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HIV Education

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Informational Resources: Websites and Phone Numbers

The following websites and phone numbers offer reliable HIV information. Many of the sites are noted in the lesson. Other sites are included as references for you.

- Centers for Disease Control and Prevention (CDC), Information on HIV and Other STIs: <https://www.cdc.gov/std/hiv/default.htm>
- U.S. Department of Health and Human Services, HIV and STDs: <https://aidsinfo.nih.gov/understanding-hiv-aids/fact-sheets/26/98/hiv-and-sexually-transmitted-diseases--stds->
- Michigan Department of Health and Human Services, HIV and STD's 101: https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2982-428701--,00.html

Resources available by phone:

- CDC INFO: 1-800-232-4636 (English and Spanish; available 24/7)
- Hearing impaired hotline: 1-888-232-6348
- Michigan AIDS Hotline: 1-800-872-2437
- Family physician
- Local Public Health Department
- Local AIDS Hotline

Materials

The materials used in the *Michigan Model*[®] are categorized into three types:

- **Health Education Resources:** Materials obtained from your Regional School Health Coordinator, Michigan Model for Health Clearinghouse (MMHC), or ordered from the vendor listed
- **Teacher Manual Resources:** Materials found in the manual, such as student worksheets, teacher references, and so on
- **Supplied by the Teacher:** Materials typically found in the classroom or school, such as pencils, writing paper, art supplies, and so on

If you have questions about any of the materials used in the *Michigan Model for Health*[®] or how to obtain them, contact MMHC.

Phone: 1-800-214-8961
Email: support@michiganmodelforhealth.org

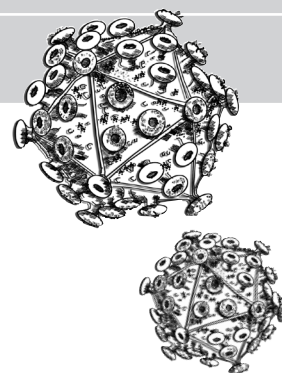
This list includes all of the materials needed for this HIV lesson.

MATERIALS	
Health Education Materials	
<ul style="list-style-type: none"> • Video: “HIV and Me: Marissa’s Story,” Redefine Positive (9 minutes) 	
Teacher Manual Resources	
Materials to Duplicate	
<ul style="list-style-type: none"> • Student Worksheet: “HIV Infection and AIDS” • Student Worksheet: “Promises to Myself and Others” • Family Resource Sheet: “HIV and AIDS” 	
Teacher Keys and References	
<ul style="list-style-type: none"> • Teacher Key: “HIV Infection and AIDS” • Teacher Reference: “Guidelines for Answering Students’ Questions” • Teacher Reference: “HIV Infection” • Teacher Reference: “Glossary of Terms” 	
Supplied by the Teacher	
Equipment	
<ul style="list-style-type: none"> • Computer, LCD project and screen or wall to project to, or Smartboard, or Large Screen TV to show video 	
Miscellaneous	
<ul style="list-style-type: none"> • Pens and pencils • Art supplies (Extension Activity) • Writing paper (Extension Activity) 	

LESSON 1

HIV Infection – Prevention and Compassion

Student Learning Objectives:	National Health Standards:
1. Define HIV and AIDS.	• Core Concepts
2. Identify how HIV is and is not transmitted.	• Core Concepts
3. Identify ways people can protect themselves from infection with HIV and other blood-borne infections, including not touching blood and used hypodermic or tattoo needles.	• Self Management
4. Explain that it is safe to be a friend of someone who is living with HIV or AIDS.	• Core Concepts



Lesson Synopsis

Introduce the topic of HIV and AIDS. Define HIV and AIDS. Administer a pre-test. Watch and discuss a video that provides facts about HIV infection and AIDS, lists ways people do not get HIV, and the two most common ways people do get HIV. Reinforce how to avoid becoming infected with HIV. Review the difference between HIV and AIDS. Complete the post-test and compare pre- and post-test answers. Discuss ways to interact with someone who is infected with HIV. Read and sign a list of promises that will avoid transmission of HIV and promote compassion for those infected with HIV.

