

Lesson Title: Reflections
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Time: 60 minutes

Learning Objectives: By the end of this lesson, students will be able to:

1. Describe at least two facts about HIV/AIDS.
2. Explain at least one reason why youth are at risk for HIV infection.
3. Explain at least one reason why it's important for youth to communicate with their partners, peers and parents about HIV/AIDS.
4. Identify at least one Web site and one hotline teens can use for further information about HIV/AIDS.

Materials:

Copy of the Scenarios USA Video "Reflections"

(available at www.scenariosusa.org or by calling 866.414.1044)

TV/VCR

Scrap paper (if students won't have)

Pencils (if students won't have)

Copies of "Sex Acts and HIV Facts for Teens" – one per student

Copies of "Reflections: HIV/AIDS Facts" – one per student

Copies of "Guess the Ending" worksheet – one per each small group of three students

Copy of "HIV Infection and AIDS: An Overview" – one copy for facilitator

(available at - <http://www.niaid.nih.gov/factsheets/hivinf.htm>)

Newsprint

Markers

Masking Tape

Preparation:

1. Preview the video "Reflections" so you are familiar with the characters and story-line. When viewing, note when it fades to black after the nurse has given each girl an HIV test. This where you will stop the video when you show it to your students.

2. Read and review the Facilitator's Resource "HIV Infection and AIDS: An Overview" to ensure that you are familiar with the basics of HIV/AIDS and can knowledgeably respond to student questions.

Procedure:

1. Introduce the topic by asking students, "Why are youth at risk for becoming infected with HIV?" Ask students to brainstorm reasons and write their responses on a piece of newsprint or the chalkboard. (*Facilitator's Note:* Make sure their responses include feeling invincible, lack of knowledge about HIV/AIDS, unprotected vaginal, oral or anal sex, multiple sexual partners, use of drugs/alcohol, etc.) [5 minutes]

2. Next, explain that you will be showing a film written by youth about HIV/AIDS. Explain that in the film, there will be a lot of information about HIV/AIDS, how you contract it, how you can get tested for it and how you can prevent it. Distribute a copy of the worksheet “Reflections: Facts about HIV/AIDS” to each student. Instruct students to write down one fact they learn from the movie in each of the following categories: HIV Transmission – meaning ways one person can infect another person with HIV; HIV Testing – meaning factual information about how or where you can get tested for HIV; and HIV Prevention – meaning specific ways that a person can try to prevent becoming infected with HIV. [3 minutes]

3. Next, explain that you will be stopping the film before the ending, but the students will be able to watch the entire film before the class is over. Ask if there are any questions about the task and if not, play the film Reflections. (*Facilitator’s Note:* Stop the film when it fades to black after the nurse has given each girl an HIV test. This is approximately 16 minutes into the film.) [17 minutes]

4. Once you have stopped the film, instruct students to turn to the person sitting next to them and share their three facts. Give students three minutes to discuss. [4 minutes]

5. Gather the group’s attention and ask for volunteers to share their responses in the Transmission category. As students are sharing, write each fact on a piece of flipchart paper. Repeat the process for both the Testing and Prevention category. [10 minutes]

6. Next, divide students into groups of three. Assign each small group one of the three characters from the film evenly (Summer, Juanita or Kiyah). Distribute a copy of the worksheet “Guess the Ending” to each group and instruct them to complete the worksheet together. Give students five minutes to complete the worksheet. (*Facilitator’s Note:* Circulate among groups to make sure they stay on track with the task.) [5 minutes]

7. Explain to students that you will play the end of the film and groups can compare their guess to the actual ending. Play remainder of film (approximately three minutes remain). [3 minutes]

8. Ask students the following questions:

What was your reaction to the ending of the film?

What did you learn that was new about HIV/AIDS and teens?

Do you think it’s important for teens to get tested for HIV? Why or why not?

Do you think it’s important for teens to talk with their partners and friends about HIV?

Why or why not?

What could someone do differently as a result of this information about HIV?

[12 minutes]

9. Finally, distribute copies of the handout “Sex Acts and HIV Facts for Teens” and encourage your students to get more information to protect themselves and their friends from HIV/AIDS. [1 minute]

Sex Acts & HIV Facts for Teens

HIV/AIDS IN THE U.S.

