chance they will give it to their partner, and there is medication someone who doesn't have HIV can take to lower their risk of getting it if their partner does have HIV. This is why it is important for someone with HIV to get help from a doctor!
 - **Even if you don't remember anything else from this lesson, I want you to remember that the 2 ways HIV is typically transmitted is unprotected sex and sharing needles for illegal drugs.** The reason young people rarely get HIV is because they aren't engaging in those activities, but I think it's important for you to learn about it now so you can protect yourself when you get older!
- **How is HIV NOT transmitted?** So now that we have learned about the ways HIV is transmitted, let's brainstorm some ways HIV is NOT transmitted? Any ideas? Hugging, high fives, sharing a drink, kissing, coughing or sneezing near someone else, mosquitos, etc. HIV cannot live in on our skin or in our saliva like some other viruses do.
- **How would someone know if they had it?** How do you think someone would know if they have HIV? Do you think you can tell by looking at someone? You can't tell just by looking at someone if they have HIV. Usually a person with HIV doesn't have any symptoms for years. What are symptoms? So if you can't tell just by looking at someone, and they don't have any symptoms, how would a person know if they had HIV? A test at the doctor's office. If someone thinks they might have been exposed to HIV (they had unprotected sex or using needles for drugs) then they can go to their doctor's office and the doctor will poke their finger to get a drop of blood and test it for HIV

- **Questions?** That was a LOT of information! What questions do you have? Remember we will have time to write down our questions at the end if that feels more comfortable for you.
- **Pair shares.** Before we head into our next activity, I want everyone to turn to the person next to them and share something that you learned!

C. Immune System Activity (15 minutes)

1. Remember, HIV makes someone sick by hurting their immune system, can anyone remind me what the immune system is? The immune system is a system in your body that helps us stay healthy by keeping germs out of our body and by fighting germs if they do get inside our body.
2. DEMO: Now we are going to do an activity to show how HIV affects the immune system. As a class we will be acting out how the immune system works, and how HIV affects it. I'm going to ask for volunteers, but it is really important that if you volunteer you can listen carefully and follow directions.
 - *4 volunteers for skin, place them in a line, and give them the signs to wear.* Skin is a barrier, what is a barrier? Skin is part of our immune system because it works as a barrier to keep germs out of our body. But sometimes, germs do get into our body through openings like our mouths or through breaks or cuts in the skin. *Demonstrate line moves apart to show a break in the skin allowing things to pass through but comes back together as skin heals.* How do we take care of our skin? (Keeping it clean, wearing bandages over cuts, etc.)
 - *Continue asking for volunteers and providing explanations for their roles in the immune system for the rest of the participants. Narrator guides participants through the skit.*
2. **Alternate Activity:** We are going to watch a video that shows how HIV affects our immune system. <https://youtu.be/PATqCz4HMSQ?t=337> (Play from 5:37 to 9:14)
 - **Who can summarize how HIV affected the immune system?** *HIV attacks the the T-cells which warn the white blood cells to attack bacteria and viruses that enter the body. When a person doesn't have enough T-cells, it's easier for other bacteria and viruses to make a person sick.*

D. What to do/What not to do cards activity (10 minutes)

Post what to do/what not to do cards on the board. Pass out cards to the class and ask them to tape them up under the category they think is best. Then, go through each of the cards and ask the class to show you with thumbs up if it is a safe activity and thumbs down if it is not a very safe activity.

- What not to do
 - Become blood buddies- can someone explain what this means? Luckily, this isn't very common anymore but it is not a safe activity and could be a possible way HIV could be transmitted
 - Share needles for piercing or tattoos- If you want to get your ears pierced or a tattoo when you're older that is up to you, but you want to make sure to go to a place that is clean and certified. Sometimes in movies I've seen people pierce each other's ears and that is not a safe activity (plus your ears might look funny!)
 - Touch someone's blood- Unless the blood got into a break or opening in your skin this wouldn't transmit HIV, but it is not a very safe idea.
- What to do

- Wear latex gloves to handle blood- This is why doctors and nurses wear protective gloves and sometimes masks when touching someone else's blood, to protect themselves!
- Get an adult to help when someone is bleeding- As 5th graders if you get a paper cut you can probably take care of that on your own, but if someone gets really hurt it is your responsibility to get an adult to help.
- Give someone a hug- can you get HIV this way? How about kissing? HIV cannot be transmitted this way, but it's always best to ask someone first before giving them a hug! Pop quiz! What are the two most common ways HIV is transmitted?
- Learn more about HIV- you all are learning so much today, but there is always more to learn and the more you educate yourself the better able you are to protect yourself.
- Treat everyone with respect- this one is really important. Sometimes there is a negative stigma or stereotype associated with people who have HIV, and that isn't very fair because maybe they didn't get this class and didn't know how to protect themselves. If someone has HIV all we know about them is that they need some help from a doctor, and it's important to treat them with the same respect and kindness that you would anyone else.

C. Anonymous questions (10 minutes)

1. Now we are going to do anonymous questions, so I'm going to pass out slips of paper and I want you all to think of a question you have about puberty. If you don't have a question, you could also write down something that you know or have learned about puberty that we haven't talked about yet that you think everyone else should know you could write that down. If you really can't think of a question that is ok, you can write down a comment or draw a picture instead, but I want everyone to turn something in. Remember that these are anonymous and private so please keep your eyes on your own paper.
2. A couple of rules before we start- remember that they are anonymous so if you know who wrote something down or you think you know please keep that to yourself. I don't want to hear any names while I'm answering these. Also, be kind and respectful to each other. Asking questions is brave and even if a question might seem silly to you please be kind and don't make someone feel bad for asking a question.

E. Healthy communication (5 minutes)

1. I want everyone to remember that kids your age almost never get HIV because the behaviors that spread HIV (*like having unprotected sex or sharing needles*) are not things that kids do. It is still important that we talk about HIV because it is a very serious illness, and I want you to protect yourself when you get older.
2. I'm going to pass out a family newsletter that I want you all to bring home and give to a parent or guardian or another trusted adult, so you can help your families learn more about HIV and they can help keep you healthy. It is really important to have healthy communication with your parents or another adult that you trust because they can answer your questions about this stuff at home. I really encourage you to talk with your family even if it might feel a little bit uncomfortable at first. I have a secret for you- some parents feel comfortable talking about this, but most of the time they feel even more uncomfortable than you do! So, you have all the power and making your parents feel awkward can be pretty fun. I'm going to challenge all of you to ask your parents questions, and I think a great

place to do that is in the car because they can't run away from you! And you don't have to make eye contact which can sometimes help. If you really don't want to talk to your family you could talk to your teacher or the school nurse or a friend's parent, or even check out books at the library. Just remember that being curious about this stuff is really normal and healthy. Thank you so much for listening and participating today!