Activity	Time in Minutes	Materials Needed
Introduction	2	• None
Teacher Input	30	<p>Health Education Materials</p> <ul style="list-style-type: none"> • Video: “<i>HIV and Me: Marissa’s Story</i>,” Redefine Positive (9 minutes) <p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Student Worksheet: “HIV Infection and AIDS” • Teacher Key: “HIV Infection and AIDS” • Teacher Reference: “Guidelines for Answering Students’ Questions” • Teacher Reference: “HIV Infection” • Teacher Reference: “Glossary of Terms” <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • Computer, LCD Projector and screen or wall to project to, or Smartboard, or Large Screen TV to show video • Pencils and pens
Application or Skill Practice	11	<p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • Pencils and pens • Art supplies (Extension Activity) • Writing paper (Extension Activity)

Closure	2	Teacher Manual Resources <ul style="list-style-type: none"> • Student Worksheet: “Promises to Myself and Others” • Family Resource Sheet: “HIV and AIDS” Supplied by the Teacher <ul style="list-style-type: none"> • Pencils and pens
TOTAL	45	

Preparation

Legal Requirements

- Parents must be notified of the content of the lesson, provided an opportunity to preview the materials in the lesson, and be given the opportunity to observe the instruction and to excuse their child from the lesson. This notification must be done in writing. A sample family letter is in the Getting Started section of this unit.
- The lesson must be approved by your local Board of Education. Your school board must hold two public hearings prior to adopting this lesson.
- You must be certified to instruct students about HIV and AIDS by the Michigan Department of Education.

Prior to the Lesson:

- **Read** the teacher references, “HIV Infection,” “Guidelines for Answering Students’ Questions” and “Glossary of Terms.”
- **Preview** the video.
- **Decide if you want the school nurse to join you** in the classroom for this lesson. (Suggestion)

For Teacher Input:

- **Duplicate** the student worksheet, “HIV Infection and AIDS,” for each student.
- **Review** the teacher key.


For Closure:

- **Duplicate** the student worksheet, “Promises to Myself and Others,” for each student.
- **Duplicate** the family resource sheet, “HIV and AIDS,” for students to take home.

LESSON PROCEDURE



Introduction: Introduce the topic of HIV and AIDS. Explain that HIV is the germ that can cause AIDS.

Approximately 2 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
State the topic of the lesson and ask students to indicate if they are familiar with it.	<p><i>Today our lesson will be about a communicable disease. But it isn't one that you can catch from breathing in the germs when someone sneezes or from shaking hands or hugging a friend. It is caused by a germ called HIV. HIV is the germ that causes people to become sick and may eventually cause AIDS.</i></p> <p><i>If you have heard of AIDS, put your right hand behind your ear. If you have heard of HIV, put your left hand behind your ear. It looks like many of us already know something about HIV and AIDS. Sometimes, we hear things about AIDS and HIV infection that may confuse us or that don't make sense. Some of the things people say about AIDS just aren't true.</i></p>	 <p>If your school has a school nurse, consider inviting him or her into the classroom for this lesson.</p>
State the focus of the lesson.	<i>We'll find out how HIV infection is spread from one person to another and list ways we can help a person who is infected with HIV.</i>	

Teacher Input: Complete a pre-test of student knowledge. Watch and discuss a video that explains how HIV is and is not transmitted. Explain how to protect oneself.

Approximately 30 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Distribute the student worksheet, "HIV Infection and AIDS," and complete the pre-test. 	<p><i>Let's find out what we know about HIV and correct any misinformation we might have.</i></p> <p><i>I would like you to complete this worksheet by marking whether each item is a fact or a myth. Write your answers under the heading, "Pre-test." After we see a video about AIDS, we will take this test again and mark our answers under the heading, "Post-test," and compare what we know.</i></p> <p>Allow students time to complete the pre-test.</p> <p><i>We are going to watch a video that tells the facts about HIV infection and AIDS. It will list several ways people do not get HIV and the most common ways people do get HIV.</i></p>	 <p>If you have students who may struggle to read the pre-test, consider reading it to them and having them record their answers on a piece of paper or the worksheet.</p>
Introduce the video.		

Discuss the video.

Use the following questions to discuss the content of the video.

Answers: drinking from a water fountain, hugging, sneezing, sharing school materials, eating lunch together, talking, etc.

Answers: People can get HIV by sharing needles used for injecting any drug. People can get HIV by having sex with an infected person. A pregnant woman who is infected can give HIV to her baby during pregnancy, childbirth, or breastfeeding.

Answers: If people share needles to use drugs, sharing needles can transmit the virus if the virus is present. If people are drunk or high, they may be more likely to have sex and risk HIV infection.

Answers: Don't have sex. Don't have contact with someone else's blood. Don't use drugs.

It's so important not to touch other people's blood. If you see that you or someone else is hurt and bleeding, get help from an adult. He or she will know how to help you safely. There are other diseases that are spread when the blood of someone who is ill touches the blood of another person. One of these diseases is Hepatitis C. Perhaps you have heard of it. Hepatitis C is a virus that attacks the liver. Like HIV, someone can have Hepatitis C for a long time and feel well but is still able to pass the virus to others.

It's also important not to touch needles or syringes that may have a person's blood on them. If you find a needle or syringe, tell an adult right away. He or she will dispose of it.



Refer to the teacher reference, “Guidelines for Answering Students’ Questions in Response to the Video,” for suggested ways to respond.





