



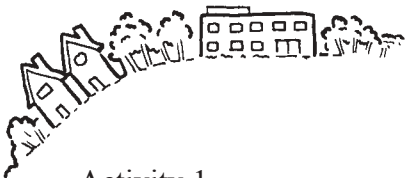
LEARNING

ABOUT

**HIV**

This booklet belongs to

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## Activity 1

### THE HEALTH PROJECT

“Oh! This is so hard,” Kate groaned, coming in from her bedroom.

“What’s the problem?” asked her mom.

Kate muttered, “This health project that I have to do.”

“You didn’t tell me you had a project to do.” Kate’s mom looked puzzled. “Have you picked out a topic?”

“No, and that’s the problem. I can’t find one that interests me.”

“When is it due?”

“Monday.”

“Monday,” her mom repeated, breathing a sigh of relief.

“You were afraid I was going to say ‘tomorrow’, weren’t you?” Kate laughed, and her mom laughed with her.

“Project? Did I hear project?” her dad asked, looking up from the television news.

“Yes, you heard right,” Kate’s mom answered, “and Kate’s having trouble choosing a topic.”



Just then, the television newscaster began a news item about HIV and AIDS. The announcer’s voice caught Kate’s attention and she started to watch. As she watched the story about HIV and AIDS, she only half heard her father making a number of suggestions, including environmental issues and second-hand smoke. She didn’t hear her thirteen-year-old brother Brad, adding his silly suggestions, at all.

“Kate! Are you listening to me?” her dad asked, smiling. “Here you are watching TV, and you’re not even listening to all this wonderful advice I’m giving you.”

“I give up!” mimicked Brad, anticipating his father’s next words.

“Bradley, that’s enough!” his mom said.

Meanwhile, Kate had been thinking seriously. “HIV!” she announced. “I’m going to do my project on HIV.”

“Do you know anything about HIV?” her mom asked, looking surprised.



“Yes,” said Kate loudly. “I know you can get it from having sex.” Kate couldn’t believe she had said ‘sex’. She started to blush.

“Sex! What’s sex?” her five-year-old brother Adam wanted to know.

Everyone laughed.

“I can tell you about HIV,” Brad said. “Only gay people get HIV, although I did hear a doctor from Florida say that you can get HIV from a mosquito bite.”

“That’s not right,” his mom corrected quickly. “Anyone can get HIV, and mosquitoes certainly don’t spread HIV.”

“I still want to know what sex is,” complained Adam.

“You have chosen an excellent topic, Kate,” said her dad, trying to ignore Adam. “I have some pamphlets and booklets that were given to me at work that should help you.”

“You could also talk to your friend Chan’s mother, Dr. Lee,” suggested her mom. “As a doctor, she works with people who have HIV.”

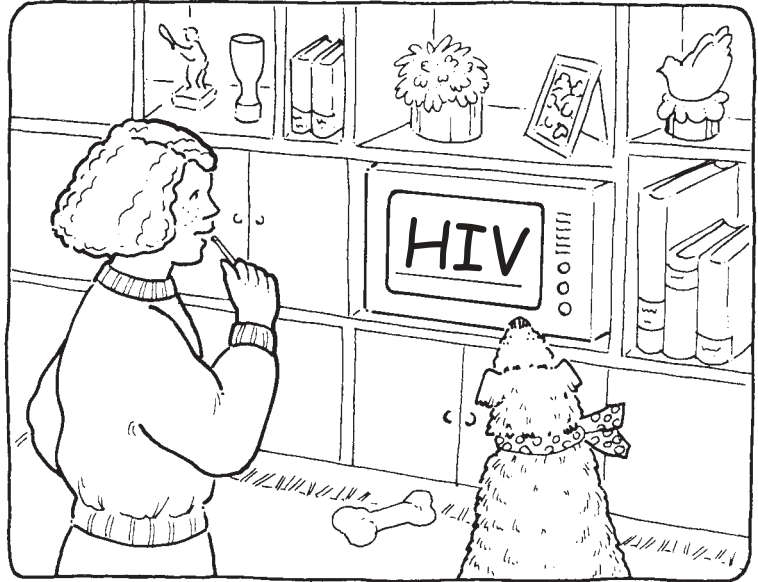
“Will someone please tell me what sex is?” Adam repeated loudly.

