



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- 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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Each year, more than 3 million people die from AIDS-related illnesses. How much do your students know about HIV and AIDS? The following discussion questions and activities will help your students learn more about HIV and AIDS, how HIV spreads, and how to protect themselves.

Related KidsHealth Links

Articles for Kids:

HIV and AIDS

KidsHealth.org/kid/health_problems/infection/hiv.html

Word! Immune System

KidsHealth.org/kid/word/i/word_immune_system.html

The Truth About Transfusions

KidsHealth.org/kid/feel_better/things/transfusions.html

What You Need to Know About Drugs: Heroin

KidsHealth.org/kid/grow/drugs_alcohol/know_drugs_heroin.html

Articles for Teens:

HIV and AIDS

KidsHealth.org/teen/infections/stds/std_hiv.html

How Do People Get AIDS?

KidsHealth.org/teen/infections/stds/AIDS.html

Immune System

KidsHealth.org/teen/your_body/body_basics/immune.html

Talking to Your Partner about Condoms

KidsHealth.org/teen/sexual_health/contraception/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 daily contact (like shaking hands or coughing). What are the ways that people may become infected with HIV? How do people find out if they are HIV positive?
3. If someone is HIV positive or has AIDS, what can be done to prevent it from spreading to others?



Activities for Students

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

This Just In ...

Objectives:

Students will:

- Learn what HIV and AIDS are
- Explore the differences between HIV and AIDS
- Identify what HIV can do to the body

Materials:

- Computer with Internet access
- This Just In handout (available at: KidsHealth.org/classroom/6to8/problems/conditions/hiv_aids_handout1.pdf)

Class Time:

45 minutes

Activity:

To help TV viewers reflect on the past 20 years of HIV and AIDS, write a segment for a nightly news broadcast that dispels common myths and allays fears. Appearing on your program will be Dr. Cindy Drome, a renowned specialist in infectious diseases. Be sure to ask Dr. Drome how things have changed over the years. Also, be sure to include descriptions of HIV and AIDS, how HIV affects the immune system, symptoms of AIDS, how HIV spreads, and who's at risk.

Extensions:

1. Invite a guest speaker from a local AIDS education organization to discuss it further, as well as to talk about what is being done to help people with HIV and AIDS in your community.
2. So far, there isn't a cure for AIDS. Write a classified ad that calls for a treatment that will cure AIDS. What does this treatment need to do to help those with HIV and AIDS? How will it protect other people from becoming HIV positive?



AIDS Awareness

Objectives:

Students will:

- Identify how HIV spreads from one person to another
- Explore ways to protect themselves from HIV

Materials:

- Computer with Internet access
- Art supplies (colored pencils, markers, crayons)
- Plain paper

Class Time:

45 minutes

Activity:

One important aspect of AIDS awareness is knowing what HIV and AIDS are, but it's also essential to know how it spreads and what to do to prevent it from spreading further. Your advertising firm has been hired to create an AIDS awareness campaign aimed at teens to educate them about how HIV and AIDS can be prevented. Once you have read the articles on KidsHealth, develop a 1-page ad for a current teen magazine that highlights how HIV is spread and how teens can protect themselves from it. What images and words will best convey your message?

Extensions:

1. As part of your ad campaign, you have been asked to design an AIDS awareness T-shirt. What logo would you use to capture people's attention while informing them about how to prevent the spread of HIV and AIDS?
2. A friend of yours has just told you he thinks he may be HIV positive. What would you do? How would you help him? What services exist to help him?

Reproducible Materials

Handout: This Just In

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