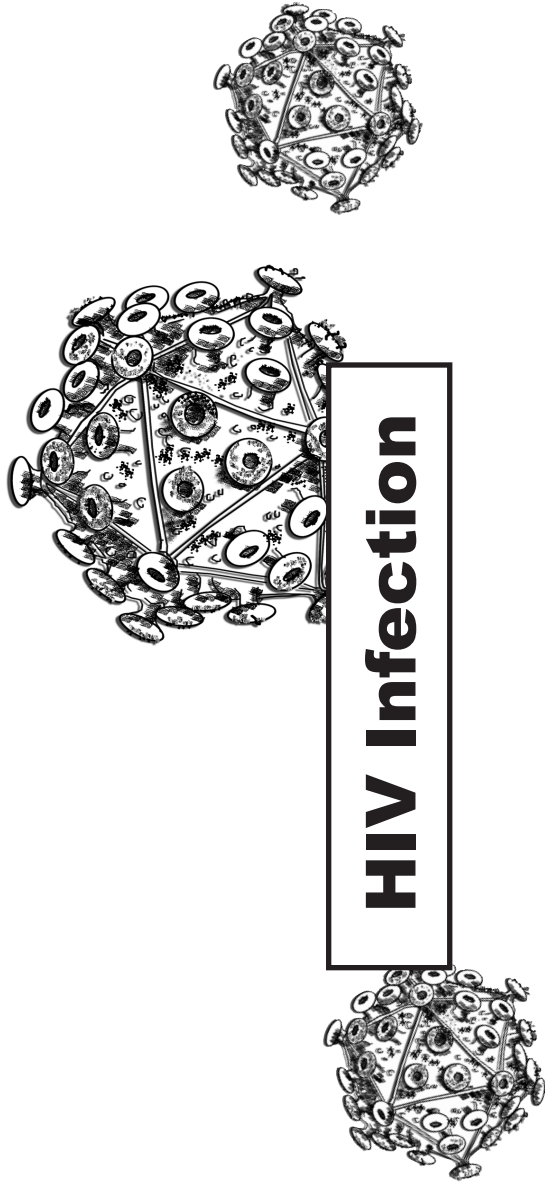
Need More Information?

You can get reliable information from these resources:

- CDC INFO: 1-800-232-4636 (English and Spanish; available 24/7)
- Hearing impaired hotline: 1-888-232-6348
- Michigan AIDS Hotline: 1-800-872-2437
- Family physician
- Local Public Health Department
- Local AIDS Hotline

These web sites will also provide accurate information:

- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/std/hiv/default.htm>
- U.S. Department of Health and Human Services, HIV and STDs: <https://aidsinfo.nih.gov/understanding-hiv-aids/fact-sheets/26/98/hiv-and-sexually-transmitted-diseases--stds->
- Michigan Department of Health and Human Services, HIV and STD's 101: https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2982-428701--,00.html



HIV enters
the blood.

HIV begins to kill
white blood cells.

HIV has killed many
white blood cells.

The person is
infected, but appears
to be healthy.

The person begins to
get sick more often.

The person is very
sick from time to time
and may develop AIDS.

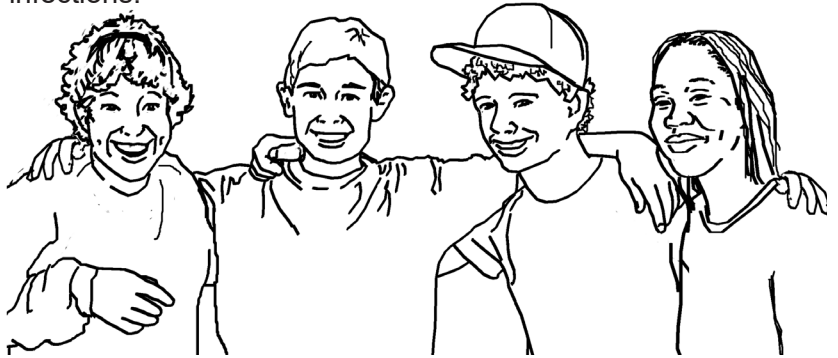
HIV and AIDS



You may be wondering, “What should my fifth grader know about HIV and AIDS?” Your child may have heard something about HIV and AIDS in a news report or on television. He or she may have questions and perhaps some wrong information.