“Come with me, Adam,” said Brad, “and I’ll tell you all about sex.”

“Oh, no, you won’t!” their dad stopped them. “Stay here, Adam, and your mother will explain everything to you. I have to get Kate those booklets on HIV.”

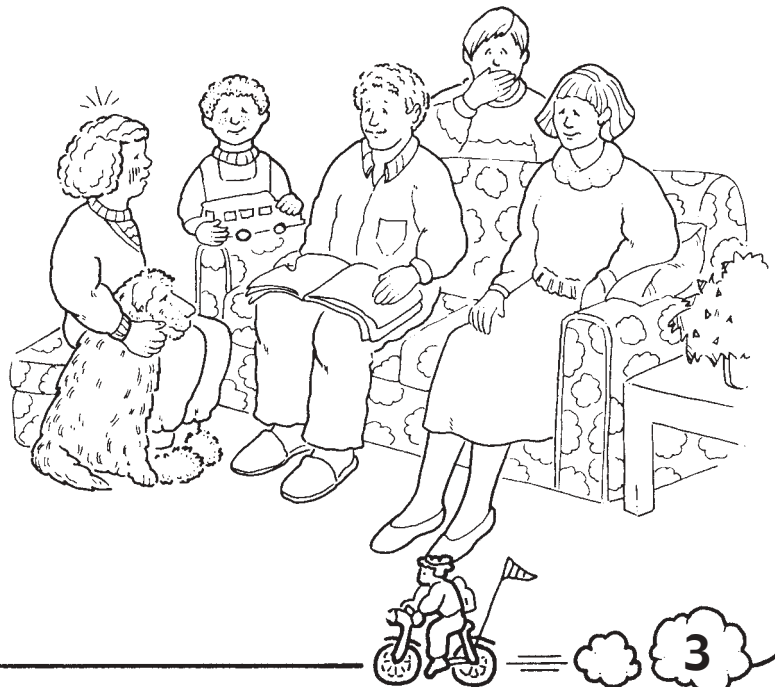
Everyone laughed again.

Kate will spend the next few hours preparing her project on HIV. Let’s go through the booklets with her and listen to her conversation with Dr. Lee about HIV.



### TALKING IT OVER

1. What was Kate’s problem? How did she solve it?
2. Have you ever had a problem like Kate’s? How did you solve it?
3. Do you think HIV is a good topic? Why or why not?
4. If you did a project on HIV, where would you get information?
5. Why did Kate blush when she said “sex”?
6. Brad had some wrong information about HIV. Where do you think he got his information?







## Activity 2 (Homework Assignment)

When Kate opened one of her father's booklets, the first page she saw had a quiz asking her how much she really knew about HIV. How much do you really know about HIV? Let's try the quiz with Kate. After you have tried the quiz, have your parents try it and then talk about the reasons for your answers. (You can check your answers at the bottom of the page. You will understand the answers better as you go through the program.)



### HIV/AIDS: FACT OR FICTION

(A true or false quiz)

	True	False	Unsure
1. HIV stands for Human Immunodeficiency Virus.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. HIV can be spread by shaking hands.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. HIV can be passed on to another person during sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. AIDS means Acquired Immunodeficiency Syndrome.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. A pregnant woman can pass HIV on to her unborn child.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. A person can get HIV by donating blood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. It is possible to get HIV from a toilet seat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. HIV is spread by kissing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. At this time, there is no cure for HIV or AIDS.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. HIV is carried in the blood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Drug users can pass on HIV to other drug users if they share needles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Only men can become infected by HIV.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. You should avoid touching a person with HIV or AIDS.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. It is risky to use the same water fountain as a person who has HIV.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. If you are strong and healthy you can't get HIV.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. You can't tell by looking at someone that the person has HIV.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Kate checked her answers and was surprised by how many she got right. She wondered how the rest of her classmates would do on the quiz. Kate now wanted to learn a lot more about HIV. She decided to call Dr. Lee to get the facts.

How did you do on the quiz? Let's listen to Kate's conversation with Dr. Lee to get some of the answers. Then we can try the next activity.

