

Grade 5 HIV Curriculum

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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

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.

MATERIALS

Total Time: 45 Minutes

Introduction

Time: 2 Minutes

Materials Needed:

- None

Teacher Input

Time: 30 Minutes

Materials Needed:

Health Education Materials

- Video: *HIV and Me: Marissa's Story*, Redefine Positive (9 minutes)
Video quick link: <https://eduvision.tv/l?mRtLmL> (<https://eduvision.tv/l?mRtLmL>)

Note: Michigan Model for Health videos are streamed through the Eduvision mistream website and requires password access. The password is: **mm4h2020**

Refer to the [Access Video Information](https://www.michiganmodelforhealth.org/my-curriculum/access-video-information) (<https://www.michiganmodelforhealth.org/my-curriculum/access-video-information>) page to view a list of all MMH videos.

Teacher Manual Resources

- Student Worksheet: [HIV Infection and AIDS](https://www.michiganmodelforhealth.org/download_file/view/1288/552)
(https://www.michiganmodelforhealth.org/download_file/view/1288/552)
- Teacher Key: [HIV Infection and AIDS](https://www.michiganmodelforhealth.org/download_file/view/1290/552)
(https://www.michiganmodelforhealth.org/download_file/view/1290/552)
- Teacher Reference: [Guidelines for Answering Students' Questions](https://www.michiganmodelforhealth.org/download_file/view/1293/552)
(https://www.michiganmodelforhealth.org/download_file/view/1293/552)
- Teacher Reference: [HIV Infection](https://www.michiganmodelforhealth.org/download_file/view/1294/552)
(https://www.michiganmodelforhealth.org/download_file/view/1294/552)
- Teacher Reference: [Glossary of Terms](https://www.michiganmodelforhealth.org/download_file/view/1292/552)
(https://www.michiganmodelforhealth.org/download_file/view/1292/552)

Supplied by the Teacher

- Computer, LCD project and screen or wall to project to, or Smartboard, or Large Screen TV to show video

- Pencils and pens

Application or Skill Practice

Time: 11 Minutes

Materials Needed:

Supplied by the Teacher

- Pencils and pens
- Art supplies (Extension Activity)
- Writing paper (Extension Activity)

Closure

Time: 2 Minutes

Materials Needed:

Teacher Manual Resources

- Student Worksheet: [Promises to Myself and Others](https://www.michiganmodelforhealth.org/download_file/view/1289/552)
(https://www.michiganmodelforhealth.org/download_file/view/1289/552)
- Family Resource Sheet: [HIV and AIDS](https://www.michiganmodelforhealth.org/download_file/view/1287/552)
(https://www.michiganmodelforhealth.org/download_file/view/1287/552)

Supplied by the Teacher

- Pencils and pens

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](https://www.michiganmodelforhealth.org/download_file/view/1291/552) (https://www.michiganmodelforhealth.org/download_file/view/1291/552) 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.
- Teachers in Michigan 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](https://www.michiganmodelforhealth.org/download_file/view/1294/552) (https://www.michiganmodelforhealth.org/download_file/view/1294/552), [Guidelines for Answering Students' Questions](https://www.michiganmodelforhealth.org/download_file/view/1293/552) (https://www.michiganmodelforhealth.org/download_file/view/1293/552) and [Glossary of Terms](https://www.michiganmodelforhealth.org/download_file/view/1292/552) (https://www.michiganmodelforhealth.org/download_file/view/1292/552).
- **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](https://www.michiganmodelforhealth.org/download_file/view/1288/552) (https://www.michiganmodelforhealth.org/download_file/view/1288/552), for each student.
- **Review** the [teacher key](https://www.michiganmodelforhealth.org/download_file/view/1290/552) (https://www.michiganmodelforhealth.org/download_file/view/1290/552).

For Closure

- **Duplicate** the student worksheet, [Promises to Myself and Others](https://www.michiganmodelforhealth.org/download_file/view/1289/552) (https://www.michiganmodelforhealth.org/download_file/view/1289/552), for each student.

- **Duplicate** the family resource sheet, [HIV and AIDS](https://www.michiganmodelforhealth.org/download_file/view/1287/552) (https://www.michiganmodelforhealth.org/download_file/view/1287/552), for students to take home.

PROCEDURE

Introduction

Time: 2 Minutes

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

State the topic of the lesson and ask students to indicate if they are familiar with it. ▶

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.

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.*



If your school has a school nurse, consider inviting him or her into the classroom for this lesson.

State the focus of the lesson. ▶

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.

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.



Distribute the student worksheet, “HIV Infection and AIDS,” and complete the pre-test. ▶

Let’s find out what we know about HIV and correct any misinformation we might have.

I would like you to complete this worksheet

(https://www.michiganmodelforhealth.org/download_file/view/1288/552) 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.

Allow students time to complete the pre-test.



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 (https://www.michiganmodelforhealth.org/download_file/view/1288/552).

Introduce the video. ▶

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.

Listen carefully for things you can do to keep yourself from becoming infected with HIV. Use the back of your worksheet (https://www.michiganmodelforhealth.org/download_file/view/1288/552) to record them. You may also write down questions you have as you view the video. We will discuss your notes after the video.

Show the video.

Discuss the video. ▶

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

What are some ways you cannot get HIV?

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

What are the most common ways people can get HIV?

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 breast-feeding.

How can drug use result in HIV infection?

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.

What are some ways young people can prevent becoming infected with HIV?

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



Refer to the teacher reference, *Guidelines for Answering Students' Questions in Response to the Video* (https://www.michiganmodelforhealth.org/download_file/view/1293/552), for suggested ways to respond.

