



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

These activities will help your students learn how HIV and AIDS affects the body, how HIV spreads, and how to protect themselves from infection.

Related KidsHealth Links

Articles for Kids:

HIV and AIDS

KidsHealth.org/en/kids/hiv.html

Your Immune System

KidsHealth.org/en/kids/immune.html

Articles for Teens:

HIV and AIDS

TeensHealth.org/en/teens/std-hiv.html

How Do People Get AIDS?

TeensHealth.org/en/teens/aids.html

HIV Testing Resources

TeensHealth.org/en/teens/hiv-tests.html

My Friend Has HIV. How Can I Help?

TeensHealth.org/en/teens/friend-hiv.html

Immune System

TeensHealth.org/en/teens/immune.html

Abstinence

TeensHealth.org/en/teens/abstinence.html

Condom

TeensHealth.org/en/teens/contraception-condom.html

Talking to Your Partner About Condoms

TeensHealth.org/en/teens/talk-about-condoms.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What do the letters HIV and AIDS stand for, and how are they related to one another? What can HIV do to the body?
2. HIV isn't spread through casual contact (like shaking hands or coughing). What are the ways that people can get infected with HIV? How do people know if they have HIV?
3. If someone is HIV positive or has AIDS, what can be done to prevent it from spreading to others?



Activity for Students

Note: The following activity is written in language appropriate for sharing with your students.

HIV Awareness T-Shirt

Objectives:

Students will:

- Learn about HIV prevention
- Share HIV prevention information with peers

Materials:

- Computer with Internet access
- "HIV Awareness T-Shirt" handout
- Art supplies (colored pencils or markers)

Class Time:

45 minutes

Activity:

Let's design a T-shirt that would get the message out about HIV prevention. Before you get started, read the KidsHealth.org articles related to HIV and AIDS. Then, check out the "HIV Prevention T-Shirt" handout. Your T-shirt design needs to include one or two facts about how HIV is spread and how people can protect themselves from infection. Make sure your T-shirt looks really cool so that students will want to wear it. What images and words will best convey your message? What logo would you use to capture people's attention while informing them about how to prevent the spread of HIV?

Extension:

With parent or guardian permission, have students bring a white or light-colored T-shirt to school to reproduce their handout design, using permanent or fabric markers. Students can wear the shirts to school on one of the many HIV or AIDS awareness days during the year (visit www.aids.gov/news-and-events/awareness-days).