ANSWERS  
1-T, 2-F, 3-T, 4-T, 5-T, 6-F, 7-F, 8-F, 9-T, 10-T, 11-T, 12-F, 13-F, 14-F, 15-F, 16-T



## CHECKING IT OUT WITH DR. LEE

Find a partner and role play the telephone conversation.



Hi, Dr. Lee. It's Kate. Can you help me with my project? It's about HIV.

*That's a good topic, Kate! HIV is a very serious disease. Fortunately, HIV is very hard to get.*

What is HIV, anyway?

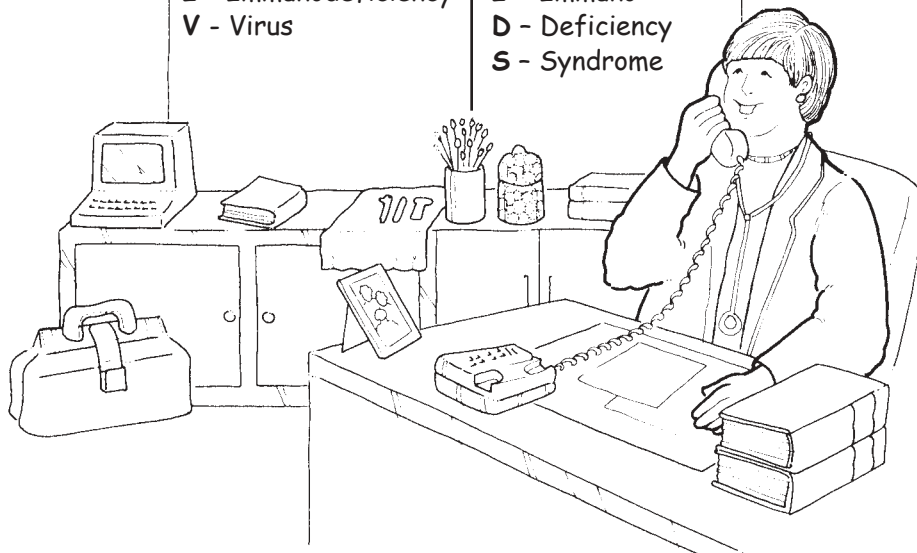
*Like many diseases, HIV is a virus (a virus is a kind of germ or "bug" that can make you sick). HIV is a bit different than other viruses, though, because of how it attacks and damages our immune systems. The immune system is the part of your body that fights off germs. HIV eventually causes enough damage that a person develops AIDS.*

...continues on the next page ☞

### STOP THE SPREAD OF HIV

**HIV means**  
**H** - Human  
**I** - Immunodeficiency  
**V** - Virus

**AIDS means**  
**A** - Acquired  
**I** - Immuno-  
**D** - Deficiency  
**S** - Syndrome



Activity 3 (Continued)



How do people get HIV?

*Most people get HIV by having sex with someone who has HIV. Some people get HIV by sharing needles to inject drugs with someone else who has the virus.*

Oh! Can I get HIV from getting a shot at the doctor's?

*No, doctors and nurses use only brand-new needles and then carefully dispose of the needles after they are used.*

Are there any other ways HIV is spread?

*It is also possible for a pregnant woman with HIV to pass the virus on to her baby.*

Is there something you can take to keep from getting HIV, like a shot or something?

*Do you mean a vaccine? No, unfortunately, we don't have any shots or medicines to prevent HIV or anything to cure HIV or AIDS.*

Gee, it sounds scary. Now I'm worried about getting HIV!

*It is scary, but like most children, you don't do the things that put you at risk for getting HIV. If you do not have unprotected sex (sex without a condom) and you don't share needles to inject drugs, you don't have to worry.*

Thanks very much for your help, Dr. Lee.

*You're welcome, Kate. HIV can spread very quickly, so everyone needs to learn how to prevent it. I'm really glad that you are doing this project and I hope it goes well for you. Good-bye.*





## CHECKING UP ON THE IMMUNE SYSTEM

(The body's natural defence system)

*"When I get a cold or the flu I always get better.  
Why don't people get better if they get HIV?"*

Help Kate find the answers to this question by completing the sentences below. Use the words in the grab bag to help you.