- Approximately 1.2 million people are living with HIV/AIDS in the U.S.
- Black Americans have been hard hit, accounting for half of AIDS cases in the U.S.
- Women have been hard hit; especially Black women who account for 67% of AIDS cases among women.
- Teens are at risk for HIV. Black teens have been hard hit accounting for 73% of new AIDS cases among teens in 2004.

HIV BASICS

- Human Immunodeficiency Virus (HIV) is the virus that causes AIDS (Acquired Immune Deficiency Syndrome). HIV harms the body's immune system by attacking certain kinds of cells, known as helper T cells or CD4+ cells, which defend the body against illness. A person is considered to have AIDS when their immune system is weakened by HIV to a point where the number of CD4+ cells in their body is very low or they have developed other serious infections or cancers.
- In the U.S., most people become infected with HIV through **unprotected sex**, including vaginal, anal and oral sex, and through **injection drug use**.
- Bodily fluids including blood, semen ("cum"), pre-ejaculatory fluid ("pre-cum") and vaginal fluids can spread HIV. An HIV infected woman can pass HIV to her baby through pregnancy, labor, or delivery, as well as through breast milk.
- The only way to determine for sure whether you are infected is to be tested for HIV. You can't rely on symptoms to know whether or not you or someone else is infected. Many people who are HIV positive do not have any symptoms for many years.

WHAT ARE YOUNG PEOPLE DOING TO PUT THEMSELVES AT RISK FOR HIV?

- It's not who you are that puts you at risk, **it's what you do**.
- Nearly half (47%) of high school students had ever had sexual intercourse; 34% of currently sexually active high school students did not use a condom the last time they had vaginal sex.
- Each year, there are approximately 19 million new STD infections, and almost half of them are among youth ages 15 to 24.

PROTECTING YOURSELF

Protection is about knowing your choices and making educated decisions. There are several ways that you can protect yourself against infection, including:

- Choosing not to engage in sexual activity.
- Using a condom or latex barrier every time you engage in sexual activity.
- Talking openly with partners, friends and family about HIV/AIDS and sexual health.
- Participating in a monogamous relationship (being faithful) and using condoms or latex barriers every time you have sex (oral, anal or vaginal).
- Remaining drug free and avoiding use of illicit and illegal drug use.

THE 411 ON TESTING

How does the test work?

Most HIV tests detect antibodies produced by the body to fight HIV once infection has occurred but do not test for the virus itself. A positive test result means that HIV antibodies are present in the blood; in other words, a person is infected with HIV and can infect others.

What is the “Window Period”?

It ordinarily takes 2-8 weeks, but sometimes up to 3 and even 6 months for people who have been infected with HIV to develop enough antibodies for their HIV status to be accurately detected by the test. This time frame is called the "window period." During this time, someone can infect other people.

What are the types of HIV tests?

- Blood, oral swab or urine
- There are now new rapid tests where you can get your results in about 20 minutes.

Where can you get tested?

www.rap-it-up.com

WHAT CAN YOU DO TO FIGHT HIV/AIDS?

- Get educated. Get involved.
- Speak up. Talk to your partners, your friends and your family. Be an educator.
- Respect yourself and your health.
- Don't discriminate or stigmatize those living with HIV.
- Protect yourself.
- Get tested.

WANT MORE INFORMATION?

www.bet.com/Site+Management/Packages/New+Rap-it-up.htm

www.cdc.gov/HealthyYouth/index.htm

www.coolnurse.com/hiv_teens.htm

www.hivtest.org

www.iwannaknow.org

www.kff.org

www.sexetc.org

HOTLINES

CDC National AIDS Hotline: 1-800-342-2437

CDC National AIDS Hotline in Spanish/ Español: 1-800-344-7432

RAP-IT-UP Hotline: 1-866-RAP-IT-UP

Planned Parenthood: 1-800-230-PLAN

(Statistics from the Kaiser Family Foundation, www.kff.org and the U.S. Centers for Disease Control and Prevention, www.cdc.gov .