Reproducible Materials

Handout: HIV Awareness T-Shirt

KidsHealth.org/classroom/6to8/problems/conditions/hiv_aids_handout1.pdf

Quiz: HIV and AIDS

KidsHealth.org/classroom/6to8/problems/conditions/hiv_aids_quiz.pdf

Answer Key: HIV and AIDS

KidsHealth.org/classroom/6to8/problems/conditions/hiv_aids_quiz_answers.pdf

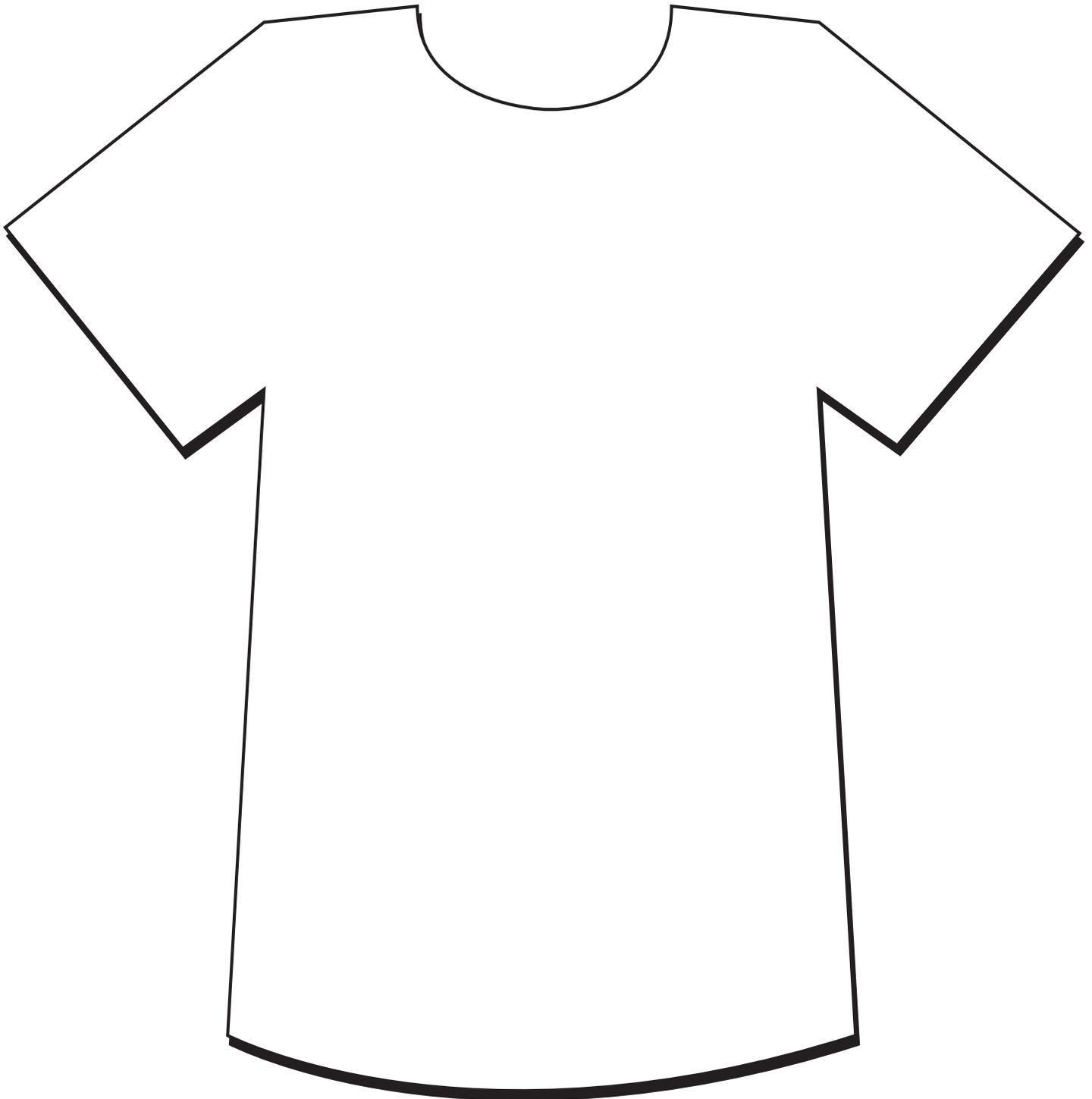


Name: _____

Date: _____

HIV Awareness T-Shirt

Read the KidsHealth.org articles about HIV and AIDS. Then design your shirt to include one or two facts about how HIV is spread and how people can protect themselves from infection. Make sure your T-shirt looks cool so that students will want to wear it. Use words and a logo or images to capture people's attention while informing them about how to prevent the spread of HIV.





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. HIV stands for _____.
2. AIDS stands for _____.
3. True or false: White blood cells are also called leucocytes.

There are two types of leukocytes:
 4. _____, which are cells that chew up invading germs; and
 5. _____, which are cells that allow the body to remember and recognize previous invaders.
6. The HIV virus destroys part of the _____ system, specifically a type of white blood cell called a T lymphocyte or T cell (or CD4 cell).
7. True or false: Once inside a T cell (or CD4 cell), HIV uses it as a virus-making factory to make copies of itself. The new viruses then leave the T cell and destroy other healthy T cells as they multiply inside the body. T cells invaded by HIV can no longer fight infections properly.
8. A person is diagnosed with AIDS when the person has a very low number of _____ or shows signs of a serious infection.
9. Most people in North America get infected by HIV by:
 - a) Sexual contact
 - b) Kissing, hugging, or shaking hands
 - c) Sharing needles or syringes with another person
 - d) a) and c)
 - e) a) and b)
 - f) All of the above
10. True or false: Getting a vaccine can prevent HIV infection.



Quiz Answer Key

1. HIV stands for human immunodeficiency virus.
2. AIDS stands for acquired immunodeficiency syndrome.
3. True or false: White blood cells are also called leucocytes.

There are two types of leukocytes:
4. phagocytes, which are cells that chew up invading germs; and
5. lymphocytes, which are cells that allow the body to remember and recognize previous invaders.
6. The HIV virus destroys part of the immune system, specifically a type of white blood cell called a T lymphocyte or T cell (or CD4 helper lymphocyte cell, or CD4 cell).
7. True or false: Once inside a T cell (or CD4 cell), HIV uses it as a virus-making factory to make copies of itself. The new viruses then leave the T cell and destroy other healthy T cells as they multiply inside the body. T cells invaded by HIV can no longer fight infections properly.
8. A person is diagnosed with AIDS when the person has a very low number of T cells (or CD4 cells) or shows signs of a serious infection.
9. Most people in North America get infected by HIV by:
 - a) Sexual contact
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 - c) Sharing needles or syringes with another person
 - d) a) and c)
 - e) a) and b)
 - f) All of the above
10. True or false: Getting a vaccine can prevent HIV infection.