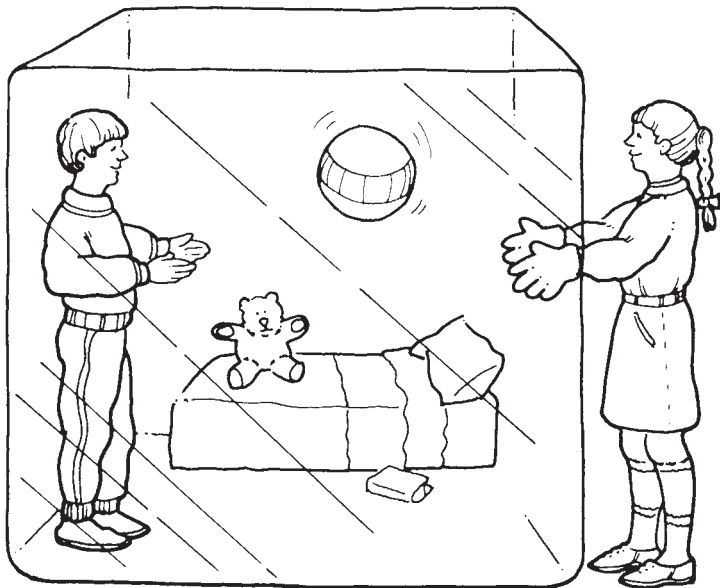
Good health habits will help p \_\_\_\_\_ disease. Inside your body, your immune system protects the body against d \_\_\_\_\_.

When you get a cold and the cold v \_\_\_\_\_ attacks your body, your immune system will send special c \_\_\_\_\_ to fight it. It may take a few days, but your immune system will eventually k \_\_\_\_\_ the virus.

Unfortunately, HIV attacks the i \_\_\_\_\_ system. HIV makes the immune system weaker and w \_\_\_\_\_ until it cannot fight off illnesses. It may take years for the immune system to be so d \_\_\_\_\_ by HIV that the person gets really sick.

Scientists are working hard to find a c \_\_\_\_\_ for HIV and AIDS. They have found some m \_\_\_\_\_ to help some people with HIV l \_\_\_\_\_ longer, but they have not yet found a cure.

Children are not in d \_\_\_\_\_ of getting HIV, if they don't s \_\_\_\_\_ needles for injecting drugs or have unprotected s \_\_\_\_\_.



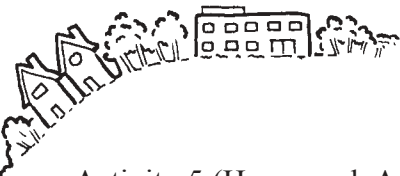
*A few children are born without an immune system and have to live in a "bubble". Do you know why?*



Grab Bag

immune  
share prevent live  
cells damaged kill  
virus danger worried  
weaker vaccine disease  
shot sex cure  
medicine



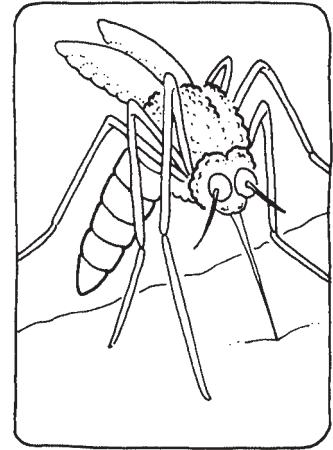
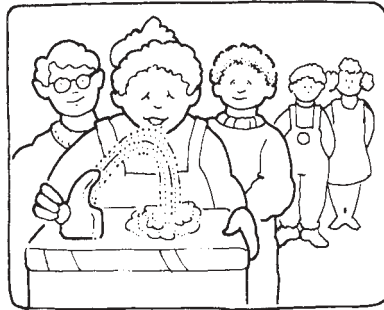
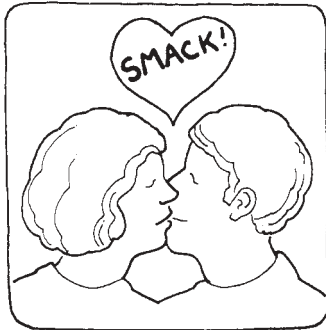


Activity 5 (Homework Assignment)