Your school board has approved the teaching of HIV and AIDS lessons in the fifth grade. Your child has learned the following concepts:

- AIDS is a disease caused by a virus called Human Immunodeficiency Virus (HIV).
- HIV is different from most germs. It gets into the body through blood-to-blood contact.
- How HIV damages the immune system when it gets into the body. Then, the immune system is not able to prevent other diseases and infections.
- HIV **cannot** be caught by:
 - touching someone infected,
 - sharing pencils or toys with someone infected,
 - hugging someone infected,
 - playing with someone infected,
 - talking to someone infected, or
 - coughing and sneezing without covering your mouth.
- HIV is spread by sharing needles and by having sex with a person who is infected with HIV.
- Preventing the spread of HIV means avoiding contact with other people’s blood.
- Treat people who are HIV infected or have AIDS in a caring way. Play with them when they feel like it and show caring when they don’t feel well.
- Scientists and doctors are working to find a cure for AIDS, effective treatment for HIV infection, and a vaccine to prevent the spread of the disease.



We believe this information will help your child understand the facts about HIV and AIDS and reduce any fears your child may have. Your child will know what a fifth grader can do to protect him or herself from infection and ways to show kindness to people who are HIV infected or have AIDS.



Your child has been asked to make the following promises.

“I will:

- protect my health and prevent the spread of HIV infection by not doing anything that would put someone else’s blood in contact with my blood.
- protect the health of others by not doing anything that would expose other people to my blood.
- treat people who are HIV positive or who have AIDS with respect.
- share what I know about HIV and AIDS with others.
- talk to my parents or another trusted adult if I have questions about HIV or AIDS.”

We asked your child to share the promises with you. This is a wonderful way to open the door for discussions on your family’s values and beliefs.

Did You Know...

HIV is a virus that can lead to acquired immunodeficiency syndrome or AIDS if not treated. Unlike some other viruses, the human body can't get rid of HIV completely, even with treatment. So once you get HIV, you have it for life.

HIV attacks the body's immune system, specifically the CD4 cells (T cells), which help the immune system fight off infections. Untreated, HIV reduces the number of CD4 cells (T cells) in the body, making the person more likely to get other infections or infection-related cancers. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. These opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS, the last stage of HIV infection.

No effective cure currently exists, but with proper medical care, HIV can be controlled. Today, someone diagnosed with HIV and treated before the disease is far advanced can live nearly as long as someone who does not have HIV.

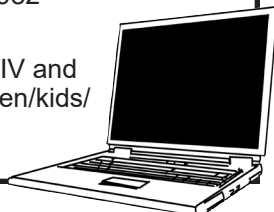
You can get more information from these resources:

- CDC INFO: 1-800-232-4636 (English and Spanish; available 24/7)
- Hearing impaired hotline: 1-888-232-6348
- Michigan AIDS Hotline: 1-800-872-2437
- Family physician
- Local Public Health Department
- Local AIDS Hotline
- Your school



These web sites will also provide accurate information:

- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/std/hiv/default.htm>
- U.S. Department of Health and Human Services, HIV and STDs, <https://aidsinfo.nih.gov/understanding-hiv-aids/fact-sheets/26/98/hiv-and-sexually-transmitted-diseases--stds->
- Michigan Department of Health and Human Services, HIV and STD's 101: https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2982-428701--,00.htm
- KidsHealth from Nemours, "HIV and AIDS.": <https://kidshealth.org/en/kids/hiv.html?ref=search>



Children With HIV or AIDS

We have discussed the fact that not many children are infected or have AIDS, but some are. You may want to tell your child the following information to help him/her understand.



When children are infected with HIV, it is usually from their infected mothers when they are born. The other way children have been infected is from blood that was contaminated with the virus. Currently, the blood supply in this country is very safe, so the chance of being infected with HIV from blood transfusions or clotting factor (in the case of hemophilia) is very, very low.

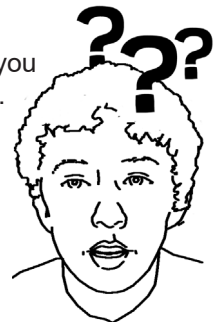
Answering Questions About HIV and AIDS

We have encouraged your child to ask you questions about HIV infection and AIDS. You can provide your child with information and reassurance about this disease.

As your child approaches the teenage years, you may want to discuss the two main ways HIV infection is spread: sharing needles and sexual intercourse. Needles can be used for injecting legal or illegal drugs or for body piercing or tattooing. Sexual intercourse is the most frequent way HIV spreads. We encourage you to communicate your family values and beliefs about sexual intercourse to your child. Abstinence from sexual intercourse and sharing needles is the only guaranteed way to prevent the spread of HIV.

When your child comes to you with a question, you might find it helpful to keep the following points in mind.

- Listen carefully to the question.
- Repeat the question back to be sure you have understood what is being asked.
- Give a simple, short answer that is appropriate for your child's age.
- Check to make sure your child has understood the answer.
- Give your child a chance to ask more questions.



It is okay to take a "time-out" to think about your answer. Tell your child that his or her question is important. You want time to think about the answer. Set a time to talk with your child later. Another way to respond to a question when you aren't sure of the answer is to say, "I don't know, but I'll try to help you find the answer."