Emphasize the importance of not touching other people's blood. ▶

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.

Answer any additional student questions. ▶

Ask students if they have any questions written on their worksheets. If so, call on students to ask their questions. Whenever appropriate, allow another student to provide the answer. If another student can't answer, or shouldn't answer, provide the answer according to your district's Sex Education Guidelines.



Explain the difference between HIV and AIDS. Use the teacher reference, "HIV Infection," as a guide. ▶

Create a continuum on the board similar to the teacher reference

(https://www.michiganmodelforhealth.org/download_file/view/1294/552) which explains the difference between HIV and AIDS and how a person might physically feel.

When HIV first enters the blood of a person, he or she is infected, but appears to be healthy for awhile. Then, HIV begins to kill white blood cells, and the person begins to get sick more often. After HIV has killed many white blood cells, the person is very sick from time to time and may develop AIDS.

Complete the post-test and compare the pre- and post-test answers. Clarify the information. Describe how to interact with people who are ill, including people infected with HIV.



Demonstrate how to fold the student worksheet, “HIV Infection and AIDS,” to use it as the post- test.

Fold your teacher key, [HIV Infection and AIDS](https://www.michiganmodelforhealth.org/download_file/view/1290/552)

(https://www.michiganmodelforhealth.org/download_file/view/1290/552), along the dotted lines as a sample to show the students.

I would like you to complete your worksheet once more. Fold your worksheet along the dotted lines so that the column titled “Post-test” is the only one showing. This time mark your answers under that heading. When we have finished, we will compare what we know after seeing the video with what we thought we knew before.

Complete the post- test and compare the pre- and post-test answers.

Have students compare their pre-test answers with their post- test answers.

If you had the same answers on the pre-test as the post- test, make a zero with your fingers. If you had some different answers, hold up the number of fingers that represents the number of different answers you had.

Review the answers.

Go over the [worksheet](https://www.michiganmodelforhealth.org/download_file/view/1288/552) (https://www.michiganmodelforhealth.org/download_file/view/1288/552) by calling on students to tell whether each item is a fact or a myth. Provide the correct answers as needed.

Describe how to treat people who are infected with HIV or who have AIDS.

When you discuss statement number 12, “People who have AIDS should be left alone,” ask students how they might show friendship and caring for someone who is infected with HIV or has AIDS. Be sure they include the following ideas:

- Ask if he or she would like to join your games and activities.
- Treat him or her like you would any other friend.
- Send a card if he or she is ill.
- Call him or her on the phone.
- Do not tell others about someone’s HIV infection unless you have permission.

- Correct people who spread myths about HIV infections and AIDS.
- Listen when he or she feels like talking.



Have students create posters depicting ways to show caring and compassion for others who are ill. Display the posters in a central place in the school.



Have students write short stories about how classmates can help a young person infected with HIV by treating him or her with kindness.

Have students agree to a list of promises to avoid HIV infection and to treat others with respect.



Distribute the student worksheet, “Promises to Myself and Others.”



Ask volunteers to read the statements on the [worksheet](#)

(https://www.michiganmodelforhealth.org/download_file/view/1289/552).

These promises will help protect you from HIV infection, help other people learn about HIV and AIDS, and show caring for those individuals who are HIV positive or who have AIDS. If you are willing to make these promises to yourself and others, sign the worksheet and date it. Take the worksheet home to share with your family. They will be glad to know you are taking care of yourself and others.

You know the facts. Now, it's up to you to take responsibility and make the healthy choice.



Distribute copies of the family resource sheet, “HIV and AIDS.”



Here is [some information](https://www.michiganmodelforhealth.org/download_file/view/1287/552) (https://www.michiganmodelforhealth.org/download_file/view/1287/552) for you to take home to your family. Please share with your family what you have learned today about HIV and how to treat others who are infected.

RESOURCES

This section presents a compilation of all the linked resources you will find in this lesson. When multiple formats of a file are available, they are provided as an additional link.

TEACHER REFERENCE

- [Sample Family Letter Introducing the HIV Education Lesson](https://www.michiganmodelforhealth.org/download_file/view/1291/552)
(https://www.michiganmodelforhealth.org/download_file/view/1291/552).
- [Guidelines for Answering Students' Questions](https://www.michiganmodelforhealth.org/download_file/view/1293/552)
(https://www.michiganmodelforhealth.org/download_file/view/1293/552).
- [HIV Infection](https://www.michiganmodelforhealth.org/download_file/view/1294/552) (https://www.michiganmodelforhealth.org/download_file/view/1294/552).
- [Glossary of Terms](https://www.michiganmodelforhealth.org/download_file/view/1292/552) (https://www.michiganmodelforhealth.org/download_file/view/1292/552).

STUDENT WORKSHEET

- [HIV Infection and AIDS](https://www.michiganmodelforhealth.org/download_file/view/1288/552) (https://www.michiganmodelforhealth.org/download_file/view/1288/552).
- [Promises to Myself and Others](https://www.michiganmodelforhealth.org/download_file/view/1289/552)
(https://www.michiganmodelforhealth.org/download_file/view/1289/552).

Teacher Key

- [HIV Infection and AIDS](https://www.michiganmodelforhealth.org/download_file/view/1290/552) (https://www.michiganmodelforhealth.org/download_file/view/1290/552).

Family Resource Sheet

- [HIV and AIDS](https://www.michiganmodelforhealth.org/download_file/view/1287/552) (https://www.michiganmodelforhealth.org/download_file/view/1287/552).



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