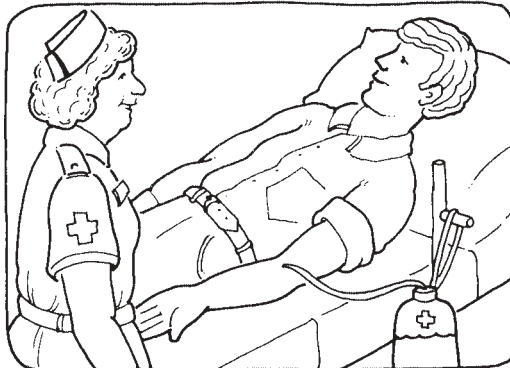
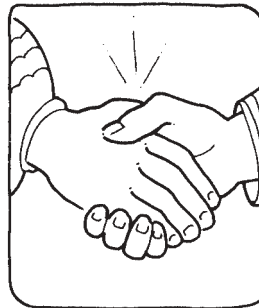
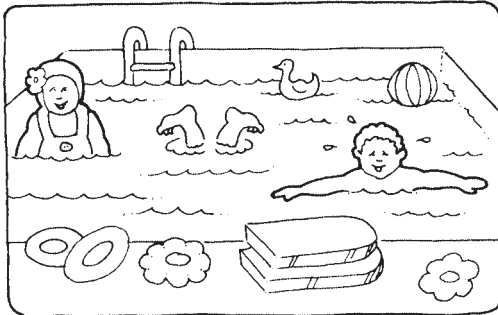
**GETTING RID OF RUMOURS**

Brad had heard that mosquitoes can spread HIV. Do you think he is correct? If you said “no” then you are right. There is no scientific evidence that mosquitoes can transmit HIV. This is what we call a misconception or myth. There are many other myths about HIV and how it is spread. Help Kate determine how you CAN'T get infected with HIV by labeling the drawings below.

*YOU CAN'T GET HIV FROM:*



A mosquito bite



**YOU CAN'T GET HIV FROM “CASUAL CONTACT”.**

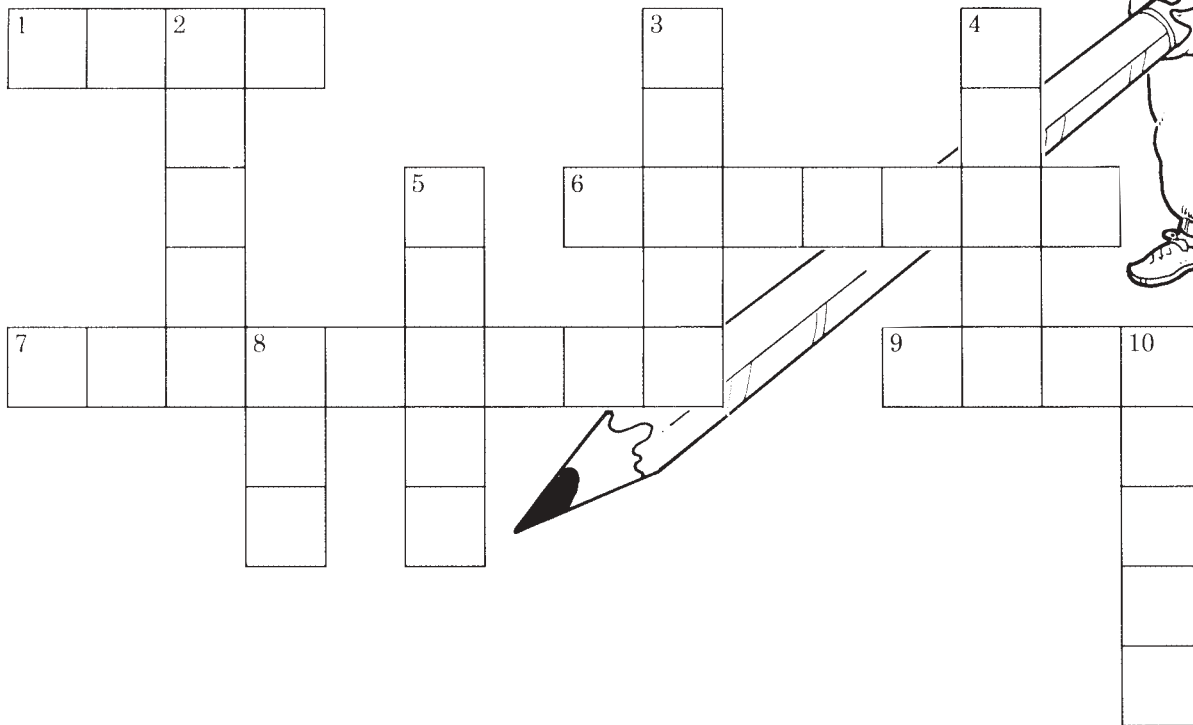
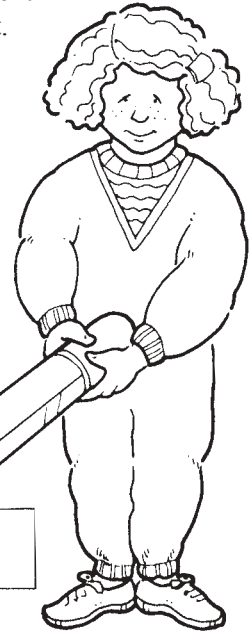




## PREVENTING THE SPREAD OF HIV

Kate is concerned. This is a very serious disease! You can't get a shot or vaccination to prevent HIV. It seems like anyone can get HIV and yet the books that Kate reads say it is hard to get. So how do you keep yourself from getting HIV?

The crossword puzzle below will help you and Kate to find out the facts and to learn how to protect yourself. Use the words at the bottom of the page to complete the sentences and then fill in the puzzle.



*ACROSS*

*DOWN*

1. If you come into contact with someone else's blood, be sure to \_\_\_\_\_ it off with soap and warm water.
6. Avoid \_\_\_\_\_ with other people's blood or other body fluids.
7. Joining a group of friends who use drugs usually means that you will be \_\_\_\_\_ into using them, too.
9. If you find a \_\_\_\_\_ needle, don't pick it up.
2. People who inject drugs (including steroids) and who \_\_\_\_\_ needles increase their risk of getting HIV.
3. You can not get HIV by donating \_\_\_\_\_.
4. Know the \_\_\_\_\_ about HIV and AIDS.
5. If you have questions about sex, talk to an \_\_\_\_\_ you trust.
8. Children are too young to have \_\_\_\_\_.
10. Injecting \_\_\_\_\_ will increase your risk of getting HIV.

sex  
drugs

pressured  
contact

blood  
share

facts  
wash

adult  
used



## THE I.D.E.A. PROBLEM SOLVER



“I’ve learned a lot,” Kate thought to herself. “I know that I don’t need to worry about HIV now, but maybe I will when I’m older. That won’t be long. I already have a pimple!”

“I guess a lot will depend on my friends. I’ve already had people try to talk me into smoking and I’ve heard some older kids talking about drugs. I wonder if, when I’m older, I’ll have the same problem with people pressuring me about sex. I’d better be ready to make some decisions!”

Here is a simple method you and Kate can use to solve problems. It’s called the I.D.E.A. Problem Solver and it works like this:

- I.** *Identify* the problem.
- D.** *Describe* all the possible solutions.
- E.** *Evaluate* the consequences of each solution.
- A.** *Act* on the best solution.



Here are some challenges that you or Kate might face. You and your group can use the I.D.E.A. Problem Solver to decide on the best solution.

1. A group of Kelly's classmates have met at Suzy's house. Her parents are not at home. Suzy suggests that they go to the basement to play a kissing game. Kelly wants to hang out with this group of friends but does not want to be kissed. What should she do?

2. Terry is inviting both boys and girls to her party on Saturday night and everyone is going. My parents don't approve of mixed parties, but I really want to go! What should I do?

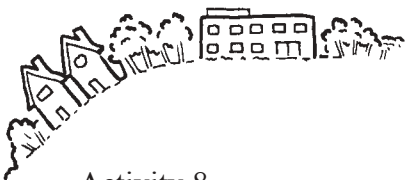
3. MY FRIEND IS UPSET BECAUSE HIS OLDER BROTHER AND SISTER DRINK A LOT OF ALCOHOL. WHEN THEY DRINK, THEY ACT DIFFERENT AND DON'T LOOK AFTER THEMSELVES. HE IS AFRAID THEY WILL GET HIV. WHAT SHOULD I SAY TO HIM?

5. A friend of Steve's older sister has recently been infected with HIV. Steve knows that he needs support, but he is scared to be around his sister's friend. Steve has heard that you could get HIV from being near a person who has it. How would you help Steve understand?

4. Paul is really worried. He has just found out that some older kids are selling drugs and sharing needles at the mall near his school. What should Paul do?

6. Write out a brief description of a problem you have and apply the I.D.E.A. steps to find the solution.





## Activity 8

### KATE'S VISIT

Kate began thinking about Denis Tremblay, who lived down their street. Denis used to babysit Kate and her brothers and he had also been Brad's baseball coach. He had moved to Ottawa, but then he came home a few years later because he was sick. Kate's mom went to visit Denis and his mother sometimes.

"Mom, does Denis have HIV?"

The question caught her mom by surprise, but she replied honestly, "Yes, he does."

"Is he going to die?" Brad jumped into the conversation.

"I don't know," his mom replied sadly.

"Aren't you afraid," Kate asked, "to go over to his house and be in the same room with him?"

"No, you can't get HIV by going to someone's house."

"I know that, but isn't it still scary to go over there?"

"I was a little uncomfortable at first," admitted her mom, "but I also knew that Denis and Ms. Tremblay would need all the support they could get. I have to return this book to Ms. Tremblay," she continued. "Would you both like to come too? You haven't seen Denis in a long time."

"No way!" Brad looked scared.

"Brad, you're so stupid!" Kate jeered. "You can't get HIV by talking to someone."

"All right, all right! I'll go," he said reluctantly, "but I'm not going to touch anything!"

When Ms. Tremblay answered the door, she smiled in surprise to see the children. "Denis!" she called over her shoulder. "Look who's here!"

Denis came to the door with a big grin. "He looks a little tired and thinner, but he doesn't look sick," Kate thought to herself.

"What's the matter? You look puzzled," Denis said to Kate as everyone moved into the family room.

"I thought you would look really sick." Kate felt embarrassed to be caught staring.

"I was sick," Denis replied seriously. "I just got out of the hospital last week. I had pneumonia but I'm OK now, except for a dry cough and a cold that won't go away."

"When did you find out that you were ... sick?" Brad stuttered, not able to bring himself to say "HIV".

"You mean, when did I find out that I had HIV?" Denis asked gently.

Reluctantly, Brad nodded.







“I found out that I had HIV almost five years ago. I didn’t feel much different until last year when I started getting tired and losing weight. Then I came down with pneumonia. In my case, the virus damaged my immune system so much that I developed AIDS.”

“How did you feel when you found out you had HIV?”  
Kate asked curiously.

“At first, I didn’t believe the doctor. Then, when I started to get sick, I got depressed and angry. I couldn’t help thinking, ‘Why me? What did I do to deserve this?’ I’ve come to accept it now, and I’m determined that I’m going to beat it. I’m on some special medicine to help me feel better and live longer. Many people with HIV like to think of themselves as People Living with HIV/AIDS.”

“I’ve started painting again, as you can see,” Denis continued, “and I’m going to start teaching art classes at the college next week. I’m getting my life back together again.” Denis smiled.

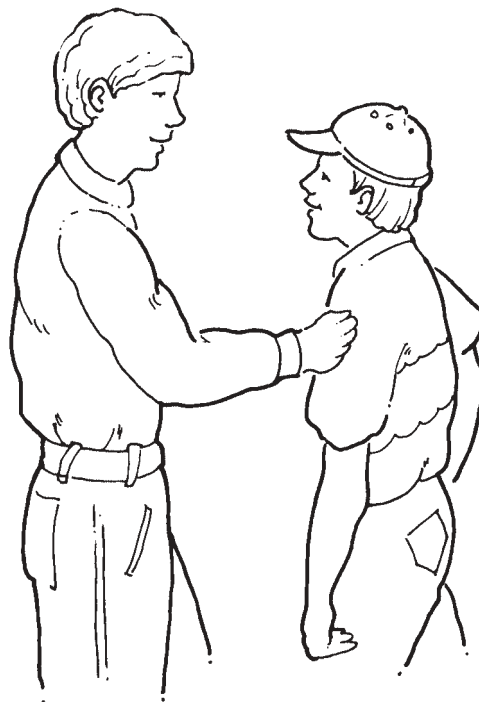
“I’m really glad you came over,” Denis said to both children. “Most people are afraid to. It sometimes gets a little lonely.”

“Hey, that’s what friends are for!” Brad was back to being Mr. Cool, but his voice shook a little.

Kate couldn’t believe it was Brad speaking. He actually sounded sensitive! Then everyone laughed when Brad asked, “Are you still a lousy catcher?”

“What do you mean, a lousy catcher!” Denis punched Brad lightly on the arm. “I can catch anything you can throw! Go get your glove and I’ll prove it.”

“You bet!” Brad laughed. “I’ll be back in a minute.”



### TALKING IT OVER

1. *What made Kate think that Denis had HIV?*
2. *How do you think Kate felt about going to Denis’s house? How did Brad feel? How would you feel?*
3. *How did Kate’s mom help Denis?*
4. *What do people with HIV like to call themselves? Why?*
5. *How did Brad’s feelings change after talking to Denis? Why?*
6. *If a friend of yours got HIV, what could you do to help?*



## KNOWING WHO'S IN CHARGE



Kate was pleased with her project. She realized how much she had learned about HIV. She felt safer now, because she knew she didn't use injectable drugs, and wouldn't have to worry about sex until she was older. By doing the project, she had also learned that she had to be responsible for her own health.

But would she be? Kate smiled. She knew that she had the knowledge and skills to be able to make the right decisions to prevent HIV.

How about you? Do you have the knowledge and skills to make responsible decisions to prevent HIV? Will you be able to make those decisions?





# ON THE ROAD TO GOOD HEALTH: KNOWING THE FACTS ABOUT HIV

Activity 10

**START**

**Instructions**  
Use one die and try to roll your way to good health.  
Use a button to mark your place.

**FINISH**

**1** You've learned the facts about HIV. Go ahead 3 spaces.

**2** You find a needle and pick it up. Go back to the start.

**3** You visit a friend who has HIV. Go ahead 3 spaces.

**4** You tell someone you can get HIV by shaking hands. Go back 3 spaces.

**5** You say no to drugs. Take a short cut to 10.

**6** You tell a cruel joke about HIV. Lose your turn.

**7** You watch a TV show about HIV. Go ahead 3 spaces.

**8** You become blood brothers with your friend. Explain how HIV is spread and take an extra turn.

**9** You do not want a student with HIV to attend your school. Lose your turn.

**10** You tell someone you can get HIV by shaking hands. Go back 3 spaces.

**11** You stop being friends because you think your friend has HIV. Lose your turn.

**12** You talk to your parents about HIV. Go ahead 4 spaces.

**13** You find a needle and pick it up. Go back to the start.

**14** You don't correct your friend when he says you can get HIV from a toilet seat. Go back to 14.

**15** Explain 1 way to prevent HIV and take an extra turn.

**16** You don't know what HIV stands for. Go back to 27.

**17** You tell someone you can get HIV by shaking hands. Go back 3 spaces.

**18** You talk to your parents about HIV. Go ahead 4 spaces.

**19** You become blood brothers with your friend. Explain how HIV is spread and take an extra turn.

**20** You stop being friends because you think your friend has HIV. Lose your turn.

**21** You find a needle and pick it up. Go back to the start.

**22** You visit a friend who has HIV. Go ahead 3 spaces.

**23** You tell a cruel joke about HIV. Lose your turn.

**24** You watch a TV show about HIV. Go ahead 3 spaces.

**25** You do not want a student with HIV to attend your school. Lose your turn.

**26** If you know another name for the AIDS virus take an extra turn.

**27** You forget how HIV is spread. Go back to 23.

**28** Define HIV and go ahead 2 spaces.

**29** You don't know what HIV stands for. Go back to 27.

**30** You talk to your parents about HIV. Go ahead 4 spaces.

**31** Explain 2 ways to prevent HIV and go to finish. Congratulations!

**32** You think that donating blood will give you HIV. Go back 3 spaces.

**33** You don't know what HIV stands for. Go back to 27.

**34** You think that donating blood will give you HIV. Go back 3 spaces.

**NO**

**HIV?**

**AIDS**



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